



FOOD BAG GUIDE

As you walk through the pantry, locate the food item on the card and select the amount suggested. Not every item will be available.

	1-2
VEGETABLES * Fresh/ Frozen/ Canned	2-3
FRUIT * Fresh/ Frozen/ Canned	1-2
Meat PROTEIN ** Chicken, Turkey, Fish, Beef, Pork	1
And/Or	Or
Non-meat PROTEIN ** Beans, Peanut Butter, Tofu	1
GRAINS *** Rice, Noodles, Bread, Tortillas, Cereal	1
DAIRY **** Yogurt, Cheese, Fresh & Shelf Stable Milk	1
MEALS, SOUPS, ENTREES Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	1
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, Foods like Shake N Bake	1
SNACKS + Chips, Crackers, Popcorn, Sweets	1-2



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	3-4
VEGETABLES * Fresh/ Frozen/ Canned	5-6
FRUIT * Fresh/ Frozen/ Canned	3
Meat PROTEIN ** Chicken, Turkey, Fish, Beef, Pork	1
And/Or	Or
Non-meat PROTEIN ** Beans, Peanut Butter, Tofu	2
GRAINS *** Rice, Noodles, Bread, Tortillas, Cereal	2
DAIRY **** Yogurt, Cheese, Fresh & Shelf Stable Milk	1
MEALS, SOUPS, ENTREES Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	2
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, Foods like Shake N Bake	1
SNACKS + Chips, Crackers, Popcorn, Sweets	1-2



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



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