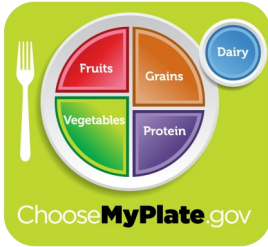


# FOOD DISTRIBUTION QUANTITY GUIDE



A guide to create a pantry bag that follows the MyPlate nutrition recommendations. These are suggestions for about **9 meals or 3 days** of food. 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 as pantry inventory allows—especially with fruits and vegetables!

	Household Size			
	1-2	3-4	5-6	7-8
<b>VEGETABLES *</b> Fresh/ Frozen/ Canned	3-6	9-12	15-18	21-24
<b>FRUIT *</b> Fresh/ Frozen/ Canned	2-5	6-7	15-18	21-24
<b>Meat PROTEIN **</b> Chicken, Turkey, Fish, Beef, Pork	1-2	3-4	5-6	7-8
<b>And/Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>
<b>Non-meat PROTEIN **</b> Beans, Peanut Butter, Tofu	4-6	10-12	16-18	22-24
<b>GRAINS***</b> Rice, Noodles, Bread, Tortillas, Cereal	2-3	5-6	8-9	11-12
<b>DAIRY****</b> Yogurt, Cheese, Fresh Milk, Shelf Stable Milk	1-2	2-3	3-4	5
<b>MEAL, SOUP, ENTREE'S</b> Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	1-2	3-4	5-6	7-8
<b>PANTRY STAPLES</b> Flour, Sauces, Condiments, Seasonings, foods like Shake N Bake	1-2	1-2	3-4	3-4
<b>SNACKS +</b> Chips, Crackers, Popcorn, Sweets	1-2	1-2	3-4	3-4

## 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 1-15 oz can beans 1/2 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 1/2 bag of dry milk

+ Drinks and Snacks are optional additional items