

# Using the Food Buying Guide

## Food Buying Guide

for Child Nutrition Programs



South Dakota Department of Education  
Child & Adult Nutrition Services



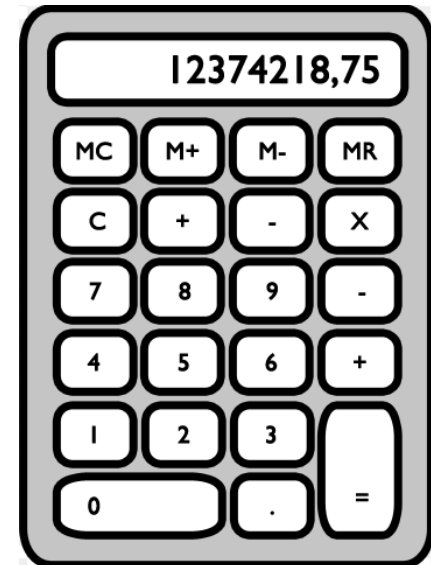
U.S. Department of Agriculture  
Food and Nutrition Service

# What do you need?

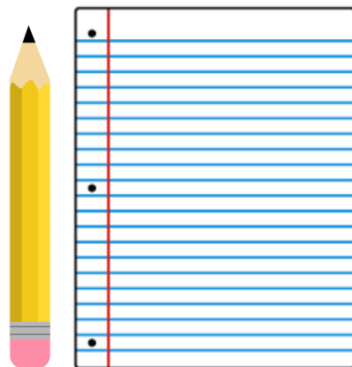
- Food Buying Guide
  - <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>
  - Basic Internet Search



- Calculator



- Pencil & Scratch Paper



## Section 2 – Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>APPLES</b>					
Apples, fresh <i>125-138</i> count Whole	Pound	14.80	1/4 cup raw unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apples
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.4	
	Pound	11.40	1/4 cup raw cored, peeled fruit	8.8	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-cook or -serve raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked unsweetened fruit	14.8	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples
	Pound	5.80	1/4 cup cooked sieved unsweetened fruit	17.3	

# The Situation:

You are planning to serve  $\frac{1}{4}$  cup servings of steamed carrot slices. You will be purchasing frozen, sliced carrots. How many pounds of frozen, sliced carrots will you need to buy?

**Estimated Number of Servings: 195**  $\frac{1}{4}$  cup servings of cooked, sliced carrots

CARROTS – Red/Orange Subgroup (continued)					
<b>Carrots, frozen</b> <i>Sliced</i> <i>Includes USDA</i> <i>Foods</i>	Pound	9.87	$\frac{1}{4}$ cup cooked, drained vegetable	10.2	1 lb AP = 0.95 lb (about 2- $\frac{3}{8}$ cups) cooked, drained carrots

**195 servings / 9.87 = 19.75. Round up to 20 lbs.**

# The Situation:

You are planning to serve boneless, cooked roast beef to 75 students of different grade levels. How many pounds of raw beef roast, without bone, will you need?

**Estimated Number of Servings: 45 1.5 oz eq servings + 30 2 oz eq servings**

## BEEF ROUND ROAST, fresh or frozen<sup>9</sup>

Beef Round Roast, fresh or frozen <sup>9</sup> <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
<i>1/4-inch trim</i>	Pound	6.50	1-1/2 oz cooked lean meat	15.4	

45 at 1.5 oz = 67.5 oz  
30 at 2 oz = 60.0 oz  
Total = 127.5 oz needed

1 lb = 9.76 1 oz servings

127.5 / 9.76 = 13.06 lbs.

Round up to **13.25 lbs needed**

# The Situation:

You are planning to serve 1.5 oz eq portions of cooked ground beef for 60 people. How many purchase units of frozen, ground beef, USDA Commodity, not more than 20% fat, do you need to buy?

**Estimated Number of Servings: 60 1.5 oz eq portions**

<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 20% fat</i> <i>Includes USDA Foods</i> <i>(Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	

1 lb = 7.89 1.5 oz eq servings

$60 / 7.89 = 7.60$  lbs.

Round up to **7.75 lbs needed**

# The Situation:

Assume that you need enough USDA Commodity ground beef (not more than 20% fat) to prepare meatloaf for 325 people

Estimated Number of Servings: K-5: 153; 6-8: 157; 9-12: 90

K-5        153        x        2 oz        = 306 oz  
 6-8        157        x        2 oz        = 314 oz  
 9-12      90         x        2 oz        = 180 oz

**306+314+180 = 800 oz**

<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 20% fat</i> <i>Includes USDA Foods</i> <i>(Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	

1 lb = 11.8 1 oz servings

800 / 11.8 = 67.79  
 Round up to **68 lbs**

# The Situation:

Assume you have an offer-versus-serve school and need enough frozen cut green beans to serve 325 people. K-5 receives  $\frac{3}{4}$  cup, 6-8 receives  $\frac{3}{4}$  cup, and 9-12 receives 1 cup. How many pounds are needed?

Estimated Number of Servings: K-5: 130; 6-8: 125; 9-12: 100

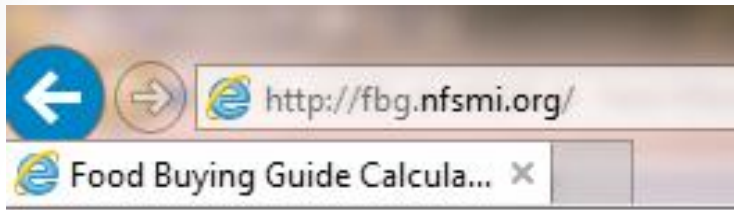
K-5	130	x	.75 c	= 97.5 c	
6-8	125	x	.75 c	= 93.75 c	$97.5 + 93.75 + 100 = 291.25$ cups
9-12	100	x	1 c	= 100 c	

<b>Beans, Green, frozen</b> <i>Cut</i> <i>Includes</i> <i>USDA Foods</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	

$11.6 / 4 = 2.9$  cups per pound

$291.25 / 2.9 = 100.43$  lbs  
Round up to **100.5 lbs needed**

# Using the Food Buying Guide Calculator



## Food Buying Guide Calculator for Child Nutrition Programs



Choose a **Food group** by clicking on an image below, or enter a keyword or food item in the **Search** field to the right, then click **Go**. Avoid the use of punctuation.

The calculator interface displays six food groups, each with a representative image and a label:

- Meat/Meat Alternates**: Image showing chicken, tuna, and bread.
- Vegetables**: Image showing corn, tomatoes, and carrots.
- Fruits**: Image showing raisins, peaches, and strawberries.
- Grains/Breads**: Image showing cereal, bread, and rice.
- Milk**: Image showing various milk cartons.
- Other Foods**: Image showing cream cheese, butter, and oil.

The sidebar contains the following elements:

- Search**: A search input field with a 'Go' button.
- View Food Buying Guide**: A green button.
- Select Food Group**: A green button.
- Select A Food Group --**: A dropdown menu.
- Self-Tutorial**: A green button.

Food items listed in the Food Buying Guide Calculator, including their item descriptions, purchase units, serving descriptions, notes and serving units, are directly based on food items listed in the USDA's official [Food Buying Guide for Child Nutrition Programs](#).

# Choose the component, find the specific product

## Food Buying Guide

Calculator for Child Nutrition Programs



Choose a **Food group** by clicking on an image below, or enter a keyword or food item in the **Search** field to the right, then click **Go**. Avoid the use of punctuation.



	<u>Meat/Meat Alternates</u>
	<u>Vegetables</u>
	<u>Fruits</u>
	<u>Grains/Breads</u>
	<u>Milk</u>
	<u>Other Foods</u>

► Search

Go

► [View Food Buying Guide](#)

► [Select Food Group](#)

-- Select A Food Group --

► [Self-Tutorial](#)

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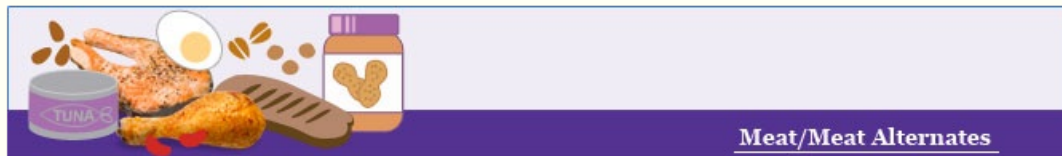
# Locating the product

## Food Buying Guide

Calculator for Child Nutrition Programs



Use the **Serving Description** to select the desired food item for your planned meal. For crediting, choose oz. for Meat/Meat Alternates (M/MA), cups for Vegetables/Fruits (V/F), or servings for Grains/Breads (G/B). Additional measures could be used for recipes or salad bars.

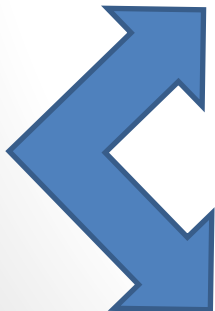
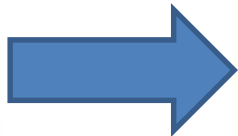


### Food Categories

Beef and Beef Products

### 73 Items Found for Beef and Beef Products

Beef steak, frozen, sliced and formed, (like IMPS 1138B)	^
Beef stew meat, fresh or frozen, composite of trimmed retail cuts, without bone, practically-free-of-fat (PFOF)	
Beef tongue, fresh or frozen	
Beef tripe, fresh or frozen, scalded, bleached (denuded), honeycomb, (like IMPS 726)	
Beef, canned, beef with natural juices, USDA Foods	
Beef, ground, fresh or frozen, market style, no more than 30% fat, (like IMPS 136)	
Beef, ground, fresh or frozen, no more than 10% fat, (like IMPS 136)	
Beef, ground, fresh or frozen, no more than 15% fat, (like IMPS 136)	
Beef, ground, fresh or frozen, no more than 20% fat, includes USDA Foods, (like IMPS 136)	←
Beef, ground, fresh or frozen, no more than 24% fat, (like IMPS 136)	
Beef, ground, fresh or frozen, no more than 26% fat, (like IMPS 136)	v



# Serving size & number of servings

## Food Buying Guide

Calculator for Child Nutrition Programs



Select the planned **Serving Size** from the drop down list. Enter the planned **Number of Servings**. Click on **Add to List**

[▶ Search Guide Again](#)



Meat/Meat Alternates

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Beef, ground, fresh or frozen, no more than 20% fat, includes USDA Foods, (like IMPS 136)	lb	cooked drained lean meat		oz

▶ Serving Size

1 OZ ▼

▶ Number of Servings

150

Add to List



# Results

## Food Buying Guide

Calculator for Child Nutrition Programs



Home

Add More Items

Print List

Email List

NOTE: The Food Buying Guide Calculator rounds up to the nearest whole Purchase Unit or next 1/4 pound.

If you need to add more food items, select **Add More Items**. To edit a food item on your Shopping List, click **Edit** to the right of the food item entry. To remove a food item on your Shopping List, click **Remove** to the right of the food item.

If you are finished, select **Print List** or **Email List**

\*\*\*Print or Email your shopping list before exiting the Calculator or your browser! It will not be saved.\*\*\*

### Shopping List

Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	150	1 oz	Beef, ground, fresh or frozen, no more than 20% fat, includes USDA Foods, (like IMPS 136)	cooked drained lean meat	12.67	12.75	lb	<a href="#">Remove</a> <a href="#">Edit</a> ^



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## Food Buying Guide

Calculator for Child Nutrition Programs



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	<u>Meat/Meat Alternates</u>
	<u>Vegetables</u>
	<u>Fruits</u>
	<u>Grains/Breads</u>
	<u>Milk</u>
	<u>Other Foods</u>

► Search

Go

► [View Food Buying Guide](#)

► Select Food Group

-- Select A Food Group --

► [Self-Tutorial](#)

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# Locating the product

## Food Buying Guide

Calculator for Child Nutrition Programs



Use the **Serving Description** to select the desired food item for your planned meal. For crediting, choose oz. for Meat/Meat Alternates (M/MA), cups for Vegetables/Fruits (V/F), or servings for Grains/Breads (G/B). Additional measures could be used for recipes or salad bars.



Vegetables

### Food Categories

Other Vegetables

### 116 Items Found for Other Vegetables

Bean Sprouts, canned	^
Bean Sprouts, fresh, Mung	
Bean Sprouts, fresh, Soybean	
Beans, Green, canned, cut, includes USDA Foods	←
Beans, Green, canned, french style, includes USDA Foods	
Beans, Green, canned, whole, includes USDA Foods	
Beans, Green, Flat Italian, canned, whole	
Beans, Green, Flat Italian, frozen, whole	
Beans, Green, fresh, trimmed, whole	
Beans, Green, fresh, untrimmed, whole	
Beans, Green, frozen, cut, includes USDA Foods	∨
Beans, Green, frozen, French style, includes USDA Foods	



# Purchase/Serving Unit

Beans, Green, canned, cut, includes USDA Foods			
Purchase Unit	Serving Description	Notes	Serving Unit
No. 10 can (101 oz)	heated drained vegetable		cup
No. 10 can (101 oz)	drained unheated beans	1 can = 60 oz unheated drained beans	cup
No. 10 can (101 oz)	drained unheated beans		oz
No. 2-1/2 can (28 oz)	heated drained vegetable		cup
No. 2-1/2 can (28 oz)	drained unheated beans	1 can = 16 oz unheated drained beans;	cup
No. 2-1/2 can (28 oz)	drained unheated beans		oz
No. 300 can (15 oz)	heated drained beans	1 can = 7.4 oz heated drained beans	cup
No. 300 can (15 oz)	heated drained beans		oz
No. 300 can (15 oz)	drained unheated beans	1 can = 7.7 oz unheated drained beans	cup
No. 300 can (15 oz)	drained unheated beans		oz
lb	heated drained vegetable		cup
lb	drained vegetable		cup

# Serving Size & Number of Servings

Select the planned **Serving Size** from the drop down list. Enter the planned **Number of Servings**. Click on **Add to List**

▶ [View Shopping List](#)

▶ [Search Guide Again](#)



Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Beans, Green, canned, cut, includes USDA Foods	No. 10 can (101 oz)	heated drained vegetable		cup

▶ Serving Size

3/4 cup ▼

▶ Number of Servings

150 ×

Add to List

# Results

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Calculator for Child Nutrition Programs



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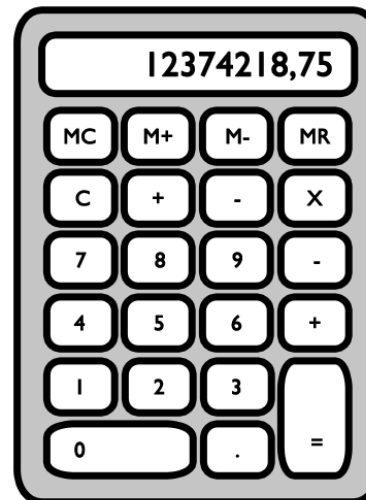
Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	150	3/4 cup	Beans, Green, canned, cut, includes USDA Foods	heated drained vegetable	9.93	10.00	No. 10 can (101 oz)	<a href="#">Remove</a> <a href="#">Edit</a>

# Thank you!

- Feel free to contact the CANS office

605-773-3413

[DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us)



# Food Buying Guide and FBG Calculator Training Professional Standards Training Credit

*Print, sign & date this certificate for your records.*

- This training credits for 30 minutes of training in

## **Key Area 1 - Menu Planning**

1150 - Menu Planning - Menu Analysis

## **Key Area 2 - Operations**

2150 - CN Labeling, Crediting

Your Name:

Date of Training: