



CROSSROADS

FAMILY ASSISTANCE PACKAGE

FOOD FOR FAMILY OF FOUR FOR ONE WEEK
AS PER USDA RECOMMENDED DAILY ALLOWANCE
(LESS PERISHABLES: MILK, BREAD, EGGS)
Brand is not important; product and size are

18	oz. Peanut Butter	
32	oz. Jelly	
28	oz. Green Beans	2 cans
29	oz. Corn	2 cans
15	oz. Peas	4 cans
13½	oz. Spinach	2 cans
40	oz. Yams	
32	oz. Mashed Potatoes	
7¼	oz. Macaroni & Cheese	5 boxes
5	lb. Rice	
29	oz. Tomato Sauce	2 cans
1	lb. Spaghetti	
1	lb. Red Beans	2 bags
12½	oz. Canned Chicken Breast	
26	oz. Chicken Noodle Soup	2 cans
29	oz. Fruit Cocktail	2 cans
64	oz. Apple Juice	
1	lb. Apple Sauce	
15	oz. Raisins	
18	oz. Oatmeal	

Total Cost \$ 42.00