

FOOD BAG GUIDE



A guide to create a pantry bag that follows the MyPlate nutrition recommendations. These are suggestions for about **3 primary meals per person**. The guide isn't intended to be followed exactly, as some pantries may not have the ability to supply every item and some may be able to supply more. Be as generous with fruits and vegetables as pantry inventory allows.

	Household Size			
	1-2	3-4	5-6	7-8
VEGETABLES Fresh/ Frozen/ Canned	2-3	5-6	8-9	11-12
FRUIT Fresh/ Frozen/ Canned	1-2	3	4-5	6
Meat PROTEIN Chicken, Turkey, Fish, Beef, Pork	1	2	2	3
And/Or	&/Or	&/Or	&/Or	&/Or
Non-meat PROTEIN Beans, Peanut Butter, Tofu	1	2	3	4
GRAINS*** Rice, Noodles, Bread, Tortillas, Cereal,	1	2	2-3	3
DAIRY Yogurt, Cheese, Fresh Milk, Shelf Stable Milk	1	1	1-2	2
MEAL, SOUP, ENTREE'S Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	1	2	3	4
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, foods like Shake N Bake	1	1	1	1
SNACKS + Chips, Crackers, Popcorn, Sweets	1-2	1-2	2-3	2-3

Equivalents

*1 Vegetable or Fruit:	**1 Protein	***1 Grain	****1 Dairy
Fresh = 4 pieces, 1 pound, or 1 head/bunch Canned = 1-15 oz can Frozen = 1-16 oz bag	1 lb of meat 1-dozen eggs 15oz canned meat 1-15 oz can beans 1 bag of dry beans 1 container tofu	1 pound of pasta 1 pound of rice 1 loaf of bread 12-16 oz of cereal 12 small tortillas	1 gallon 11 cans of evaporated milk, 2-1/2 gallons 1 bag of dry milk

+ Drinks and Snacks are optional additional items