



# FOOD BAG GUIDE



This guide explains how to create a pantry bag that aligns with 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>	Or	Or	Or	Or
<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 & Shelf Stable Milk	1-2	2-3	3-4	5
<b>MEALS, SOUPS, ENTREES</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 = 1 head/bunch, 1 pound, or 4 pieces Canned = 15 oz can Frozen = 12-16 oz bag	1 pound meat 1-dozen eggs 1-15 oz can beans 1/2 bag dry beans 1 container tofu	1 pound pasta 1 pound rice 1 loaf bread 12-16 oz cereal 12 small tortillas	1 gallon 11 cans evaporated milk 2-1/2 gallons 1/2 bag of dry milk

+ Drinks and Snacks are optional additional items