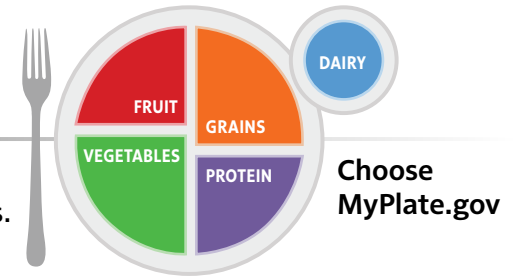


7-Day Pantry Package

Minimum Food Guide

Follow this guide to ensure that your pantry package provides 21 meals (3 meals a day for 7 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	11	21	32	42	53	63

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	7	14	21	28	35	42

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	4	7	11	14	18	21

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	5	6	6	7	7	8

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

