

Food Selection

The following is a guideline for FYFB clients and volunteers on how much food should be available in a hamper. Shelves in the hamper room should be stocked throughout the day consistently with these categories.

Category	Amount
Pasta sauce/Tomato sauce	1 for every 2 people
Soup	2 per person (Large cans count as 2 items)
Juice	3 small per person, large for families of 2 or more people
Rice/Kraft Dinner/Dry pasta	2 per person (2 Kraft Dinner represents one item, large bag represents 2 items)
Prepared pasta	1 per person (2 small cans represent 1 item)
Cereal	1 box for every 2 people (3 packets of hot cereal per person)
Canned fish or meat/ Peanut butter / Stew / Chunky Soup / Meat / Eggs	2 per person (large stew represents 2 items)
Canned fruit/vegetables	2 per person
Beans (dry, protein, pork & beans)	1 per person
Condiments/Fresh fruit & veggies	Provide using discretion in reasonable quantities
Snacks / Cookies	1 for very 2 people
Milk	1 per person
Bread	1 loaf or bag for every 2 people

Our ability to provide the above quantity is subject to the availability of donations. However, when particular items or categories are unavailable, we will try to substitute for a different item.