



Emergency Food List for \$50

Foods for a HH of 2		Check Here
Rice (5 lbs)	\$4	
Dry Beans (4 lbs)	\$4	
Canned Tuna (5 cans)	\$5	
Peanut Butter (1 jar)	\$3	
Pasta (2 lbs)	\$2	
Canned Tomatoes (4 cans)	\$3	
Canned Vegetables (6 cans)	\$6	
Oatmeals (2 lbs)	\$3	
Canned fruit (4 cans)	\$4	
Instant Soup (5 packs)	\$5	
Flour (5 lbs)	\$3	
Sugar (4 lbs)	\$5	
Water	\$3	
** Some of these items you may be able to purchase at the dollar store		
	\$50	



Emergency Food List for \$150

Foods for a HH of 2		Check Here
Rice (10 lbs)	\$8	
Dry Beans (12 lbs)	\$12	
Canned Tuna (5 cans)	\$5	
Peanut Butter (1 jar)	\$3	
Pasta (2 lbs)	\$2	
Canned Tomatoes (4 cans)	\$3	
Canned Vegetables (6 cans)	\$6	
Oatmeals (2 lbs)	\$3	
Canned fruit (4 cans)	\$4	
Instant Soup (5 packs)	\$5	
Flour (5 lbs)	\$3	
Sugar (4 lbs)	\$5	
Water	\$10	
Canned Chicken (9 cans)	\$13	
Mac and Cheese Boxes	\$8	
Ramen Noodles	\$5	
Cereal (2 Boxes)	\$14	
Canned Soup (6 cans)	\$10	
Eggs	\$7	
Butter	\$3	
Olive Oil	\$8	
Powdered Milk	\$4	
Jelly	\$3	
Granola Bars (2 packs)	\$6	
** Some of these items you may be able to purchase at the dollar store		
	\$150	