

1 Person in the Household	
Grains	3 items
Vegetables	3 items
Fruit	3 items
Dairy	1 item
Protein	2 items
Combo Foods	1 item

MAX: 1 box of cereal
MAX: 1 tomato sauce
MAX: 1 p.b.

2 People in the Household	
Grains	4 items
Vegetables	5 items
Fruit	5 items
Dairy	1 item
Protein	3 items
Combo Foods	2 items

MAX: 1 box of cereal
MAX: 1 tomato sauce
MAX: 1 p.b.

3 People in the Household	
Grains	5 items
Vegetables	7 items
Fruit	7 items
Dairy	1 item
Protein	4 items
Combo Foods	3 items

MAX: 2 boxes of cereal
MAX: 1 tomato sauce
MAX: 3 cans of tuna/1 p.b.

4 People in the Household	
Grains	6 items
Vegetables	9 items
Fruit	9 items
Dairy	1 item
Protein	5 items
Combo Foods	4 items

MAX: 2 boxes of cereal
MAX: 2 tomato sauce
MAX: 3 cans of tuna/1 p.b.
MAX: 3 boxes of mac/ch

5 People in the Household	
Grains	7 items
Vegetables	11 items
Fruit	11 items
Dairy	2 items
Protein	6 items
Combo Foods	5 items

MAX: 2 boxes of cereal
MAX: 2 tomato sauce
MAX: 3 cans of tuna/1 p.b.
MAX: 3 boxes of mac/ch

6 People in the Household	
Grains	8 items
Vegetables	12 items
Fruit	12 items
Dairy	2 items
Protein	7 items
Combo Foods	6 items

MAX: 2 boxes of cereal
MAX: 2 tomato sauce
MAX: 4 cans of tuna/1 p.b.
MAX: 3 boxes of mac/ch

7 People in the Household	
Grains	9 items
Vegetables	13 items
Fruit	13 items
Dairy	2 items
Protein	8 items
Combo Foods	7 items

MAX: 3 boxes of cereal
MAX: 2 tomato sauce
MAX: 4 cans of tuna/1 p.b.
MAX: 4 boxes of mac/ch

8 People in the Household	
Grains	10 items
Vegetables	14 items
Fruit	14 items
Dairy	3 items
Protein	9 items
Combo Foods	8 items

MAX: 3 boxes of cereal
MAX: 3 tomato sauce
MAX: 4 cans of tuna/2 p.b.
MAX: 4 boxes of mac/ch