

**Worksheet 17.7
Selecting Fruits**

Number of Servings per Day for Family:

Number of Days*:

Total Number of Servings for Family: (number of servings x number of days) =

*It is recommended you select days in increments of 30 for easier calculation, i.e., 30 days, 90 days, 360 days).

Fruits	Servings per Day of Listed Fruit	Total Servings of Listed Fruit	For Reference: Amount for One Serving per Day per Year/360 Days	Quantity to Store
Vitamin C-fortified fruit drink mix			18 lb.	
Canned fruits in # 303 cans			8 cases	
Canned fruits in # 2 cans			6 cases	
Canned fruits in # 2 ½ cans			4 ½ cases	
Canned fruit juice			2 ½ cases	
Canned fruit in #10 cans			1 case	
Home canned fruit in pints			8 cases	
Home canned fruit in quarts			4 cases	
Fresh apples			125 lb.	
Dried prunes			25 lb.	
Raisins			30 lb.	
Dehydrated apples			22.8 lb.	
Dehydrated bananas			22.8 lb.	
Assorted dehydrated fruits			22.8 lb.	
Assorted freeze-dried fruit			8-9 lb.	
Other fruit				
Other fruit				
Other fruit				

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Refer to calculation 17.2; tables 17.6, 17.7, and 17.8; and examples 17.8 and 17.9 on pages 132 to 135 in Crisis Preparedness Handbook for information to complete this table.