



GUEST SHOPPING CHECKLIST

Use the chart below to guide the development of your guest shopping checklist that meets the USDA's *My Plate* recommendations. The number of food items listed by household size should be sufficient to provide 3 days of meals (breakfast, lunch and dinner). A full listing of food items per category follows.

Consider providing seasonal fresh produce as a free choice (i.e. does not count towards limits in table).

Build in incentives to promote fruit and vegetable, whole-grain and low-sodium product selections.

Ideally, the pantry should be arranged so that food items are shelved according to the food groups specified below. Signs and stickers can be used to color code the shelves according to food group and to reinforce the messages delivered by *MyPlate*.

Household size	Fruits	Vegetables	Meat, beans, peanut butter, & eggs	Dairy, yogurt & cheese	Grains	Meal makers (soups, meals in a box)	Misc. (oils, snacks, sweets, condiments, staples)	Personal items
1	2 items	3 items	4 items	1 item	2 items	3 items	3 items	3 items
2	2 items	3 items	4 items	1 item	2 items	3 items	3 items	3 items
3	3 items	3 items	5 items	1 item	2 items	4 items	4 items	3 items
4	5 items	3 items	5 items	1 item	2 items	4 items	5 items	4 items
5	4 items	5 items	5 items	2 items	3 items	5 items	6 items	4 items
6	5 items	6 items	5 items	2 items	3 items	6 items	6 items	5 items
7	6 items	7 items	5 items	3 items	3 items	7 items	7 items	5 items
8	6 items	8 items	8 items	3 items	3 items	8 items	8 items	5 items

Adapted from the Rainbow of Colors Choice System developed by Ohio State University Extension

