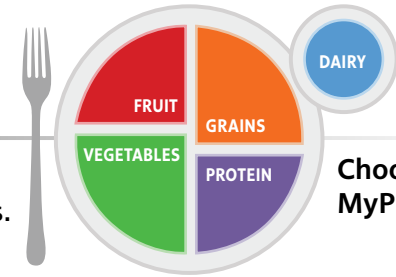


# 3-Day Pantry Package

# 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

MyPlate recommends 6 servings/person/day

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

**1 choice = 4 servings**

- Fresh produce ..... **1 choice**  
4 pieces, 1 bunch, 1 head, or 1 lb
- Frozen, 12-16 oz. .... **1 choice**
- Canned, 15 oz. .... **1 choice**
- Dried, 15 oz. .... **1 choice**
- Spaghetti sauce, 15 oz ..... **1 choice**
- Potato flakes, 13-16 oz ..... **1 choice**
- Juice, 46-48 oz. .... **1 choice**  
*Limit juice to one container per household*

## PROTEIN Meat & plant-based

MyPlate recommends 50g protein/person/day

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

**1 choice = about 28g of protein**

- Frozen meat, fish, poultry, 1 lb. .... **4 choices**
- 2 Canned chicken, tuna, salmon, 5 oz. . . **1 choice**
- Canned beef, pork, chicken, 24 oz . . . **3 choices**
- 12 eggs. .... **2 choices**
- Canned beans, 15 oz ..... **1 choice**
- Dry beans and lentils, 1 lb ..... **2 choices**
- Peanut butter, 16 oz ..... **2 choices**

- Tofu, 12-16 oz ..... **2 choices**
- Nuts and seeds, 1 lb. .... **2 choices**  
*At least 5g protein/1 oz serving*
- Veggie burgers, 4-pack ..... **1 choice**
- 4 Canned beef stew, ravioli, lasagna, ..... **1 choice**  
spaghetti & meatballs, chili, 15 oz  
*These meals require at least 7g protein/serving*

## GRAINS

MyPlate recommends 6 servings/person/day

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

**1 choice = about 12 servings**

- Bread, 1 loaf ..... **1 choice**
- 6 rolls or bagels. .... **1 choice**
- 6 tortillas or 1 package ..... **1 choice**
- Rice or pasta, 16 oz ..... **1 choice**
- Mac & cheese, rice or pasta mix, 6-8 oz each . . **1 choice**  
3 boxes
- Hot Cereal (oatmeal, grits, etc.), 18 oz. .... **1 choice**
- 10 oatmeal packets, 1 oz each ..... **1 choice**
- Cold cereal, 12-16 oz ..... **1 choice**
- 2 Stuffing boxes, 6 oz each ..... **1 choice**
- Cornmeal, 16 oz ..... **1 choice**
- Quinoa, 16 oz. .... **1 choice**
- Pancake, bread, muffin mix, 16 oz ..... **1 choice**

## DAIRY

MyPlate recommends 3 cups/person/day

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

**1 choice = about 2 cups**

- Fluid Milk, 32 oz (1 quart) ..... **1 choice**
  - Enriched Fluid Milk Substitute ..... **1 choice**  
(e.g., soy), 32 oz (1 quart)
  - 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. .... **1 choice**
  - Cheese, 8 oz (not "cheese food") ..... **2 choices**
- Dairy choices must be offered based on product availability

