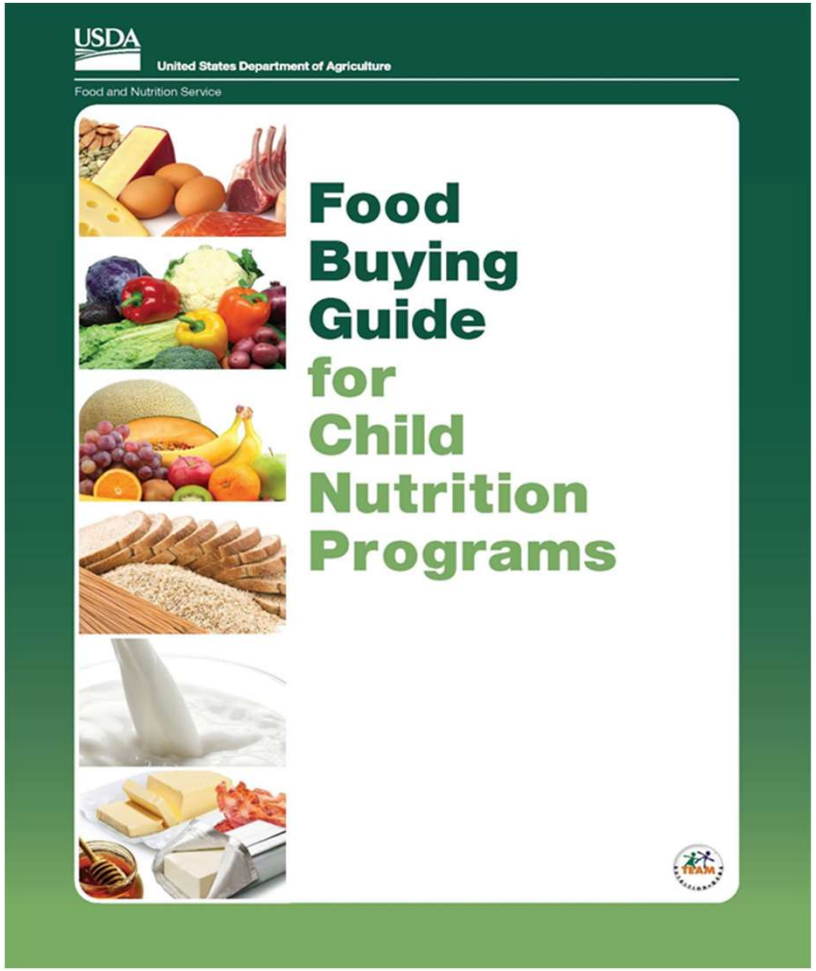
The Food Buying Guide

Overview

1 Credit Hour

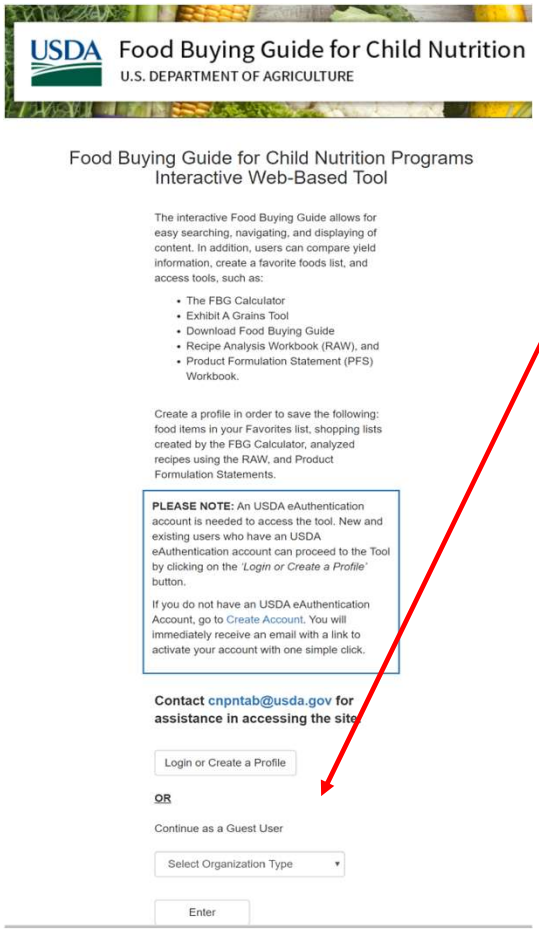
Professional Standard Training

New York State
EDUCATION DEPARTMENT
Child Nutrition Program Administration



Food Buying Guide (FBG)

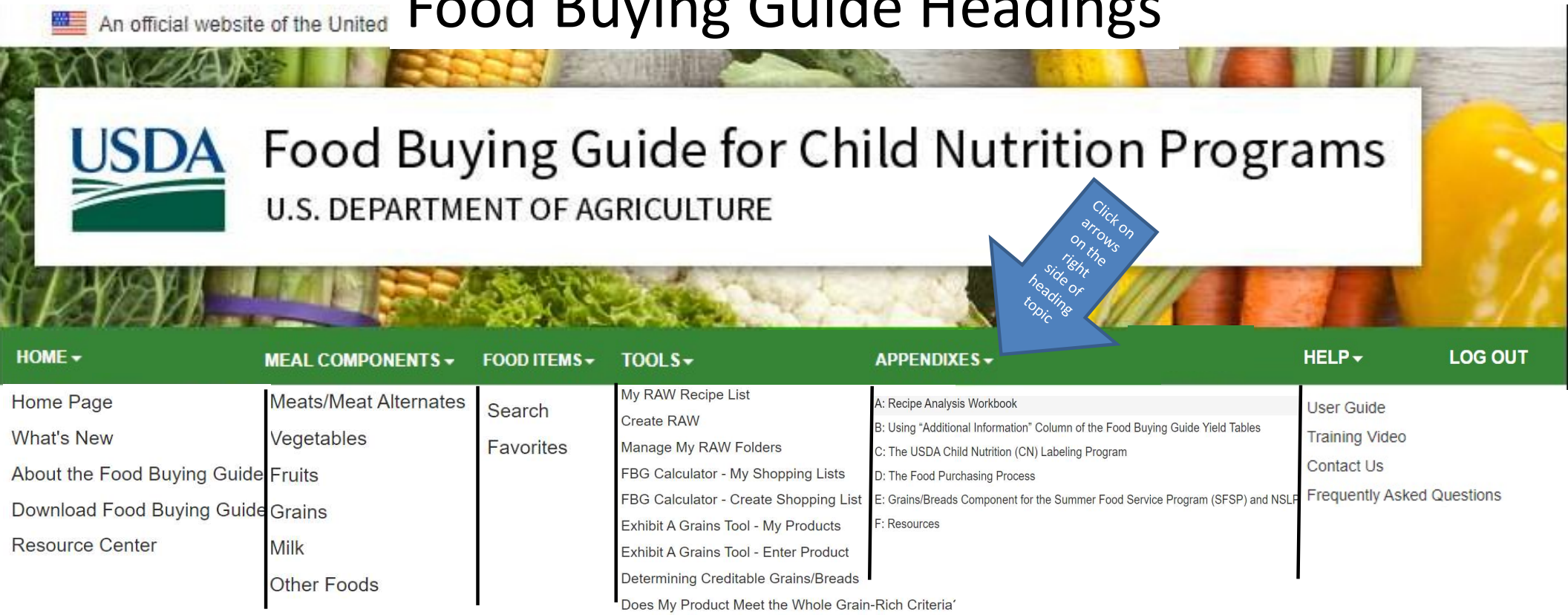
- Determines specific crediting information
- Currently available as an Interactive Web-Based Tool and Mobile App
- Assists with purchasing the correct amount and type of food for your school meals program(s)



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 Headings



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

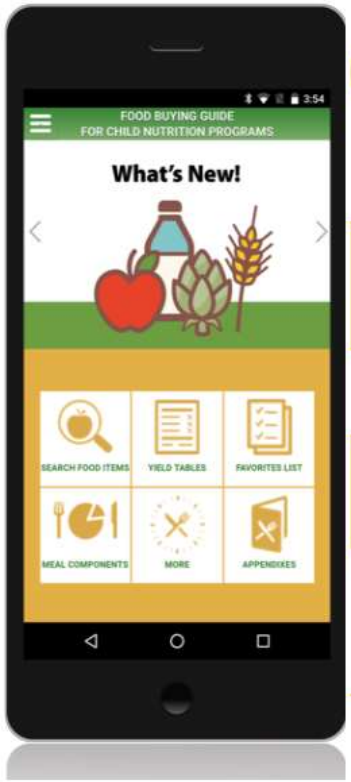
*follow the link below to the FBG

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

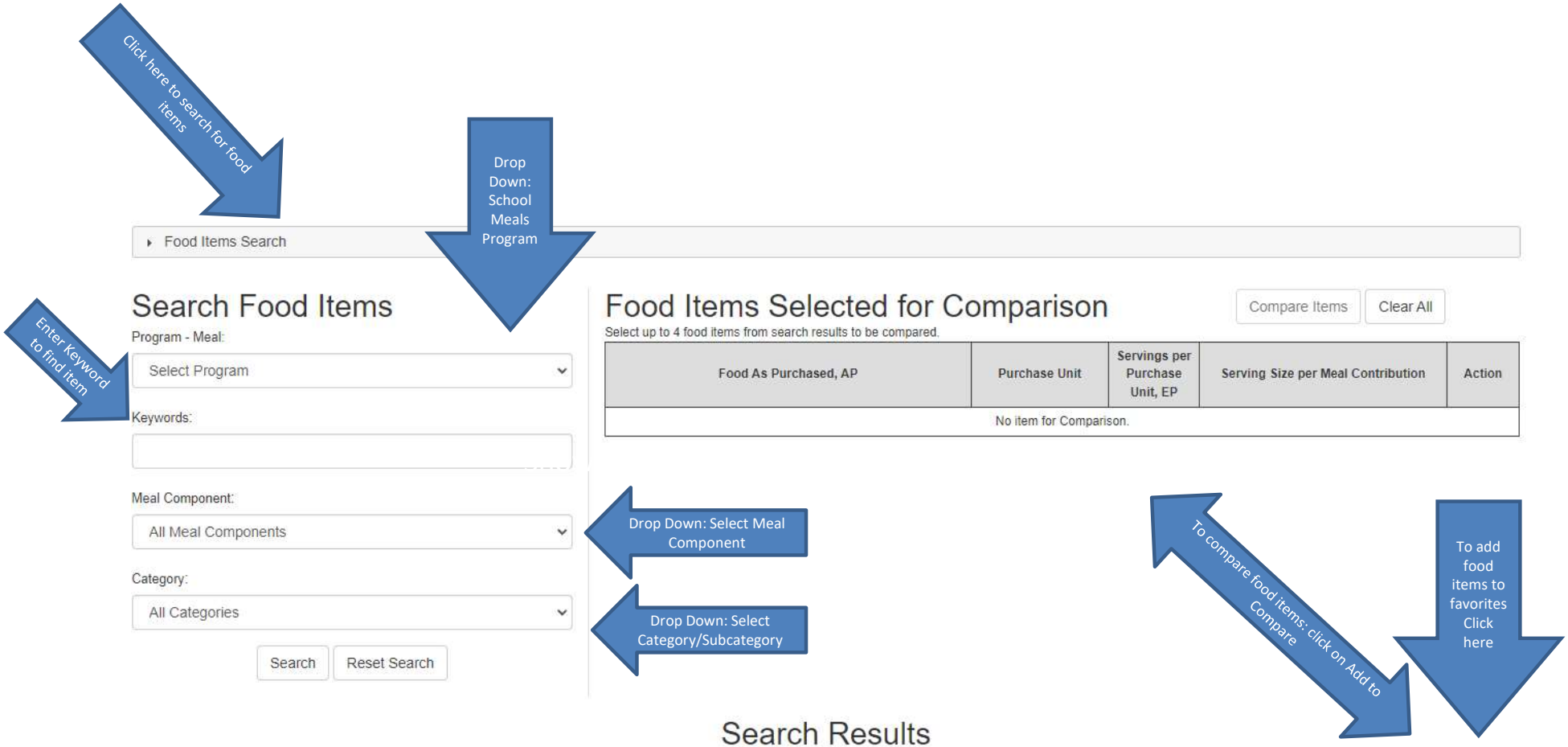


Search and locate yield information for foods typically served in child nutrition programs.

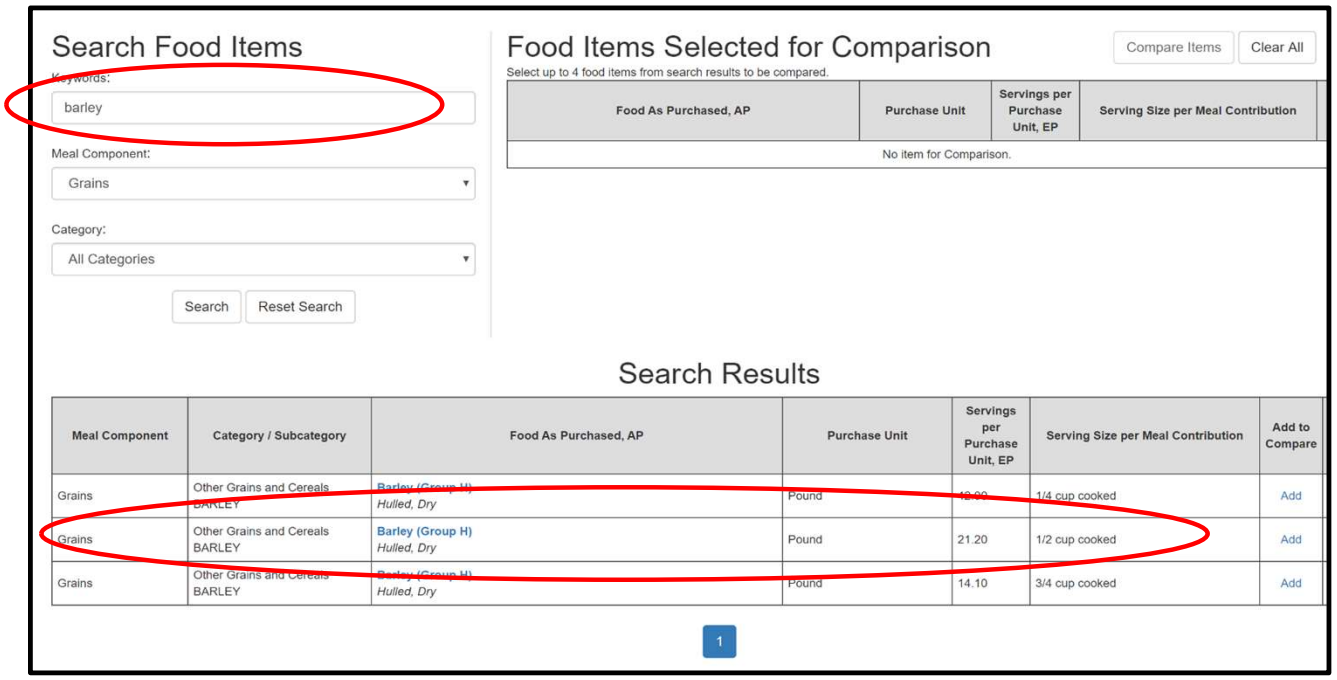
Compare yield information to determine the foods that best meet your program needs.

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
Enter Keyword to find item
Program - Meal:
Select Program
Keywords:
Meal Component:
All Meal Components
Category:
All Categories
Search
Reset Search
Drop Down: Select Meal Component
Drop Down: Select Category/Subcategory
Food Items Selected for Comparison
Select up to 4 food items from search results to be compared.
Compare Items
Clear All
Food As Purchased, AP
Purchase Unit
Servings per Purchase Unit, EP
Serving Size per Meal Contribution
Action
No item for Comparison.
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
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:

barley

Meal Component:

Grains

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
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	42.00	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 ½ cup. Search under the grain category and select the ½ 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)** *Hulled, Dry*
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)

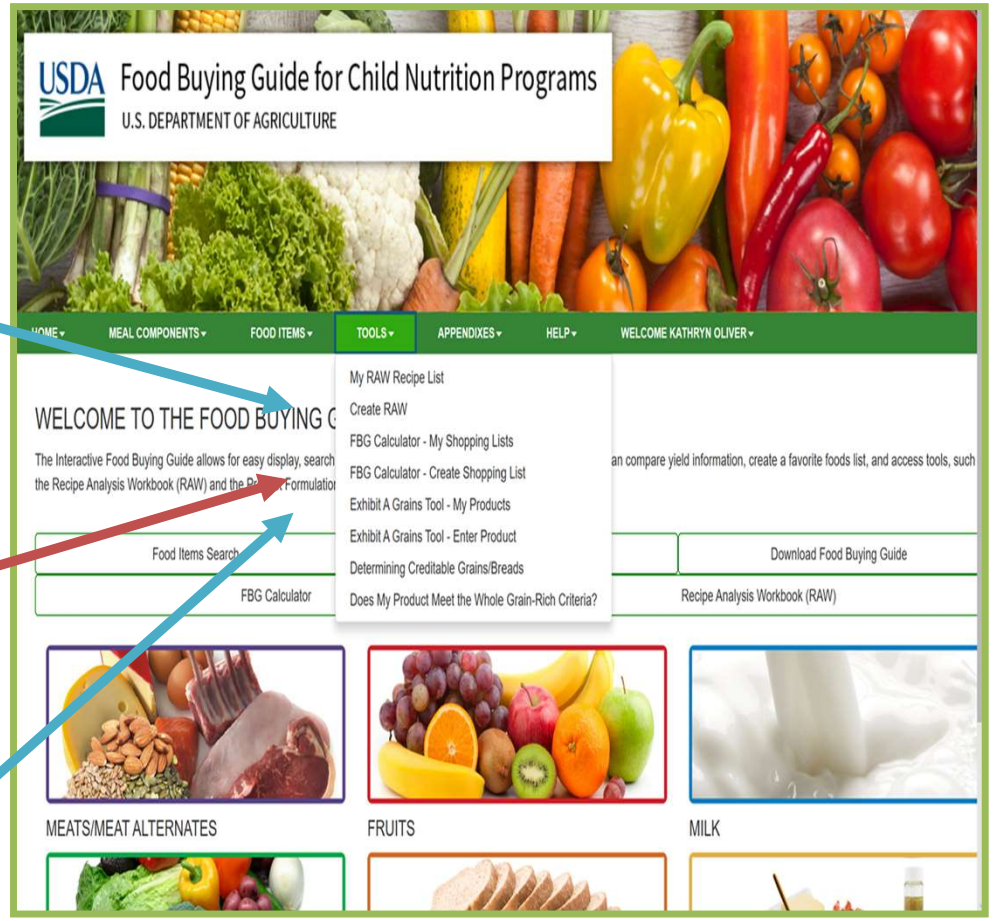
Food Buying Guide Calculator:

- Create shopping lists for purchasing adequate amounts of food items

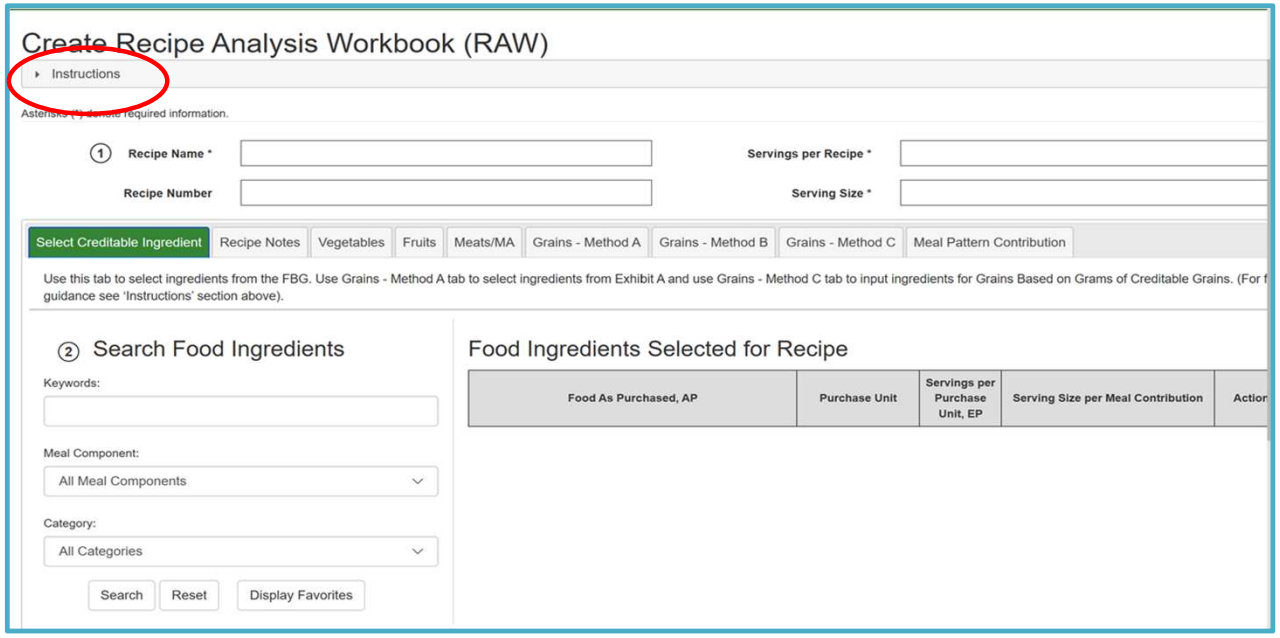
To create shopping lists using the calculator

Exhibit A Grain Tool:

- Determines ounce equivalents of grain products

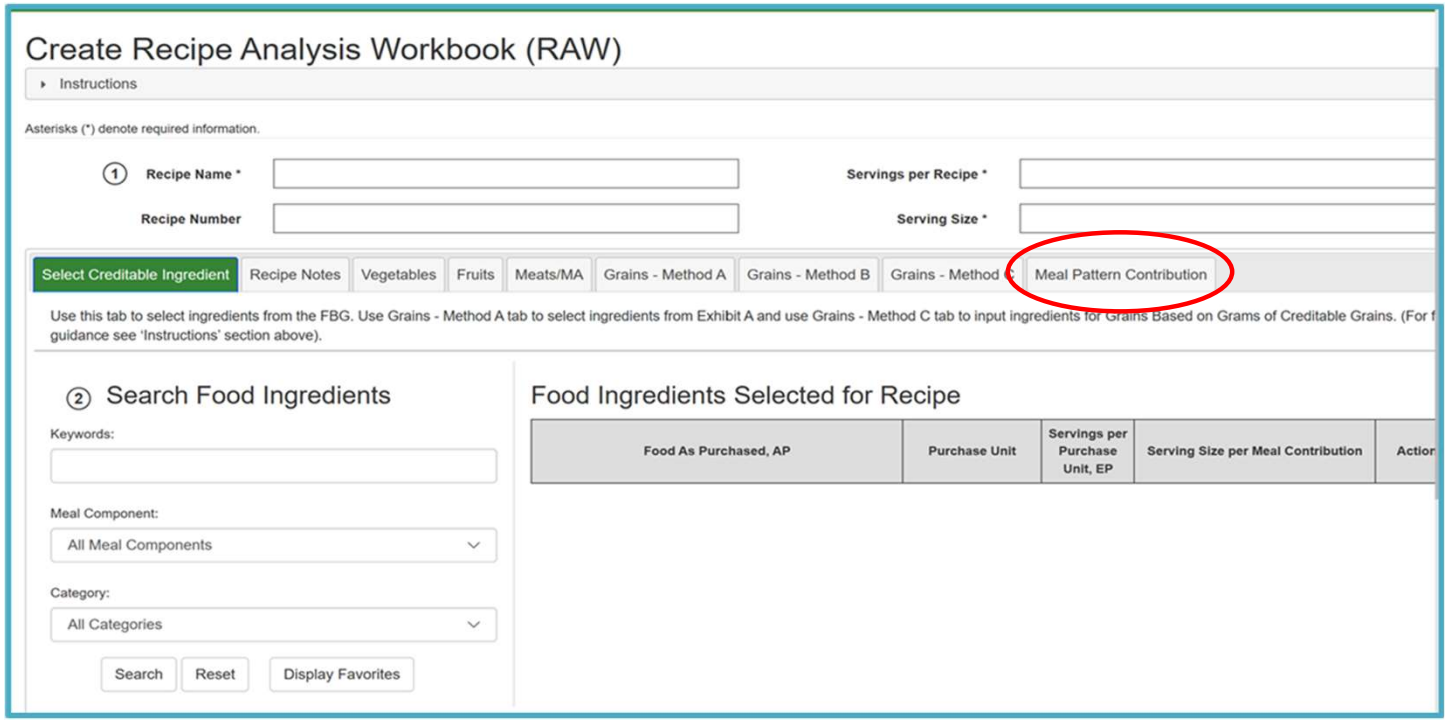


RECIPE ANALYSIS WORKSHEET (RAW)

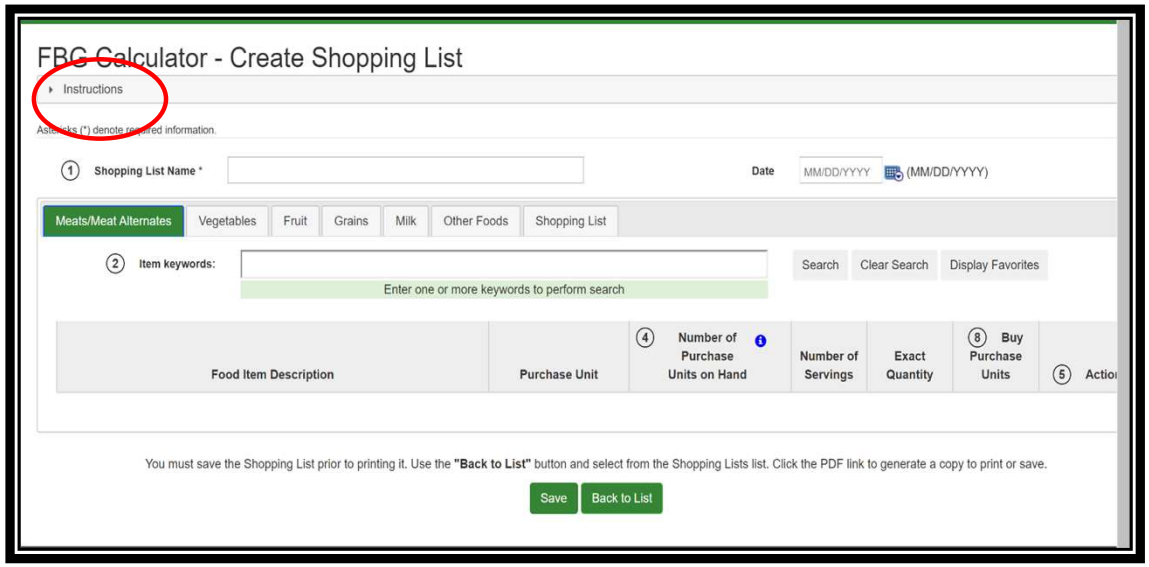


This tool will help you determine how your recipes contribute towards meal pattern requirements

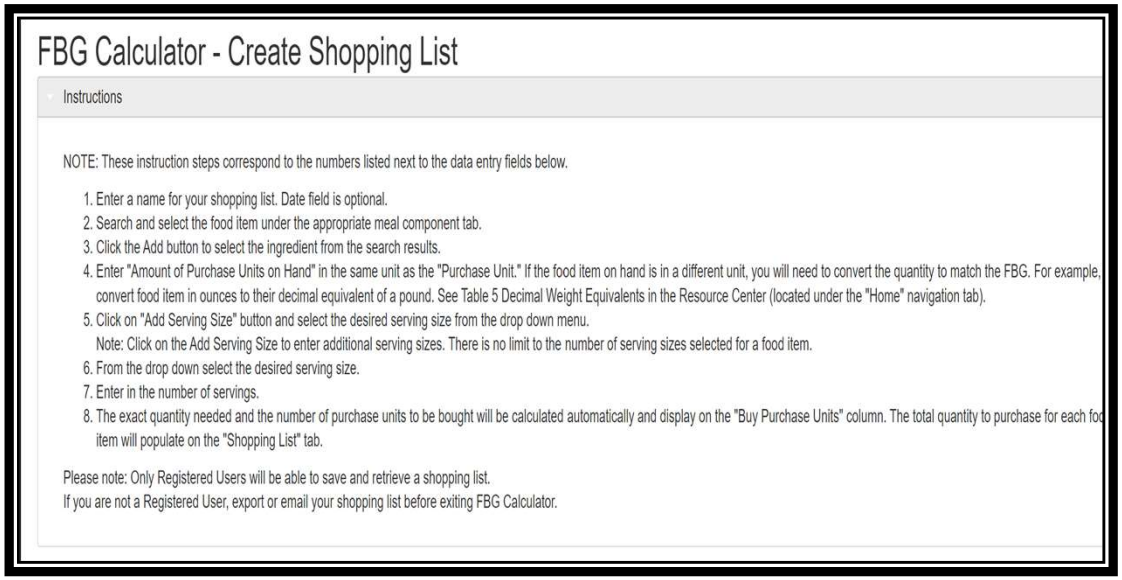
Meal Pattern Contribution (per serving)



Food Buying Guide Calculator



Food Buying Guide Calculator



FBG Calculator - Create Shopping List

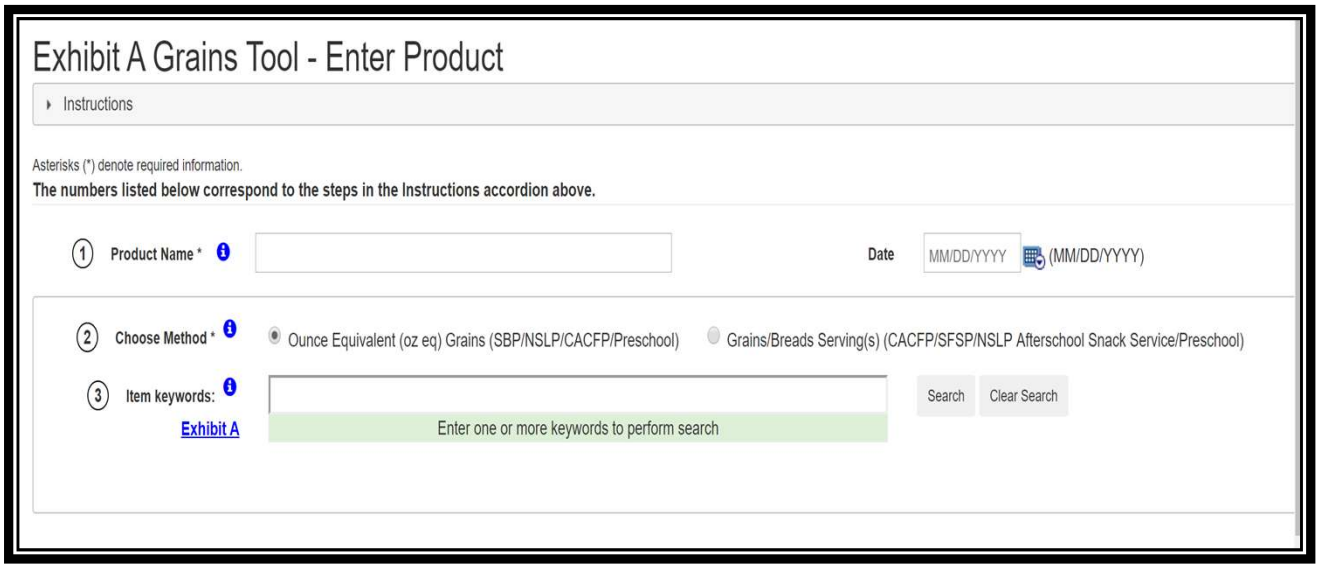
Instructions

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 foo 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

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

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CNtraining@nysed.gov

or contact your CN Rep