| Worksheet 17.16 <br> Selecting Grains and Grain Products |  |  |  |
| :---: | :---: | :---: | :---: |
| Number of pounds of grains and grain products for family for one year: |  |  |  |
| Grains |  |  |  |
| Grain Variety | Pounds | Servings per Pound | Number of Servings |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| Total Pounds |  | Total Servi |  |
| Grain Products |  |  |  |
| Grain Product | Pounds | Servings per Pound | Number of Servings |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| Total Pounds |  | Total Servi |  |

OPatricia Spigarelli-Aston
Refer to calculation 17.8 and examples 17.16 and 17.18 on pages 148 and 149 in Crisis Preparedness Handbook to complete this table.

