Food Buying Guide

Presented by:
Department of Public Instruction
School Nutrition Team

Objectives
- Define the purpose of the food buying guide
- Describe the sections of the food buying guide
- Explain how weights, measurements, and portion control applies to the food buying guide
- Demonstrate usage of the FBG

Why should you use the Food Buying Guide? (FBG)

Purposes of the FBG
- Purchasing
- Planning

History of the Food Buying Guide
- 1947- Quantities of Food For Serving School Lunches
- 1955- The Food Buying Guide for Type A School Lunches
- 1984- Food Buying Guide For Child Nutrition Programs
- 1993-1995 Supplements added
- 1996- Major Revision
- 2008- Revised Addition
- 2013- Additional updates in progress
Areas of the Food Buying Guide
- Introduction
- Section 1-Meat/Meat alternate
- Section 2-Vegetables
- Section 2- Fruits
- Section 3-Grains/Breads
- Section 4-Milk
- Section 5-Other Foods
- Appendices

Columns in the FBG

Column 1
Food As Purchased, AP

Column 2
Purchase Unit

Column 3
Servings per Purchase Unit, EP

Column 4
Servings Size per Meal Contribution
Food Buying Guide: Exhibit A

Trivia Question
- What year did the food buying guide as it’s called today come into existence?
- What was the original name of the Food Buying guide?

Crediting Using Weight and Volume

- Ounces in School Nutrition
  - Weight is measured in ounces
  - Ounces Equivalent is used for:
    - Meats/meat alternates
    - Grains

- Cups in School Nutrition
  - Fruits and Vegetables are measured in volume
  - Fruit juice
    - 1 cup = ¼ cup of juice
  - Milk is measured in fluid ounces

Weight and Volume
- Hand Out/Visual Model
Measure it Out!

Use the proper tools to get the job done!

- Number on the scoop indicates how many level scoopfuls make one quart.
- A number 8 scoop requires 8 scoops to = 1 quart

Scoops (Dishers)

Using the Food Buying guide for a Recipe

For each pound of purchased product, there will be 12.1 servings (1 oz) of cooked lean meat. If you need a total of 100 servings, divide 100 by the number of servings per purchase unit (12.1):

100/12.1 = 8.26 which rounds up to 8.3
Spaghetti Sauce Crediting

Let's figure out how much spaghetti sauce is needed for a ½ cup serving for a 100 servings.

#10 can provides 47.90 - ¼ cup servings
Math shows: 100/47.90 = 2.1 cans needed to purchase (rounded up)

#10 can provides 23.95 - ½ cup servings
Math shows: 100/23.95 = 4.17 cans needed to purchase
Updates to Food Buying Guide

- Check for updates posted at:


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