

The Food Buying Guide

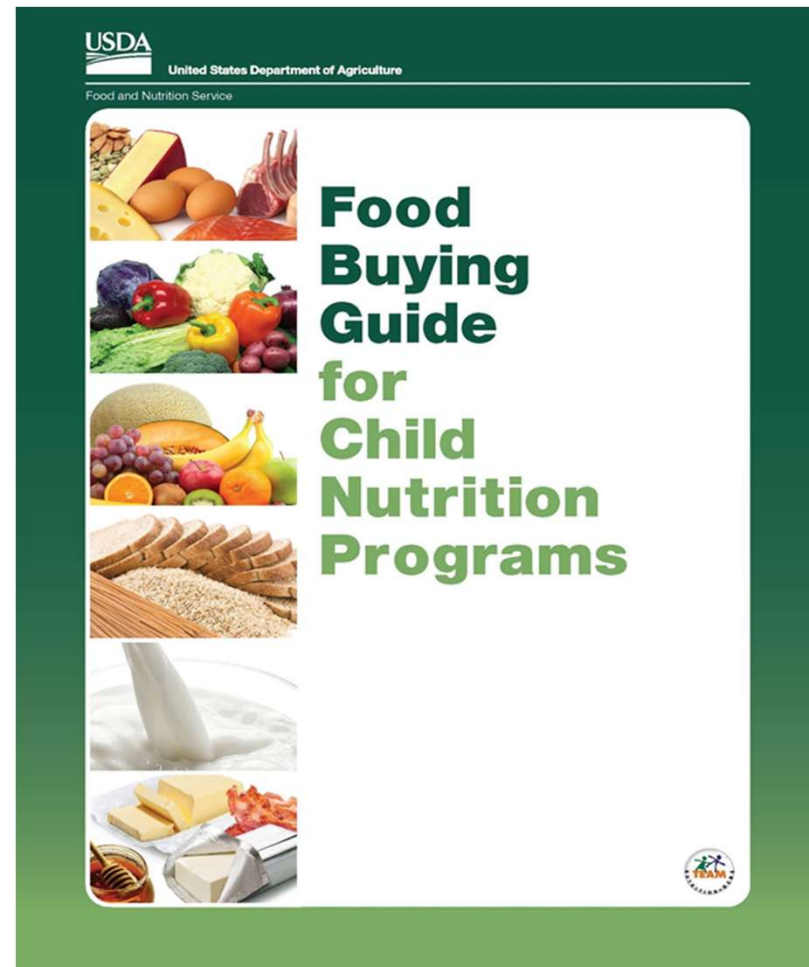
Overview


1 Credit Hour

Professional Standard Training



New York State
EDUCATION DEPARTMENT
Child Nutrition Program Administration





Food Buying Guide (FBG)

- Determines specific crediting information
- Currently available as an Interactive Web-Based Tool and Mobile App
- Assists with purchasing the correct amount and type of food for your school meals program(s)



Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool

The interactive Food Buying Guide allows for easy searching, navigating, and displaying of content. In addition, users can compare yield information, create a favorite foods list, and access tools, such as:

- The FBG Calculator
- Exhibit A Grains Tool
- Download Food Buying Guide
- Recipe Analysis Workbook (RAW), and
- Product Formulation Statement (PFS) Workbook.

Create a profile in order to save the following: food items in your Favorites list, shopping lists created by the FBG Calculator, analyzed recipes using the RAW, and Product Formulation Statements.

PLEASE NOTE: An USDA eAuthentication account is needed to access the tool. New and existing users who have an USDA eAuthentication account can proceed to the Tool by clicking on the 'Login or Create a Profile' button.

If you do not have an USDA eAuthentication Account, go to [Create Account](#). You will immediately receive an email with a link to activate your account with one simple click.

Contact cnpntab@usda.gov for assistance in accessing the site.

Login or Create a Profile

OR

Continue as a Guest User

Select Organization Type

Enter

To access the FBG site Login
or continue as a guest

Food items are searchable
by using the "Food Item
Search" or by component

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

Exhibit A Grains Tool

Download Food Buying Guide

FBG Calculator

Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

Click on
arrows
on the
right
side of
heading
topic

HOME ▾	MEAL COMPONENTS ▾	FOOD ITEMS ▾	TOOLS ▾	APPENDIXES ▾	HELP ▾	LOG OUT
Home Page	Meats/Meat Alternates	Search	My RAW Recipe List	A: Recipe Analysis Workbook	User Guide	
What's New	Vegetables	Favorites	Create RAW	B: Using "Additional Information" Column of the Food Buying Guide Yield Tables	Training Video	
About the Food Buying Guide	Fruits		Manage My RAW Folders	C: The USDA Child Nutrition (CN) Labeling Program	Contact Us	
Download Food Buying Guide	Grains		FBG Calculator - My Shopping Lists	D: The Food Purchasing Process	Frequently Asked Questions	
Resource Center	Milk		FBG Calculator - Create Shopping List	E: Grains/Breads Component for the Summer Food Service Program (SFSP) and NSLP		
	Other Foods		Exhibit A Grains Tool - My Products	F: Resources		
			Exhibit A Grains Tool - Enter Product			
			Determining Creditable Grains/Breads			
			Does My Product Meet the Whole Grain-Rich Criteria'			

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)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS

Food Buying Guide Features

Features allow for easy display, search, and navigation of food yield information

Link to the Food Buying Guide

Food Buying Guide

The Food Buying Guide for Child Nutrition Programs has all of the current information in one manual to help you and your purchasing agent:

- Buy the right amount of food and the appropriate type of food for your program(s).
- Determine the specific contribution each food makes toward the meal pattern requirements.

Food Buying Goes Digital

The Food Buying Guide (FBG), available as an Interactive Web-based Tool and Mobile App, allows you to easily search and navigate food yields, compare food yields, and create and save favorite foods lists. Additional features include:

- The FBG Calculator
- Exhibit A Grains Tool
- Download Food Buying Guide
- Recipe Analysis Workbook (RAW), and
- Product Formulation Statement (PFS) Workbook

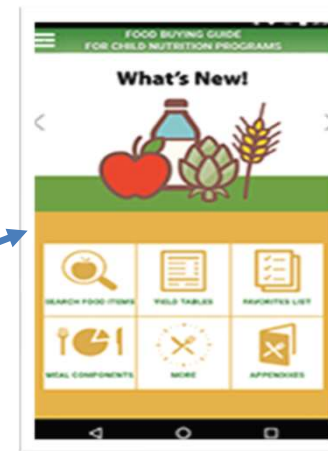


[The Food Buying Guide Interactive Web-based Tool](#)

[The Food Buying Guide Mobile App](#)

[Food Buying Guide Brochure](#)

**follow the link below to the FBG*

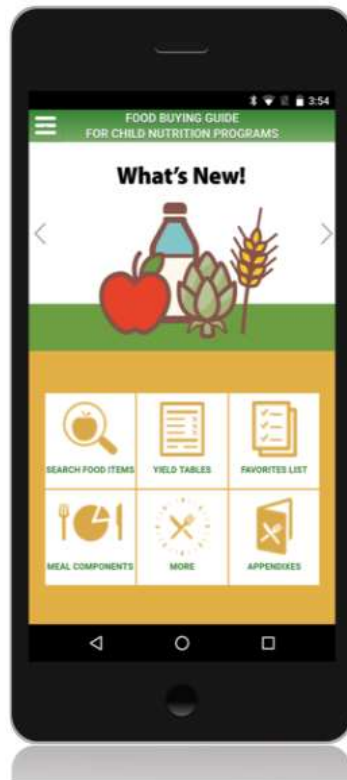


Mobile App available

Access entire web-based food buying guide

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

Food Buying Guide Mobile 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

Click here to search for food items

Drop Down:
School Meals Program

Food Items Search

Search Food Items

Program - Meal:

Select Program

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.				

Drop Down: Select Meal Component

Drop Down: Select Category/Subcategory

To compare food items: click on Add to Compare

To add food items to favorites Click here

Search Results

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
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These columns are populated from the drop down boxes

Displays food items by the form as purchased (fresh, frozen, canned)

How item is purchased (lb., case)

Edible Portions per unit

How the serving contributes

Food Buying Guide Example

Search Food Items

Keywords:

Meal Component:

Category:

Food Items Selected for Comparison

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
No item for comparison.			

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare
Grains	Other Grains and Cereals BARLEY	Barley (Group H) Hulled, Dry	Pound	18.00	1/4 cup cooked	Add
Grains	Other Grains and Cereals BARLEY	Barley (Group H) Hulled, Dry	Pound	21.20	1/2 cup cooked	Add
Grains	Other Grains and Cereals BARLEY	Barley (Group H) Hulled, Dry	Pound	14.10	3/4 cup cooked	Add

1

Search the Grains component for Barley. The menu planner has indicated the portion to be served is 1/2 cup. Search under the grain category and select the 1/2 cup serving size.

Food Buying Guide

Food Item Details

Meal Component	Grains
Meal Category	Other Grains and Cereals
Subcategory	BARLEY
Food As Purchased, AP	Barley (Group H) <i>Hulled, Dry</i>
Purchase Unit	Pound
Servings per Purchase Unit, EP	21.20
Serving Size per Meal Contribution	1/2 cup cooked
Purchase Units for 100 Servings	4.80
Additional Information	
Footnote	

Example: (plan for preparing 100 ½ cup portions)

1 pound of dry hulled barley yields 21.20 - ½ cup cooked barley servings. The Food Item Details also indicate that we need 4.8 pounds of the product as purchased to produce 100 ½ cup portions of cooked barley. This means that you need 5 pounds of dry barley in your house inventory in order to serve 100 students a ½ cup portion.

Food Buying Guide Tools

Recipe Analysis Worksheet (RAW):

- Calculator to determine how your recipe will contribute towards the meal pattern

To create a Recipe Analysis Worksheet (RAW)

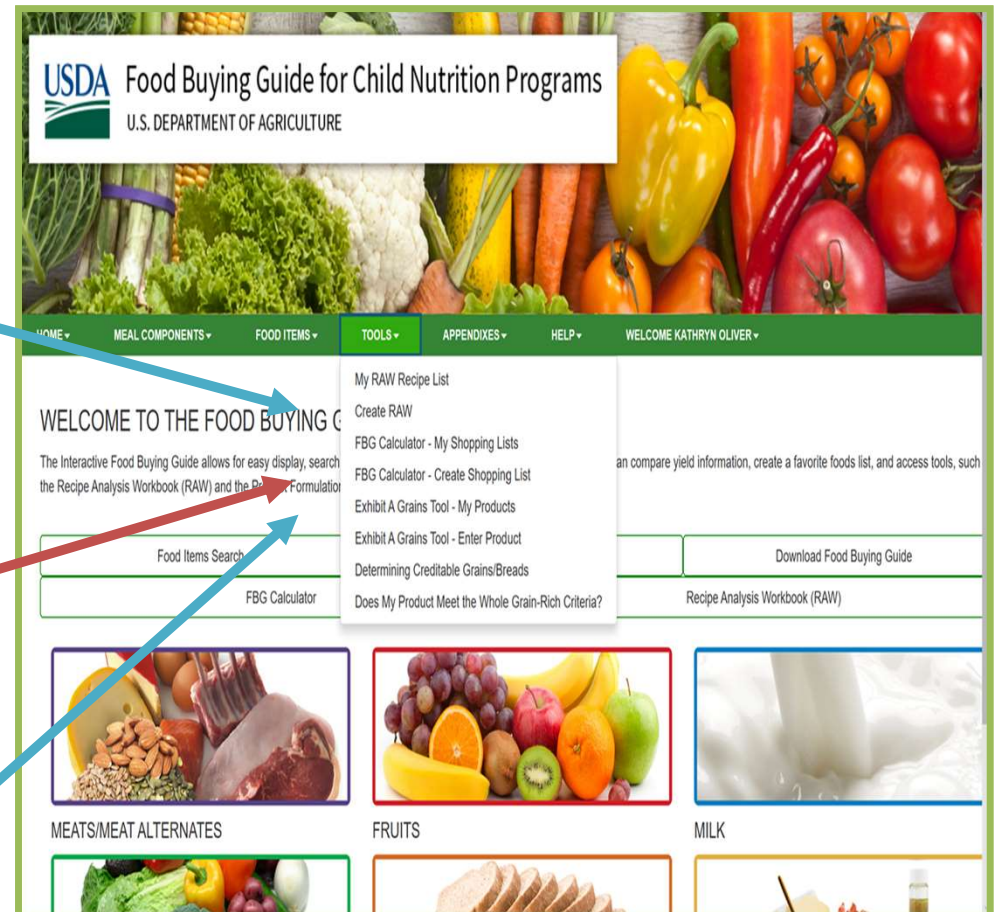
Food Buying Guide Calculator:

- Create shopping lists for purchasing adequate amounts of food items

To create shopping lists using the calculator

Exhibit A Grain Tool:

- Determines ounce equivalents of grain products



RECIPE ANALYSIS WORKSHEET (RAW)

Create Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

① Recipe Name * Servings per Recipe *

Recipe Number Serving Size *

Select Creditable Ingredient Recipe Notes Vegetables Fruits Meats/MA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For guidance see 'Instructions' section above).

② Search Food Ingredients

Keywords:

Meal Component:

Category:

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
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This tool will help you determine how your recipes contribute towards meal pattern requirements

Meal Pattern Contribution (per serving)

Create Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1

Recipe Name *

Servings per Recipe *

Recipe Number

Serving Size *

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For full guidance see 'Instructions' section above).

2

Search Food Ingredients

Keywords:

Meal Component:

All Meal Components

Category:

All Categories

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
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Food Buying Guide Calculator

FBC Calculator - Create Shopping List

Instructions

Asterisks (*) denote required information.

1 Shopping List Name *

Date MM/DD/YYYY (MM/DD/YYYY)

Meats/Meat Alternates

Vegetables

Fruit

Grains

Milk

Other Foods

Shopping List

2 Item keywords:

Enter one or more keywords to perform search

Search Clear Search Display Favorites

Food Item Description	Purchase Unit	4 Number of Purchase Units on Hand	Number of Servings	Exact Quantity	8 Buy Purchase Units	5 Action
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You must save the Shopping List prior to printing it. Use the **"Back to List"** button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.

Save Back to List

Food Buying Guide Calculator

FBG Calculator - Create Shopping List

Instructions

NOTE: These instruction steps correspond to the numbers listed next to the data entry fields below.

1. Enter a name for your shopping list. Date field is optional.
2. Search and select the food item under the appropriate meal component tab.
3. Click the Add button to select the ingredient from the search results.
4. Enter "Amount of Purchase Units on Hand" in the same unit as the "Purchase Unit." If the food item on hand is in a different unit, you will need to convert the quantity to match the FBG. For example, convert food item in ounces to their decimal equivalent of a pound. See Table 5 Decimal Weight Equivalents in the Resource Center (located under the "Home" navigation tab).
5. Click on "Add Serving Size" button and select the desired serving size from the drop down menu.
Note: Click on the Add Serving Size to enter additional serving sizes. There is no limit to the number of serving sizes selected for a food item.
6. From the drop down select the desired serving size.
7. Enter in the number of servings.
8. The exact quantity needed and the number of purchase units to be bought will be calculated automatically and display on the "Buy Purchase Units" column. The total quantity to purchase for each food item will populate on the "Shopping List" tab.

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.

Exhibit A Grains Tool

Exhibit A Grains Tool - Enter Product

Instructions

Asterisks (*) denote required information.
The numbers listed below correspond to the steps in the Instructions accordion above.

1

Product Name *

Date

MM/DD/YYYY

(MM/DD/YYYY)

2

Choose Method *

☒ Ounce Equivalent (oz eq) Grains (SBP/NSLP/CACFP/Preschool)

☐ Grains/Breads Serving(s) (CACFP/SFSP/NSLP Afterschool Snack Service/Preschool)

3

Item keywords:

Exhibit A

Enter one or more keywords to perform search

Search

Clear Search

Tools and Resources

<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>



Module 1 – Overview of the Food Buying Guide for Child Nutrition Programs



Module 2 – Recipe Analysis Workbook (RAW)



Module 3 – Product Formulation Statements (PFS)



Food Buying Guide Goes Digital



Navigating the Food Buying Guide Calculator [English] [Spanish]



Exhibit A Grains Tool to the Rescue!

Food Buying Guide Questions

**Child Nutrition Program
Administration**

(518)473-8781

CNtraining@nysed.gov

or contact your CN Rep

