



This is the standard menu for a box to help support a family of four. We have worked to check nutrition and cultural preferences in menu development. *Please find a **sturdy** cardboard box(es) (or doubled paper bags) and fill it with these items.*

<b>Products (no glass, please)</b>	<b>Quantity</b>	<b>Type</b>
Instant Oatmeal Packets (Country Choice, Quaker, etc.)	2	boxes
Canned soup (Progresso/Healthy Choice)	4	10.5 oz cans
Canned vegetables (corn, green beans, or similar)	2	14.5 oz cans
Canned fruit	2	15 oz cans
Rice (jasmine, white, brown, etc.)	1	32 oz bag
Crackers (Ritz, Club, wheat thins)	1	16 oz box
Peanut Butter ( <i>no glass</i> )	1	28 oz jar
Cooking oil (olive, canola, etc.)	1	32 oz bottle
Onions, bell peppers, chilies, garlic or similar	1	5 pieces
Fresh vegetables (broccoli, green beans, carrots, snap peas etc.)	2	bags
Fresh fruit (apples, pears, oranges, bananas, grapes, melons)	2	dozen/bunch/ea

***Sizes are approximate - variations are fine!***

***Other needs: infant formula, wipes, and diapers, as well as NEW personal care like shampoo, razors, toothpaste, soap, deodorant.***

***Thank you!***

