

# Distribution Rate Sheet

<i>Family size</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Food items</b>					
Meat	2	2	3	4	4
Soup	2	3	3	4	4
Vegetables	4	5	6	8	10
Fruit	1	2	2	3	4
Pasta	2	2	2	3	4
Tomato Sauce/ Other Tomato	2	2	2	3	4
Rice	1	1	1	2	3
Cereal/Cereal Bars	1	1	2	2	3
Beans - Dried and/or Canned	2	3	4	5	6
Peanut Butter	1	1	1	2	2
Crackers	1	1	1	1	2
Baking Supplies	2	2	3	4	4
Assorted Foods	1	2	2	3	3
Snacks and Beverages	1	2	2	3	3
Baby Supplies	Give as Needed				
Food Extras	One of each kind				
Non-Food Extra	One of each kind				
Milk Quarts	1	1	2	2	3

**\*For more than 5 family members, just make boxes according to the number of people. For example, for 7 people, do a box for 5 and a box for 2.\***