

## FYFB Food Selection Sheet

Guideline for FYFB clients and volunteers on how much food should be available per person in a hamper.

Item	Amount
Carrots	2 fresh <b>OR</b> 1 medium can (389 ml) <b>OR</b> 2 small cans (284 ml)
Canned spinach <b>OR</b> Romaine lettuce <b>OR</b> broccoli <b>OR</b> Corn and/or peas (if client prefers or if above not available)	1 medium can (389 ml) <b>OR</b> 2 small cans (284 ml) <b>OR</b> 1 large can (540 ml) <b>OR</b> ½ bunch <b>OR</b> 1 medium can (389 ml) <b>OR</b> 2 small cans (284 ml) <b>OR</b> 1 large can (540 ml)
Canned vegetables (or fruit)	1 medium can (389 ml) <b>OR</b> 2 small cans (284 ml) <b>OR</b> 1 large can (540 ml)
Potatoes	4 medium <b>OR</b> 3 large <b>OR</b> 6 small
Onions	2
Tomato sauce <b>OR</b> Canned vegetables (if client prefers)	1 can/jar  1 medium can (398 ml)
Juice	1 tetrapak
Rice <b>AND</b> Kraft Dinner <b>OR</b> Dry Pasta	3 cups rice <b>AND</b> 2 boxes Kraft Dinner <b>OR</b> 1 bag/box
Prepared pasta	2 cans
Cereal	1 box <b>OR</b> 3 dry packets
Bread	1 loaf
Salmon <b>OR</b> sardines	1 can
Chicken wieners <b>OR</b> Canned tuna <b>OR</b> Ground beef	1 6-wiener package <b>OR</b> 3 cans <b>OR</b> 1 package
Eggs	6
Beans <b>OR</b> Canned tuna <b>OR</b> Peanut butter	1 can or bag <b>OR</b> 2 cans <b>OR</b> 1 jar
Milk <b>AND</b> Powdered milk <b>OR</b> Yogurt <b>OR</b> cottage cheese	1 L bag <b>OR</b> 1 cup <b>OR</b> 1 tub (2 cups)
Oil	1 small bottle (~250 ml) once every 4 months
Soup	2 regular cans <b>OR</b> 1 large can
Stew / Chunky Soup	2 regular cans <b>OR</b> 1 large can
Condiments	Provide using discretion in reasonable quantities
Snacks / cookies	1 for every 2 people