The Food Buying Guide
Overview

1 Credit Hour
Professional Standard Training
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)
To access the FBG site Login or continue as a guest

Food items are searchable by using the “Food Item Search” or by component
## Food Buying Guide for Child Nutrition Programs

**U.S. DEPARTMENT OF AGRICULTURE**

### Home Page
- Meats/Meat Alternates
- Vegetables
- Fruits
- Grains
- Milk
- Other Foods

### Search Favorites

### Tools
- My RAW Recipe List
- Create RAW
- Manage My RAW Folders
- FBG Calculator - My Shopping Lists
- FBG Calculator - Create Shopping List
- Exhibit A Grains Tool - My Products
- Exhibit A Grains Tool - Enter Product
- Determining Creditable Grains/Breads
- Does My Product Meet the Whole Grain-Rich Criteria?

### Appendices
- A: Recipe Analysis Workbook
- B: Using "Additional Information" Column of the Food Buying Guide Yield Tables
- C: The USDA Child Nutrition (CN) Labeling Program
- D: The Food Purchasing Process
- E: Grains/Breads Component for the Summer Food Service Program (SFSP) and NSLP
- F: Resources

### Help
- User Guide
- Training Video
- Contact Us
- Frequently Asked Questions
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 Buying Guide

Features allow for easy display, search, and navigation of food yield information.
Link to the Food Buying Guide

*follow the link below to the FBG

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.
Search the Grains component for Barley. The menu planner has indicated the portion to be served is ½ cup. Search under the grain category and select the ½ cup serving size.
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
This tool will help you determine how your recipes contribute towards meal pattern requirements.
Meal Pattern Contribution (per serving)
### Food Buying Guide Calculator

#### FBC Calculator - Create Shopping List

**Instructions**

Enter one or more items to perform search.

<table>
<thead>
<tr>
<th>Food Item Description</th>
<th>Purchase Unit</th>
<th>Number of Purchase Units on Hand</th>
<th>Number of Servings</th>
<th>Exact Quantity</th>
<th>Buy Purchase Units</th>
<th>Action</th>
</tr>
</thead>
</table>

You must save the Shopping List prior to printing. 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.
FBG Calculator - Create Shopping List

Instructions

NOTE: These instructions 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.
6. Enter the number of servings.
7. Enter the number of purchase units.
8. The total quantity needed and the number of purchase units to be bought will be calculated automatically and displayed 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
Tools and Resources

Food Buying Guide Questions

Child Nutrition Program Administration

(518)473-8781
CNtraining@nysed.gov
or contact your CN Rep