

Cheese-board shopping planner

Guests: _____ Date/time: _____ Other food: _____

Choose an illustrative shopping plan; adjust for appetite and the rest of the meal. These quantities are examples, not nutrition targets. Multiply guests by grams per person.

Guests	Tasting 45 g each	Appetizer 60 g each	Light meal 100 g each
2	90 g	120 g	200 g
4	180 g	240 g	400 g
8	360 g	480 g	800 g

My calculation: _____ guests x _____ g = _____ g total.

Three-cheese tasting: 15 g of each cheese per person = 45 g per person.

Choose three contrasts

Role	Cheese / label details	Grams
Familiar firm cheese	_____	_____
Soft contrast	_____	_____
Stronger accent	_____	_____

Four-person appetizer example: 100 g cheddar + 100 g Camembert + 40 g blue = 240 g.

Finish the shopping list

Bread/crackers: _____ Fruit: _____

Optional accompaniments: _____

Dietary/allergen requirements: _____

Knives, bowls and serving plates: _____

Serve a little, keep the reserve cold

Keep cold perishables at 40 degrees F or below. Replace nearly empty dishes with fresh ones. Discard perishables after more than 2 hours without temperature control, or 1 hour above 90 degrees F. Follow package instructions. Separate utensils do not make a shared board allergen-free.

First plate out: _____ Deadline: _____

Unused refrigerated cheese / next meal: _____

Source: FDA: Serving Safe Buffets. For higher-risk guests: CDC safer food choices.

Full guide: yenra.com/cheese-board/ | October 4, 2026