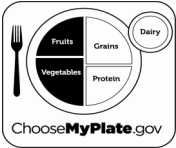




# Minimum Food Guide for a 3 Day Pantry Package

Using this food guide ensures that each HPNAP meal contains two servings from the Vegetable and Fruit Group and a serving from each of the other two food groups; and supports MyPlate by filling a plate with one-half vegetables and fruits.

## Number of choices per household size

Food Group	What equals an item(s)?	1	2	3	4	5	6
<b>Vegetables and Fruits</b>  ChooseMyPlate.gov <i>1 choice=4 servings (svgs) 6 svgs/person/day</i>	Spaghetti Sauce, Canned Vegetables, 15 ounces = 1 choice Frozen Vegetables, 16 ounces = 1 choice Dried Fruit, 15 ounces = 1 choice Canned Fruit, 15 ounces = 1 choice Frozen Fruit, 12-16 ounces = 1 choice 4 Pieces, 1 Head, 1 Bunch, or 1 Pound Fresh Produce = 1 choice Fruit or Vegetable Juice, 46-48 ounces = 1 item <i>Limit juice to one container per household</i>	5 choices	9 choices	14 choices	18 choices	23 choices	27 choices
<b>Proteins - Meat, Non-Meat and Dairy</b>  ChooseMyPlate.gov <i>1 choice = approx. 28 grams of protein 28 gms protein/person/day</i>	Dried Beans, 1 pound = 2 choices Canned Beans, 15 ounces = 1 choice Peanut Butter, 18 ounces = 3 choices Canned Stew or Chili, 15 ounces each = 1 choice 12 Eggs = 2 choices Frozen Meat, Fish, Poultry 8 ounces ( $\frac{1}{2}$ pound) = 2 choices Canned Chicken, Tuna, Salmon, 5 ounces, 1 can = 1 choice Canned Salmon, 15 ounces = 2 choices Shelf Stable, Fluid Milk, 32 ounces/1 quart = 1 choice 1/2 Gallon Milk = 2 choices 4 Fluid Milks, 8 ounces each = 1 choice Dry Milk 1 Envelope = 1 choice Cottage Cheese, 16 ounces = 2 choices 4 Yogurts, 6 ounces each = 1 choice 2 Greek Yogurt, 6 ounces each = 1 choice American Cheese (not Cheese Food), 8 ounces = 1 choice Mozzarella/Cheddar/Swiss Cheese, 8 ounces = 2 choices	3 choices	6 choices	9 choices	12 choices	15 choices	18 choices
<b>Grains</b>  ChooseMyPlate.gov <i>1 choice = avg 12 svgs 6 svgs/person/day</i>	Bread, 1 Loaf = 1 choice 6 Rolls or Bagels = 1 choice Macaroni & Cheese 3 Boxes = 1 choice Rice or Pasta, 16 ounces = 1 choice Oatmeal, 18 ounces = 1 choice Cold Cereal, 12-16 ounces = 1 choice	2 choices	3 choices	5 choices	6 choices	8 choices	9 choices