Use this helpful guide to plan your next dinner or holiday party!

**SNACKS AND STARTERS**
- 6 pieces/bites per person per hour (before a meal)
- 12 pieces/bites per person (as a meal)
- 1 oz. per person for appetizers not served in pieces (such as cheeses).

**SOUPS AND SALADS**
- 1 cup soup per person (for starter course)
- 2 cups soup per person (as a main meal)
- 1 cup salad per person (for starter course)
- 2.5 cups salad per person (as a main meal)

**MAIN MEALS**
- 8 oz. protein per person
- 1 cup each side/starch/grain per person
- 1 ½ dinner rolls per person

**DESSERTS AND SWEETS**
- Cookies and Squares: 3 pieces per person
- Cake/Pie: 1 piece per person
- Ice Cream: 2/3 cup per person
- Candy: 1/2 cup per person
- Creamy Sweets (pudding, mousse, etc.): ¾ cup per person

**DRINKS**
- Alcoholic Drinks: 1 ¼ cups per person
- Nonalcoholic Drinks: 2 ½ cups per person