



# HOW TO USE:

## USDA FOOD BUYING GUIDE

*For Child Nutrition Programs*



## MEAT/MEAT ALTERNATIVES:

***BEEF***

# ABOUT

## What is the Food Buying Guide?

The **USDA Food Buying Guide** and the **Food Buying Guide Calculator** are helpful tools for child nutrition programs.

The **Buying Guide** helps institutions decide what food to buy in bulk and gives tips on quality and cost. The **Calculator** helps determine how much food to buy based on the needed servings. These tools make it easier for schools to plan meals, save money, and provide nutritious food for students.

## Why should I use it?

The [California Beef Council](#) and [Level UP, with Chef Brenda](#), have joined together to assist child nutrition programs by creating a step-by-step guide to using the **USDA Food Buying Guides** and **Cost Calculator** for beef.

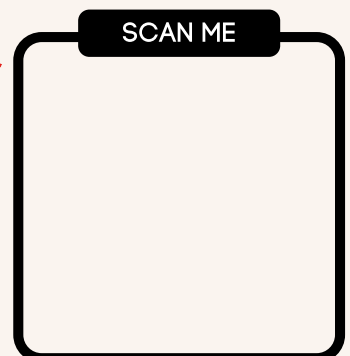
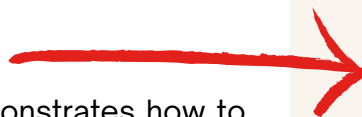
Following the guide, schools can quickly determine how much beef to buy based on their needed servings. This makes it easier for schools to plan meals, use money wisely, and provide students nutritious options.



## Where can I get more information?

Join Chef Brenda in an exciting video as she demonstrates how to use the **USDA Food Buying Guide Cost Calculator** beef resource sheet to purchase the right amount of beef for your school's meals.

Chef Brenda's step-by-step guidance will help you save money while ensuring tasty and nutritious beef dishes for your students. Don't miss this opportunity to learn and improve your school's beef ordering process!



## 01 Step 1

- Select Food Buying Guide (FBG) calculator.
- Once it is open, click on "Create a Shopping List."
  - Example: Tacos
- Fill in the information and provide a detailed description of the product you need in the "Item keywords" field.
  - Example: ground beef 15%, ground beef 20%.
- Once the item is found, click on "Add."
- Click on "Add the Serving Sizes," and a new blue row will be displayed.

1 Shopping List Name: USDA ground beef 15% fat

2 Program - Meal: Select Program

3 Item keywords: beef 15%

4 Add

Action	Food As Purchased, AP	Purchase Unit	Servings per Unit	Serving Size per Meal Contribution
Add	Beef, Ground, fresh or frozen, no more than 15% fat, (Like IMPS #136)	Pound	12	1.00 oz cooked lean meat

Food Item Description	Purchase Unit	5 Number of Purchase Units on Hand	Number of Servings	Exact Quantity	9 Buy Purchase Units	Action
X Beef, Ground, fresh or frozen, no more than 15% fat, (Like IMPS #136), 1 oz cooked lean meat	Pound	0	0	0.0000	0.00	Add Serving Size

## 02 Step 2

- Add the "Serving Size" per student and the "Number of Servings" needed for all the students.
  - Example: Serving size: 2 oz meat/meat alternative (M/MA), number of servings: 400 servings.
- If you do not have the required item in stock, leave the "Number of Purchase Units on Hand" blank.
- The calculator will provide the "Exact Quantity" you would need to purchase, and it will be rounded up in the "Buy Purchase Units" section.
  - Example: Your school will need to purchase 66.75 units of ground beef in order to serve a 2 oz serving of M/MA to 400 students.
- You will need your "Buy Purchase Units" to create your Recipe Analysis Workbook (RAW).

Food Item Description	Purchase Unit	5 Number of Purchase Units on Hand	Number of Servings	Exact Quantity	9 Buy Purchase Units	6 Action
X Beef, Ground, fresh or frozen, no more than 15% fat, (Like IMPS #136), 1 oz cooked lean meat	Pound	0	400	66.6667	66.75	Add Serving Size

#	7 Serving Size	8 Number of Servings	Action
1	2 oz	400	Remove Serving Size

# USDA Food Buying Guide Recipe Analysis Workbook (RAW)



## 01 Step 1

- Select Recipe Analysis in the "Tools" box.
- Add the required information
  - Example: Tacos
- Add the information under "Search Food Ingredients."
- Example: ground beef
- Provide a detailed description of the product you need in the "Item keywords" field.
  - Example: ground beef 15%, ground beef 20%.
- Once the item is found, click on "Add."

Create Recipe Analysis Workbook (RAW)

Instructions

Asterisks (\*) denote required information.

1 Recipe Name \*  Servings per Recipe \*   
 Recipe Number  Serving Size \*   
 Folder

2 Search Food Ingredients

Program - Meal

Keywords:

Meal Component:

Category:

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
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Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	3 Add to RAW
Meats/Meat Alternates* <small>Footnote</small>	Beef and Beef Products BEEF, GROUND, fresh or frozen	<b>Beef, Ground, fresh or frozen*</b> <sup>18</sup> <small>no more than 15% fat, (Like IMPS #136)</small> <small>Footnote</small>	Pound	12.00	1 oz cooked lean meat	1 lb AP = 0.75 lb cooked, drained, lean meat	<input type="button" value="Add"/>

## USDA Food Buying Guide Recipe Analysis Workbook (RAW)



### 02 Step 2

- Select the food group tab of the item you added as an ingredient.
  - (this example is ground beef, so "Meats/MA" is selected)

Select Creditable Ingredient | Recipe Notes | Vegetables | Fruits | **Meats/MA** | Grains - Method A | Grains - Method B | Grains - Method C | Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above)

② Search Food Ingredients

Program - Meal: NSLP - Lunch

Keywords: beef 15%

Meal Component: Meats/Meat Alternates

Category: All Categories

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Meats/Meat Alternates Beef, Ground, fresh or frozen no more than 15% fat, (Like IMPS #136)	Pound	12.00	1 oz cooked lean meat	<a href="#">Remove</a>

### 03 Step 3

- Under "Quantity of Ingredient," add the number you got from "Buy Purchase Unit" or "Exact quantity" from "FBG Calculator."
  - Example: 66.75 (from "Quantity of Ingredients" from "FBG Calculator")

Select Creditable Ingredient | Recipe Notes | Vegetables | Fruits | **Meats/MA** | Grains - Method A | Grains - Method B | Grains - Method C | Meal Pattern Contribution

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	④ Quantity of Ingredient	Preparation Yield (If applicable)	⑤ Calculated Quantity to Purchase
Beef, Ground, fresh or frozen no more than 15% fat, (Like IMPS #136)	Pound	12.00	1 oz cooked lean meat	1 lb AP = 0.75 lb cooked, drained, lean meat	66.75	0.0000	66.7500

### 04 Step 4

- Confirm your work by selecting "Meal Pattern Contribution."
- "Serving Size" means that every student will get 2 oz of ground beef per serving.
- "Save" your work.

Select Creditable Ingredient | Recipe Notes | Vegetables | Fruits | Meats/MA | Grains - Method A | Grains - Method B | Grains - Method C | **Meal Pattern Contribution**

Meats/Meat Alternates 2.00 oz eq

2 provides 2.00 oz eq meat/meat alternate