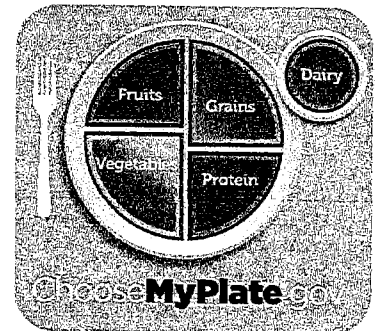


BASIC FOOD BOX GUIDELINE

A guide for food supplies for 3-5 days. We are suggesting the amounts shown; give more when possible. Please be as generous as supplies allow. A little extra can make a big difference.



and the Oregon Food Bank Network



PERSONS	1-2	3-4	5-6	7-8
VEGETABLES Fresh/Frozen/Can	3-6	8-11	11-13	14-15
FRUIT Fresh/Frozen/Can	2-5	6-7	9-11	12-14
PROTEIN FOODS- Meats Chicken, Turkey, Fish, Beef, Pork	2-4	3-4	3-4	5-6
PROTEIN FOODS-Plant based Beans (can/dry), Peanut Butter, Tofu	2	3	3	4
Canned or Prepared Meals Stew, Chili, Pork&Beans, Spaghetti Sauce & Pasta	1-2	2-3	3-4	4-5
EGGS	½doz	½doz	1doz	1doz
GRAINS Rice, Noodles, Pasta	2	2-3	3-4	4
GRAINS Bread, Tortillas, Flour, Baking/Pancake mix	1-2	1-2	1-2	2-3
GRAINS Cold Cereal or Oatmeal	1	1-2	2	3
DAIRY Yogurt, Cheese, Fresh Milk, Cottage Cheese	2-3	2-3	2-4	3-4
MILK Shelf Stable or Alternate	1	1	1-2	1-2
VEGETABLE OIL	1	1	1	1
JUICE (32-46 oz)	1	1-2	2-3	3
OTHER as available: Mac & Cheese, Skillet or box/pkg meals, soup, tea, coffee, salsa, ketchup, margarine, dessert, cookies, snacks, chips, crackers, mayo, olives, processed meats				

- Combine items within categories to reach suggested unit numbers.
- Unit in columns is usually the common size encountered in pantries: 2# USDA beans/ rice, 5# flour, 29oz USDA pork, 1# USDA frozen pork, etc
- For Fruit, one pound fresh fruit is one unit and one 15oz can is one unit.
- For fresh veg, one pound is one unit. A 2# pkg frozen veg is 2 units. For canned vegetables, one 15/16oz can is one unit.