

**Emergency food box (1-3 people)**

1 whole chicken  
1 pound hamburger or ground turkey  
1 gallon milk  
1 package pasta  
1 jar pasta sauce  
1 18 oz. jar peanut butter  
1 loaf of bread  
1 dozen eggs  
1 box of Cheerios or Raisin Bran  
1 lb. margarine  
1 lb. block of cheese  
2 lb. bag of carrots or 1 bag of ready-to-eat salad  
2 cans of vegetables (corn, peas, or green beans)  
1 package stuffing or rice or boxed potatoes  
2 cans of soup  
2 packages of ramen noodles  
1 can of fruit  
1 box of macaroni and cheese  
1 can kidney beans or chili or refried beans  
2 cans of tuna

**(4-5 people add to above list)**

1 can of fruit or 1 jar of applesauce or 4 fresh apples  
1 box of rice mix or pasta dinner mix or potatoes  
oatmeal or box of pancake mix  
1 box of Jello  
substitute 2 lb. block of cheese for 1 lb. block  
1 box of macaroni and cheese  
1 can of tomatoes or tomato sauce

**(6 or more people add to 4-5 person list)**

1 gallon milk  
1 loaf of bread  
2 cans of vegetables  
substitute larger jar of peanut butter for 18oz. size

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