Recipe Crediting Worksheet

½ cup = 24 servings

Recipe Name Chicken Salad **Portion Size** less than ½ cup = 29 servings

Resource used for Crediting SBG **Yield** 12 cups

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
B.S. Chicken Breast	3.75	43.5		
Celery	.5 lb		1.5	
Pita Bread, 12-15 whole pita	Need weight			
(4)	Recipe Total	43.5 ounces	1.5 cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____¼ c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	24 servings = 1.8 29 servings = 1.5 ounces	¼ cup(s)	equiv

Instructions:

1. List all ingredients and the form they are in (whole, diced, chopped, etc).
2. List the measured amount of the food item in either the weight or measure (volume).
3. Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
4. Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
5. Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
6. Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
7. Round down the ounces fo Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

Recipe Name: Chicken Salad

Resources used for Crediting
SBG

Component Contribution
X Meat/Alt **Vegetable/Fruit**
Grain/Bread

	3-5 yr old
Portion Size	**Age Group**

Ingredient	**Form (whole, chopped)**	**22 cups Recipe Yield**	
		Weight	**Measure**

Directions: