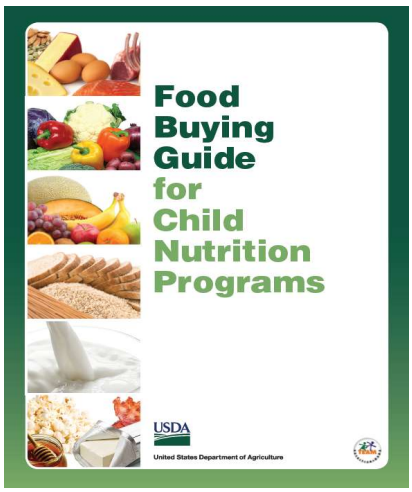
Food Buying Guide (FBG) Overview

Child Nutrition Programs

OKLAHOMA Education

1

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*

OKLAHOMA Education

2

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?

OKLAHOMA Education

3

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

OKLAHOMA Education

4

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)

OKLAHOMA Education

5

Creditable Foods

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

OKLAHOMA Education

6

It's all about the LABEL!

STANDARD OF IDENTITY

OKLAHOMA Education

7

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
    - X If ***NO***, it cannot be served

OKLAHOMA Education

8

Chicken A La King

Meal Component:

All Meal Components

Category:

All Categories

Search | Reset Search

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 Contributio
Meats/Meat Alternates[1] *Footnote*	Poultry CHICKEN PRODUCTS, canned or frozen	**Chicken Products, Chicken a La King**[20,21] *Footnote*	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 – Food As Purchased column, it can be served. It has a standard of identity, and manufacturer followed the USDA recipe to call it that on the label

9

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	[1] Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226. [20] Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR. [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.

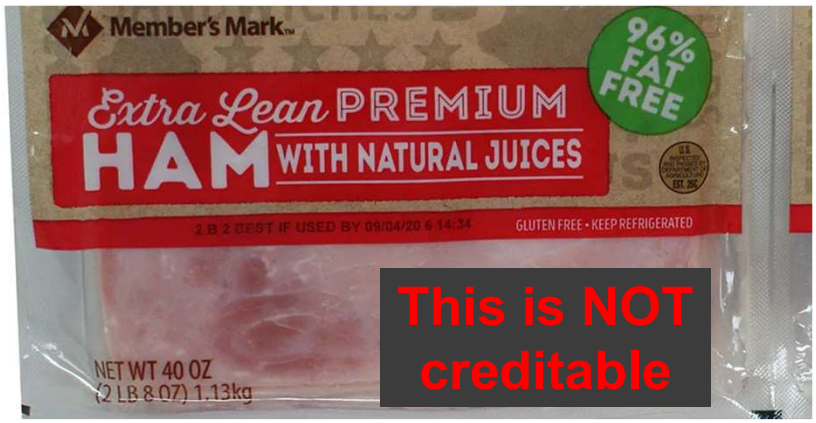
View PDF | Export | Add To Favorites | Close

FBG Overview

OKLAHOMA Education

10

Does the label match the FBG?



Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices[34]

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

Footnote

OKLAHOMA Education

11

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 ham MAY work in the deli section
    - A copy of the label of ham served
    - The information of the ham used from the FBG
- **Turkey:**
  - Turkey allowed for sandwiches is you cook a whole turkey or turkey sections, cook it, and slice it
  - ***OR*** if you purchase Turkey Ham lunch meat

OKLAHOMA Education

12

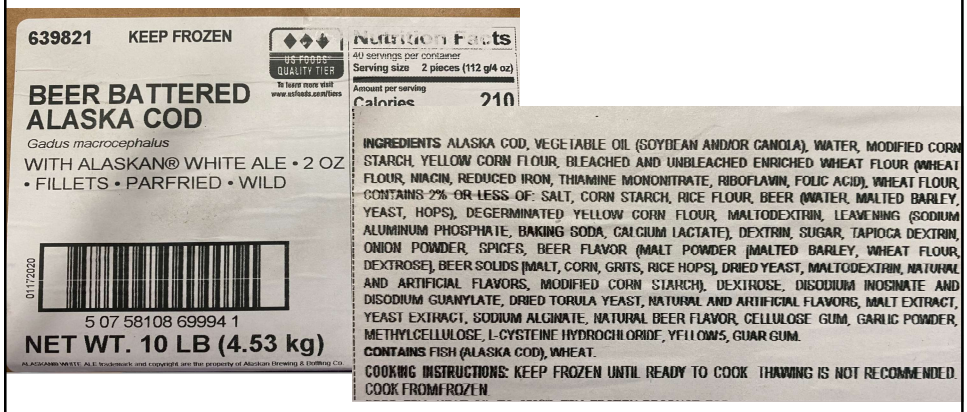
Sandwich Suggestions

- 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] *15% added ingredients*	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

13

Fish Portions – Match the FBG?



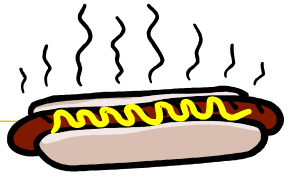
Seafood, frozen, Fish Portions[38] *Fried, battered, (45 percent fish)*[37]*, (Not from minced fish), 2 oz portion*	Pound	8.00	2 oz portion provides about 0.7 oz cooked fish	12.50	1 lb AP = 0.37 lb cooked fish

14 | FBG Overview

Education

14

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

OKLAHOMA Education

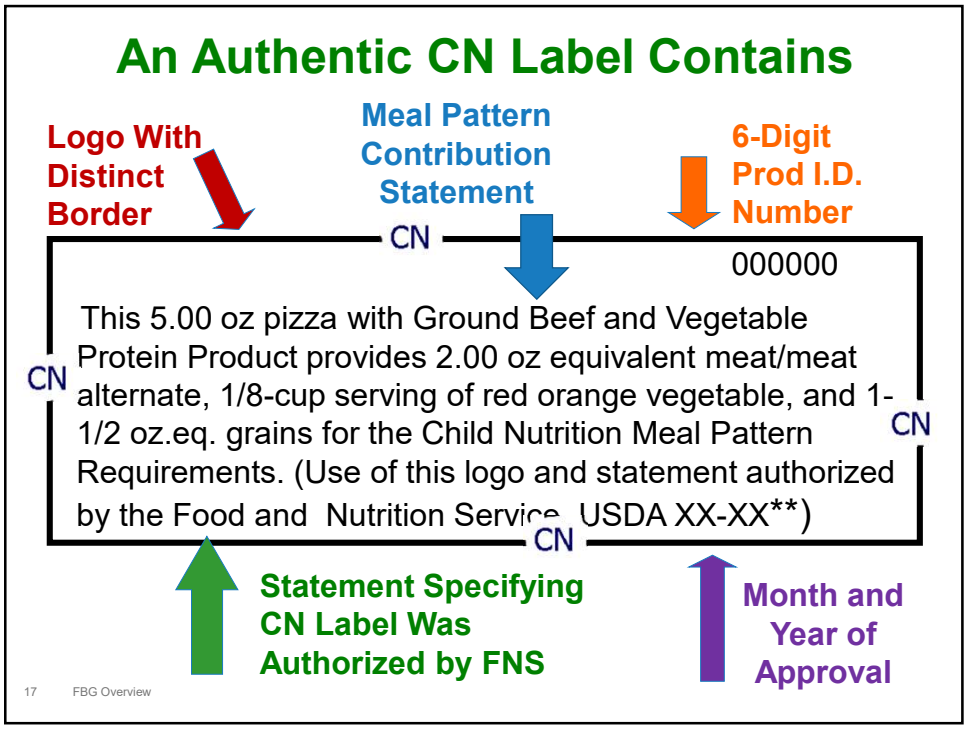
15

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

OKLAHOMA Education

16


An Authentic CN Label Contains
Logo With Distinct Border
Meal Pattern Contribution Statement
6-Digit Prod I.D. Number
CN
000000
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
CN
Statement Specifying CN Label Was Authorized by FNS
Month and Year of Approval
17 FBG Overview

17


This is a product number not a CN Label
Tyson
CRISPITOS
12670CI03 18
024569
FULLY COOKED
TIGHTLY ROLLED WHOLE GRAIN TORTILLA WITH CHICKEN CHILI FILLING
Nutrition Facts
This is a CN Label
094914
CN Label shows crediting information
KEEP FROZEN
NET WT. 15.53 LBS.
This CN label shows it provides 1 ounce of Meat/Meat Alternate and 1 Ounce equivalent of whole grain rich bread.
18 FBG Overview

18

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

OKLAHOMA Education

19

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

OKLAHOMA Education

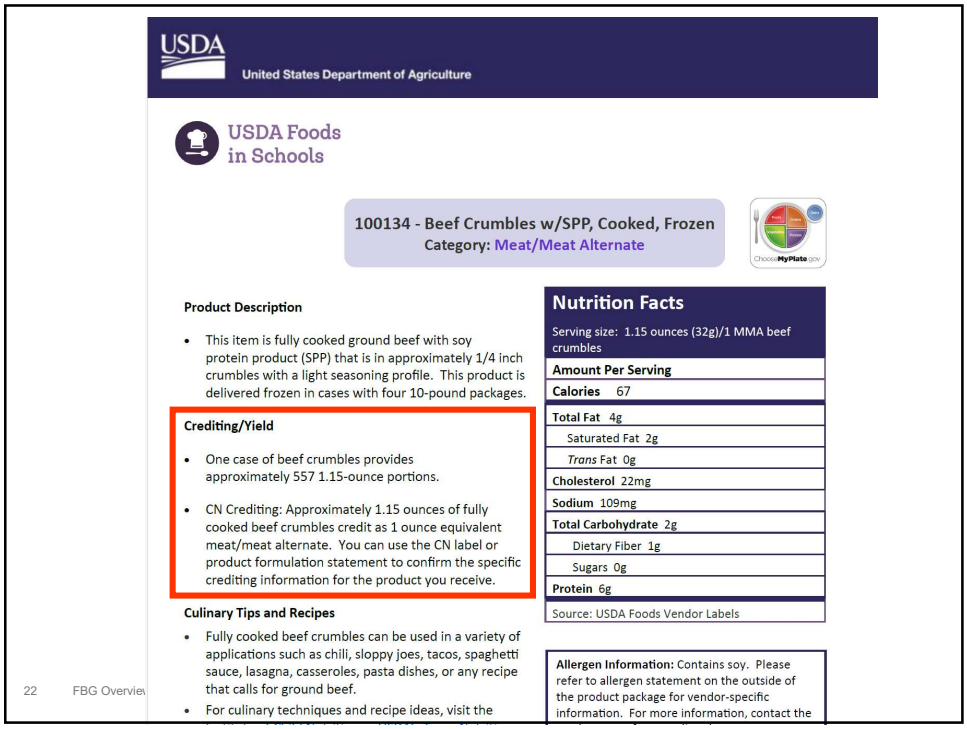
20

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***
- **USDA website*:*** https://www.fns.usda.gov/usda-fis/usda-foods-product-information-sheets

OKLAHOMA Education

21



USDA United States Department of Agriculture

USDA Foods in Schools

100134 - Beef Crumbles w/SPP, Cooked, Frozen
Category: Meat/Meat Alternate

Product Description

- This item is fully cooked ground beef with soy protein product (SPP) that is in approximately 1/4 inch crumbles with a light seasoning profile. This product is delivered frozen in cases with four 10-pound packages.

Crediting/Yield

- One case of beef crumbles provides approximately 557 1.15-ounce portions.
- CN Crediting: Approximately 1.15 ounces of fully cooked beef crumbles credit as 1 ounce equivalent meat/meat alternate. You can use the CN label or product formulation statement to confirm the specific crediting information for the product you receive.

Culinary Tips and Recipes

- Fully cooked beef crumbles can be used in a variety of applications such as chili, sloppy joes, tacos, spaghetti sauce, lasagna, casseroles, pasta dishes, or any recipe that calls for ground beef.
- For culinary techniques and recipe ideas, visit the

Nutrition Facts

Serving size: 1.15 ounces (32g)/1 MMA beef crumbles

Amount Per Serving	
Calories	67
Total Fat	4g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	22mg
Sodium	109mg
Total Carbohydrate	2g
Dietary Fiber	1g
Sugars	0g
Protein	6g

Source: USDA Foods Vendor Labels

Allergen Information: Contains soy. Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the

22

Access to the Food Buying Guide

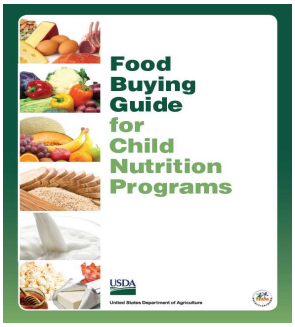
Book – App - Online

OKLAHOMA Education

23

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



OKLAHOMA Education

24

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

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

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

OKLAHOMA Education

25

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] *no more than 24% fat, (Like IMPS #136)*	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.7 lb cooked, drained, lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.7 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen[9,10] *no more than 20% fat, Includes USDA Foods, (Like IMPS #136)*	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] *no more than 15% fat, (Like IMPS #136)*	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] *no more than 10% fat, (Like IMPS #136)*	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

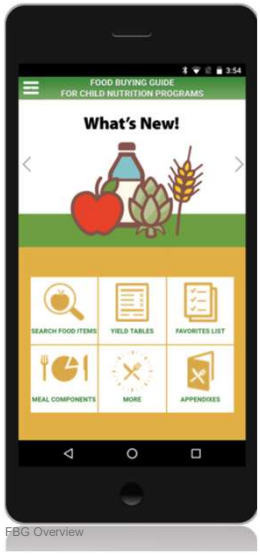
26

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 *Whole, Includes USDA Foods*	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 *Whole*	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 *Whole*	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 *Cut, Includes USDA Foods*	Pound	11.60	1/4 cup cooked, drained vegetable	8.70	

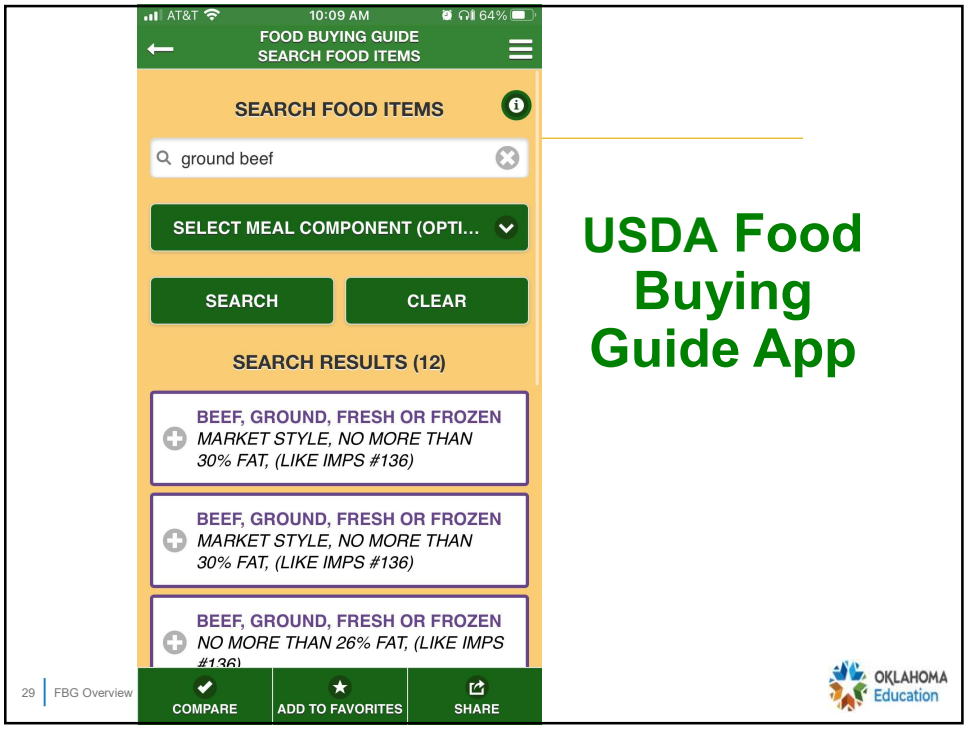
27

USDA Food Buying Guide App

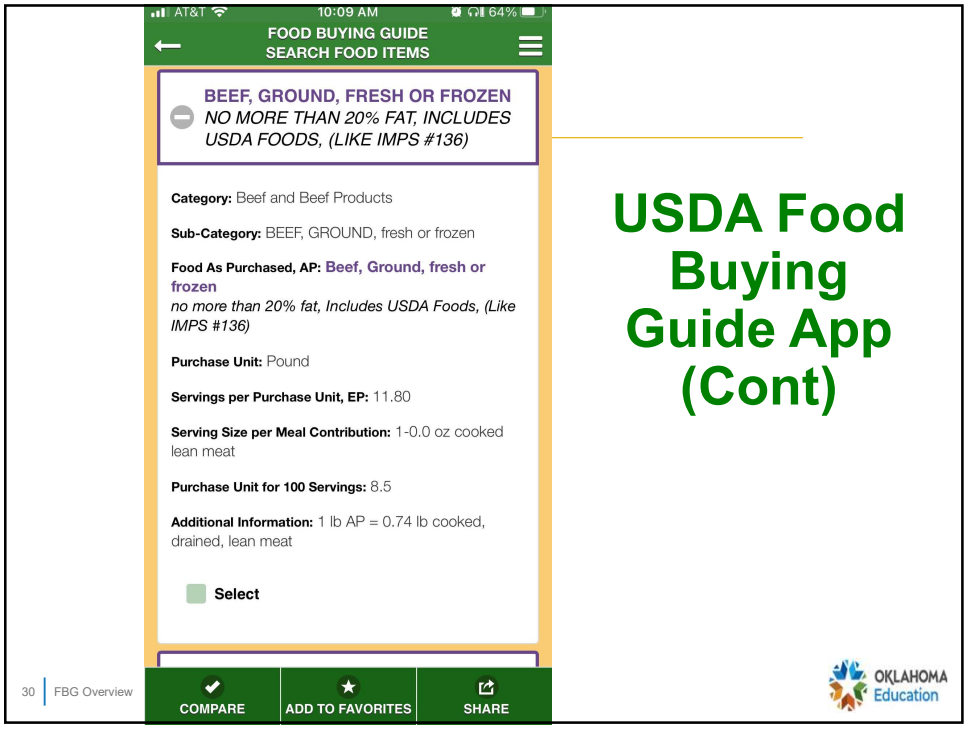


- Search and locate yield information for foods typically served in child nutrition programs
- Compare yield information to determine the foods that best meet your program needs.
- Create a favorites list of food items!
- Email and print search results, food comparisons, and favorites list

28

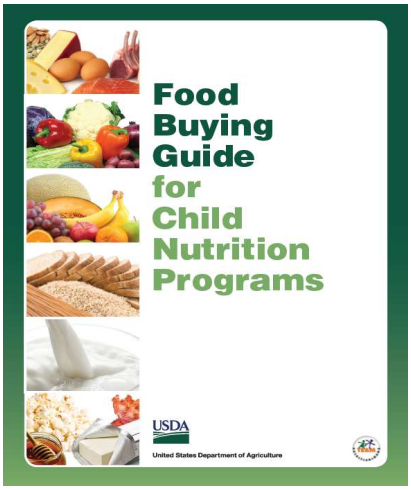

AT&T
10:09 AM
64%
FOOD BUYING GUIDE
SEARCH FOOD ITEMS
SEARCH FOOD ITEMS
ground beef
SELECT MEAL COMPONENT (OPTI...
SEARCH
CLEAR
SEARCH RESULTS (12)
BEEF, GROUND, FRESH OR FROZEN
MARKET STYLE, NO MORE THAN 30% FAT, (LIKE IMPS #136)
BEEF, GROUND, FRESH OR FROZEN
MARKET STYLE, NO MORE THAN 30% FAT, (LIKE IMPS #136)
BEEF, GROUND, FRESH OR FROZEN
NO MORE THAN 26% FAT, (LIKE IMPS #136)
COMPARE
ADD TO FAVORITES
SHARE
USDA Food Buying Guide App
29
FBG Overview
OKLAHOMA Education

29


AT&T
10:09 AM
64%
FOOD BUYING GUIDE
SEARCH FOOD ITEMS
BEEF, GROUND, FRESH OR FROZEN
NO MORE THAN 20% FAT, INCLUDES USDA FOODS, (LIKE IMPS #136)
Category: Beef and Beef Products
Sub-Category: BEEF, GROUND, fresh or frozen
Food As Purchased, AP: Beef, Ground, fresh or frozen
no more than 20% fat, Includes USDA Foods, (Like IMPS #136)
Purchase Unit: Pound
Servings per Purchase Unit, EP: 11.80
Serving Size per Meal Contribution: 1-0.0 oz cooked lean meat
Purchase Unit for 100 Servings: 8.5
Additional Information: 1 lb AP = 0.74 lb cooked, drained, lean meat
Select
COMPARE
ADD TO FAVORITES
SHARE
USDA Food Buying Guide App (Cont)
30
FBG Overview
OKLAHOMA Education

30

Food Buying Guide - Online

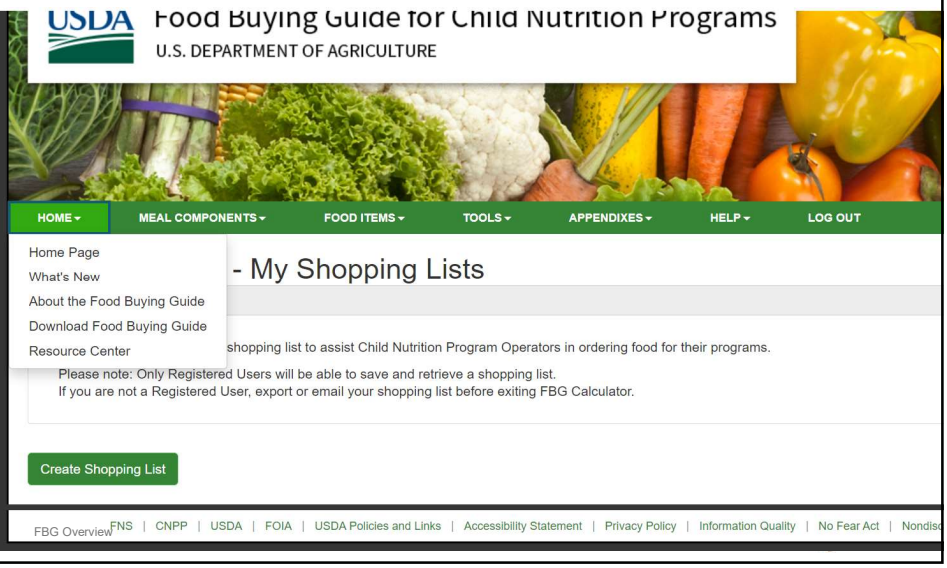


https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

OKLAHOMA Education

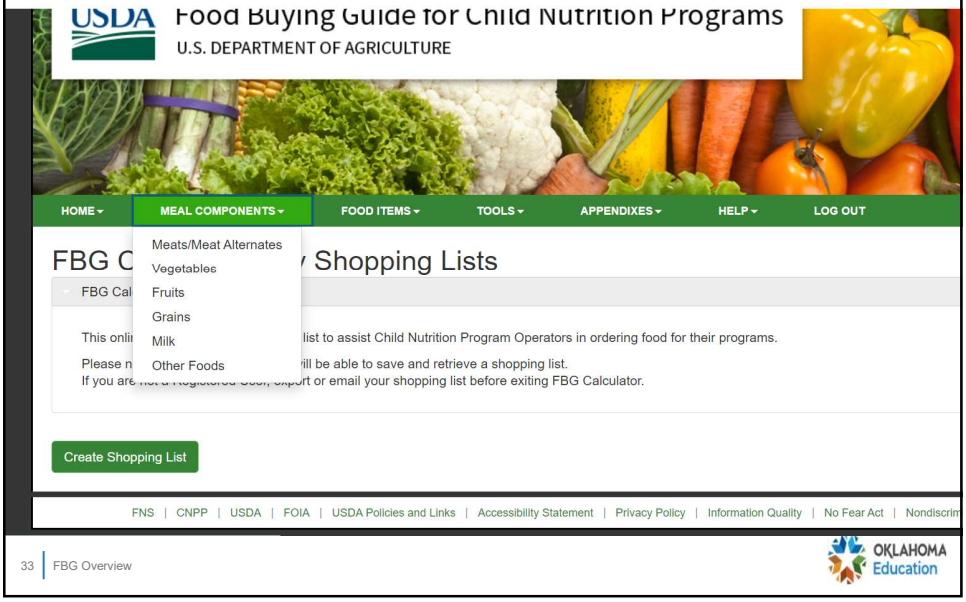
31

Online Food Buying Guide



32

Online Food Buying Guide

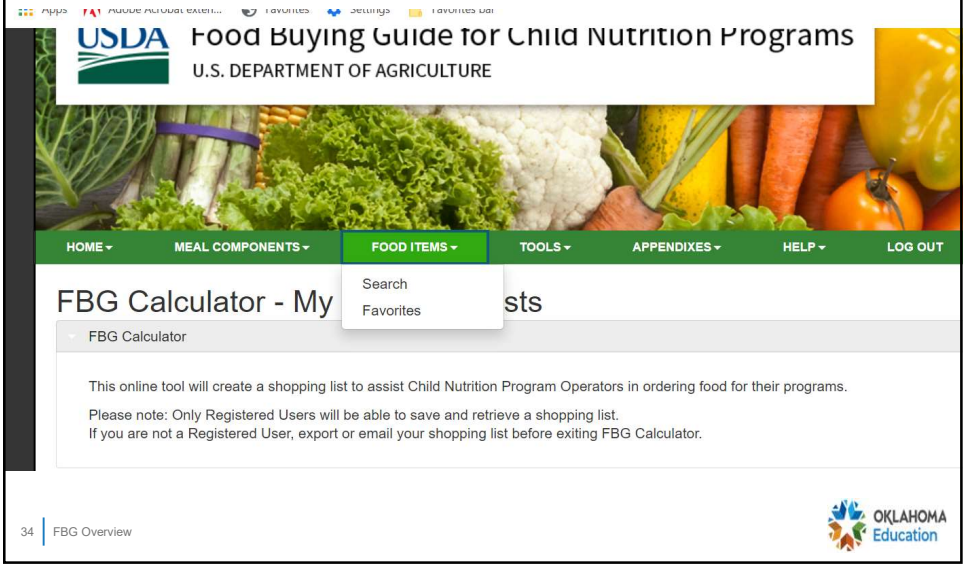


33 | FBG Overview

OKLAHOMA Education

33

Online Food Buying Guide

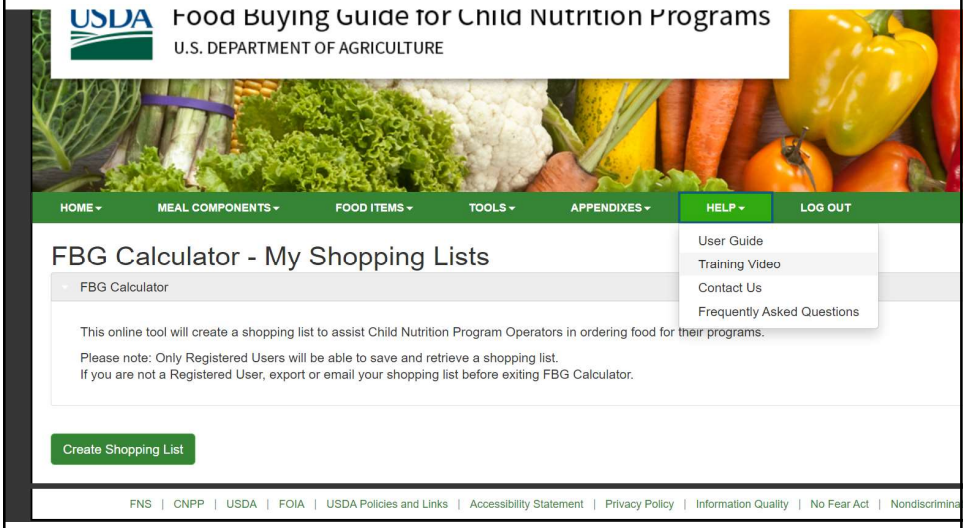


34 | FBG Overview

OKLAHOMA Education

34

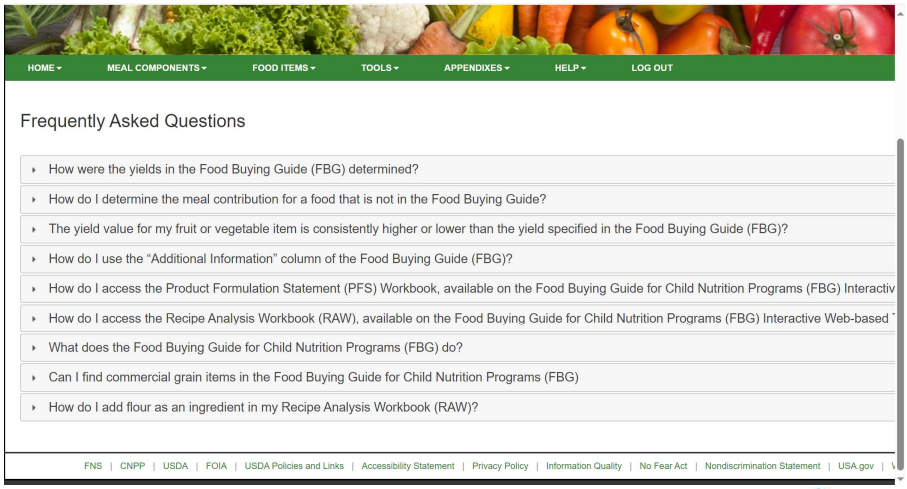
Online Food Buying Guide



OKLAHOMA Education

35

Frequently Asked Questions

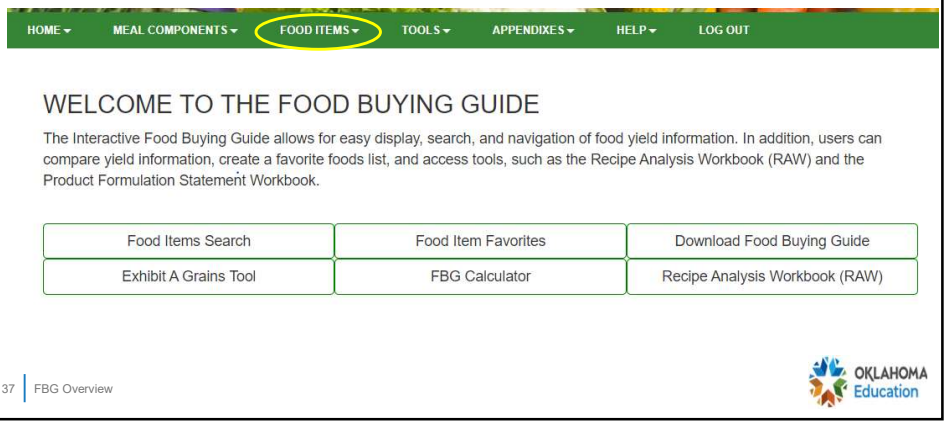


OKLAHOMA Education

36

Navigating Thru the FBG Interactive

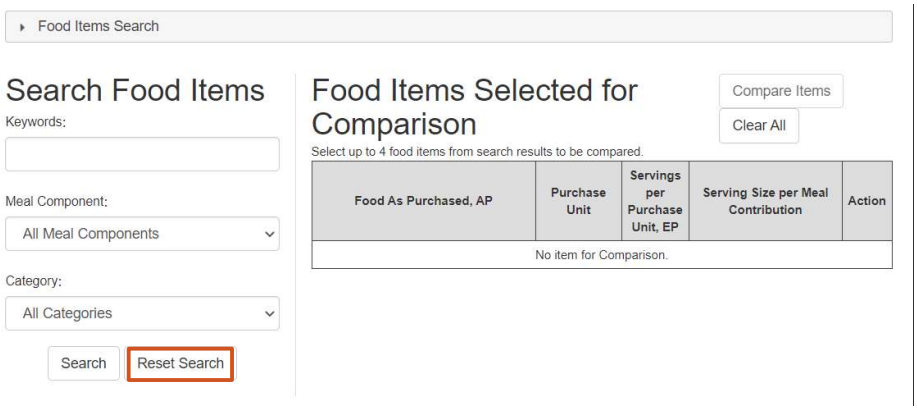
Once open to the Food Item Search:



OKLAHOMA Education

37

Food Items Tab



OKLAHOMA Education

38

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] *Footnote* BEANS, GREEN	**Beans, Green, canned** *Cut, Includes USDA Foods*	No. 300 Can (15 oz)	5.00	1/4 cup heated, drained vegetable	Add	Add
Vegetables	Other Vegetables[1] *Footnote* BEANS, GREEN	**Beans, Green, canned** *Cut, Includes USDA Foods*	No. 300 Can (15 oz)	5.77	1/4 cup drained vegetable	Add	Add
Vegetables	Other Vegetables[1] *Footnote* BEANS, GREEN	**Beans, Green, canned** *Cut, Includes USDA Foods*	Pound	7.17	1/4 cup heated, drained vegetable	Add	Add

OKLAHOMA Education

39

Green Beans, Canned FBG Details

Meal Component	Vegetables
Meal Category	Other Vegetables[1]
Subcategory	BEANS, GREEN
Food As Purchased, AP	**Beans, Green, canned** *Cut, Includes USDA Foods*
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.

View PDF | Export | Add To Favorites | Close

OKLAHOMA Education

40

Interactive and App 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 ¼ cup to ½ 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

OKLAHOMA Education

41

New Features in FBG (Added 2024)

- **Interactive flow chart on using the preparation yield** walks users through when to use the Preparation Yield factor in the Recipe Analysis Workbook (RAW).
- **An Ounces to Pounds Calculator** allows users to easily convert ounces to pounds and pounds to ounces
- **New foods are available in the FBG!** New additions consist of USDA Foods frozen mixed vegetables and a variety of meat items including 11-, 43-, and 48-ounce pouched tuna; boneless, skinless chicken thighs; ground mutton, mutton shoulder chops and stew meat; catfish fillets, canned beef, smoked salmon fillet, cactus fruit (prickly pear), purple rice, instant long grain brown rice, and quick cooking medium grain brown rice; and USDA Foods canned pork. **Stay tuned for additional yield data releases.**

OKLAHOMA Education

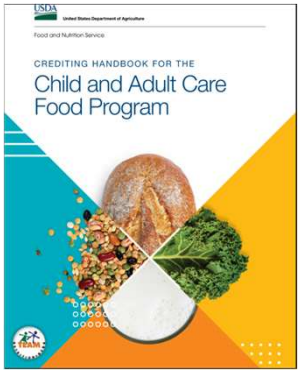
42

ADDITIONAL INFORMATION

OKLAHOMA Education

43

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)

OKLAHOMA Education

44

Food	Creditable			Additional Information
	Yes	Maybe	No	
Acorns			X	Acorns are not creditable due to their low protein content.
Bacon and Imitation Bacon Products			X	Bacon is not creditable. These products contain little meat. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Bacon Rinds			X	Bacon Rinds are not creditable.
Bacon, Turkey		X		Turkey bacon is creditable only if the product is (1) CN labeled or (2) has a Product Formulation Statement.
Bean Flour		X		Bean flour is creditable toward the meats/meat alternates component when served with at least 0.25 oz eq of visible meat/meat alternate. Document meal pattern contribution with a Product Formulation Statement.
Beans or Peas (Legumes), Canned or Dry	X			Cooked dry or canned beans or peas (kidney, garbanzo, black, lentils, etc.) may be credited as either a meat alternate or a vegetable, but not as both in the same meal. See the Vegetables section in the *Food Buying Guide*.
Beans, Refried	X			See the Meats/Meat Alternates section in the *Food Buying Guide*.
Beef Jerky		X		Beef jerky is creditable toward the meats/meat alternates component if it is (1) CN labeled or (2) has a Product Formulation Statement (PFS). The PFS should identify the type of beef or pork used to make the product as listed in the *Food Buying Guide*. For example, "ground beef (not more than 30 percent fat)." Please note beef jerky may be a choking hazard for some populations.
Bologna		X		Bologna is creditable toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide* for creditable luncheon meats such as bologna. Bologna containing byproducts, cereals, or binders/extenders is only creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. As a best practice, it is recommended to serve low-fat versions of luncheon meats.

45

Common Meat Alternates

- **Nuts & Seeds**
  - Peanut butter 2T =1oz
- **Dry beans & peas**
  - ¼ cup= 1 oz
  - ½ cup= 2 oz
- Beans can also be credited as vegetable but ***not both in the same meal***
- **Eggs**
  - 1 large=2 oz
  - ½ large=1 oz
- **Yogurt**
  - 4 oz=1 oz
- **Natural Cheese**
  - 1 oz=1 oz

OKLAHOMA Education

46

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.

47

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 *Food Buying Guide* or have a (1) CN label or (2) Product Formulation Statement are creditable.

48

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 *Food Buying Guide* for purchasing information.

49

Fruit Crediting in Handbook

Average size Banana & Orange = ½ cup of fruit

Fruit	Serving Size and Yield
Apples	¼ raw, unpeeled medium apple = about ¼ cup
Bananas	1 medium banana = ½ cup
Blueberries	¼ cup measure
Strawberries	¼ cup measure
Cantaloupe	⅒ medium melon = about ¼ cup

OKLAHOMA Education

50

Fruit & Vegetable Crediting

1 cup of raw leafy greens
= ½ cup vegetable

¼ cup of dried fruit
= ½ cup of fruit

OKLAHOMA Education

51

Fruits & Veggies NOT in the FBG

How should vegetables and fruits not listed in the Food Buying Guide be credited?

There are some fruits and vegetables not listed in the Food Buying Guide that *MAY* be served in CACFP. Use the yield information of a similar food or in-house yield may be used with State Agency approval. Instructions for developing yields are available in the introduction

Example: star fruit and dragon fruit

Crediting Handbook Vegetables and Fruit section Q&A #16

OKLAHOMA Education

52

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

OKLAHOMA Education

53

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

OKLAHOMA Education

54

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

55

Changes to Recipe Example

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains **Main Dishes D-54r**

Ingredients	25 Servings Weight	25 Servings Measure	50 Servings Weight	50 Servings Measure	Directions Process #2: Same Day Service
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 ⅜ 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.

OKLAHOMA Education

56

USDA Standardized Recipes

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

Child Nutrition Recipe Box
Healthy Recipes for Child Nutrition Professionals

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

HealthySchoolRecipes
culinary solutions for school nutrition programs

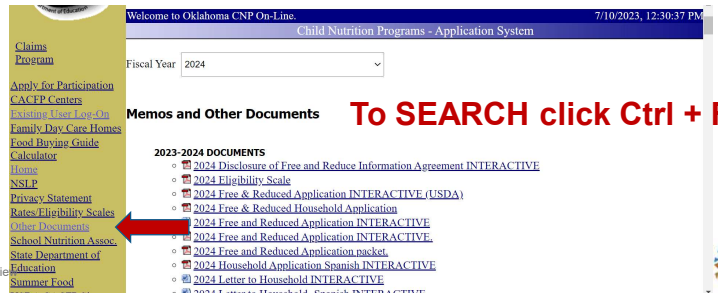
https://healthyschoolrecipes.com/recipes/

OKLAHOMA Education

57

OSDE Resources Website

- **Schools – CARS: Other Documents**
  - https://cnp.sde.ok.gov/oknslp/PrintDocuments.aspx
- **CACFP and At-Risk: Resource Library**
  - https://cnp.sde.ok.gov/CACFP/PrintDocuments.aspx



OKLAHOMA Education

58

Who Do You Call??

Program Specialist:

- ❑ **School Training Manual – Pg. C-3**
- ❑ **CACFP, AT-RISK, AND ADULT Training Manual (Pg. 4, A-7, 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 (UEI)

OKLAHOMA Education

59

QUESTIONS?

THANK YOU!

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

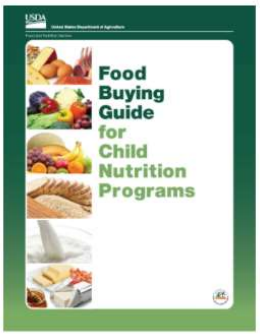
OKLAHOMA Education

60

Food Buying Guide (FBG) & Crediting Handbook

**click on the link to get this document or copy and paste the link to your internet browser.*

Food Buying Guide



Interactive Version
https://foodbuyingguide.fns.usda.gov/

PDF Version
https://foodbuyingguide.fns.usda.gov/Appendix/DownLoadFBG

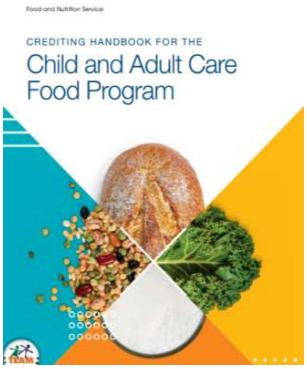
FBG Mobile App

*Available on IOS and Android. It works on phones and tablets

IOS – iTunes – type in USDA Food Buying Guide

Android – Google Play – type in USDA Food Buying Guide

CACFP Crediting Handbook



https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS_Crediting_Handbook.pdf