



Full Name _____

Points Available

Total Family Members _____

Children's Ages (Under 18 years old) _____

Groceries	Points	No. of Items	Total Points	Groceries	Points	No. of Items	Total Points
Mac & Cheese	1x		=	Cereal	3x		=
Baked Beans	1x		=	Rolled Oats	3x		=
Canned Fish	2x		=	Canned Fruit	3x		=
Canned Meat	3x		=	Apple Sauce	2x		=
Powdered Milk Limit of 1	5x		=	Canned Peas	1x		=
Peanut Butter	3x		=	Canned Green Beans	1x		=
Canned Pasta	2x		=	Canned Yellow Beans	1x		=
Pasta Sauce	2x		=	Canned Kernel Corn	1x		=
Canned Milk	3x		=	Juice Limit of 2	3x		=
Rice (White)	2x		=	Flour	3x		=
Rice (Brown)	2x		=	Sugar Limit of 1	3x		=
				Crackers	3x		=
Eggs Limit of 1 Dozen	2x		=	White Bread AND/OR	3x		=
			=	Brown Bread Limit of 2 Total	3x		=
Cheese Block Limit of 1	3x		=				
Margarine	2x		=				
			Column Points				Column Points
							Total Points