



### 3.030

## Guide to Food Quantities

The following is provided as a guide in estimating the quantities of foods that you will require for your campers:

Cold Cuts	1 lb. = 8 servings
Milk	1 1/2 pts. per camper (more if used in cooking)
Bacon	18-20 slices = 1 lb.
Bread	24 ounces = 22-24 slices
Butter	1 lb. does 2 loaves of bread
Meat	1/4 - 1/3 lb. per serving
Chicken (with bone)	1/2 lb. per serving
Soup	284 mL can = 2-3 servings
Packaged Soup	5-6 servings
Canned Fruit	540 mL can = 5 servings
Canned Vegetables	14 oz/398 mL can = 3 servings
Canned Juice	1.36L can = 12 juice glasses
Canned Pudding	425 gr. can = 3 servings
Dry Cereal	510 gr. box = 15 servings
Instant Pudding	Small box = 4 servings
Whipped Topping	One envelope (usually 2 per box) = 8 servings
Potatoes	10 lb.. = 30-36 servings
Pancake Syrup	16 oz. = 12 servings
Macaroni, Spaghetti	1 lb. makes 8 cups cooked = 8-10 servings