## **FOOD NEEDS FOR A YEAR**

Here is a worksheet to help you document and plan out approximate yearly needs based on your family's eating habits. This will help you during the growing season for fresh eating per week and also with your food preservation for the pantry shelf.

## **Individual Fruits/Vegetables**

Food	Serving Amount Per Meal	Week 1	Week 2	Week 3	Week 4	Weekly Average	Yearly Need
	2 cups, 1 pound, etc.	Serving amount x meals	Serving amount x meals	Serving amount x meals	Serving amount x meals	Total serving amounts divided by 4 weeks	Average weekly use x 52 weeks
green beans	2 cups	2x2= 4 cups	2x0= 0 cups	2x1= 2 cups	2x0= 0 cups	6 cups/ 4 weeks= 1 1/2 cups	1 1/2 cups x 52 weeks = 78 cups

## **Combination Recipes**

Serving Amount Per Meal	Week 1	Week 2	Week 3	Week 4	Weekly Average	Yearly Need
1 сир	1x1= 1 cup	1x0= 0 cups	1x1= 1 cup	1x2= 2 cups	4 cups/ 4 weeks= 1 cup	1 cup x 52 weeks = 52 cups
		rei wedi	rei weai	rei Wedi	rei wedi	1 cup $1x1=$ $1x0=$ $1x1=$ $1x2=$ 4 cups/ 4 weeks=