Class Purpose

This class was developed to provide participants with information on the contents of the Food Buying Guide, and how they can be used. Applying math skills and using yield data for creditable food items, participants will practice calculating the right amount of food to purchase and prepare for the number of servings needed.
# Table of Contents

**Introduction** .................................................................................................................................................. 3

Topic 1 – Introduction to the Food Buying Guide ......................................................................................... 5

Topic 2- Yield Data for Creditable Foods .................................................................................................. 11

Topic 3- Calculating Food Amounts to Purchase ....................................................................................... 13
INTRODUCTION

Topics

| Topic 1: Introduction to the Food Buying Guide |
| Topic 2: Yield Data for Creditable Foods |
| Topic 3: Calculating Food Amounts to Purchase |

Total Class Time 90 min.

Class Overview

Food Buying Guide (FBG) class provides participants with information on FBG contents and using yield data to complete food purchase calculations. Participants will receive hands-on practice to determine the amounts of food and beverages to purchase for planned food items in order to meet requirements for a reimbursable meal.

Acknowledgment Statement

You understand and acknowledge that:

- the training you are about to take does not cover the entire scope of the program; and that
- you are responsible for knowing and understanding all handbooks, manuals, alerts, notices and guidance, as well as any other forms of communication that provide further guidance, clarification or instruction on operating the program.
TOPIC 1 – INTRODUCTION TO THE FOOD BUYING GUIDE

The USDA Food Buying Guide (FBG) for Child Nutrition Programs serves as the principal tool to determine how much food to purchase and prepare. The FBG also identifies each food item’s contribution to the meal pattern. It provides average yields for over 1,200 foods.


Sections of the FBG –

- **Introduction**
- **Meat/Meat Alternates** – Contains specific cuts, game meats, cooked ham and the Institutional Meat Purchase Specification (IMPS) number for certain items.
- **Vegetables/Fruits** - Contains many ready-to-use items and new items such as kiwi, star fruit and yucca.
- **Grains/Breads** - Contains a worksheet to calculate grams of flour, new classifications based on the grains/bread instruction, and information on how to determine if a product is creditable.
- **Milk** - Contains a more complete list of fluid milk available and their updated product names.
- **Other Foods** - Contains additional items.
- **Appendix A** - Recipe Analysis
- **Appendix B** - Using Column 6 for Recipe Analysis
- **Appendix C** - The USDA Child Nutrition Labeling Program
- **Appendix D** - Food Purchasing: A Summary of First Choice and Choice Plus
- **Appendix E** - Resources - Websites and Phone Numbers
- **Index of Foods**
How can the FBG help you in your food service operation?

- Provides information to help you serve _____________ that meet
  __________________________

- Helps you determine how foods ______________ toward
  __________________________________________

- The ________________ information helps you __________________________ of
  food for the number of children or adults you are serving

- Save ________________ by avoiding waste and shortages of food purchased

- The FBG includes charts on __________________________, metric equivalents,
  measures for ____________________, and how to make cost comparisons
To Help You Use the FBG

- Pages ______through_______ provide abbreviations and common can sizes, plus average weights and measures

- Pages ______ and _______ show how to substitute one size can for another

- Page _______ provides a section on decimal weight equivalents

8 oz = 0.50 lb

- Page ________ provides a chart for converting decimals to commonly used fractions

- Page _________ provides a guide to volume equivalents for liquids

- Pages__________through__________ provide measures for portion control and approximate measures for scoops, dishers, ladles, and serving spoons
Appendices of the FBG

- **Appendix A** - Recipe Analysis – Contains information on how to use the Recipe Analysis Worksheet

- **Appendix B** - Using Column 6 for Recipe Analysis – Information on determining the number of servings, for crediting purposes, obtained from a particular food using Column 6, “Additional Yield Information.”

- **Appendix C** - The USDA Child Nutrition Labeling Program – Contains answers to common questions. More information on the next page.

- **Appendix D** - Food Purchasing: A Summary of First Choice and Choice Plus

- **Appendix E** - Resources - Websites and Phone Numbers

- Index of Foods
The Child Nutrition (CN) Labeling Program

The Child Nutrition (CN) Labeling Program is a voluntary Federal labeling program for the Child Nutrition Programs.

What are the advantages of using CN labeled products?

- A CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, and it protects you from exaggerated claims about a product.
- A CN label provides a warranty against audit claims if the CN labeled product is used according to the manufacturer’s directions.
- A CN label simplifies cost comparison of similar products.

CN Labels are limited to:

- Main dish products that contribute at least ½ ounce to the meat/meat alternate component of the meal pattern. Examples of these products include but are not limited to beef patties, cheese or meat pizzas, meat or cheese and bean burritos, breaded fish, chicken nuggets; and
- Juice and juice products containing at least 50 percent full-strength juice by volume. This includes products such as frozen juice bars and sherbert.

Products containing the CN label will have the following information printed on the principal display panel of the label:

- Product name.
- Ingredients listed in descending order by weight.
- Inspection legend for the appropriate inspection.
- Establishment number (for meat, poultry, and seafood items only).
- Manufacturers or distributor’s name and address.
• CN label statement. The CN label statement must be an integral part of the product label and include the following information:

- CN logo, the distinctive border around the CN statement.
- Six-digit product identification number which will appear in the upper right hand corner of the CN label statement.
- A statement of the product’s contribution toward meal pattern requirements for the Child Nutrition Programs.
- A statement specifying that the use of the CN logo and label statement is authorized by USDA FNS.
- The month and year the label was approved by FNS.

A sample CN logo:

![Sample CN Logo](image)

*Note: The X’s in the sample CN logo are only used to demonstrate the placement of the CN identification number and the final date. If you receive a CN labeled product containing all X’s (or other non-number symbols) or all zeros as the CN identification number, that label is not a valid CN label. If a CN label is not valid, FNS cannot provide a warranty for its use towards meal pattern requirements.*

See Section 4000 in TDA F&N CACFP Handbooks for more information.
TOPIC 2- YIELD DATA FOR CREDITABLE FOODS

How are the foods in the FBG listed and grouped?

The foods in this guide are listed as individual food and beverage items. The food and beverage items are arranged alphabetically within the appropriate food component from the Child Nutrition Meal Patterns. There are 5 sections of yield data tables. Four sections are for the food components of the meal pattern requirements. Section 5 is for "Other foods" which are not part of the meal but are used in food preparation and help round out the meals.

For example, if you were looking for information:

On beef, you would look in Section 1: __________________________

On carrots, you would look in Section 2: __________________________

On cereals, you would look in Section 3: __________________________

On milk, you would look in Section 4: ____________________________

On popcorn, you would look in Section 5: _________________________

The Introduction to each Section contains important information that is not found in the yield data tables. For example:

- A Meat/Meat Alternate for lunch/supper must be served in the main dish or in the main dish and one other menu item.
- A serving of Meat/Meat Alternate must weigh/contribute a minimum of ¼ ounce or 0.25 ounce.
- Two or more servings of different vegetables and/or fruits must be served to meet the Vegetables/Fruits requirement at lunch/supper.
- A single serving of vegetable or fruit must be at least 1/8 cup.
What information do the yield tables provide?

<table>
<thead>
<tr>
<th>Column 1: Food As Purchased, AP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food item name and description(s)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Column 2: Purchase Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic unit of purchase, such as pound or can size</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Column 3: Servings Per Purchase Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of servings of a given size (from Column 4) in each purchase unit (Column 2)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Column 4: Serving Size per Meal Contribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>The size of a serving and credit towards the meal pattern requirement</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Column 5: Purchase Units for 100 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of purchase units necessary to prepare 100 servings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Column 6: Additional Information</th>
</tr>
</thead>
</table>

### Section 2—Vegetables/Fruits

<table>
<thead>
<tr>
<th>BEANS, GREEN (continued)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Food As Purchased, AP (continued)</th>
<th>Purchase Unit</th>
<th>Servings per Purchase Unit, EP</th>
<th>Serving Size per Meal Contribution</th>
<th>Purchase Units for 100 Servings</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Greem, canned</td>
<td>No. 10 can (101 oz)</td>
<td>45.3</td>
<td>1/4 cup heated, drained vegetable</td>
<td>2.3</td>
<td>1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans</td>
</tr>
<tr>
<td>No. 10 can (101 oz)</td>
<td>51.1</td>
<td>1/4 cup drained vegetable</td>
<td>2.0</td>
<td>1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans</td>
<td></td>
</tr>
<tr>
<td>No. 2-1/2 can (28 oz)</td>
<td>12.5</td>
<td>1/4 cup heated, drained vegetable</td>
<td>8.0</td>
<td>1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans</td>
<td></td>
</tr>
<tr>
<td>No. 2-1/2 can (28 oz)</td>
<td>14.1</td>
<td>1/4 cup drained vegetable</td>
<td>7.1</td>
<td>1 No. 300 can = about 7.7 oz (1-3/8 cups) cups drained, unheated beans</td>
<td></td>
</tr>
<tr>
<td>No. 300 can (15 oz)</td>
<td>5.00</td>
<td>1/4 cup heated, drained vegetable</td>
<td>20.0</td>
<td>1 No. 300 can = about 5.7 oz (7/8 cup) heated, drained beans</td>
<td></td>
</tr>
<tr>
<td>No. 300 can (15 oz)</td>
<td>5.77</td>
<td>1/4 cup drained vegetable</td>
<td>17.4</td>
<td>1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans</td>
<td></td>
</tr>
<tr>
<td>Pound</td>
<td>7.17</td>
<td>1/4 cup heated, drained vegetable</td>
<td>14.0</td>
<td>1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans</td>
<td></td>
</tr>
<tr>
<td>Pound</td>
<td>8.10</td>
<td>1/4 cup drained vegetable</td>
<td>12.4</td>
<td>1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans</td>
<td></td>
</tr>
</tbody>
</table>

Section 2—Vegetables/Fruits
TOPIC 3- CALCULATING FOOD AMOUNTS TO PURCHASE

We will use the following two menu items for a lunch/supper meal to practice calculating:

- Menu Item: Seasoned green beans (canned, cut)
- Menu Item: Fresh peaches (raw, sliced)

1. Calculate the total number of servings and the serving size of the prepared food for each age group by multiplying the number of children to serve by the required food component serving size for age group and meal type.

2. Calculate the amount of food to purchase for the number of servings needed for each food item using Method 1.

Note: For lunch/supper, two or more kinds of vegetables and/or fruits must be served. The amount of vegetables/fruits listed on the meal pattern is a total amount for the meal. You must split the total between two different items (vegetables and/or fruits) and the minimum portion size for one item can be no less than 1/8 cup.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Age</th>
<th>Number to Serve X</th>
<th>Required Serving Size</th>
<th>= Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Beans, Canned, Cut</td>
<td>1-2 years</td>
<td>23 X</td>
<td>⅛ cup (0.125)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3-5 years</td>
<td>40 X</td>
<td>¼ cup (0.25)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6-12 years</td>
<td>7 X</td>
<td>½ cup (0.5)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total = 1 cup</td>
<td></td>
</tr>
</tbody>
</table>
Method 1 –

**Step 1:** Locate the food in Column 1. Then check the food form and serving size listed in Column 4. Compare this to your planned serving size.

**Step 2:** Divide the number of servings you need by the number of servings you will get from one purchase unit (pound, can, etc.) (Column 3).

### Determine total ¼ cup servings of green beans:

1) Divide 1 by ¼.

\[
\frac{1}{\frac{1}{4}} = 4
\]

2) Multiply the multiplication factor by the total number of 1 cup servings of green beans.

\[
\text{Multiplication factor} \times 16.38 = \text{Total number of ¼ cup servings}
\]
Method 1 –

**Step 1:** Locate the food in Column 1. Then check the food form and serving size listed in Column 4. Compare this to your planned serving size.

**Step 2:** Divide the number of servings you need by the number of servings you will get from one purchase unit (pound, can, etc.) (Column 3).

**Instructions:** Fill in the blank in Column 3 using the FBG information on page 14. Fill in Column 5 with needed servings you previously calculated. Then, use Method 1 to calculate the right amount of food to purchase in Column 6.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Green Canned, Cut</td>
<td>No. 10 can</td>
<td></td>
<td>¼ cup heated, drained vegetable</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Method 1 –

**Step 1:** Locate the food in Column 1. Then check the food form and serving size listed in Column 4. Compare this to your planned serving size.

**Step 2:** Divide the number of servings you need by the number of servings you will get from one purchase unit (pound, can, etc.) (Column 3).
Sometimes the serving size you are planning is not the same as the serving size listed in the FBG. A conversion of the serving size is required.

**Determine total ¼ cup servings of peaches:**

1) Divide 1 by ¼.

\[
1 \div \frac{1}{4} (0.25) = \text{Multiplication factor}
\]

2) Multiply the multiplication factor by the total number of 1 cup servings of peaches.

\[
\text{Multiplication factor} \times 14.63 = \text{Total number of ¼ cup servings}
\]

**Method 1 –**

**Step 1:** Locate the food in Column 1. Then check the food form and serving size listed in Column 4. Compare this to your planned serving size.

**Step 2:** Divide the number of servings you need by the number of servings you will get from one purchase unit (pound, can, etc.) (Column 3).

**Instructions:** Fill in the blank in Column 3 using the FBG information on page 16. Fill in Column 5 with needed servings you previously calculated. Then, use Method 1 to calculate the right amount of food to purchase in Column 6.

<table>
<thead>
<tr>
<th>Information from FBG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peaches, Fresh Size 64 &amp; 60 (medium) (2-1/2 inch diameter) Raw, Sliced Fruit</td>
</tr>
</tbody>
</table>
CACFP: The Amazing Food Buying Guide

You understand and acknowledge that:

- the training you have completed does not cover the entire scope of the program; and that

- you are responsible for knowing and understanding all handbooks, manuals, alerts, notices and guidance, as well as any other forms of communication that provide further guidance, clarification or instruction on operating the program.

The Texas Department of Agriculture’s Food and Nutrition Division is funded by the U.S. Department of Agriculture, Food and Nutrition Service.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.