

The USDA Food Buying Guide for Child Nutrition Programs is a valuable resource. It is commonly used for determining the contribution of a specific food product to the meal pattern and for calculating the amount of food to purchase and/or prepare.

The Food Buying Guide (FBG) is the basis for calculating the meal pattern contribution of:

- Individual food items
- Standardized recipes
- Processed convenience foods with Manufacturer’s Product Formulation Statements

The FBG should also be used for:

- Purchasing
- Recipe development
- Amount to prepare
- Serving size

The Food Buying Guide for Child Nutrition Programs was first published in 1947. Currently there are two Food Buying Guides: one for School Meal Programs operating NSLP and SBP, and one for Child Nutrition Programs operating CACFP. The Food Buying Guide for Child Nutrition Programs was revised in 2008. It is in a digital format only. It is not available in print format.

The Food Buying Guide for Child Nutrition Programs is being updated, in phases, to reflect the new Child and Adult Care Food Program (CACFP) meal pattern due to be implemented on October 1, 2017.

Working with the Food Buying Guide

- The Food Buying Guide is useful for calculating how much food is needed for a given number of servings.
- The Yield Data Tables have information to help purchase and prepare food items that meet meal component crediting requirements.
- Always round up when calculating how much food to purchase.
- Always round down when calculating the creditable component towards meeting a meal pattern requirement.

RESOURCES:

Using The USDA Food Buying Guide As A Resource For Child Nutrition Programs - PowerPoint Training

USDA Food Buying Guide Workbook – learning activities with extensive hands-on practice using the FBG

Food Buying Guide Calculator – An interactive tool developed by the Child Nutrition Institute to use with the FBG

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CELERY (continued)					
Celery, fresh Sticks Ready-to-use (1/2-inch by 4-inch)	Pound	14.0	1/4 cup raw vegetables (about 3 sticks)	7.2	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery
<p>Column 1 Specific information on the type and form of the food item as it is purchased. Choose the form/item closest to the product specified in the recipe or menu.</p>	<p>Column 2 The Purchase Unit for the type and form of the food item, in this example pounds. Other common purchase units include but are not limited to different sizes of cans and jars, sizes of bags or packages and gallons, quarts, or ounces.</p>	<p>Column 3 The number of servings (using serving size in Column 4) that you can get from the purchase unit. The number of servings is for edible portion (EP) as described in Column 4. This example is for raw vegetables (about 3 sticks)</p>	<p>Column 4 The serving size and form used to calculate the number of servings in Column 3 and 5. The serving sizes listed in this column are commonly used by Child Nutrition Programs; however, they may not be the serving size needed for a specific menu item. The number of servings will not be accurate if the form of the ingredient does not match closely. When the serving size needed is different than the one listed in Column 4, the numbers in Columns 3 and 5 must also be adjusted.</p>	<p>Column 5 The amount of food to purchase, order, or prepare based on the purchase units for 100 servings. If you need more than or less than 100 servings, the number in Column 5 must also be adjusted.</p>	<p>Column 6 Additional information used for determining the amount of food to purchase or order and prepare. It is used when the food item, as purchased (AP), is in a different form than is described in Column 1. It gives the edible portion (EP), or ready to serve amount, after the food is peeled or cooked or drained or otherwise converted from the form in which it was purchased.</p>