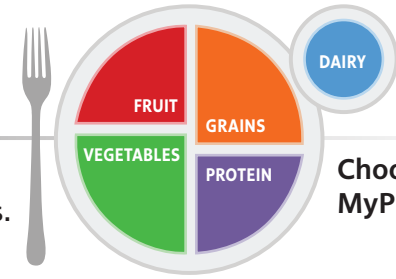


# 3-Day Pantry Package

# Minimum Food Guide



Choose MyPlate.gov

Follow this guide to ensure that your pantry package provides 9 meals (3 meals a day for 3 days) and that each follows the MyPlate guidelines: two servings of vegetables/fruits and a serving each of protein/dairy and grains.

## VEGETABLES & FRUIT

Household Size	1	2	3	4	5	6
Number of Choices	5	9	14	18	23	27

- Fresh produce ..... **1 choice**  
(4 pieces, 1 bunch, 1 head, or 1 lb.)
- Frozen fruit, 12-16 oz. .... **1 choice**
- Frozen vegetables, 16 oz. .... **1 choice**
- Canned, 15 oz. .... **1 choice**
- Spaghetti sauce, 15 oz. .... **1 choice**
- Dried, 15 oz. .... **1 choice**
- Juice, 46-48 oz. .... **1 choice**  
(Limit juice to one container per household.)



## PROTEIN & DAIRY

Household Size	1	2	3	4	5	6
Number of Choices	3	6	9	12	15	18

- Protein**
- 12 eggs ..... **2 choices**
- Dried beans, 1 lb. .... **2 choices**
- Canned beans, 15 oz. .... **1 choice**
- Frozen meat, fish, poultry, 8 oz. (1/2 lb.) ... **2 choices**
- Canned chicken, tuna, salmon, 5 oz. .... **1 choice**
- 15 oz. .... **2 choices**
- Canned stew or chili, 15 oz. .... **1 choice**
- Peanut butter, 18 oz. .... **3 choices**
- Dairy**
- Shelf-stable, fluid milk, 32 oz. (1 qt.) ..... **1 choice**
- 1 half-gallon of milk ..... **2 choices**
- 4 fluid milks, 8 oz. each ..... **1 choice**
- Dry milk, 1 envelope ..... **1 choice**
- 4 yogurts, 6 oz. each ..... **1 choice**
- 2 Greek yogurts, 6 oz. each ..... **1 choice**
- Cottage cheese, 16 oz. .... **2 choices**
- Swiss/mozzarella/cheddar cheese, 8 oz. ... **2 choices**
- American cheese (not "cheese food"), 8 oz. ... **1 choice**



## GRAINS

Household Size	1	2	3	4	5	6
Number of Choices	2	3	5	6	8	9

- Bread, 1 loaf ..... **1 choice**
- 6 rolls or bagels ..... **1 choice**
- Macaroni & cheese, 3 boxes ..... **1 choice**
- Rice or pasta, 16 oz. .... **1 choice**
- Oatmeal, 18 oz. .... **1 choice**
- Cold cereal, 12-16 oz. .... **1 choice**

