

Fruit & Vegetables

Guide to crediting in Child Nutrition Programs



COLORADO
Department of Education

Background

Volume measurements and the Food Buying Guide (FBG) are used to determine crediting information for fruit and vegetables in Child Nutrition Programs.

Fruit and vegetable servings must be measured by volume (i.e. cups) not weight (i.e. ounces). The Food Buying Guide is used to convert weights to volume. The minimum creditable serving size for fruit and vegetables is 1/8 cup.

Fruit

Dried fruit credits as twice the volume. For example, ¼ cup of raisins credits as ½ cup of fruit.

Vegetables

Raw leafy greens count as half the volume. For example, 1 cup of raw spinach credits as ½ cup of vegetable. To credit vegetable mixtures to a specific vegetable subgroup, determine the exact quantities of each vegetable within the mixture. This information can be found within the recipe or in a manufacturer's statement. If exact quantities cannot be determined, non-starchy mixtures can credit towards *Other Vegetables* and starchy mixtures can credit as *Additional Vegetables*.

Food Buying Guide

The Food Buying Guide (FBG) is designed to help school food authorities purchase the correct amount of food and determine the specific contribution different food items make toward the meal pattern requirements. The yield information provided in the FBG represents average yields based on research conducted by the USDA. For foods with a standard of identity (e.g. specific cuts of meat, fruits, vegetables, etc.) you can use the FBG to determine crediting information. The calculation below shows how to use the FBG to determine fruit and vegetable component contributions.

Calculation:

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit for ¼ cup fruit/vegetable (column 3 in FBG)	3. Fruit/Vegetable Contribution
_____	X	_____	= _____
4. Portions per recipe			÷ _____
5. Divide by 4 to get units in cups			÷ 4
6. Cups for fruit/vegetable per portion			= _____



Example – Oranges, fresh – 113 count Arizona or California Whole

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit for ¼ cup fruit/vegetable (column 3 in FBG)	3. Fruit/Vegetable Contribution
<u>18 lbs.</u>	X	<u>5.6</u>	= <u>100.8</u>
4. Portions per recipe			÷ <u>50</u>
5. Divide by 4 to get units in cups			÷ 4
6. Cups for fruit/vegetable per portion			= <u>0.5 cups</u>

Resources

- CDE School Nutrition Unit: <http://www.cde.state.co.us/nutrition/nutrimenuplanning>
- USDA Foods Fact Sheets: <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>
- Food Buying Guide: <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>
- USDA Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements: http://www.fns.usda.gov/sites/default/files/TA_07-2010_os.pdf
- USDA CN Labeling Program: <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>