

BUYING GUIDE AND FORECASTING

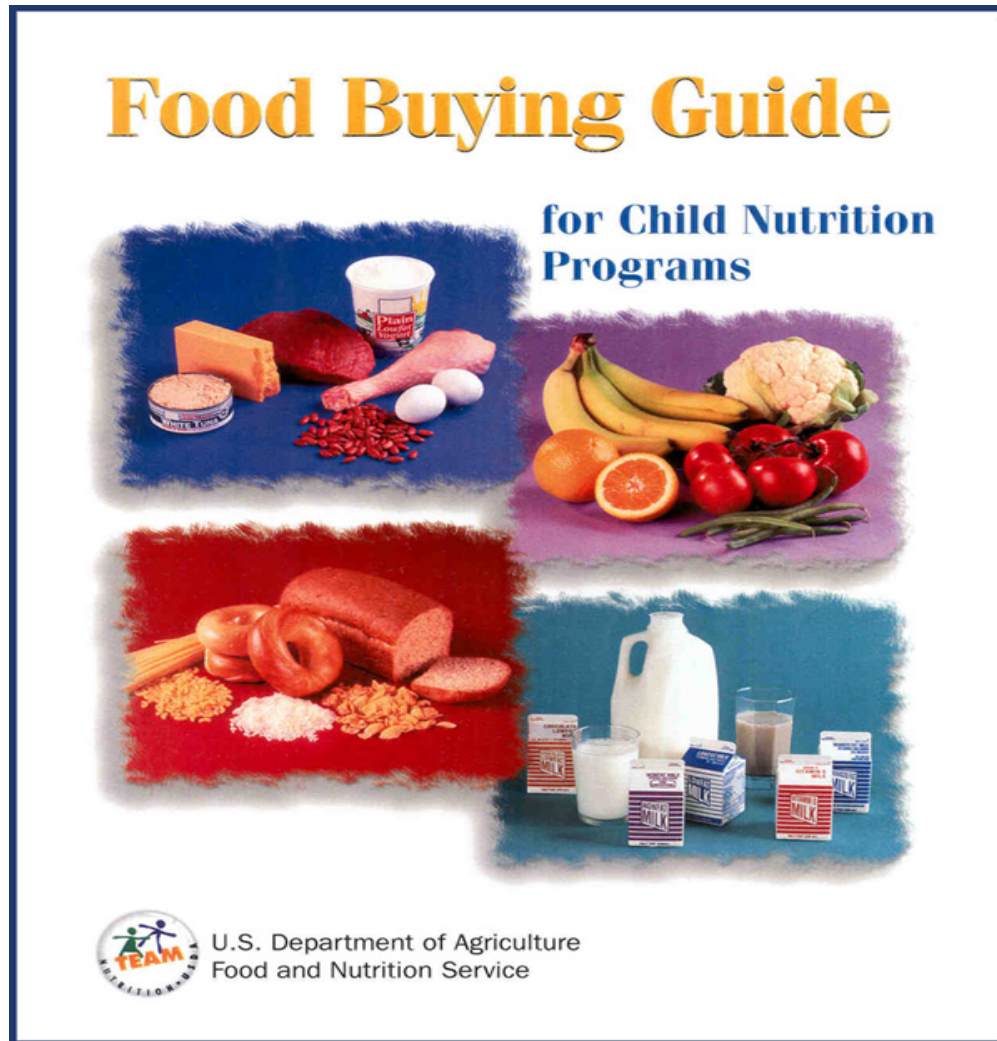
Hawaii Child Nutrition Program

October 2017

USDA Food Buying Guide

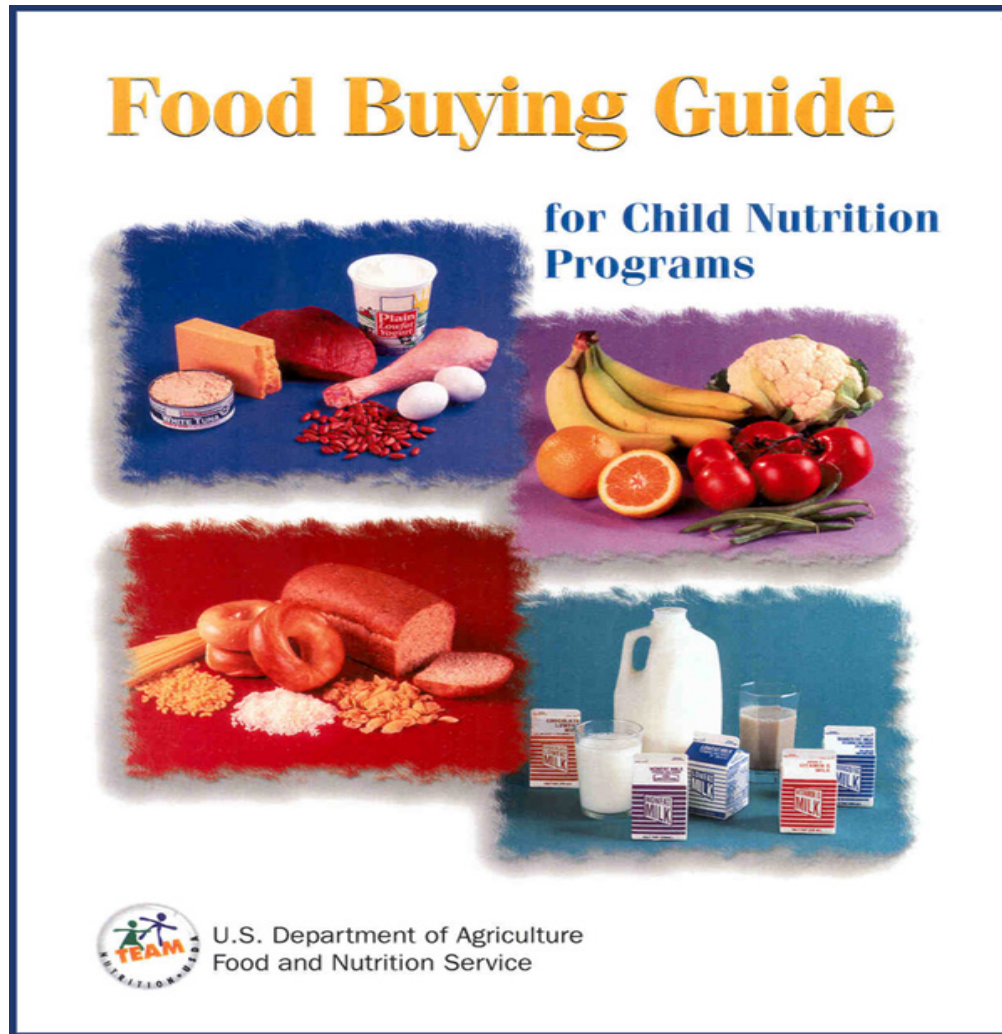
- USDA'S Food Buying Guide designed for Child Nutrition Programs
- To help determine quantities of food to purchase for use in preparing meals for children

USDA Food Buying Guide



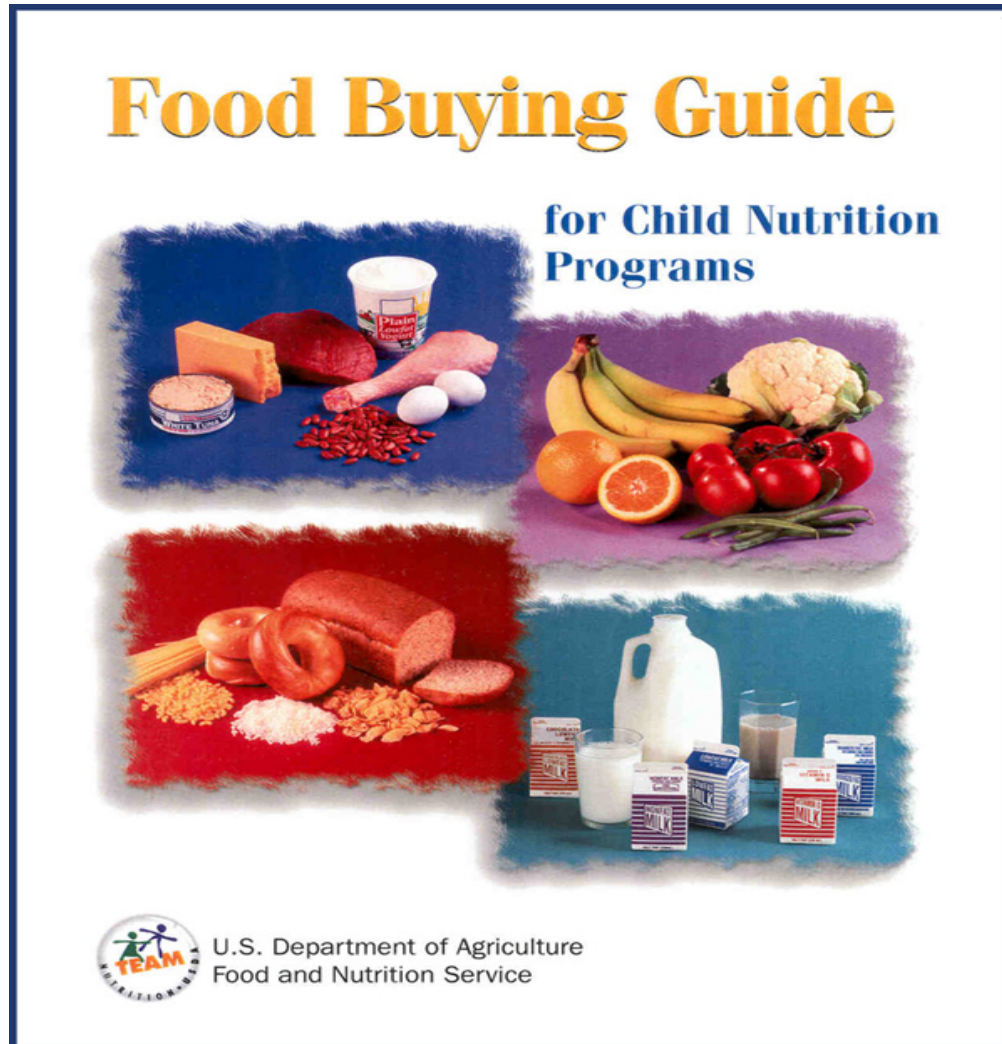
<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>

USDA Food Buying Guide



- It helps you...
 - Meet USDA requirements
 - Determine how many serving will you get from a specific quantity of food
 - Determine what quantity of the raw product will provide the amount of ready-to-cook food
 - Determine how much food will you need to buy

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HEADERS:

- 1 - Food as purchased, AP.
- 2 - Purchase unit.
- 3 - Servings per purchase unit.
- 4 - Serving size per meal contribution.
- 5 - Purchase units for 100 servings.
- 6 - Additional information.

USDA Food Buying Guide

• COLUMN 1

- Food As Purchased, AP
- Name of product, alphabetically

Section 1—Meat/Meat Alternates

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
PORK, MILD CURED, Ready-to-cook, chilled or frozen³² (continued)					
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	6.72	1 oz cooked lean meat	14.9	1 lb AP = 0.42 lb cooked lean meat
Pork shoulder Picnic³² <i>With bone</i>	Pound	4.48	1-1/2 oz cooked lean meat	22.4	
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked lean meat
Pork Shoulder Picnic³² <i>Without bone</i>	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
PORK, MILD CURED, Fully Cooked, chilled or frozen^{32, 33}					
Pork, Mild Cured, Fully Cooked, chilled or frozen	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
Ham With natural juices³² <i>Boiled</i> <i>Without bone</i> <i>(Like IMPS #508 Style B)</i>	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
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• COLUMN 2

- Purchased Unit
- For many foods, units include gal, No. 10, 40 lb. bag

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- **COLUMN 3**
- **Servings per Purchase Unit, EP**
- **(EDIBLE PORTION)**

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• COLUMN 4

- Serving Size per Meal Contribution in ¼ cup portions

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• COLUMN 5

- Purchase Units for 100 Servings
- Always round up to ensure enough food

Section 1—Meat/Meat Alternates

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- **COLUMN 6**
- Additional Information
- Shows quantity of food from a lb. of food as purchased 1 lb apple = .78 lb

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$$A \times B \times C = D$$

- **A = Purchase Units for 100 Servings
(FBG – Column 5)**
- **B = Number of Servings Needed (count)
100=Number of Servings Listed**
- **C = Serving Size Needed (your menu)
Serving Size Listed (FBG – Column 4)**
- **D = Quantity Needed to Purchase or Prepare**

$$A \times B \times C = D$$

Step 1 (A)

Look at Column 5 in the FBG purchase unit is base on 100 servings

$$A \times B \times C = D$$

Step 2 (B) = In order to divide, you need to know how many meals you will need to prepare. Where would you find that information? Not in the FBG – but what is your enrollment or forecasted ADP - Average Daily Participation.

$$A \times B \times C = D$$

Step 3 (C) = Is the amount you plan to serve each child whether it a half cup of fruit or vegetable or 2 to 3 oz. of meat portion.

$$A \times B \times C + D$$

Step 4 (D) After you multiply $A \times B \times C = D$. This is your answer.

WILL A FORM HELP?

Name & Description of Food: _____

servings Needed: _____ Serving Size Needed: _____
 (Copy to B) (Copy to C)

	A	X	B		X	C		=	D		
<u>Steps</u>	Purchase Units for 100 servings (FBG Col. 5)	X	Number servings needed (from above)	÷	Number servings listed (FBG=100)	X	Serving size needed (from above)	÷	Serving size listed (FBG Col 4)	=	Quantity Needed
List		X		÷	100	X		÷		=	
Change to a Decimal		X				X		÷		=	
Compute		X				X				=	

Step 3: Always round up to the nearest practical purchasing unit.

_____ Quantity needed from D above → _____ Nearest practical amount to purchase

Ok Here's an example: GRADE K – 8 Lunch

- BQ Chicken (thighs) – 225 - 4oz portions
- Baked Beans 225 servings – ½ cup
- Steamed Broccoli 150 servings – ½ cup
- Fresh Peach – 125 – ½ cup
- Rolls - Whole Wheat 1oz
- **Milk**
- Chocolate FF
- White LF

Name & Description of Food: _____

servings Needed: _____ Serving Size Needed: _____
 (Copy to B) (Copy to C)

	A	X	B		X	C		=	D		
<u>Steps</u>	Purchase Units for 100 servings (FBG Col. 5)	X	Number servings needed (from above)	÷	Number servings listed (FBG=100)	X	Serving size needed (from above)	÷	Serving size listed (FBG Col 4)	=	Quantity Needed
<i>List</i>		X		÷	100	X		÷		=	
<i>Change to a Decimal</i>	25.0 lbs.	X	225 ÷ 100			2 oz ÷ 2 oz				=	
<i>Compute</i>		X				2 oz ÷ 2 oz				=	

Step 1: **25.0** lbs. rounds to **2.25** nearest practical unit. **56.25 lbs.** Nearest practical amount to purchase

Recap: Determining Volume of Food

- Determine Portion Size
- Determine # times on Menu
- Determine Student Participation

Hamburger Patty

- 2.6 oz = 2 oz protein (edible portion)
- Can combine with other same entrees

Count # times of menu X year

- 3 times on menu x menu cycle will repeat 4 times (3 x 4 = 12 times annually)
- Add similar entrees (aka hamburger, cheeseburger)

Number of students X participation

- # of students less students being absence

Determining Volume of Food

- **QUESTIONS**

QUESTIONS?

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Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

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