

## Loaves & Fishes

### Client Choice Bagging List for a Family of 3

Updated 8/31/12

The average sized family served by Loaves & Fishes is 3.

Food Groups	Container size	Count as:
<b>Grains, up to 21 Choices</b>		
Crackers	1 stack	1
Muffin Mix	1 box	1
Canned Pasta	15 oz can	1
Stove Top stuffing	1 box	1
Macaroni and Cheese	1 box	1
Grits or Oatmeal	1 box or bag	2
Rice	1 lb box or bag	2
Bread	1 loaf	2
Cereal	1 box or bag <b>(Limit 1)</b>	2
Pasta - Macaroni or Spaghetti	16 oz box or bag	2
<b>Vegetables, up to 16 Choices</b>		
Canned veggies	16 oz	1
Tomatoes	14 oz can	1
Pasta Sauce	24 oz jar	1
Instant Potatoes	15 oz	1
Fresh vegetables (when available)	1 bag or bunch	1
<b>Fruit, up to 11 Choices</b>		
Canned fruit	16 oz	1
Juice	46oz bottled, 12oz froz <b>(Limit 1)</b>	3
Fresh fruit (when available)	1 bag or bunch	1

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Food Groups	Container size	Count as:
<b>Dairy, up to 12 Choices</b>		
Dry or Shelf-Stable milk	1 quart	1
Yogurt	6 oz <b>(Limit 10 containers)</b>	5 = 1 choice
Cheese	12 oz <b>(Limit 4 packages)</b>	2
<b>Meat/Non-Meat Proteins, up to 9 Choices</b>		
Meat - fresh	1 lb <b>(Limit 3 lbs)</b>	1
Eggs	4 eggs	1
Canned Meat - any kind	plain or with noodles	1
Canned Beans - any kind	14.5 - 16 oz	1
Dried Beans	bag	1
Peanut Butter	18 oz	1
<b>Extras, up to 6 Choices</b>		
Canned or Dry Goods, Soup	1 can, 1 box, 1 bag, 1 jar, etc.	1
Margarine	1 stick	1
Vegetable Oil (when available)	48 oz	1
<b>Non-Food Items, when available</b>		
Toilet Paper	Roll	receive 1
Soap	Bar	receive 1
Toothbrushes, if needed		receive 3
Toothpaste, if needed	Tube	receive 1
Diapers, 1 package per child listed	Approx 25 - 35 diapers per package	