Calculations Based on Number of Neighbors Served

Let's use this guide to determine how many items may be needed from each food group.

Directions:

1. Add the number of people served by your pantry each month in the first box.
2. Type a number to represent the number of food items to give a guest in the range under each food group in column labeled *# of items*. Hit enter or leave the box.

The last column will calculate your total number of items for each category that are needed.

# of items

Total # of items needed in a month

# of people served a month:

Food Group	# of items	
Vegetables	3-6	
Fruit	2-5	
Protein (Mix and match) **Meat**	1-2	
Non-meat	4-6	
Grains	2-3	
Dairy	1-2	
Meals	1-2	
Pantry Staples	1-2	
Snacks	1-2	

These range's are based on a 1-2 person household. You can use any number in this column.