

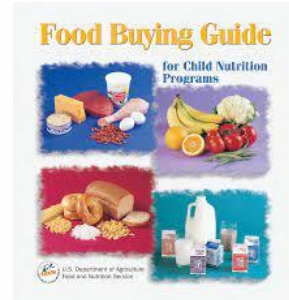
Utilizing the Food Buying Guide with Scratch Cooking



Illinois School Nutrition Association 2023

June 21

Tinley Park, Illinois



PANELISTS



- *Connie Crawley, Food Service Director, Lincoln Elementary School District 27*
- *Paula Crawford, Assistant Food Service Director, Lincoln Elementary School District 27*



AGENDA

- Introduction
- Grains
- Meat/Meat Alternatives
- Multicomponent
- Q&A



GRAINS

ITEMS NEEDED



Conversions

Number of pounds of ingredient	x 453.6 grams
Number of ounces of ingredient	x 28.35 grams
Number of cups of enriched white flour	x 125 grams
Number of cups of regular rolled oats	x 81 grams
Number of cups of quick-cooking oats	x 81 grams
Number of cups of degermed, enriched cornmeal	x 138 grams
Number of cups of wheat bran	x 58 grams
Number of cups of wheat germ	x 115 grams
Number of cups of whole wheat flour	x 120 grams

Attachment 1

EXHIBIT A: GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS^{1,2}
Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (Oz Eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> Bread-type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (salines and stack crackers) Croissants Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Oz Eq for Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> Bagels Butter-type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Donuts (fried) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz

1. Creditable Grain Ingredient	2. Quantity (pounds, ounces, cups)	3. Convert to Grams (reference conversion chart)	Grams
		X	=
		X	=
		X	=
		X	=
4. Total Grams			=

5. Total grams divided by number of portions in recipe.

$$\frac{\text{Total grams creditable grains from Step 4}}{\text{Number of portions per recipe}} = \text{Number of grams creditable grains per portion}$$

6. Divide the number of grams per portion by 16.0 or 28.0

$$\frac{\text{Number of grams creditable grains per portion from Step 5}}{16.0 \text{ or } 28.0} = \text{oz eq grains}$$

7. Round down to the nearest 0.25 oz eq grains.

$$\text{oz eq from Step 6} = \text{oz eq grains}$$

Buttermilk Biscuits



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20732

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAKING POWDER 6-5 CLABBER GIRL	5 Ounce		361632
BAKING SODA 6-5 CLABBER GIRL	1/2 Ounce		628531
SUGAR CANE GRANUL 35 GCNC	16 7/12 Ounce		108642
SALT KOSHER 12-3 DIAC	1 Ounce		424307
BUTTER PRINT UNSLTD GRD AA 35-1 GCNC	1 Pound		289405
MILK WHY 1 4-1GAL RGNLBRND	2 Quart 4 9/10 Fluid Ounce (68 9/10 Fluid Ounce)		817801
VINEGAR WHY DISTILLED 5 4-1GAL GCNC	2 Fluid Ounce		629640
Organic all - Purpose Flour	5 Pound		

Preparation Instructions

THIS RECIPE IS FOR 1 PAN!

Mix dry ingredients together in a large bowl.
Make a well in the middle for wet ingredients

Instructions:

1. On the worksheet (see below), list each creditable grain ingredient in the recipe. Grain ingredients that are whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran or germ are creditable towards the grains requirements for Child Nutrition Programs.
2. Fill in the quantity (for example: cups, pounds, kilograms, ounces, grams, etc.) of each creditable grain ingredient in the recipe.
3. Convert the amount of each creditable grain ingredient in the recipe to grams. Use the chart below for commonly used conversions.
4. Add the grams for each creditable grain ingredient to determine the total grams of creditable grains in the recipe.
5. Divide the total grams of creditable grains in the recipe by the number of portions in the recipe to determine the number of grams of creditable grains per portion of food product.
6. Divide the number of grams of creditable grains per portion by 16.0 grams (standard amount of enriched or whole-grain meal and/or flour, in 1.0 oz eq grains for Groups A-G of Exhibit A) or 28.0 grams (standard amount of grains, in 1.0 oz eq grains for Groups H and J of Exhibit A).
7. Round down to the nearest 0.25 oz eq grains.



MEAT/ MEAT ALTERNATIVE

ITEMS NEEDED

Meat/Meat Alternate
Guide to crediting in Child Nutrition Programs

COLORADO
Department of Education

Background

There are two ways in which you can determine crediting information for meat/meat alternates (M/M/A) in Child Nutrition Programs.

- Use the Food Buying Guide
- Use manufacturer's documentation of the product (i.e. CN label, signed product formulation statement, or USDA Food Facts Sheet).

Many M/M/A do not credit as 1 oz. of product equals 1 oz. M/M/A. This is because many factors can affect yield, including processing, cooking method and time and the form in which you serve the food (e.g. mashed potatoes, fried potatoes, baked potatoes). The minimum creditable serving size for M/M/A is 0.25 oz.

Food Buying Guide

The Food Buying Guide (FBG) is designed to help school food authorities (SFAs) purchase the correct amount of food and determine the specific contribution different food items make toward the meal pattern requirements. The yield information provided in the FBG represents average yields based on research conducted by the USDA. For foods with a standard of identity (e.g. specific cuts of meats, fruits, vegetables, etc.) you can use the FBG to determine crediting information. The calculation below shows how to use the FBG to determine M/M/A component contributions.

Calculation:

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit (column 3 in FBG)	3. Meat/Meat alternate (oz. equivalents)
_____	X	=	=
4. Portions per recipe			+
5. M/M/A oz. eq. per portion			=

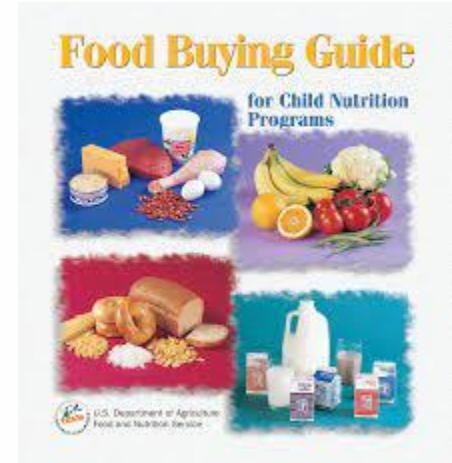
Example – Beef, ground, fresh or frozen no more than 20% fat:

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit (column 3 in FBG)	3. Meat/Meat alternate (oz. equivalents)
10 lbs.	X	11.80	= 118
4. Portions per recipe			+ 50
5. M/M/A oz. eq. per portion			= 2.36

Round down to **2.25 oz.**

Food Buying Guide Quick Reference

- Nut butters: 2 TBSP = 1 oz. equivalent
- Beans: 1/2 cup = 1 oz. equivalent
- Yogurt: 1/2 cup = 1 oz. equivalent
- Egg: 1 large = 2 oz. equivalent



	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP (and sliced) = 0.73 lb cooked lean meat
BEEF, GROUND, fresh or frozen					
Beef, Ground, fresh or frozen <i>Marbled Style* 1, no more than 30% fat. (Like IMPS #136)</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, drained, lean meat
Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked, drained, lean meat	
Beef, Ground, fresh or frozen** <i>no more than 26% fat. (Like IMPS #136)</i>	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained, lean meat
Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained, lean meat	
Beef, Ground, fresh or frozen** <i>no more than 24% fat. (Like IMPS #136)</i>	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.73 lb cooked, drained, lean meat
Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.73 lb cooked, drained, lean meat	
Beef, Ground, fresh or frozen** <i>no more than 20% fat. Includes USDA Foods. (Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked, drained, lean meat
Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked, drained, lean meat	
Beef, Ground, fresh or frozen** <i>no more than 15% fat. (Like IMPS #136)</i>	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked, drained, lean meat



COMBINATION ENTRÉE

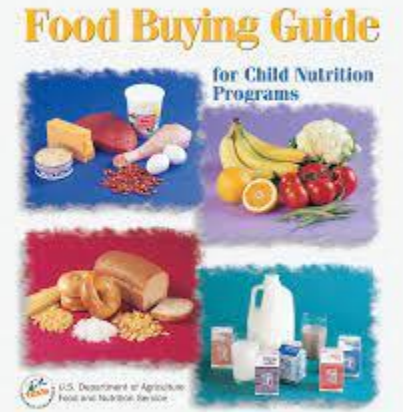


ITEMS NEEDED



Meal Pattern Contribution Worksheet							
Recipe Name:			Portions per Recipe:				
Ingredients	Quantity of Ingredient as Purchased	Purchase Unit	Servings per Purchase Unit in Food Buying Guide	Meat/Meat Alternates (oz. eq.)	Vegetables (1/4 cup)	Fruit (1/4 cup)	Grain / Breads (oz. eq.)
			Totals				
			Portions per Recipe				
			total = by 4 portions	total = by 4 portions then = by 8 of portions	total = by 4 portions then = by 8 of portions	total = by 4 portions	
			Calculations				
			oz	cup	cup	oz eq	
This recipe provides ___ portions			Each Portion Contributes				
			Meat/meat alternate	Vegetable	Fruit	Grain	

Ingredients			
Description	Measurement	Prep Instructions	DistPart #
CHX CVP BRST BNLS SKNLS SZ 2-10 GFS	20 Pound		67344
SPICE GARLIC GRANULATED 24Z TRDE	1 3/5 Ounce		61381
SPICE ONION POWDER 19Z TRDE	1 3/5 Ounce	--	12693
SALT KOSHER 12-3 DIAC	1 Ounce		42437
SPICE PEPR BLK REST GRIND 16Z TRDE	1/3 Ounce		23061
SPICE PAPRIKA 16Z TRDE	1/3 Ounce		51633
EGG SHL LRG A GRD PAST 6-30CT	17 Each		26454
Organic all - Purpose flour	1 1/2 Pound		
BREAD CRUMB FINE UNSEAS 20 GCHC	4 1/3 Pound	UNPREPARED See Package Instructions	17671



Meat/Meat Alternate Guide to crediting in Child Nutrition Programs

Background

There are two ways in which you can determine crediting information for meat/meat alternates (M) Nutrition Programs:

1. Use the Food Buying Guide
2. Use manufacturer's documentation of the product (i.e. CN label, signed product manufacturer Foods Fact Sheet).

Many M/MA do not credit as 1 oz. of product equals 1 oz. M/MA. This is because many factors can a processing, cooking method and time and the form in which you serve the food (e.g. mashed potato baked potatoes). The minimum creditable serving size for M/MA is 0.52 oz.

Food Buying Guide

The Food Buying Guide (FBG) is designed to help school food authorities (SFAs) purchase the correct amount of food and determine the specific contribution different food items make toward the meal pattern requirements. The yield information provided in the FBG represents average yields based on research conducted by the USDA. For foods with a standard of identity (e.g. specific cuts of meat, fruits, vegetables, etc.) you can use the FBG to determine crediting information. The calculation below shows how to use the FBG to determine M/MA component contributions.

Calculation:

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit (column 3 in FBG)	3. Meat/Meat alternate (oz. equivalents)
	X	=	
		4. Portions per recipe	+
		5. M/MA oz. eq. per portion	=

Example – Beef, ground, fresh or frozen no more than 20% fat:

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit (column 3 in FBG)	3. Meat/Meat alternate (oz. equivalents)
10 lbs.	X	11.80	= 118
		4. Portions per recipe	+ 50
		5. M/MA oz. eq. per portion	= 2.36

Food Buying Guide Quick Reference

- Nut butters: 2 Tbsp = 1 oz. equivalent
- Beans: 1/2 cup = 1 oz. equivalent
- Yogurt: 1/2 cup = 1 oz. equivalent
- Egg: 1 large = 2 oz. equivalent

1. Creditable Grain Ingredient	2. Quantity (pound, ounce, cup)	3. Convert to Grams (reference conversion chart)	Grams
		X	=
		X	=
		X	=
		4. Total Grams	=

5. Total grams divided by number of portions in recipe.

Total grams creditable grains from Step 4 _____

Number of portions per recipe _____ = _____ Number of grams creditable grains per portion

6. Divide the number of grams per portion by 16.0 or 28.0

Number of grams creditable grains per portion from Step 5 _____

16.0 or 28.0 = _____ oz eq grains

7. Round down to the nearest 0.25 oz eq grains.

oz eq from Step 6 _____ = _____ oz eq grains

RESOURCES

<http://www.cde.state.co.us/nutrition/manage-program-operations>

- * Click on Plan Meals
- * Crediting guides & calculators

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