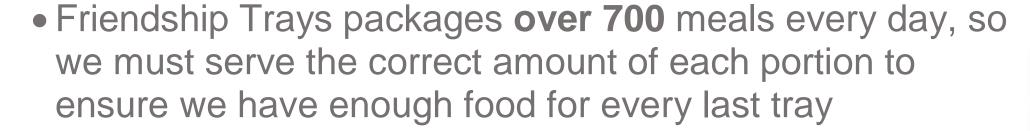
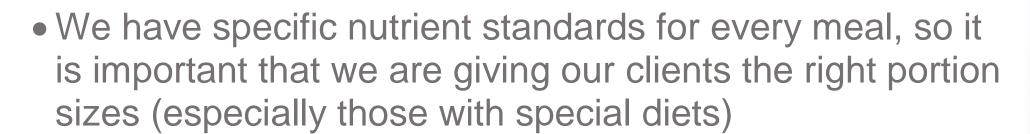
## Let's Talk Portion Size



How to ensure you are providing clients the right amount of food:

- Remember 2 trays = 1 meal
- Use the scoop provided
- Level scoop = 1 serving
- Do not pack the trays full





- Friendship Trays has calculated how much of each food is required to provide our clients with the proper nutrition, so proper amount = proper nutrition
- If each tray has an extra 1 oz of food, that's approximately \$200 extra per day in food cost. In order to provide clients with affordable meals, it is important to keep cost down
- If you have a question, or you think something doesn't look right, ask Tammy!







