



The Plate Method is a universal way to ensure a balanced meal for everyone!

- **Half** of the plate should be filled with fruits and vegetables, **one quarter** should contain a protein, and the last **quarter** should consist of a bread, starch, or grain.
- An easy guide to determine appropriate food portions as well as to provide recommended servings of fat, carbohydrate, and protein.
- Donating food that parallels the Plate Method helps those in need to eat healthfully.
- Everyone deserves good nutrition, so you are encouraged to donate according to these proportions when you can!
- Fresh fruits and vegetables are always great, but when it's not possible or convenient to donate in fresh form, please donate them in canned form!
 - This template can be used as a
 - Postcard
 - Newsletter
 - Announcement
 - Poster
 - Handout, etc.
- Helpful Websites:
 - <http://www.cannedfood.co.uk/>
 - http://www.hawaiiifoodbank.org/default.asp?doctype=sm&C_ID=287
 - <http://www.mealtime.org/default.aspx?id=244>