





Rainbow of Choice Food Guide for a 3-Day Pantry Package

Food pantry customers choose the number of items from each food group dependent upon the number of persons in their household.

Examples of foods in each group and how to count them as an item are given.

Number of People in the Household

Food Group	One item or choice equals:	1 to 2	3 to 4	5 to 6	7 to 8
Grains 6 servings per person per day 	Rice or Pasta, 16oz Oatmeal, 18 oz Loaf of Bread Cereal, 15 to 20 oz	2 - 3	4 - 5	6 - 7	8 - 9
Vegetables 5 servings per person per day 	Fresh Veggies, 1 bag or bunch Spaghetti Sauce, 15 oz Canned or Frozen Veggies, 16 oz Instant Potatoes, 15 oz	3 - 6	7 - 9	11 - 12	13 - 14
Fruits 4 servings per person per day 	Fresh Fruit , 1 bag Canned or Dried Fruits, 15 oz Fruit Juice, 46 oz	3 - 6	7 - 9	11 - 12	13 - 14
Dairy 3 servings per person per day 	Fluid Milk, 32 oz (1 quart) Dry Milk, 25 oz Ricotta Cheese, 16 oz 4 Yogurts, 6oz each Mozzarella Cheese, 8 oz	2 - 3	4 - 5	6 - 7	8 - 9
Meat & Non-meat Proteins 2 servings per person per day 	Peanut Butter, 18 oz Eggs, dozen Frozen Meat, 16 oz Tuna, 6 oz Canned Beans or Meat, 15 oz	2 - 3	4 - 5	6 - 7	8 - 9
Combination Foods	Soup, 15 oz Mac & Cheese, 1 box Meals in a Box, 1 box	1 - 2	3 - 4	5 - 6	7 - 8
Fats & Oils	Margarine or Butter, 1 pound Vegetable Oil, 48 oz	0 - 1	0-1	1-2	1-2
Sweets	Jelly, 18 oz Pancake Syrup, 24 oz	1	1	2	2