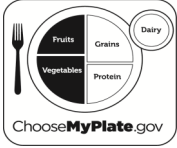




HPNAP Minimum Food Guide for a 3 Day Pantry Package

Rev 4/19

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 items per household size

Food Group	What equals a choice(s)?	Family Size:	1	2	3	4	5	6
Vegetables and Fruits  <i>1 choice=4 serving (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 Instant Potatoes, 13.75 ounces = 1 choice Fruit or Vegetable Juice, 46-48 ounces = 1 choice <i>Limit Juice to one container per household</i>		At least 3 choices,	At least 5 choices,	At least 7 choices,	At least 10 choices,	At least 12 choices,	At least 15 choices,
			Aim for 5 choices	Aim for 9 choices	Aim for 14 choices	Aim for 18 choices	Aim for 23 choices	Aim for 27 choices
Proteins: Meat, Non-Meat and Dairy  <i>1 choice = approx. 4 ounces of protein 5 oz 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 6 Eggs = 1 choice Frozen Meat, Fish, Poultry 8 ounces (¹ / ₂ pound) = 2 choices Canned Chicken, Salmon or Tuna, 5 ounces can, 2 cans = 1 choice Canned Chicken, Salmon, or Tuna, 15 ounces = 2 choices Fluid Milk, 32 ounces/1 quart = 1 choice 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		At least 3 choices	At least 5 choices,	At least 7 choices,	At least 10 choices,	At least 12 choices,	At least 14 choices,
				Aim for 6 choices	Aim for 9 choices	Aim for 12 choices	Aim for 15 choices	Aim for 18 choices
Grains  <i>1 choice = avg 12 svgs 6 svgs/person/day</i>	Bread, 1 Loaf = 1 choice 6 Rolls or Bagels = 1 choice Macaroni & Cheese and/or Rice-a-Roni, 3 Boxes = 1 choice Rice or Pasta, 16 ounces = 1 choice Oatmeal, 18 ounces = 1 choice Cold Cereal, 12-16 ounces = 1 choice Pancake Mix, 32 ounces = 1 choice		At least 2 choices	At least 3 choices	At least 4 choices,	At least 5 choices,	At least 5 choices,	At least 6 choices,
					Aim for 5 choices	Aim for 6 choices	Aim for 8 choices	Aim for 9 choices