




Minimum Food Guide for a 3 Day/9 Meal Pantry Package

Using this food guide ensures each HPNAP meal contains 2 servings from the Vegetable and Fruit group and a serving from 2 of the other food groups. This packing guide supports MyPlate.

Number of points per household size

Food Group	What equals a point?	1	2	3	4	5	6
Vegetables & Fruits  <p>1 point=4 servings 6 servings/person/day</p>	4 pieces, 1 head, 1 bunch, 1 pound fresh veg or fruit = 1 point Canned Vegetables, 15 ounces = 1 point Frozen Vegetables, 16 ounces= 1 point Tomato/Spaghetti Sauce, 26 ounces = 2 points Instant Potatoes = 2 points Canned Fruit, 15 ounces = 1 point Vegetable or Fruit Juice, 46-64 ounces= 2 points	5	9	14	18	23	27
Proteins: Meat, Non-Meat & Dairy  <p>1 point=4 servings 2 servings/person/day</p>	2 cans Tuna or Chicken 5 ounce = 1 point Canned Beans, 15 ounces = 1 point 2 cans Stew /Ravioli/Chili/etc. = 1 point Dry Beans = 1 point Eggs, Dozen = 2 points Peanut Butter, 18 ounces = 3 points Frozen Meat, 16 ounces = 2 points Fluid Milk, 32 ounces or 1 envelope Dry milk= 1 point 1/2 Gallon Fluid Milk = 2 points Cottage Cheese, 16 ounces= 2 points 4 Yogurts, 6 ounces each = 1 point Cheese , 8 ounces = 2 points	3	6	9	12	15	18
Grains  <p>1 point= 4 servings 6 servings/person/day</p>	Bread, 1 pound = 2 points Rice or Pasta 16 ounces= 2 points 6 Rolls or Bagels= 2 points Oatmeal, 18 ounces = 2 points Cold Cereal, 12-16 ounces = 2 points Macaroni & Cheese = 1 point	4	6	8	10	13	15

