



## Manager's Corner

# Ingredient Calculations

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# Institute of Child Nutrition

## The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

### **PURPOSE**

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

### **VISION**

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

### **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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## Professional Standards

### FOOD PRODUCTION – 2100

**Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.**

2110 – Standardized Recipes

Understand and effectively prepare food using a standardized recipe.

## Introduction

*Manager's Corner: Ingredient Calculations* is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

## Lesson Overview

### Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

**Objective:** Identify how to adjust ingredient quantities for production needs.

**Background information:** Although the yield for USDA Standardized Recipes are listed in quantities of 50 or 100, recipes must be adjusted for the actual number of forecasted servings. In addition, recipes may require adjustment based on the availability of ingredients.

**Why it is important:** When recipe adjustments are not made, inventory and labor costs can be affected, as well as the other components of the recipe itself (i.e., units of measurement, cooking times, temperatures).

## Questions for Staff

- **What happens when the production records require more or fewer servings than what is identified on the standardized recipe?**

**Answer:** The ingredients in the recipe will need to be increased or decreased based on the number of servings to prepare as noted on the production record.

- **If a recipe requires 15 pounds of shredded chicken but only 10 pounds were available, what would the staff need to do before preparing the recipe?**

**Answer:** The recipe would need to be scaled down based on the amount of shredded chicken.

- **If a recipe is standardized for 100 servings but 225 servings are needed, what would the staff need to do before preparing the recipe?**

**Answer:** The recipe would need to be scaled up based on the number of servings needed.

## Activity: Ingredient Calculations

### Activity materials included in this document:

- **USDA Foods Product Information Sheet**
- **Ingredient Calculations**
- **Ingredient Calculations Answer Key**

### Materials provided by the school nutrition operation:

- Copies of handouts
- Writing utensils
- Calculator (optional)

### Activity Instructions:

- Print the handouts and worksheets.
- Ask staff to complete recipe calculations using the **USDA Foods Product Information Sheet** and **Ingredient Calculations**.
- At the conclusion of the activity, review **Ingredient Calculations Answer Key**.

# USDA Foods Product Information Sheet

UNITED STATES DEPARTMENT OF AGRICULTURE

## USDA Foods Product Information Sheet

### 100101—Chicken, Diced, Cooked, Frozen

#### PRODUCT DESCRIPTION

This item is fully cooked, diced chicken meat. This product is diced into approximately ½-inch cubes and is a natural proportion product that contains a minimum of 50% white meat. This item is shipped frozen in 40 pound cases containing eight 5-pound or four 10-pound packages.

#### CREDITING/YIELD

- One case of diced chicken provides approximately 640 1-ounce portions.
- CN Crediting: Approximately 1 ounce of diced chicken credits as 1 ounce equivalent meat/meat alternate. Confirm individual product crediting by using the CN Label of product formulation statement.

#### CULINARY TIPS AND RECIPES

- Diced chicken is a versatile ingredient that can be used in a variety of different dishes such as burritos, chicken salad, wraps, soups, casseroles, or as a topping on the salad bar.
- For more culinary techniques and recipe ideas, visit the ICN at [www.theicn.org](http://www.theicn.org) or Team Nutrition at <https://healthymeals.fns.usda.gov/recipes/recipes-school-food-service>.

#### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures and safe handling practices, please refer to Developing a School Food Safety Program Based on the Process Approach to HACCP Principles at: [https://www.fns.usda.gov/sites/Default/files/Food\\_Safety\\_HACCPGuidance.pdf](https://www.fns.usda.gov/sites/Default/files/Food_Safety_HACCPGuidance.pdf).

#### NUTRITION FACTS

Serving size: 1 ounce (28 g)/1 MMA diced chicken

##### Amount Per Serving

**Calories** 36

**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 21mg

**Sodium** 28g

**Total Carbohydrate** 0g

Dietary Fiber 0g

Sugars 0g

**Protein** 6g

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.





## Ingredient Calculations

**Instructions:** Using the **USDA Foods Product Information Sheet**, answer the following questions. Round your answer to the next .25 pound.

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**Calculate:** One 40 lb case of Diced Chicken provides approximately 640 1 oz portions. How many 2.5 oz servings are in one 40 lb case of USDA Foods Diced Chicken?

**ANSWER:**

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**Calculate:** You usually prepare 100 servings; today, you realize you only need 60 servings. How many pounds of USDA Foods Diced Chicken are needed for 60 2.5 oz servings?

**ANSWER:**

## Ingredient Calculations Answer Key

**Instructions:** Using the **USDA Foods Product Information Sheet**, answer the following questions. Round your answer to the next .25 pound.

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**Calculate:** One 40 lb case of diced chicken provides approximately 640 1 oz portions. How many 2.5 oz servings are in one 40 lb case of USDA Foods Diced Chicken?

**ANSWER:** 256 - 2.5 oz servings are in one 40 lb case of USDA Diced Chicken  
(640 oz.  $\div$  2.5 oz = 256 - 2.5 oz servings)

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**Calculate:** You usually prepare 100 servings; today, you realize you only need 60 servings. How many pounds of USDA Foods Diced Chicken are needed for 60 - 2.5 oz servings?

**ANSWER:** 9.375 lb of USDA Foods Diced Chicken will provide 60 - 2.5 oz servings

$$2.5 \text{ oz} \times 60 = 150 \text{ oz}$$

$$150 \text{ oz} \div 16 \text{ oz (1 lb)} = 9.375 \text{ lb}$$

9.5 lb of USDA Foods Diced Chicken will provide 60 - 2.5 oz servings

**Note:** Answers are rounded to the next .25 pound.

## References

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