

How Much Food Do You Need?



Use the One Pound Rule:

Provide one pound of food for each adult guest (not including drink and dessert)

1 Adult = 1 pound of food

1 Child = 1/2 pound of food

Guests will always eat – and drink – more at night than during the day.

1	Appetizers	6 Pieces
2	Main Dish	6-8 oz
3	Side Dish	6-8 oz
4	Bread	1-2 Pieces
5	Dessert	4 oz
6	Beverages	2 for 1st hr 1 per hr after
7	Alcoholic Beverages	1 per hour



Keep in mind that our estimates are nearly exact, but a good rule of thumb is to round up from these and err on the side of having too much. We doubt you'll complain if you end up with a few leftovers. It would be a good idea to have a few to-go containers available to send with guests.

Other Planning Tips:

Do not repeat the main ingredient (shrimp appetizer and shrimp as the main dish). Offer both hot and cold foods on a buffet. Mix textures on side dishes. Consider colors of the food that will be served together to create variety.

1

Hors D'oeuvres and Appetizers

Each guest will eat 4 to 6 bites per hour during an appetizer-only event. If a main meal is to be served, calculate 6 bites total per person.

Fruit and Veggie Platters- 1 large platter will serve around 10 guests

2

Main Dish

Serve each adult guest 6 – 8 ounces of protein (meat or seafood). For barbecues, that equates to one hamburger patty.

3

Side Dishes

Grains- 1.5 oz as a side dish, 2 oz. as a main dish casserole.

Pasta or Potato Salad- 5 oz per guest

Vegetables- 4 oz per guest

Beans- 2 oz per guest

Pasta- 4 oz per guest (main dish- less for a side dish)

Green Salad- 1 oz per guest (without salad dressing)

4

Bread

Bread such as buns, rolls or corn bread- 1 to 2 pieces (depending on size)

Dessert

5

Small- 2 per guest

Large (cake or pie) - 4 oz slice per guest

Creamy Desserts- 4 oz per guest

Ice Cream- 5 oz per guest

6

Beverages

Calculate two drinks the first hour and then an additional drink for every hour after. You will need 1 pound of Ice per guest (not including ice for coolers).

Alcoholic Beverages

Calculate 1 alcoholic beverage per guest per hour.

Wine - One 750-milliliter bottle of wine provides 5 to 6 glasses. Pick up one bottle for every two guests. White should slightly outnumber red.

7

Beer - Guests will drink 2 servings per guest for the first hour, and then 1 serving for each additional hour.

Spirits— 3 drinks per person.

Cocktails - A 750-milliliter bottle makes about 16 drinks. Pick up a quart of mixer for every 3 guests.