

# Food Buying Guide Calculator

## Participant's Workbook

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### Institute of Child Nutrition

The University of Mississippi, School of Applied Sciences

[www.theicn.org](http://www.theicn.org)

Key Area: Operations

USDA Professional Standards: 2400



**Institute of Child Nutrition  
The University of Mississippi  
School of Applied Sciences  
Building the Future Through Child Nutrition**

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The purpose of the Institute of Child Nutrition is to improve the operation of child nutrition programs through research, education and training, and information dissemination.

**MISSION**

The mission of the Institute of Child Nutrition is to provide information and services that promote the continuous improvement of child nutrition programs.

**VISION**

The vision of the Institute of Child Nutrition is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

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## Overview of Training

### Key Area: Operations

#### Professional Standards Purchasing/Procurement 2400

Employee will be able to effectively and efficiently implement purchasing procedures and practices in order to appropriately and best utilize supplies and USDA Foods to meet menu requirements and comply with all federal, state, and local regulations.

Source: *Professional Standards for School Nutrition Professionals* located at <http://professionalstandards.nal.usda.gov/>

### ICN Competencies, Knowledge, and Skills

#### Functional Area 8: Procurement and Inventory Management

##### Competency 8.1

Develops procurement guidelines that comply with established regulations and support operational goals of the school nutrition program.

Source: *Competencies, Knowledge, and Skill Statements for District-Level School Nutrition Professionals in the 21st Century* located at [www.theicn.org](http://www.theicn.org)

### Training Objectives

- **Objective:** Discuss an overview of the *Food Buying Guide*.
- **Objective:** Review how to use the *Food Buying Guide Calculator*.

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## Terms and Definitions

### **As Purchased (AP) and Edible Portion (EP)**

Food As Purchased (AP) tells you the name of the food item and the form(s) in which it is purchased. The Edible Portion (EP) weight is the amount of product that can be consumed. The AP weight is greater than the EP weight. The EP is the quantity served.

### **Average Daily Participation (ADP)**

The Average Daily Participation (ADP) for the National School Lunch and School Breakfast Program is based on attendance rather than enrollment. Calculating ADP in this manner is considered to be fairer to schools as it includes only children that eat lunch/breakfast in the calculation and excludes children who do not eat lunch/breakfast (i.e., part-day kindergarteners).

### **Forecasting**

Forecasting is the process of analyzing current and historical data to determine future trends. In the case of school nutrition programs (SNPs), forecasting involves predicting and estimating the goods, works, and services needed in specified areas for the coming year. In addition, forecasting assesses the SNPs program needs by reviewing current procurement activities. Forecasting allows for procurement plans to evolve each fiscal year.

### **Standardized Recipe**

A standardized recipe is a recipe that has been tried, adapted, and retried several times for use by a given school nutrition operation. The standardized recipe has been found to produce the same results and yields every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

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**Food Buying Guide: Fresh Oranges**

<b>Section 2 –Fruits</b>					
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
<b>Oranges</b>					
<b>Oranges, fresh</b> <i>All sizes Whole Includes USDA Foods</i>	Pound	3.50	¼ cup fruit sections Membrane removed, drained	28.6	1 lb AP = 0.40 lb ready- to-serve oranges  1 lb AP =0.48 lb(¾ cup) juice
	Pound	3.60	¼ cup fruit juice	27.8	
<b>Oranges, fresh</b> <i>138 count Arizona or California Whole</i>	Pound	3.40	1 orange about ½ cup fruit and liquid)	29.5	
	Pound	6.80	¼ cup fruit and liquid (about ½ orange)	14.8	
<b>Oranges, fresh</b> <i>125 count Florida or Texas Whole</i>	Pound	2.90	1 orange (about ⅝ cup fruit and liquid)	34.5	1 lb = about 0.76 lb (about 1¾ cups) ready to serve peeled oranges
	Pound	7.02	¼ cup fruit and liquid (about ½ orange)	14.3	
<b>Oranges, fresh</b> <i>113 count Arizona or California Whole</i>	Pound	2.80	1 orange (about ⅝ cup fruit and liquid)	35.8	
	Pound	5.6	¼ cup fruit and liquid (about ½ orange)	17.9	
<b>Oranges, canned</b> <i>Mandarin</i>	Pound	7.30	¼ cup fruit and liquid	13.7	1 lb = about 0.61 lb (about 1½ cups) drained oranges

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### Fresh Oranges Worksheet

**Directions:** Determine the Servings per Purchase Unit (EP), the Exact Quantity, and the Purchase Quantity Unit. Refer to the Food Buying Guide: Fresh Oranges handout to determine the Servings per Purchase Units (EP). Calculate the Purchase Quantity for ¼ cup servings and ½ cup servings.

Fresh Oranges					
Total Projected Quantity and Serving Size	Divided by ÷	Servings per Purchase Unit (EP)	Equals =	Exact Quantity	Purchase Quantity
138 ¼ cup servings	÷	_____ pounds	=	_____ pounds	_____ pounds
138 ½ cup servings	÷	_____ pounds	=	_____ pounds	_____ pounds

Round up your answers to nearest ½ pound.

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### Fresh Oranges Worksheet Answer Key

**Directions:** Determine the Servings per Purchase Unit (EP) the Exact Quantity and the Purchase Quantity Unit. Refer to the Food Buying Guide: Fresh Oranges handout to determine the Servings per Purchase Units (EP). Calculate the Purchase Quantity for ¼ cup servings and ½ cup servings.

Fresh Oranges					
Total Projected Quantity and Serving Size	Divided by ÷	Servings per Purchase Unit (EP)	Equals =	Exact Quantity	Purchase Quantity
8 cup servings	÷	<u><b>6.80</b></u> pounds	=	<u><b>20.29</b></u> pounds	<u><b>20.50</b></u> pounds
8 cup servings	÷	<u><b>3.40</b></u> pounds	=	<u><b>40.58</b></u> pounds	<u><b>41.00</b></u> pounds

Round up your answers to nearest ½ pound. Answers are underlined and in bold font.

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### **Reference**

U.S. Department of Agriculture. (2015). *USDA food buying guide for child nutrition programs*. Retrieved from <http://teammnutrition.usda.gov/Resources/foodbuyingguide.html>

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