




HPNAP Minimum Food Guide for a 3 Day Pantry Package

5/31/13

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 choices per household size

| Food Group | What equals a choice(s)? | 1 | 2 | 3 | 4 | 5 | 6 |
|---|--|--------------|--------------|---------------|---------------|---------------|---------------|
| Vegetables and Fruits  <i>1 choice=4 servings (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, 1 Pound Fresh Produce = 1 choice Fruit or Vegetable Juice, 46-48 ounces = 1 choice <i>Limit Juice to one container per household</i> | 5 choices | 9 choices | 14 choices | 18 choices | 23 choices | 27 choices |
| Proteins - Meat, Non-Meat and Dairy  <i>1 choice = approx. 28 grams of protein 28 gms protein/person/day</i> | Canned Beans, 15 ounces = 1 choice <i>Dried Beans, 1 pound = 2 choices</i> <i>Peanut Butter, 18 ounces = 3 choices</i> Canned Stew or Chili, 15 ounces each = 1 choice 6 Eggs = 1 choice <i>Frozen Meat, Fish, Poultry, 8 ounces (1/2 pound) = 2 choices</i> Canned Chicken, Tuna, Salmon, 5 ounces, 1 can = 1 choice <i>Canned Salmon, 15 ounces = 2 choices</i> Shelf Stable, Fluid Milk, 32 ounces/1 quart = 1 choice <i>1/2 Gallon Milk = 2 choices</i> 4 Fluid Milks, 8 ounces each = 1 choice Dry Milk 1 Envelope = 1 choice 4 Yogurts, 6 ounces each = 1 choice 2 Greek Yogurt, 6 ounces each = 1 choice <i>Cottage Cheese, 16 ounces = 2 choices</i> American Cheese (not Cheese Food), 8 ounces = 1 choice <i>Mozzarella/Cheddar/Swiss Cheese, 8 ounces = 2 choices</i> | 3 choices | 6 choices | 9 choices | 12 choices | 15 choices | 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 3 Boxes = 1 choice Rice or Pasta, 16 ounces = 1 choice Oatmeal, 18 ounces = 1 choice Cold Cereal, 12-16 ounces = 1 choice | 2 choices | 3 choices | 5 choices | 6 choices | 8 choices | 9 choices |