

# HOW MUCH FOOD PER PERSON

## OUNCES

<b>Cheese</b>	<b>2</b>
<b>Meat</b>	<b>1.5</b>
<b>fresh fruit</b>	<b>1</b>
<b>fresh veggies</b>	<b>1</b>
<b>dried fruit</b>	<b>1</b>
<b>nuts</b>	<b>1</b>
<b>bread</b>	<b>2-3</b>
<b>crackers</b>	<b>1.5</b>
<b>misc (ie; sweets, dips etc)</b>	<b>1-2</b>

X the amount of people you are intended to feed to find your  
amount of food to buy

# CONVERSION ESTIMATE CHEAT SHEET

5 slices of salami = 1 oz

6 crackers = aprx 1.5 oz

single slice of bread = aprx 1 oz

handful of nuts or dried fruit = 1 oz

TOTAL TO BUY PER PERSON: APRX 12 OUNCES

12 OZ CONVERTS TO 0.75 LB