Friendsgiving appetizers: plan portions before shopping

Eight-row portion worksheet on the last page • Free, no signup or purchase.

Planning worksheet. The pieces per guest are your choice; FigureNook sets no amounts.

What you need

- Your guest list and who is bringing which dish
- The recipe or package label for each appetizer
- A calculator or phone
- Serving platters, dip bowls and serving tools (the linked platter is optional)
- Refrigerator space for reserve portions
- The free eight-row portion worksheet

1. Set the occasion

Write the guest count, meal start time and whether the appetizers are a light pre-meal snack or the main food. Ask guests what they are bringing before you shop. There is no universal number that suits every appetite or menu.

2. Do the portion arithmetic

For each dish, enter the pieces per guest you plan and multiply by the guest count. Example only: eight guests times two apple-cheddar skewers is sixteen skewers. Add a small buffer only if you need one, and check the total before multiplying a large menu. Use one row of the eight-row portion table per dish: item, pieces per guest, guests, total, buffer, who brings and allergens.

3. Map refillable zones

Reserve space for dip bowls and serving tools first. Keep dry crackers away from wet vegetables. Put a manageable first serving on the platter and keep perishable reserve portions in the refrigerator for refills. Note allergens beside each dish. Perishable food left at room temperature more than 2 hours (1 hour above 90°F) should be thrown away (USDA FSIS).

Important

Perishable food left at room temperature more than 2 hours (1 hour above 90°F) should be thrown away (USDA FSIS). Keep reserve portions in the refrigerator for refills. Write allergens beside each dish; the nine major food allergens are listed by the FDA.

Tips

- Use the worksheet to record your own calculations; the pieces per guest are your choice, and FigureNook gives no recommended amounts.
- Optional Lifewit set: four white trays, nominal 14 x 10 in (top 13.5 x 9.5 in); hand wash. Dip bowls, skewers and food are separate and may be items you already own. The printable needs no purchase.
- The PDF and TXT downloads are free, with no account, email address or purchase required. Shopping links are optional and disclosed; product popularity is not a suitability or results guarantee.

Sources

USDA FSIS: Leftovers and Food Safety (used only for the 2-hour / 1-hour rule)
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

FDA: Food Allergies (the nine major food allergens)
https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

Source note: Cited only for its rule: perishable food left at room temperature more than 2 hours (1 hour above 90°F) should be thrown away. The portion numbers are your own.

Notice

Planning worksheet. The pieces per guest are your choice; FigureNook sets no amounts. Original AI editorial illustration depicting a design concept; review manufacturer specifications and product details for final suitability. Accessories, exact colour, fit and performance are not established by the image.

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Checklist

Guests

Meal start time

Appetizers are ☐ a light pre-meal snack ☐ the main food

Guests asked what they are bringing ☐ done

Portion table

Total = pieces per guest x guests. Add a buffer only if you need one.

Item	Pieces per guest	Guests	Total	Buffer	Who brings	Allergens