

Nutritionally Balanced Food Assistance Box Meals for 3 days

This is a guide to create a food assistance box that follows the MyPlate nutrition recommendations for an adult individual. These are suggested quantities to meet the dietary guidelines for an individual for 3 days.
See the chart of equivalents to understand what package size or quantity these numbers are based.

Item	Household Size			
	1-2	3-4	5-6	7-8
Vegetables*	3-6	9-12	15-18	21-24
Fruit*	3-6	9-12	15-18	21-24
Non-meat Protein**	4-6	10-12	16-18	22-24
OR	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓
Meat Protein**	1-2	3-4	5-6	7-8
Grains (rice, pasta, tortillas)***	2-3	5-6	8-9	11-12
OR	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓
Grains (cereals, breads, flour)***	2-3	5-6	8-9	11-12
Dairy****	1-2	2-3	3-4	5
Meals	1-2	3-4	5-6	7-8

Snacks and Drinks are an ***optional*** additional item

Equivalents



*1 vegetable or fruit:	**1 protein:	***1 grain:	****1 dairy:
4 pieces fresh	1, 15 oz can beans	1 pound of pasta	1/2 gallon
1 head/bunch	1/2 bag of dry beans	1 pound of rice	3, 12oz cans of evaporated milk
1 pound fresh	1 container tofu	1 loaf of bread	1 bag of dry milk
1-15 oz can	1 lb of meat	12, 16 oz of cereal	8oz of cheese
1-16 oz bag frozen	1-dozen eggs	12 small tortillas	