

Worksheet 17.6
Fruit and Vegetable Needs

Family Members	Age	Servings of Fruit per Day*	Servings of Vegetables per Day*
1			
2			
3			
4			
5			
6			
Family Total Servings Per Day			
*The recommended number of servings is 2 servings of fruit and 3 ½ servings of vegetables.			

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Refer to calculation 17.2 on page 132 in Crisis Preparedness Handbook for information to complete this table.