

PROCEDURE FOR USING THE BUYING GUIDE

The Buying Guide is to be used in conjunction with the menu planning sheets to determine the amount of food to purchase for meals in order to meet the meal requirements of the Child and Adult Care Food Program.

The Buying Guide is sectioned into four groups: fruits and vegetables (including fruit juices), milk, meat/meat alternates and bread/bread alternates. This guide lists the number of ready-to-serve portions provided by the market unit as purchased. The market unit is the unit in which the food is packaged and/or purchased, such as pounds, sizes of cans or quarts/gallons.

EXAMPLE:

| <u>Food</u> | <u>Market Unit</u> | <u>1/4 c. servings per market unit</u> |
|--------------------------|--------------------|--|
| Bananas, whole or sliced | Pound (lb.) | 8.1 |
| Corn, whole kernel | No. 10 can | 41.7 |

Allowances have been made for peelings, pits, and seeds, and other inedible parts of foods, as well as for loss of water or fat in cooking. If a food is not listed, an item similar to the unlisted food should be selected and the yield figure for it used. For example, for tangelos, use the servings per market unit for tangerines.

To use the buying guide:

1. Select the food item needed.
2. Determine the market unit which best suits your needs.
3. Refer to the appropriate market column to obtain the yield information for the market unit of the selected item.
4. Divide the number of servings needed for the selected item by the yield factor shown in the guide.