



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	3-6
FRUIT * Fresh/ Frozen/ Canned	2-5
Meat PROTEIN ** Chicken, Turkey, Fish, Beef, Pork And/Or Non-meat PROTEIN ** Beans, Peanut Butter, Tofu	1-2 Or 4-6
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	1-2
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, Foods like Shake N Bake	1-2
SNACKS + Chips, Crackers, Popcorn, Sweets	1-2



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	3-4
VEGETABLES * Fresh/ Frozen/ Canned	9-12
FRUIT * Fresh/ Frozen/ Canned	6-7
Meat PROTEIN ** Chicken, Turkey, Fish, Beef, Pork And/Or Non-meat PROTEIN ** Beans, Peanut Butter, Tofu	3-4 Or 10-12
GRAINS *** Rice, Noodles, Bread, Tortillas, Cereal	5-6
DAIRY **** Yogurt, Cheese, Fresh & Shelf Stable Milk	2-3
MEALS, SOUPS, ENTREES Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	3-4
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, Foods like Shake N Bake	1-2
SNACKS + Chips, Crackers, Popcorn, Sweets	1-2



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	5-6
VEGETABLES * Fresh/ Frozen/ Canned	15-18
FRUIT * Fresh/ Frozen/ Canned	15-18
Meat PROTEIN ** Chicken, Turkey, Fish, Beef, Pork And/Or Non-meat PROTEIN ** Beans, Peanut Butter, Tofu	5-6 Or 16-18
GRAINS *** Rice, Noodles, Bread, Tortillas, Cereal	8-9
DAIRY **** Yogurt, Cheese, Fresh & Shelf Stable Milk	3-4
MEALS, SOUPS, ENTREES Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	5-6
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, Foods like Shake N Bake	3-4
SNACKS + Chips, Crackers, Popcorn, Sweets	1-2



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	7-8
VEGETABLES * Fresh/ Frozen/ Canned	21-24
FRUIT * Fresh/ Frozen/ Canned	21-24
Meat PROTEIN ** Chicken, Turkey, Fish, Beef, Pork And/Or Non-meat PROTEIN ** Beans, Peanut Butter, Tofu	7-8 Or 22-24
GRAINS *** Rice, Noodles, Bread, Tortillas, Cereal	11-12
DAIRY **** Yogurt, Cheese, Fresh & Shelf Stable Milk	5
MEALS, SOUPS, ENTREES Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	7-8
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, Foods like Shake N Bake	3-4
SNACKS + Chips, Crackers, Popcorn, Sweets	1-2