

Food Buying Guide (FBG) Overview

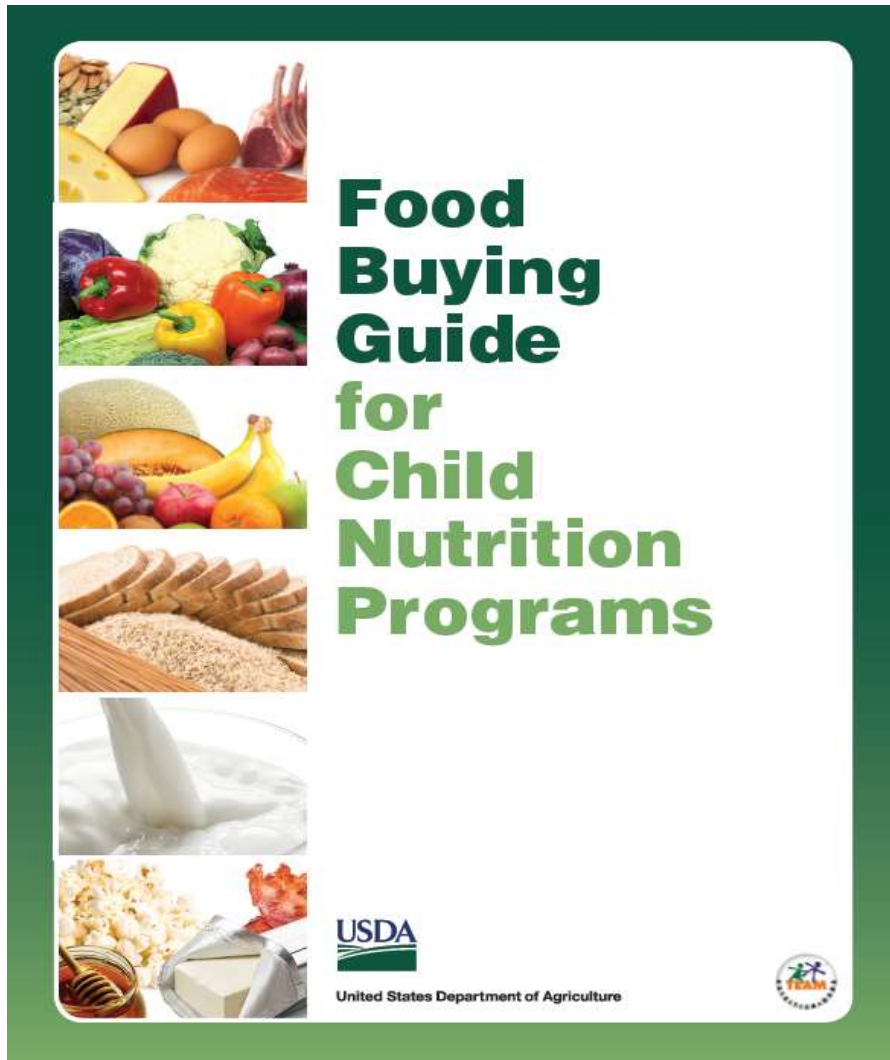
Child Nutrition
Programs
FY2023-2024



OKLAHOMA
Education



Food Buying Guide (FBG)



WHERE TO FIND:

Schools – Other Documents

CACFP – Resource Library

Online – type in a search engine

APP - found in your system store, Google Play or iTunes

Importance of the Food Buying Guide

- What food items are allowed to be served in Child Nutrition Programs?
- Crediting information
 - *Example:* Cheese is a Meat Alternate
 - Vegetable Subgroups
- How many servings will you get from a specific quantity of food?
- What quantity of the raw product will provide the amount of ready-to-cook food called for in a recipe?

What is in the Food Buying Guide?

- It will help you buy the right amount of food and purchase it in the most cost-effective manner
- Yield data on over 2,100 food items
- The Food Buying Guide is used by the State Department during a review to ensure enough quantity was served

FBG Also Includes...

- Compare Food Items (online & app only)
- Store/List Favorite Food Items (online & app only)
- Auto-calculate the amount to purchase based on the selected serving size for fruit & vegetable (Online & app only)
- Recipe Analysis Workbook (Appendix A)
- USDA CN Labeling Program (Appendix C)
- Resources (Appendix F)

Creditable Foods

**Whether Serving 10 OR 1000:
The Concept is the Same!**

It's all about the LABEL!



STANDARD OF IDENTITY

Food Buying Guide = Creditable Items/Standard of Identity

Does the label on the package read EXACTLY AS STATED in the Food As Purchased (AP) column in the FBG?

- If **YES**, the item can be served
- If it is **NOT IN THE FBG**, does the food item have:
 - A Child Nutrition (CN) Label?
 - A “valid” Product Formulation Statement?
 - ✓ If **YES**, it can be served
 - ✗ If **NO**, it cannot be served

Chicken A La King

No item for comparison.

It's ALL ABOUT THE LABEL!

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Meats/Meat Alternates ¹ <i>Footnote</i>	Poultry CHICKEN PRODUCTS, canned or frozen	Chicken Products, Chicken a La King^{20,21} <i>Footnote</i>	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked poultry

1

If label on the product matches the item in the Food Buying Guide, it can be served. It has a standard of identity and they followed the recipe to call it that on the label.

Chicken A La King

Food Item Details

Meal Component	Meats/Meat Alternates ¹
Meal Category	Poultry
Subcategory	CHICKEN PRODUCTS, canned or frozen
Food As Purchased, AP	Chicken Products, Chicken a La King^{20, 21}
Purchase Unit	Pound
Servings per Purchase Unit, EP	2.30
Serving Size per Meal Contribution	3/4 cup serving provides about 1.3 oz cooked poultry
Purchase Units for 100 Servings	43.50
Additional Information	1 lb AP = 0.20 lb cooked chicken meat with skin
Footnote	<p>¹ Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226.</p> <p>²⁰ Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR.</p> <p>²¹ Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.</p>

View PDF

Export

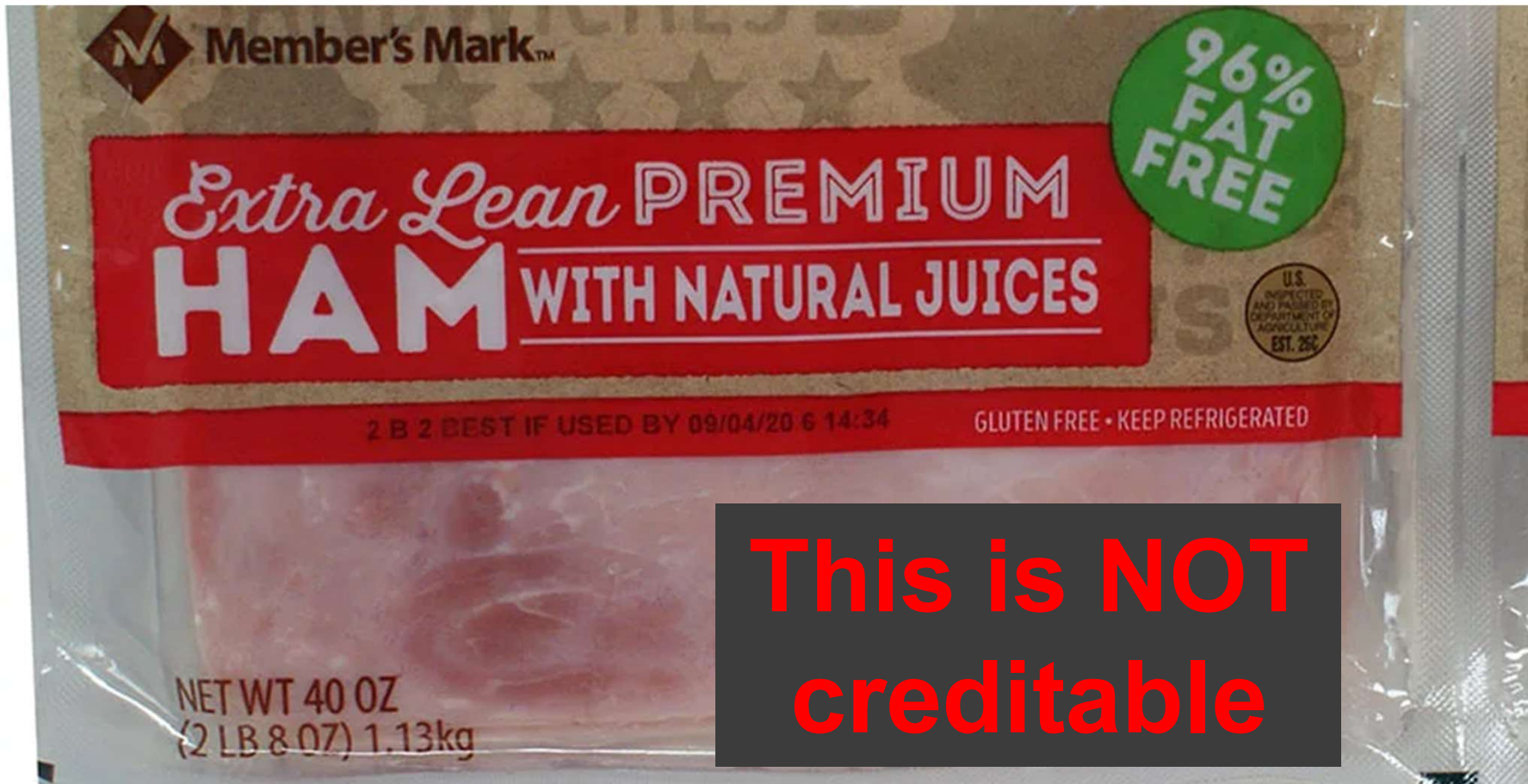
Add To Favorites

Close

Creditable Lunch Meat - FBG

Component	Category / Subcategory	Food As Purchased, AP
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	 <p>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices³⁴ Boiled, Without bone, (Like IMPS #508 Style B) <i>Footnote</i></p>
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	<p>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices³⁴ Boiled, Without bone, (Like IMPS #508 Style B) <i>Footnote</i></p>
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	<p>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices³⁴ Smoked, Without bone, (Like IMPS #509 Style B) <i>Footnote</i></p>
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	<p>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices³⁴ Smoked, Without bone, (Like IMPS #509 Style B) <i>Footnote</i></p>

Does this meet requirements?



Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices³⁴

Boiled, Without bone, (Like IMPS #508 Style B)

Footnote

Food-Buying Guide and Deli Meat

- **Ham:**
 - We have not found a pre-sliced ham in the section by the cheese that meets requirements
 - Some MAY work in the deli section.
 - A copy of the label of ham served
 - The information of the ham used from the FBG
- **Turkey:**
 - The only turkey allowed for sandwiches is you take a whole turkey, cook it, and slice it

Sandwich Suggestions

- Beef Bologna
- Homemade Pimento Cheese
- ***Turkey Ham***
- Homemade Tuna/Chicken/Egg Salad
- Grilled Cheese
 - *Must use creditable cheese*

TURKEY HAM, Fully cooked, chilled or frozen					
Turkey Ham, fully cooked, chilled or frozen ⁴³	Pound	11.20	1.4 oz serving provides 1 oz cooked turkey	9.00	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving provides 1-1/2 oz cooked turkey	13.50	1 lb AP = 0.70 lb cooked turkey
Turkey Ham, fully cooked, chilled or frozen ⁴³ <i>15% added ingredients</i>	Pound	9.41	1.7 oz serving provides 1 oz cooked turkey	10.60	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving provides 1-1/2 oz cooked turkey	15.90	1 lb AP = 0.59 lb cooked turkey

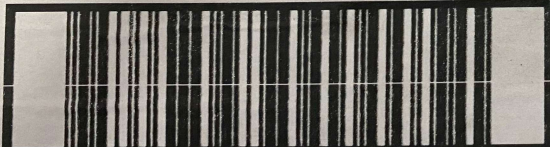
Fish Portions

639821 KEEP FROZEN

BEER BATTERED ALASKA COD
Gadus macrocephalus
 WITH ALASKAN® WHITE ALE • 2 OZ
 • FILLETS • PARFRIED • WILD

US FOODS QUALITY TIER
 To learn more visit www.usfoods.com/tiers

01172020



5 07 58108 69994 1

NET WT. 10 LB (4.53 kg)

ALASKAN® WHITE ALE trademark and copyright are the property of Alaskan Brewing & Bottling Co.

Nutrition Facts
 40 servings per container
 Serving size 2 pieces (112 g/4 oz)
 Amount per serving
Calories 210

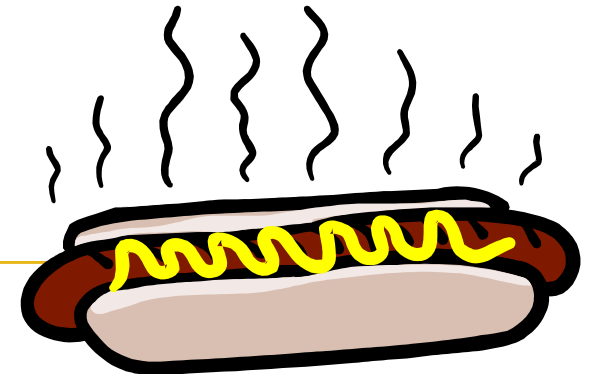
INGREDIENTS ALASKA COD, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, BLEACHED AND UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, CONTAINS 2% OR LESS OF: SALT, CORN STARCH, RICE FLOUR, BEER (WATER, MALTED BARLEY, YEAST, HOPS), DEGERMINATED YELLOW CORN FLOUR, MALTODEXTRIN, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, CALCIUM LACTATE), DEXTRIN, SUGAR, TAPIOCA DEXTRIN, ONION POWDER, SPICES, BEER FLAVOR (MALT POWDER [MALTED BARLEY, WHEAT FLOUR, DEXTROSE], BEER SOLIDS [MALT, CORN, GRITS, RICE HOPS], DRIED YEAST, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED CORN STARCH), DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, DRIED TORULA YEAST, NATURAL AND ARTIFICIAL FLAVORS, MALT EXTRACT, YEAST EXTRACT, SODIUM ALGINATE, NATURAL BEER FLAVOR, CELLULOSE GUM, GARLIC POWDER, METHYLCELLULOSE, L-CYSTEINE HYDROCHLORIDE, YELLOW5, GUAR GUM.

CONTAINS FISH (ALASKA COD), WHEAT.

COOKING INSTRUCTIONS: KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED. COOK FROM FROZEN.

Seafood, frozen, Fish Portions ³⁶ <i>Fried, battered, (45 percent fish)³⁷, (Not from minced fish), 2 oz portion</i>	Pound	8.00	2 oz portion provides about 0.7 oz cooked fish	12.50	1 lb AP = 0.37 lb cooked fish
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Examples: Foods With No Standard of Identity/ Non-Specific Foods



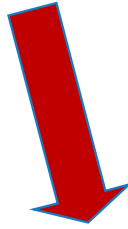
Ravioli	Bologna	Hot Dogs	Burrito
BBQ Beef/Pork	Potato Chips	Canned Cheese	Steak Fingers
Cooked Sausage Patty	Cocktail Wieners	Cheese Product	Fish Sticks
Chicken Fried Steak	Breakfast Pizza	Canned Chili	Lunch Meat

Pre-Made Mixed Dishes

- **Examples:** pizza, burrito, chicken nuggets, fried okra
- Items that contain 2 or more components when purchased
- Is it in the Food Buying Guide?
 - If **NO** – A CN Label or Product Formulation Statement is required

An Authentic CN Label Contains

Logo With Distinct Border



Meal Pattern Contribution Statement



6-Digit Prod I.D. Number



CN

000000

CN

This 5.00 oz pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz equivalent meat/meat alternate, 1/8-cup serving of red orange vegetable, and 1-1/2 oz.eq. grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service USDA XX-XX**)

CN

CN



Statement Specifying CN Label Was Authorized by FNS



Month and Year of Approval

This is a product number
not a CN Label



12670CI03 18

CRISPIITOS



00023700038487

024569 0928

FULLY COOKED TIGHTLY ROLLED WHOLE GRAIN TORTILLA WITH CHICKEN CHILI FILLING

INGREDIENTS: FILLING: Mechanically separated chicken, water, seasoning (chili pepper, salt, dehydrated onion, garlic powder, cumin, paprika, black pepper, red pepper, oregano, extractives of paprika), whole grain oats, stabilizers (corn starch, modified food starch, cellulose gum, xanthan gum, guar gum). WHOLE GRAIN TORTILLA: Whole wheat flour, bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (contains one of more of the following: soybean oil, corn oil with TBHQ and citric acid, contains 2% or less of: salt, dough conditioners (sodium stearoyl lactylate, calcium sulfate), potassium sorbate (as a preservative), fumaric acid. PASTE INGREDIENTS: Water, xanthan gum. Blanched in vegetable oil.
CONTAINS: WHEAT.

Nutrition Facts	
Serving Size 1 Piece (97g)	
Servings Per Container About 72	
Amount Per Serving	
Calories 270	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22 %
Saturated Fat 3g	15 %
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 4.5g	
Cholesterol 25mg	8 %
Sodium 370mg	15 %
Total Carbohydrate 23g	8 %
Dietary Fiber 3g	12 %
Sugars 1g	
Protein 12g	24 %
Vitamin A 15%	Vitamin C 0%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a diet of 2,000 calories a day.

This is a CN Label

094914

CN 094914

Each 9.45 oz. serving of tightly rolled whole grain tortilla with chicken chili filling provides 1.00 oz. equivalent meat and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. Use of this logo and statement authorized by the Food and Nutrition Service, USDA, (06/16).

CN

CN Label shows crediting information

PREPARATION: Appliances vary adjust accordingly.
CONVECTION OVEN: 12 - 15 minutes at 350°F from FROZEN, 10 - 14 MINUTES from THAWED.
CONVECTION OVEN: 12 - 15 minutes at 350°F from FROZEN.
Instructions are approximate. Heat until internal temperature reaches 140°F.



KEEP FROZEN

DISTRIBUTED BY: TYSON SALES AND DISTRIBUTION, INC., P. O. BOX 2020, SPRINGDALE, AR 72765-2020 U.S.A.
TYSON FOODS, INC.

NET WT. 15.53 LBS.

LLP11119022

This CN label shows it provides 1 ounce of Meat/Meat Alternate and 1 Ounce equivalent of whole grain rich bread.

Child Nutrition/CN Labels

- Original CN Label from the product carton
- Photocopy of CN Label that is on the original product packaging
- Photograph of CN Label that is on the original packaging
- Invoices/receipts may be required to validate the CN label and the product

MUST BE VISIBLE AND LEGIBLE

Food Crediting Information

- Current Product Formulation Statements
- CN Labels
 - CN Labels must be current and the exact product you are purchasing
 - **The 6-digit number must be listed on your production records**

Expiration Date/Valid CN Labels:

<https://www.fns.usda.gov/cn/labeling/usdausdc-authorized-labels-and-manufacturers>

Serving USDA Foods

- USDA Foods are allowed to be served on CNP programs
- If it is a combination food item or an item that is not found in the Food Buying Guide, print out the ***Product Information Sheet***.

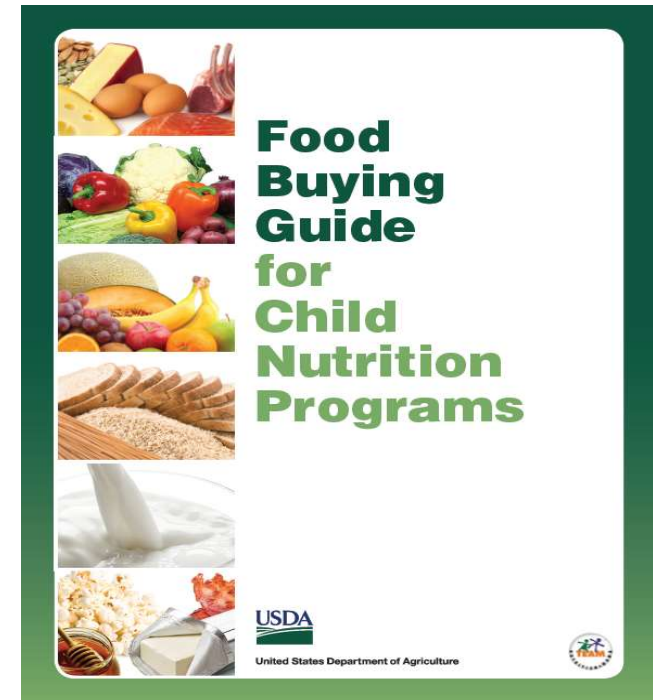
Access to the Food Buying Guide

Book – App - Online

Sections of the FBG Book

▶ The FBG is divided into 7 sections and an index. The sections are as follows:

- Introduction
- Meats/Meat Alternates
- Vegetables
- Fruits
- Grains
- Milk
- Other Foods
- Appendices A–F



Food Buying Guide Yield Tables

The book or PDF version has 6 columns like this:

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
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- The App – View Yield Tables
- Online Version – PDF version

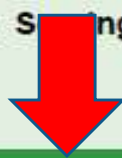
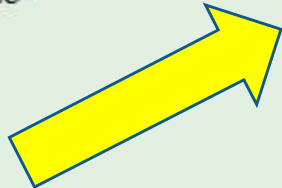
- The App and Online versions have the same columns, they are vertical instead of horizontal

Section 1 Meats/Meat Alternates

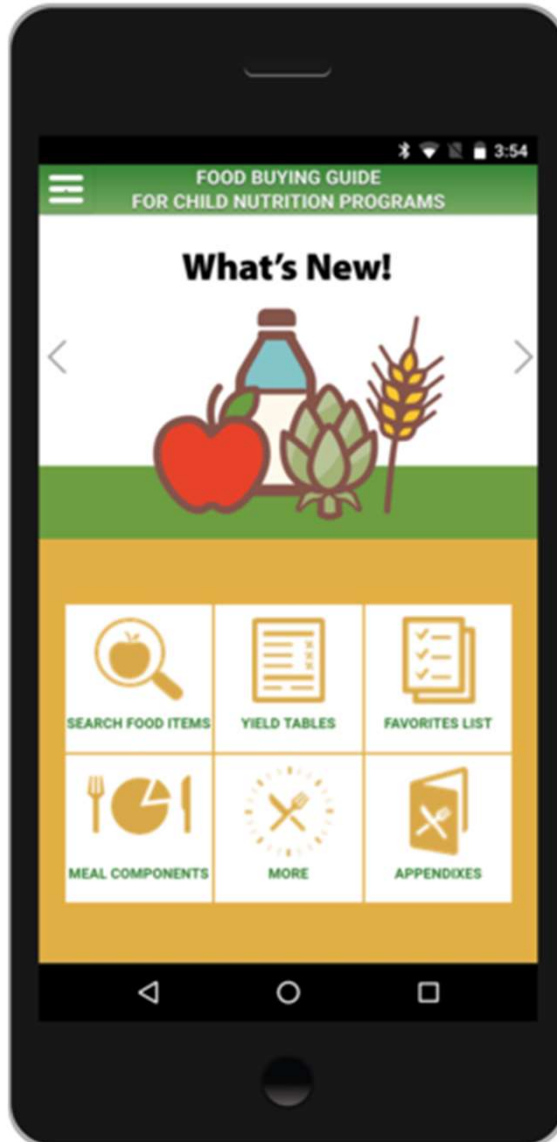
1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF, GROUND, fresh or frozen (continued)					
Beef, Ground, fresh or frozen ^{9, 10} <i>no more than 24% fat, (Like IMPS #136)</i>	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.75 lb cooked, drained, lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.5 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ^{9, 10} <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 ^{9, 10} <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
	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ^{9, 10} <i>no more than 10% fat, (Like IMPS #136)</i>	Pound	12.10	1 oz cooked lean meat	8.30	1 lb AP = 0.76 lb cooked, drained, lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.40	1 lb AP = 0.76 lb cooked, drained, lean meat

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables - BEANS, GREEN (continued)					
Beans, Green, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (101 oz)	39.50	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 10 Can (101 oz)	52.20	1/4 cup drained vegetable	2.00	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	14.40	1/4 cup heated, drained vegetable	7.00	1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans
	No. 300 Can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.90	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans; 1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	No. 300 Can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.40	1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	Pound	8.20	1/4 cup drained vegetable	12.20	
Beans, Green, Flat Italian, canned <i>Whole</i>	No. 10 Can (103 oz)	35.10	1/4 cup heated, drained vegetable	2.90	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans; 1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans
	No. 10 Can (103 oz)	42.70	1/4 cup drained vegetable	2.40	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans
Beans, Green, Flat Italian, frozen <i>Whole</i>	Pound	9.30	1/4 cup cooked, drained vegetable	10.80	1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans
Beans, Green, frozen <i>Cut, Includes USDA Foods</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.70	



USDA Food Buying Guide App



Search and locate yield information for foods typically served in child nutrition programs



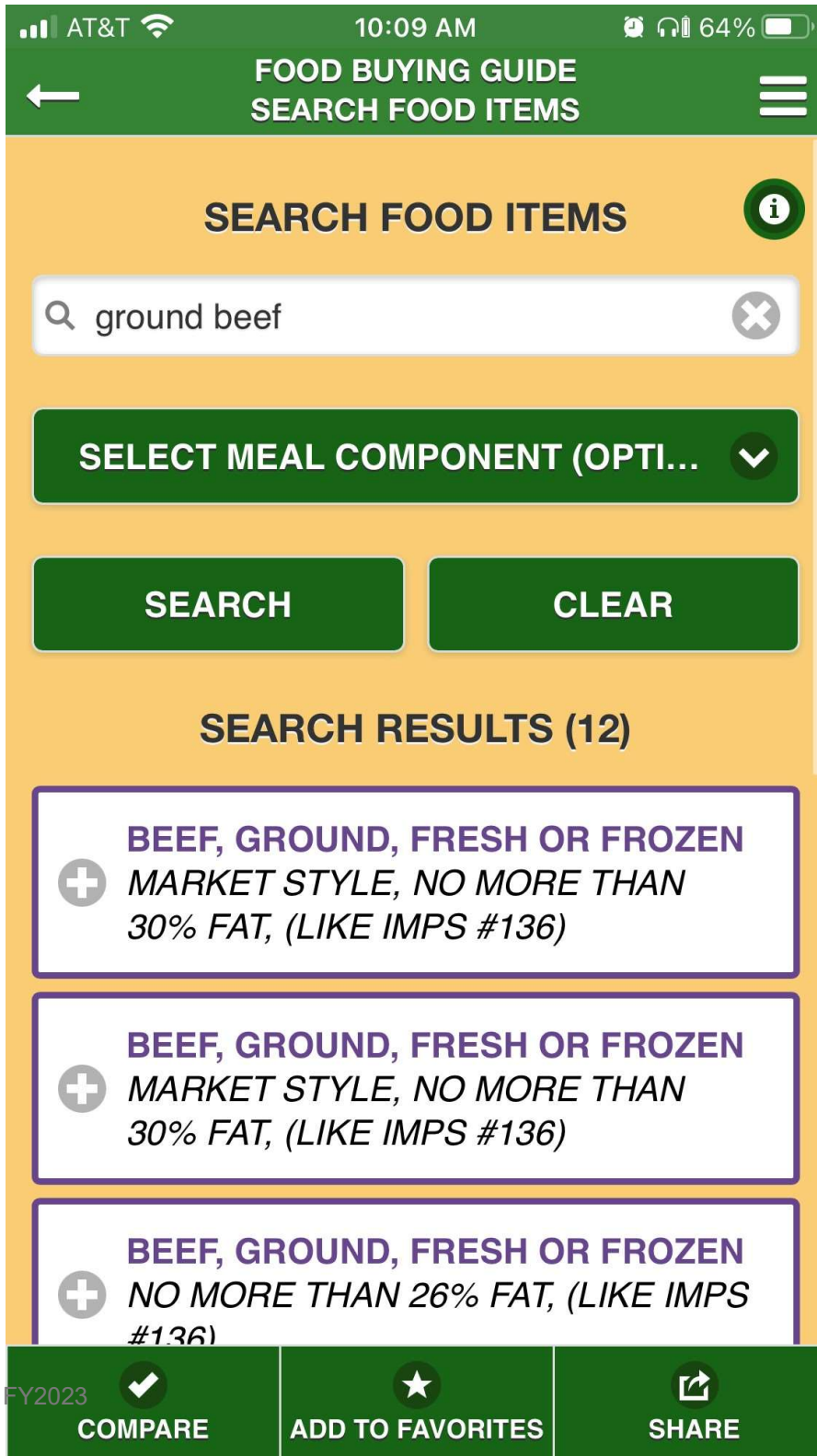
Compare yield information to determine the foods that best meet your program needs.



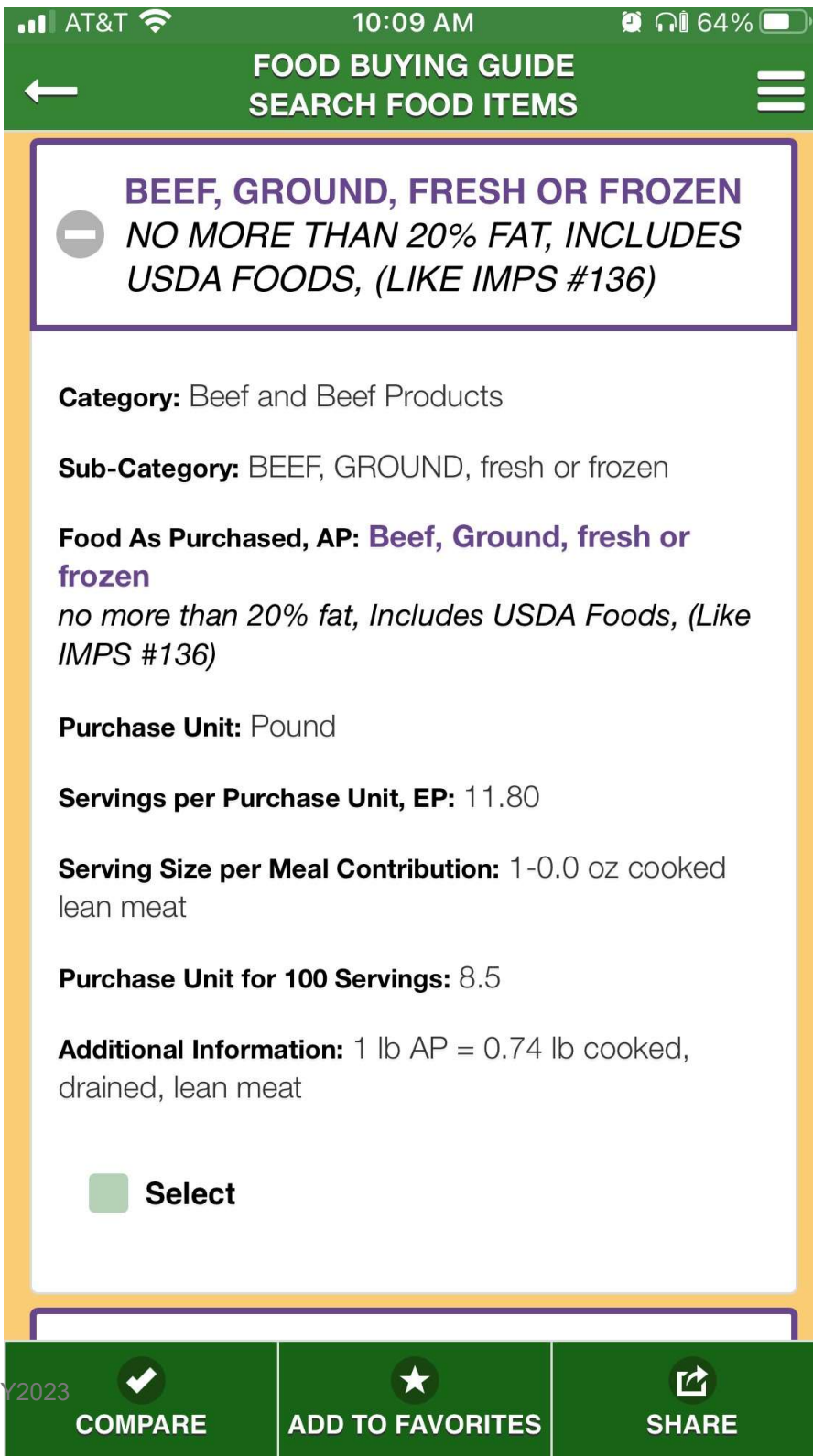
Create a favorites list of food items!



Email and print search results, food comparisons, and favorites list

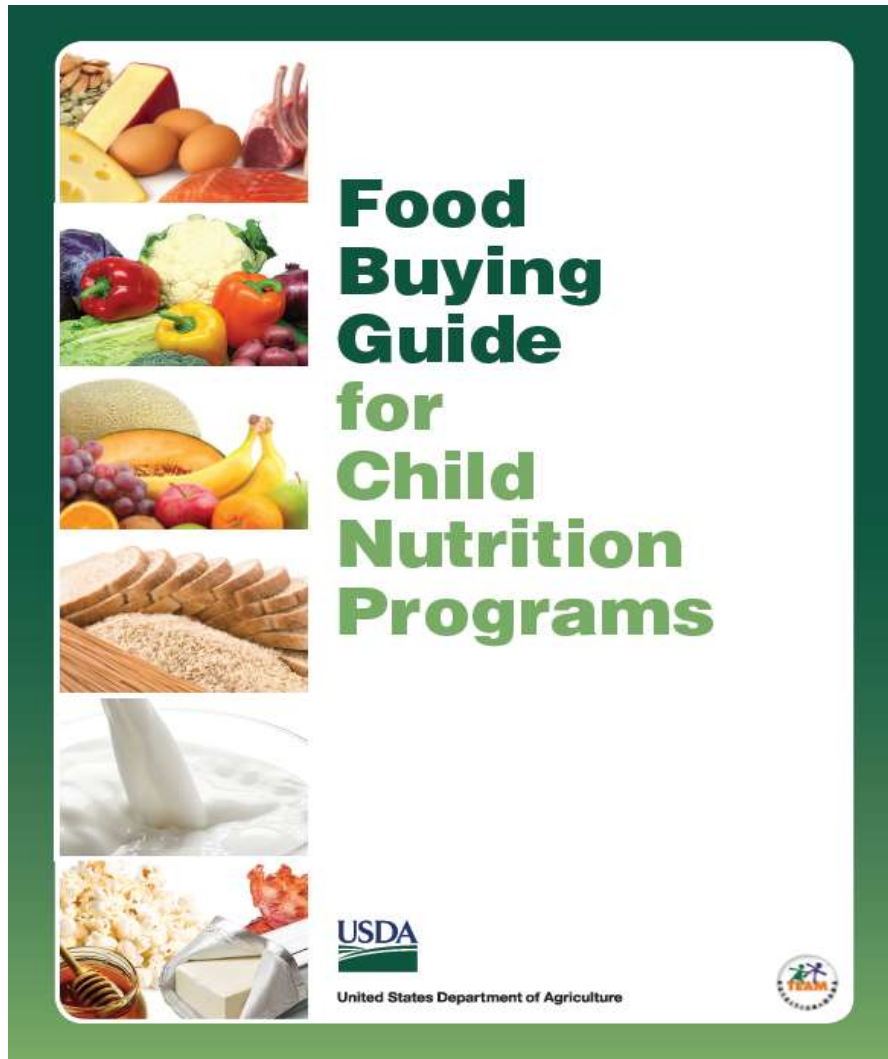


USDA Food Buying Guide App



USDA Food Buying Guide App (Cont)

Food Buying Guide - Online



<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Online Food Buying Guide



Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE



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- FOOD ITEMS ▾
- TOOLS ▾
- APPENDIXES ▾
- HELP ▾
- LOG OUT

- Home Page
- What's New
- About the Food Buying Guide
- Download Food Buying Guide
- Resource Center

- My Shopping Lists

shopping list to assist Child Nutrition Program Operators in ordering food for their programs.

Please note: Only Registered Users will be able to save and retrieve a shopping list.
If you are not a Registered User, export or email your shopping list before exiting FBG Calculator.

Create Shopping List

Online Food Buying Guide



Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE



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FBG Calculator

- Meats/Meat Alternates
- Vegetables
- Fruits
- Grains
- Milk
- Other Foods

Shopping Lists

This online tool is designed to assist Child Nutrition Program Operators in ordering food for their programs. Registered users will be able to save and retrieve a shopping list. If you are not a registered user, export or email your shopping list before exiting FBG Calculator.

Create Shopping List

Online Food Buying Guide

Apps Adobe Acrobat exten... Favorites Settings Favorites Bar



Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE



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▾ FBG Calculator

This online tool will create a shopping list to assist Child Nutrition Program Operators in ordering food for their programs.

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Online Food Buying Guide



Food Buying Guide for Child Nutrition Programs
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FBG Calculator - My Shopping Lists

▾ FBG Calculator

- User Guide
- Training Video
- Contact Us
- Frequently Asked Questions

This online tool will create a shopping list to assist Child Nutrition Program Operators in ordering food for their programs.

Please note: Only Registered Users will be able to save and retrieve a shopping list.
If you are not a Registered User, export or email your shopping list before exiting FBG Calculator.

Create Shopping List

Navigating Thru the FBG Interactive

Once open to the Food Item Search:



WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Food Item Favorites	Download Food Buying Guide
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)

Food Items Tab

▶ Food Items Search

Search Food Items

Keywords:

Meal Component:

All Meal Components ▾

Category:

All Categories ▾

Search **Reset Search**

Food Items Selected for Comparison

Compare Items

Clear All

Select up to 4 food items from search results to be compared.

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
No item for Comparison.				

Green Bean Search

Below is what shows up for Green Beans Canned

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Vegetables	Other Vegetables ¹ <i>Footnote</i> BEANS, GREEN	Beans, Green, canned <i>Cut, Includes USDA Foods</i>	No. 300 Can (15 oz)	5.00	1/4 cup heated, drained vegetable	Add	Add
Vegetables	Other Vegetables ¹ <i>Footnote</i> BEANS, GREEN	Beans, Green, canned <i>Cut, Includes USDA Foods</i>	No. 300 Can (15 oz)	5.77	1/4 cup drained vegetable	Add	Add
Vegetables	Other Vegetables ¹ <i>Footnote</i> BEANS, GREEN	Beans, Green, canned <i>Cut, Includes USDA Foods</i>	Pound	7.17	1/4 cup heated, drained vegetable	Add	Add

Green Beans, Canned FBG Details

Meal Component	Vegetables
Meal Category	Other Vegetables ¹
Subcategory	BEANS, GREEN
Food As Purchased, AP	Beans, Green, canned <i>Cut, Includes USDA Foods</i>
Purchase Unit	No. 300 Can (15 oz)
Servings per Purchase Unit, EP	5.00
Serving Size per Meal Contribution	1/4 cup heated, drained vegetable
Purchase Units for 100 Servings	20.00
Additional Information	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans; 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
Footnote	¹ For the purposes of the NSLP, the "Other Vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in § 210.10(c)(2) (iii). Additional documentation from the vendor would be necessary to determine crediting.

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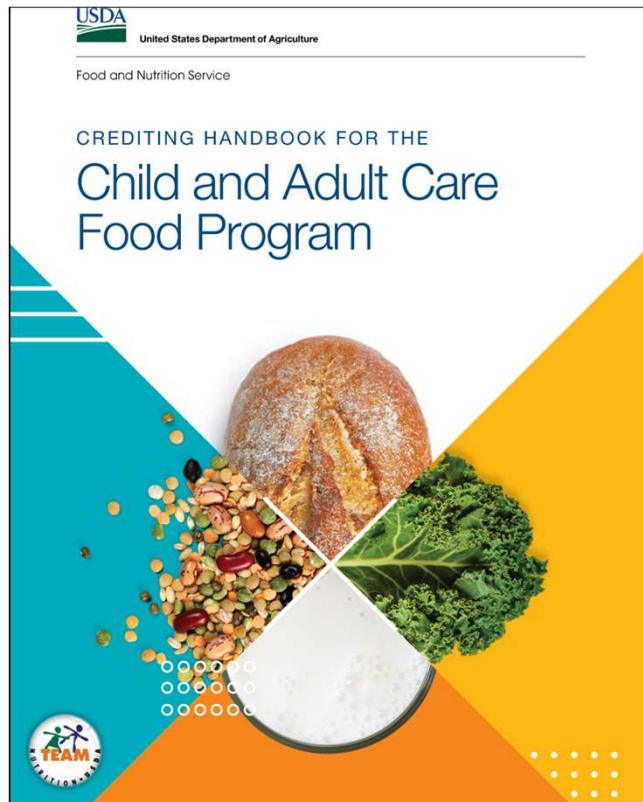
New Features

The latest features allow users to:

- Select the desired Serving Size per Meal Contribution for fruits and vegetables using a drop-down menu on the Web-based Tool and Mobile App
 - Change from $\frac{1}{4}$ cup to $\frac{1}{2}$ cup or 1 cup
- Utilize Grains - Method C in the Recipe Analysis Workbook to determine the ounce equivalent grains contribution for all items listed in Exhibit A: Grains Requirements for CNPs on the Web-based Tool
- Create copies of saved Shopping Lists and Exhibit A Grain items on the Mobile App and Web-based Tool

ADDITIONAL INFORMATION

CACFP Crediting Handbook



Note: This book is more restrictive than the school meal requirements.

CACFP
Resource Library under
Meal Pattern Section

Schools (CARS)
Other Documents under
Food Buying Guide
Section
*(Info sheet regarding
what does not pertain to
NSLP or SBP)*

Food	Creditable			Comments
	Yes	Maybe	No	
Acorns			x	Acorns have a low protein content.
Bacon and Imitation Bacon Products			x	These products are considered fats with little protein. They are not creditable toward meal pattern requirements.
Bacon Rinds			x	These products do not qualify for the meat/meat alternate requirement.
Bacon, Turkey		x		Turkey bacon is creditable only if it (1) is CN-labeled or (2) has a Product Formulation Statement signed by an official of the manufacturer (not a sales person).
Beans, Dry or Canned	x			See pages 1-5 through 1-12 of the <i>Food Buying Guide</i> . ¼ cup cooked beans credits as 1 oz. equivalent meat alternate.
Beans, Refried	x			See page 1-12 of the <i>Food Buying Guide</i> .
Beef Jerky			x	Beef jerky does not qualify for the meat/meat alternate requirement. This product has a high sodium content and is difficult to chew.
Bologna		x		Creditable when free of byproducts, cereals, or extenders, and/or when the product is CN-labeled. Examples of binders/extendors are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. See page 1-36 of the <i>Food Buying Guide</i> .
Canadian Bacon or Mild Cured Pork	x			1 lb. (16 oz.) will yield eleven 1-oz. servings of cooked, lean meat. See page 1-47 of the <i>Food Buying Guide</i> , CN Label, or product formulation statement for crediting information.
Canned or Frozen combination foods: Stews, Beef-a-Roni, Chili Macaroni, Pizzas, Pot Pies, Raviolis		x		These products are creditable only if they have (1) a CN label or (2) a Product Formulation Statement signed by an official of the manufacturer (not a sales person). See pages 61 and 62 for more information on combination foods.
Canned, Pressed Luncheon Meat (Potted/Deviled)			x	These products have a high salt and fat content. There is no standard of identity for these products, so there is no standard method of crediting.
Ceviche			x	Fish products must be fully cooked. Raw fish are a potential health hazard for vulnerable populations. See entry for sushi on page 28.

Common Meat Alternates

▶ Nuts & Seeds

- Peanut butter 2T = 1 oz

▶ Dry beans & peas

- $\frac{1}{4}$ cup = 1 oz
- $\frac{1}{2}$ cup = 2 oz

❖ Beans can also be credited as vegetable but ***not both in the same meal***

▶ Eggs

- 1 large = 2 oz
- $\frac{1}{2}$ large = 1 oz

▶ Yogurt

- 4 oz = 1 oz

▶ Natural Cheese

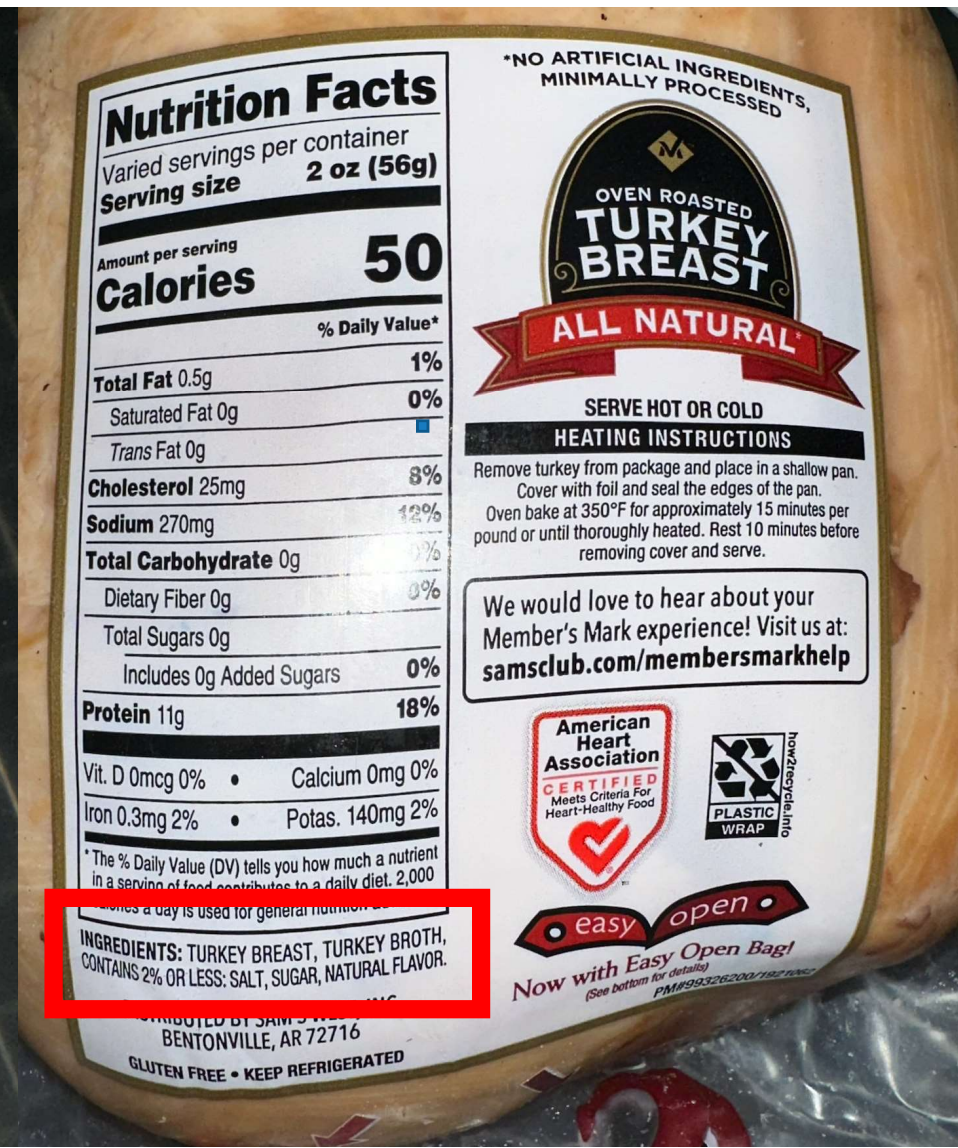
- 1 oz = 1 oz

Product packaging states:

- “Imitation cheese”
- “Cheese product”



Food	Creditable			Additional Information
	Yes	Maybe	No	
Cheese, Imitation			X	Cheese labeled as “imitation” is not creditable because the nutrient content is inferior to the food it substitutes and therefore is not creditable.
Cheese Products			X	Cheese labeled as a cheese “product” is not creditable. Cheese products do not have a standard of identity.

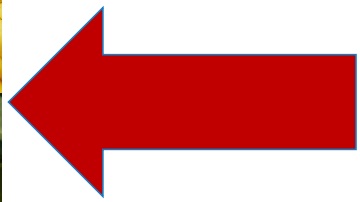


Food	Creditable			Additional Information
	Yes	Maybe	No	
Luncheon Meats (Chicken, Turkey, Beef, Pork, all Deli Meats)		X		Only luncheon meats that are listed in the <i>Food Buying Guide</i> or have a (1) CN label or (2) Product Formulation Statement are creditable.



Food	Creditable			Additional Information
	Yes	Maybe	No	
Potato Chips (and Other Vegetable Chips), Fried			X	Potato chips and other vegetable chips contain many different variations in ingredients and are not creditable. These products are high in fat and sodium and should be served on a limited frequency. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.

Fruit Crediting in Handbook



Average size Banana & Orange = $\frac{1}{2}$ cup of fruit

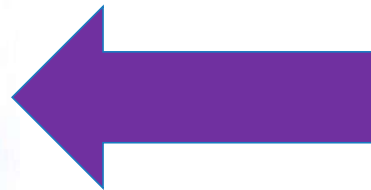
Fruit	Serving Size and Yield
Apples	$\frac{1}{4}$ raw, unpeeled medium apple = about $\frac{1}{4}$ cup
Bananas	1 medium banana = $\frac{1}{2}$ cup
Blueberries	$\frac{1}{4}$ cup measure
Strawberries	$\frac{1}{4}$ cup measure
Cantaloupe	$\frac{1}{10}$ medium melon = about $\frac{1}{4}$ cup

Fruit & Vegetable Crediting

1 cup of raw leafy greens
= 1/2 cup vegetable



1/4 cup of dried fruit
= 1/2 cup of fruit



Food Buying Guide – Used During Review

- Do **NOT** depend on the label to get the serving sizes needed. Example: #10 can - diced peaches states it is 17 – ½ cup servings on the can
- The Food Buying Guide takes heat, juice, fat, etc. into consideration
- The FBG is an average of several vendors products
 - This keeps items served consistent even though your product may yield more or less than FBG indicates

Homemade Alternatives for Premade Mixed Dishes

**Anything homemade does not need a label
– Only A STANDARDIZED RECIPE**

- Pigs in a Blanket
- Bean Burritos with refried beans & cheese
- Chicken tenders with shake & bake or other breading (*Breading will not count*)
- Pizza using biscuit dough, bagels, or pre-made crust
- Pizza sticks – breadsticks with cheese & marinara

Standardized Recipes

- If you are serving anything with more than 1 ingredient, it needs to have a standardized recipe
- If you are using a recipe already created (even a USDA recipes), you can make alterations to the recipe if it will make the food taste better for the children
- Any changes to a recipe need to be indicated on the recipe
- Be cautious of changing things like meat/meat alternate, grain, fruit, or vegetable of any USDA recipe as it will alter the serving requirement

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.	25 Servings: about 13 lb	25 Servings: about 1 gallon 2 quarts 1 steam table pan
	50 Servings: about 26 lb 8 oz	50 Servings: about 3 gallons 2 steam table pans

Changes to Recipe Example

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains

Main Dishes D-54r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to a rolling boil.
Rotini pasta , whole-grain, dry Spaghetti Noodles	2 lb	2 qt 2 ¾ cups	4 lb	5 qt 1 ½ cups	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Pour into steam table pans (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Critical Control Point: Hold pasta at 135 °F or higher.
Low-fat, reduced-sodium cream of chicken soup, condensed	4 lb 11 oz	2 qt 1 ¾ cups (1 ½ No. 3 cans)	9 lb 6 oz	1 gal ¾ qt (3 No. 3 cans)	4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Fat-free half and half		1 qt 2 cups		3 qt	
Ground white pepper Black Pepper		1 tsp		2 tsp 1 tsp	
Garlic powder		½ tsp		1 tsp 2 tsp	
Parmesan cheese, grated	8 ½ oz	3 cups	1 lb 1 oz	1 ½ qt	
Frozen, cooked diced chicken, thawed, ½" pieces	3 lb 4 oz	2 qt 2 ½ cups	6 lb 8 oz	1 gal 1 ¼ qt	
					5. Combine noodles and sauce immediately before serving.

USDA Standardized Recipes



<http://www.fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit>



Healthy Recipes for Child Nutrition Professionals

https://theicn.org/cnrb/?utm_source=website&utm_medium=a-z_resources&utm_campaign=cnrb



<https://healthyschoolrecipes.com/recipes/>

Who Do You Call??

Program Specialist:

- ❑ School Training Manual – Pg. C-3
- ❑ CACFP, AT-RISK, AND ADULT Training Manual (Pg. 4, A-6, AD-4)
 - Includes email, cell phone, and counties in their territory
 - They conduct your review
 - Approve forms
 - Will come out for technical assistance
 - Questions regarding the Child Nutrition (CN) Manual, USDA guidance, and day-to-day food program activities
- ❑ State Office phone: **405-521-3327**
 - Claims
 - Application & Agreement (IUE/Duns)

QUESTIONS?

THANK YOU!

OSDE, Child Nutrition Office number: 405-521-3327

**Give us up to 1 week to email certificates
or post in the Training Calendar**