**Example Shoppers Guide for Pantries – Approx. 3 days of food**

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|  | **Family Size 1-2** | **Family Size 3-4** | **Family Size 5+** | **Family Size 7+** |
| **Canned Produce** | 5 | 7 | 9 | 12 |
| **Beans** | 1 | 1 | 2 | 3 |
| **Protein** | 1 | 2 | 2 | 3 |
| **Fresh Produce** | Based on Availability – Usually 1 bag per family  |
| **Meal in a Can** | 1 | 1 | 2 | 3 |
| **Deli** | Based on Availability |
| **Dry Goods** | 2 | 4 | 5 | 7 |
| **Bread** | Based on Availability |
| **Large Family Item**EXAMPLE  | 0 | 2 | 3 | 4 |
| **Cereal**  | 1 | 1 | 1 | 1 |
| **Personal Care** | 1 | 2 | 2 | 3 |
| **Toilet Paper** | 1 | 2 | 3 | 4 |
| **Soup** | 1 | 2 | 3 | 4 |
| **Bonus Shelf**  | 1 | 2 | 3 | 4 |
| **Overflow Shelf** | 1 | 2 | 3 | 4 |

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| **Items**  | **Individual** | **Family Size 2-3** | **Family Size 4+** |
| **Shelf Stable Milk** | 1 | 2 | 3 |
| **Juice** | 1 | 1 | 2 |
| **Vegetables** | 2 | 4 | 5 |
| **Fruit** | 2 | 3 | 4 |
| **Meal Kits** | 1 | 3 | 3 |
| **Grains/Pasta** | 2 | 3 | 3 |
| **Non Meat Protein** | 2 | 4 | 4 |
| **Canned Meat** | 2 | 3 | 3 |
| **Soup** | 2 | 3 | 3 |
| **Breakfast** | 1 | 2 | 2 |
| **Baking Goods** | 1 | 2 | 2 |
| **Snacks** | 1 | 2 | 3 |
| **Condiments and Other** | 1 | 2 | 2 |
| **Health and Wellness** | 1 | 1 | 1 |
| **Frozen Meat** | 1 | 2 | 3 |
| **Produce** | Refer to Posted Signage for Quantities |
| **Bread** |
| **Dessert** |
| **Fresh Dairy** |