

POVERTY DIET: Family

- 900 g dried pasta (or extra rice)
- 2 small cans tomato sauce or tomato paste
- 3 juice boxes per person
- 2 small cans soup per person
- 1 small can prepared pasta (mac & cheese, spaghettios, etc)
- 3 scoops dry rice per person
- 1 box dry cereal per person or 3 packages instant oatmeal per person
- TWO per person of standard protein sources: (175 g tin of tuna, chicken or turkey; small jar peanut butter; 3 eggs) or one package chicken hot dogs, plus ONE additional protein source per person
- 2 small cans of vegetables per person, or substitute up to 2 cans tinned fruit
- 1 can beans or pork & beans per person
- 2 potatoes
- 1 onion
- 2 carrots
- 3 granola bars or fruit chews per person
- 1 quart milk per person
- 1 loaf bread per person (or extra rice)

POVERTY DIET: Two people

- 500 g dried pasta (or substitute extra rice)
- 1 small can tomato sauce or tomato paste
- 6 juice boxes
- 6 scoops dry rice
- 4 small cans soup
- 2 boxes of dry cereal or 6 packages instant oatmeal
- any FOUR of: 175 g tin of tuna, chicken or turkey; small jar peanut butter; 3 eggs (e.g. you could have 2 tins of chicken and 6 eggs, or two tins of tuna, one jar of peanut butter and 3 eggs, etc.)
- 4 small cans of tinned vegetables, or 3 vegetables and 1 fruit
- 2 potatoes
- 1 onion
- 1 carrot
- 2 cans beans or pork and beans
- 6 granola bars or fruit chews
- 2 quarts milk
- 1 loaf of bread (or substitute extra rice)

POVERTY DIET: Single person

- 2 boxes Kraft Dinner (or substitute extra rice if gluten-intolerant)
- 3 juice boxes
- 3 single-serving-size scoops dry rice
- 2 small cans soup
- box of dry cereal or 3 packages instant oatmeal
- any TWO of: 175 g tin of tuna, chicken or turkey; small jar peanut butter; 3 eggs
- 2 small cans of tinned vegetables, or 1 tin vegetables and 1 fruit
- 1 potato
- 1 onion
- 1 can plain beans or chickpeas, or 1 can pork and beans
- 3 granola bars or 3 fruit chews
- 1 quart milk
- 1 loaf bread (or substitute extra rice)