7 DAY BOX FOR A 1-3 PERSON HOUSEHOLD

Number of choices from each food group per box.
Try to choose a variety of items from each food group.

**10 VEGETABLES**
- 1 choice =
  - 15 oz canned vegetables
    Ex: corn, diced tomatoes, peas, carrots, etc.
  - 15 oz jar spaghetti sauce

**12 PROTEINS**
- 1 choice =
  - 15 oz canned beans
  - 1 lb dry beans
  - 5 oz canned chicken or fish
- 2 choices =
  - 18 oz peanut butter

**10 GRAINS**
- 1 choice =
  - 16 oz brown rice
  - 16 oz pasta
  - 18 oz oatmeal
  - 12-16 oz cereal

**6 FRUITS**
- 1 choice =
  - 15 oz canned fruit
    Ex: peaches, pears, mixed fruit, etc.

**4 DAIRY**
- 1 choice =
  - 1 quart shelf stable milk

**2-4 OTHER**
- popcorn trail mix nuts/seeds beef jerky beef sticks chips drinks ground coffee


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**DAIRY PACKING EMERGENCY FOOD BOXES**
# Packing Emergency Food Boxes

## 3 Day Box for a 1-3 Person Household

Number of choices from each food group per box. Try to choose a variety of items from each food group.

<table>
<thead>
<tr>
<th>Category</th>
<th>Number of Choices</th>
<th>1st Choice</th>
<th>2nd Choice</th>
</tr>
</thead>
</table>
| **Vegetables** | 4                 | 1 choice = | 15 oz canned vegetables  
Ex: corn, diced tomatoes, peas, carrots, etc.  
15 oz jar spaghetti sauce | |
| **Proteins**  | 5                 | 1 choice = | 15 oz canned beans  
1 lb dry beans  
5 oz canned chicken or fish  
2 choices =  
18 oz peanut butter | |
| **Grains**    | 4                 | 1 choice = | 16 oz brown rice  
16 oz pasta  
18 oz oatmeal  
12-16 oz cereal | |
| **Fruits**    | 3                 | 1 choice = | 15 oz canned fruit  
Ex: peaches, pears, mixed fruit, etc. | |
| **Dairy**     | 2                 | 1 choice = | 1 quart shelf stable milk | |
| **Other**     | 1-2               |            | popcorn  
trail mix  
nuts/seeds  
beef jerky  
beef sticks  
chips  
drinks  
ground coffee | |