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.mealtime.org/default.aspx?id=244