

# PACKING EMERGENCY FOOD BOXES



## 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



MANNA FOODBANK  
**NUTRITION  
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# 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.

### 4 VEGETABLES

**1 choice =**

15 oz canned vegetables

Ex: corn, diced  
tomatoes, peas,  
carrots, etc.

15 oz jar spaghetti sauce

### 5 PROTEINS

**1 choice =**

15 oz canned beans

1 lb dry beans

5 oz canned chicken or  
fish

**2 choices =**

18 oz peanut butter

### 4 GRAINS

**1 choice =**

16 oz brown rice

16 oz pasta

18 oz oatmeal

12-16 oz cereal

### 3 FRUITS

**1 choice =**

15 oz canned fruit

Ex: peaches, pears,  
mixed fruit, etc.

### 2 DAIRY

**1 choice =**

1 quart shelf stable milk

### 1-2 OTHER

popcorn

trail mix

nuts/seeds

beef jerky

beef sticks

chips

drinks

ground coffee



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