

FOOD	QUANTITY
Cereal	1
Small Jar of Peanut Butter	1
Small Jar Jam or Cheese Spread	1
Pancake Mix & Syrup	1 of each
Kraft Dinner	3
Spaghetti/Macaroni	1
Tomato/Pasta Sauce	1
Canned Fruit/Vegetables	2
Canned Meat/Fish	2
Evaporated Milk/Skim Milk Powder	1
Soups (Variety)	2
Tea/Coffee (instant)/Hot Chocolate	1 Jar or 3 bags
Sugar	Packets
Juice/Tetra Pack	1 bottle or 6 Tetra Packs
Crackers	2 sleeves
Snack Foods/Baked Goods (Granola bars, goldfish crackers, cereal bars, puddings, and a variety of crackers)	Variety
PERSONAL HYGIENE	QUANTITY
Toothpaste	1
Soap	1
Toilet Paper	1
Kleenex	1