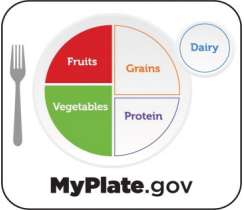
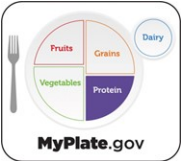
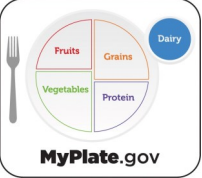
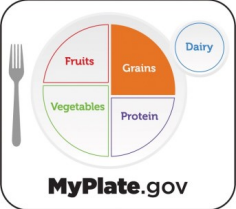


HPNAP 3-Day Pantry Package Guide

This guide is for a pantry package that provides 9 meals (3 meals per day for 3 days) and ensures that each follows the USDA *MyPlate* guidelines: Two servings of vegetables/fruits and a serving each of protein/dairy and grains.

Food Group	What equals a choice? The following items equal one choice , unless otherwise specified	Minimum Number of Choices per Household Size	
<p>Vegetables & Fruit</p>  <p><i>My Plate Recommends: 6 servings/person/day</i></p> <p><i>1 choice = 4 servings</i></p>	<p>Spaghetti Sauce, Canned Vegetables, 15 oz Frozen Vegetables, 16 oz Potato Flakes, 13 – 16 oz Dried Fruit, 15 oz Canned Fruit, 15 oz Frozen Fruit, 12 – 16 oz 4 Pieces, 1 Head, 1 Bunch, 1 Pound Fresh Produce 100% Fruit or Vegetable Juice, 46 – 48 oz</p> <p><i>*Limit Juice to one container per household</i></p>	<p>1 Person</p> <p>2 People</p> <p>3 People</p> <p>4 People</p> <p>5 People</p> <p>6 People</p>	<p>5 Choices</p> <p>9 Choices</p> <p>14 Choices</p> <p>18 Choices</p> <p>23 Choices</p> <p>27 Choices</p>
<p>Proteins - Meat and Plant-based</p>  <p><i>My Plate Recommends: 50g protein/person/day total from all sources</i></p> <p><i>1 choice = about 28g of protein</i></p>	<p>Canned Beans, 15 oz Dry Beans and Lentils, 1 pound = 2 choices Peanut Butter, 16 oz = 2 choices Nuts/Seeds, 1 pound = 2 choices (<i>at least 5g protein/1 oz serving</i>) Tofu, 12–16 oz = 2 choices 4 Canned Beef Stew, Spaghetti & Meatballs, Chili, Ravioli, or Lasagna 15 oz (<i>at least 7g protein/serving</i>) 1 doz Eggs = 2 choices Frozen Meat, Fish, Poultry, 16 oz (1 pound) = 4 choices 2 Cans Chicken, Tuna, Salmon, 5 oz Canned Beef and Pork, 24 oz = 3 choices Veggie Burgers, 4-pack (<i>at least 7g protein/serving</i>)</p>	<p>1 Person</p> <p>2 People</p> <p>3 People</p> <p>4 People</p> <p>5 People</p> <p>6 People</p>	<p>3 Choices</p> <p>6 Choices</p> <p>9 Choices</p> <p>12 Choices</p> <p>15 Choices</p> <p>18 Choices</p>

Food Group	What equals a choice? The following items equal one choice , unless otherwise specified	Minimum Number of Choices per Household Size	
<p>Dairy</p> <p>Offer based on product availability</p>  <p><i>My Plate Recommends: 3 cups/person/day</i></p> <p>1 Choice = about 4 cups</p>	<p>Fluid Milk, 32 oz/1 quart</p> <p>Enriched Soy Milk, 32 oz/1 quart</p> <p>3.2 oz Envelope of Dry Milk</p> <p>Enriched Milk Substitutes, 32oz/1 quart</p> <p>Fluid Milk/Coupon for 1 gallon = 4 choices</p> <p>4 Yogurts, 6 oz each</p> <p>2 Greek Yogurt, 6 oz each</p> <p>Cottage Cheese, 16 oz</p> <p>Cheese, 8 oz (<i>not "cheese food"</i>) = 2 Choices</p>	1 Person	2 Choices
		2 People	3 Choices
		3 People	3 Choices
		4 People	4 Choices
		5 People	4 Choices
		6 People	5 Choices
<p>Grain</p>  <p><i>My Plate Recommends: 6 servings/person/day</i></p> <p>1 choice = about 12 servings</p>	<p>Bread, 1 Loaf</p> <p>6 Rolls or Bagels</p> <p>6 Tortillas or 1 package</p> <p>Mac & Cheese, Rice Mix, Pasta Mix, 3 boxes, 6-8 oz each</p> <p>Rice or Pasta, 16 oz</p> <p>Hot Cereal (Oatmeal, Grits, etc.), 18 oz</p> <p>10 Oatmeal packets, 1 oz each</p> <p>Cold Cereal, 12 – 16 oz</p> <p>2 Stuffing Boxes, 6 oz each</p> <p>Cornmeal, 16 oz</p> <p>Quinoa, 16 oz</p> <p>Pancake Mix, Bread Mix, Muffin Mix, 16 oz</p>	1 Person	2 Choices
		2 People	3 Choices
		3 People	5 Choices
		4 People	6 Choices
		5 People	8 Choices
		6 People	9 Choices