## 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 <br> Average | Yearly Need |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & 2 \text { cups, } \\ & 1 \text { pound, etc. } \end{aligned}$ | Serving amount xmeals | Sering amount xmeals | Sening amount xmeals | $\begin{aligned} & \text { Sening } \\ & \text { amount } \\ & \text { x meals } \end{aligned}$ | $\begin{aligned} & \text { Total serving } \\ & \text { amounts divided } \\ & \text { by 4 weeks } \end{aligned}$ | $\begin{gathered} \text { Average } \\ \text { Aeeky use } \\ \times 52 \text { veens } \end{gathered}$ |
| green beans | 2 cups | $\begin{aligned} & 2 \times 2= \\ & 4 \mathrm{cups} \end{aligned}$ | $\begin{aligned} & 2 \times 0= \\ & 0 \mathrm{cups} \end{aligned}$ | $\begin{aligned} & 2 \times 1= \\ & 2 \mathrm{cups} \end{aligned}$ | $2 \times 0=$ <br> 0 cups | 6 cups/ <br> 4 weeks $11 / 2$ cups <br> $11 / 2$ cups | $\begin{gathered} 11 / 2 \text { cups } \\ \times 52 \text { weeks }= \end{gathered}$ $78 \mathrm{cups}$ |
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Combination Recipes

| Food | Serving Amount Per Meal | Week 1 | Week 2 | Week 3 | Week 4 | Weekly Average | Yearly Need |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| salsa | $1 \mathrm{cup}$ | $\begin{aligned} & 1 \times 1= \\ & 1 \mathrm{cup} \end{aligned}$ | $\begin{aligned} & 1 \times 0= \\ & 0 \text { cups } \end{aligned}$ | $\begin{aligned} & 1 \times 1= \\ & 1 \mathrm{cup} \end{aligned}$ | $\begin{aligned} & 1 \times 2= \\ & 2 \text { cups } \end{aligned}$ | 4 cups/ <br> 4 weeks= <br> 1 cup | $\begin{aligned} & 1 \text { cup } \\ & \times 52 \text { weeks } \\ & =52 \text { cups } \end{aligned}$ |
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