Loaves Fishes Grocery Bagging List

One week supply prorated by family

Number of People in Family	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**
Canned Items									
Beans - any kind - kidney, navy,									
pinto, pork & beans, etc. (16 oz)	2	4	6	8	10	11	13	14	15
Soup (10 oz)	2	4	6	8	10	12	14	16	18
Vegetables (16 oz)	2	4	7	9	11	13	14	16	18
Fruit (16 oz)	2	3	4	4	6	7	8	8	10
Peanut Butter (18oz)	1	1	1	1	2	2	2	2	3
Meat - canned - any kind - plain									
or with noodles	1	1	2	2	3	3	4	4	4
Fruit Juice - any kind - bottled, canned									
or frozen (46 oz bottle, 6 oz froz)	1	1	1	2	2	3	3	4	4
Dry Items									
Cereal (box or bag)	1	1	1	2	2	2	2	2	2
Macaroni & Cheese (box)	1	2	3	4	5	6	7	8	9
Rice (cup)	2	4	6	8	10	12	14	16	18
Dry Milk (quart)	2	4	6	7	9	11	12	14	16
Crackers (stack)	2	3	5	6	7	8	10	12	12
Muffin mix (box)	1	2	2	2	3	3	3	4	4
Extras (Canned and Dry Goods)	3	4	6	8	10	12	14	16	18
Refrigerated Items									
Eggs	4	8	12	16	20	24	28	32	36
Margarine (stick)	2	4	5	7	9	10	12	14	16
Bread (loaf)	1	1	2	2	3	3	4	4	5
Meat - fresh (lbs.)	1	1	2	2	3	3	4	4	5
Non-Food Items									
Toilet Paper (rolls)	1	1	1	2	2	2	3	3	3
Soap (bars)	1	1	1	1	1	1	1	1	1
Toothpaste	1	1	1	1	1	1	1	1	1
Diapers & Wipes (1 package of each)		1	1	1	1	1	1	1	1