

**Worksheet 17.12
Selecting Meat**

Number of servings* per person:

Number of servings for family:

*The recommendation is from one serving per week to one hundred servings per year.

Canned Meats			
	Can Size	Amount	Servings
1			
2			
3			
4			
5			
6			
Freeze-Dried Meats		xxx	Amount
1	-		
2	-		
3	-		
4	-		
Other Meat Products		xxx	Amount
1	-		
2	-		
3	-		
4	-		
Total Servings of Meat			

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Refer to calculations 17.5 and 17.6 and tables 17.11, 17.12, 17.13, and 17.14 on pages 139 to 144 in Crisis Preparedness Handbook to complete this table.