

## Household Size 1-2

FRUITS AND VEGETABLES	
<b>Take what you can use</b>	Fresh Produce
<b>Up to 5</b>	Canned, Dried or Frozen Fruits or Vegetables
GRAINS	
<b>Up to 2</b>	Pasta, Rice or Other Grains
<b>Up to 2</b>	Hot or Cold Cereal
MISCELLANEOUS AND BABY ITEMS	
<b>1</b>	Miscellaneous Items (as available)
<b>See Shelf</b>	Baby Items
PERSONAL CARE AND HOUSEHOLD ITEMS	
<b>1</b>	Personal Care Item (as available)
<b>1</b>	Household Item (as available)
COOKING AND BAKING	
<b>Up to 4</b>	See Shelf
SNACKS AND BEVERAGES	
<b>Up to 2</b>	Snacks
<b>1/Person</b>	Single-Serving Beverages
<b>1/Household</b>	Multi-Serving Beverages
BOXED AND CANNED MEALS	
<b>Up to 3</b>	Boxed or Canned meals, soups or sides
BREAD AND BAKERY	
<b>1</b>	Sliced Loaf (as available)
<b>Up to 3</b>	Non-sliced Bread Items
<b>1</b>	Bakery Item (as available)
PROTEINS – SHELF STABLE	
<b>Up to 4</b>	Canned Meats/Fish; Peanut/Nut Butters; Canned Beans; Dried Beans
PROTEINS – FREEZER	
<b>Up to 2</b>	Frozen Meats
<b>2</b>	Frozen Bonus Items (as available)
DAIRY AND DELI	
<b>1</b>	Eggs
<b>1</b>	Cheese (as available)
<b>1</b>	Butter (as available)
<b>1</b>	Milk or Milk-alternative
<b>2</b>	Miscellaneous Dairy/Deli (as available)
BONUS SHELF	
<b>See Shelf</b>	Bonus Items (as available)

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