

The average sized family served by Loaves & Fishes is 3

Food Groups	Container size	Count as:
Grains, up to 21 Points		
Bread / Tortillas	1 loaf or package	2
Cereal	1 box or bag (Limit 1)	2
Pasta - Macaroni or Spaghetti	16 oz box or bag	2
Rice	1 lb box or bag	2
Other grains, such as crackers, muffin mix, grits, oatmeal,		1
boxed mac & cheese, canned pasta	1 stack (saltines), 1 box, 1 can	1
Vegetables, up to 16 Points		
Canned vegetables, such as green beans, corn,		
tomatoes, pasta sauce, instant potatoes, brown beans	14-16 oz can or jar	1
Fruit, up to 11 Points		
Canned fruit, such as apple sauce	15-16 oz can, or 4 4-oz cups	1
Juice	46oz bottled, 12oz froz (Limit 1)	3
Dairy, up to 12 Points		
Dry or Shelf-Stable milk	1 quart	1
Yogurt	6 oz (Limit 10 containers)	5 = 1 choice
Cheese	12 oz (Limit 4 packages)	2
Meat/Non-Meat Proteins, up to 9 Points		
Meat - fresh, frozen	1 lb (Limit 3 lbs)	1
Eggs	4 eggs	1
Canned Meat - any kind, plain or with noodles	14.5 - 16 oz	1
Peanut Butter	18 oz jar	1
Extras, up to 6 Points		
Canned or Dry Goods, Soup	1 can, 1 box, 1 bag, 1 jar, etc.	1
Margarine	1 stick	1
Non-Food Items, when available		
Toilet Paper, when available	Roll	receive 1
Diapers, when available, 1 package per child listed		