

HOW MUCH TO BUY

Figuring out how much to buy can be tricky. It depends if you want leftovers or not and how many foods you will be serving. Generally if the more different sides you have the less of each one will be eaten. Here is an starting point for planning. (This doesn't include extras for leftovers)

- **TURKEY:** For a turkey less than 16 pounds, estimate 1 pound per serving (this accounts for bone weight). For larger birds, a bit less is fine; they have a higher meat-to-bone ratio. But, if your goal is to have ample leftovers, aim for 1 1/2 pounds per person whatever the turkey size. The safest way to thaw a frozen turkey is in the refrigerator. You will need about 24 hours per 4 to 5 pounds of turkey.
- **CARROTS:** A 1-pound bag of carrots makes 4 to 5 servings
- **FROZEN VEGETABLES:** A 1-pound bag of vegetables serves about 5 people
- **LETTUCE:** One head of lettuce serves about 6 people
- **POTATOES (WHITE OR SWEET):** One medium potato per person
- **GRAVY:** Plan for 1/3 cup of gravy per person
- **GREEN BEANS:** 1 1/2 pounds of green beans makes 6 to 8 servings
- **MASHED POTATOES:** A 5-pound bag of potatoes makes 10 to 12 servings
- **ROLLS:** Figure 1 1/2 to 2 rolls per person
- **STUFFING:** A 14-ounce box of stuffing makes about 11 servings
- **PIE:** Most pies are cut into 8 servings

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Extension and Outreach

This material is funded by the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or call toll-free 1-877-YES-FOOD. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP (10/11)

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Contact: Peggy Martin, MS, RD,
peggym@iastate.edu