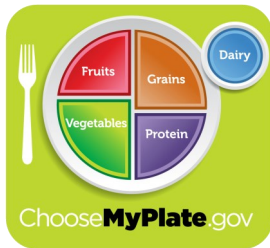


FOOD BAG GUIDE



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!

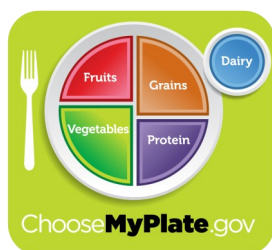
	Household Size			
	1-2	3-4	5-6	7-8
VEGETABLES * Fresh/ Frozen/ Canned	3-6	9-12	15-18	21-24
FRUIT * Fresh/ Frozen/ Canned	2-5	6-7	15-18	21-24
Meat PROTEIN ** Chicken, Turkey, Fish, Beef, Pork	1-2	3-4	5-6	7-8
And/Or	Or	Or	Or	Or
Non-meat PROTEIN ** Beans, Peanut Butter, Tofu	4-6	10-12	16-18	22-24
GRAINS***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

FOOD BAG GUIDE



A guide to create a pantry bag that follows 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 with fruits and vegetables as pantry inventory allows.

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

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



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 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 Milk, Shelf Stable Milk	1-2
MEAL, SOUP, ENTREE'S 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



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
VEGETABLES Fresh/ Frozen/ Canned	9-12
FRUIT Fresh/ Frozen/ Canned	6-7
Meat PROTEIN Chicken, Turkey, Fish, Beef, Pork 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 Milk, Shelf Stable Milk	2-3
MEAL, SOUP, ENTREE'S 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



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
VEGETABLES Fresh/ Frozen/ Canned	15-18
FRUIT Fresh/ Frozen/ Canned	15-18
Meat PROTEIN Chicken, Turkey, Fish, Beef, Pork 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 Milk, Shelf Stable Milk	3-4
MEAL, SOUP, ENTREE'S Stew, Chili, Macaroni and Cheese, Spaghetti, Soup	5-6
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, foods like Shake N Bake	3-4
SNACKS Chips, Crackers, Popcorn, Sweets	3-4



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
VEGETABLES Fresh/ Frozen/ Canned	21-24
FRUIT Fresh/ Frozen/ Canned	21-24
Meat PROTEIN Chicken, Turkey, Fish, Beef, Pork 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 Milk, Shelf Stable Milk	5
MEAL, SOUP, ENTREE'S Stew, Chili, Macaroni and Cheese, Spaghetti, Soup	7-8
PANTRY STAPLES Flour, Sauces, Condiments, Seasonings, foods like Shake N Bake	3-4
SNACKS Chips, Crackers, Popcorn, Sweets	3-4