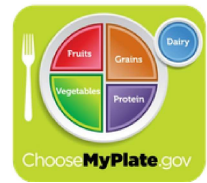




# FOOD BAG GUIDE



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

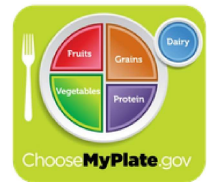
## Equivalents

* 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



# FOOD BAG GUIDE



This guide explains how to create a pantry bag that aligns with 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 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	2-3	5-6	8-9	11-12
<b>FRUIT *</b> Fresh/ Frozen/ Canned	1-2	3	4-5	6
<b>Meat PROTEIN **</b> Chicken, Turkey, Fish, Beef, Pork	1	1	2	3
<b>And/Or</b>	Or	Or	Or	Or
<b>Non-meat PROTEIN **</b> Beans, Peanut Butter, Tofu	1	2	3	4
<b>GRAINS ***</b> Rice, Noodles, Bread, Tortillas, Cereal	1	2	2-3	3
<b>DAIRY ****</b> Yogurt, Cheese, Fresh & Shelf Stable Milk	1	1	1-2	2
<b>MEALS, SOUPS, ENTREES</b> Stew, Chili, Macaroni & Cheese, Spaghetti, Soup	1	2	3	4
<b>PANTRY STAPLES</b> Flour, Sauces, Condiments, Seasonings, Foods like Shake N Bake	1	1	3	4
<b>SNACKS +</b> Chips, Crackers, Popcorn, Sweets	1	1	3	4

## Equivalents

* 1 Vegetable or Fruit	** 1 Protein	*** 1 Grain	**** 1 Dairy
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+ Drinks and Snacks are optional additional items



# 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.

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



# 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.

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



# 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.

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



# 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.

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



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



# 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.

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



# 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.

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



# 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.

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