

HOW TO PACK A BALANCED PANTRY BAG

The chart below shows a pantry bag designed according to balanced nutrition guidelines, with approximate amounts of food to provide 9 meals (breakfast, lunch, and dinner for three days). Each example item is counted as 1, unless otherwise specified.



Fresh Produce.....4 pieces
or 1 Head/Bunch
or 1 Pound

Dried Fruit.....15 oz

Canned Fruit.....15 oz

Frozen Fruit.....12-16 oz

100% Fruit Juice..46-48 oz

*Limit Juice to one per household.

Fresh Produce.....4 pieces
or 1 Head/Bunch
or 1 Pound

Canned15 oz

Frozen.....15 oz

Vegetable Juice...46-48 oz

*Limit Juice to one per household.

Bread.....1 Loaf

Rolls, Bagels, or Tortillas...6 ea

Pancake, Bread or Muffin Mix.....16 oz

Cereal.....12-16oz

Oatmeal.....18 oz

Flour.....12-16 oz

Rice (brown, white).....16 oz

Pasta.....16 oz

Mac & Cheese, Rice, or Pasta Mix.....3x 6-8 oz

Ravioli, Lasagna, Canned Stew, or Chili*4x 15 oz

Eggs.....6

Frozen Meat/Fish.....16 oz (4 items)

Canned Tuna.....2x 5 oz can

Canned Salmon.....15 oz can (2 items)

Canned Beef or Pork...24 oz (3 items)

VEGAN

Dried Beans.....1 lb (2 items)

Canned Beans.....15 oz (2 items)

Nut Butter.....16 oz (2 items)

Nuts & Seeds*.....1 lb. (2 items)

Vegetable Burgers*.....4 pack

*Min. 7 grams protein per serving

Fluid Milk32 oz/1 quart or 4x 8 oz

Dry Milk.....12 oz envelope

Cottage Cheese.....16 oz (2 Items)

Yogurts.....4x 6 oz

Cheese.....8 oz (2 items)

VEGAN

Fortified Soy or milk alternative*32 oz/1quart or 4x 8 oz

FRUITS & VEGETABLES

GRAINS

PROTEIN

DAIRY**

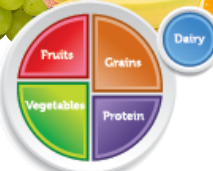
If canned, in 100% Juice or Water

If canned, Low or No-Salt Added

For Gluten-Free grain products, please check for a 'Gluten-Free' label on the package.

Combine legumes & whole grains to make a complete protein.

**Offer based on availability.



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FAMILY SIZE	1
	2
	3
	4
	5
	6



5 Items
9 Items
14 Items
18 Items
23 Items
27 Items



2 Items
3 Items
5 Items
6 Items
8 Items
9 Items



3 Items
6 Items
9 Items
12 Items
15 Items
18 Items



2 Items
3 Items
3 Items
4 Items
4 Items
5 Items