

Standardized Recipe Webinar Script – October 2012

1. This is a prerecorded webinar and can be stopped or paused at any point. To get started make sure your speakers are on and turned up. You will use the pause button located at the bottom left side of the screen to pause the webinar and the stop button to start the webinar over. You can adjust the volume using the speaker key located next to the stop button.
2. Welcome to the Indiana Department of Education's training webinar on Using Standardized Recipes for the National School Lunch Program and School Breakfast Program.
3. The objectives of this webinar are to help food service directors and managers use standardized recipes in order to have a successful State review in terms of: meeting all the required food group components of the USDA meal pattern, and being prepared to give standardized recipes to the state agency field consultant – since standardized recipes are required in order to conduct a nutrient analysis of the menus.
4. True or False...Standardized recipes help ensure consistent quality and quantity? This is true!
5. A standardized recipe is a recipe that has been tested for use in a specific kitchen to ensure that it will produce the same yield (which is the amount of food in weight or volume), serving size, and number of servings - every time the recipe is followed as written.
6. There are two main advantages of using standardized recipes. The first advantage is that the meal component credit can always be determined when a standardized recipe is used. For example, when using a standardized recipe - such as chicken and noodles - you can determine how much each serving is crediting towards the grains or meat/meat alternate component. The second advantage is that the nutrients per serving can always be determined when a standardized recipe is used. For example, all the necessary information needed to determine the Calories, Saturated Fat, and Sodium per serving is provided on a standardized recipe.
7. Some other advantages of using standardized recipes include:
 - Customer satisfaction – students like menu items to have consistent quality every time they select the item.
 - Employees feel more confident in their jobs because standardized recipes eliminate guesswork, decrease the chances of producing poor food products, and help prevent shortages of servings during meal service.
 - Standardized recipes are required for a State Review.

8. The state agency requires schools to use standardized recipes for any menu item that has two or more ingredients, such as: a Peanut Butter and Jelly Sandwich, Broccoli with Cheese, Corn with butter and salt, and Chicken and Noodles.
9. You may use USDA standardized recipes or create your own. The *USDA Recipes for Schools*, along with additional information, are posted on the National Food Service Management Institute (or NFSMI's) website.
10. You may decide to enter all your recipes into a software program, such as one of the USDA approved software programs available for use to conduct a nutrient analysis of menus, or you may use USDA's recipe template to type and save your recipes. The recipe template is posted on the NFSMI website.
11. The key components of a standardized recipe include:
 - Recipe name
 - Ingredients
 - Weight or measure of each ingredient
 - Directions
 - Cooking temperature and time, if appropriate
 - Recipe yield (the amount of product the recipe makes in weight or volume)
 - Serving size
 - Number of servings
 - Food component credit per serving
 - Equipment and utensils to be used
12. Additional information that may be included:
 - Recipe number
 - Recipe category
 - Alternate ingredients
 - Optional ingredients
 - Recipe variations
 - Marketing guide for selected items
 - Nutrients per serving
13. Consider using USDA standardized recipes as a guide for creating your own standardized recipes. For example, if you want to create your own recipe for Chicken and Noodles, you can use the USDA recipe to help you determine how much cooked chicken and dry noodles are needed to have the same component contribution. This will give you a starting point to help make sure you are meeting the meal pattern. Include your own spices, herbs, and other ingredients. Prepare the new recipe - and verify the yield, serving size, and number of servings. USDA recipes can also give you a visual of how key components within a standardized recipe should be included and look.

14. Let's take a look at the USDA standardized recipe for Chicken or Turkey and Noodles to see how the key components within the recipe are organized. Page one of this two page recipe lists the name or title at the top. The ingredients are listed in the first column. The center columns list the weights and measures for 50 and 100 servings. Please note that for your own standardized recipes, you do not need to list both the weight and measure of each ingredient – one or the other is fine. Also, your own standardized recipes do not have to list 50 and 100 servings. For example, one of your standardized recipes might list 50, 100, or 150 servings. Just list whatever number of servings your standardized recipe makes. The directions for this recipe include cooking procedures, panning procedures, and portioning directions. Specific directions will vary with each individual recipe. For some standardized recipes, such as one for a Peanut Butter and Jelly Sandwich or Turkey Wrap, the recipe may be written as a quantity recipe for 50, 100, or 150 servings, or it may be written as a recipe for one sandwich.

Some of the USDA recipes include optional ingredients. It is important to note that optional ingredients are not included in the food component contribution or the nutrients per serving as listed on the recipe. In other words, the reimbursable meal credit and the nutrient analysis provided on the recipe apply to the basic recipe only.

15. Page two of the recipe lists the serving size as 1 cup and states that 1 cup provides 2oz equivalent Meat/Meat Alternate and 1 serving of grains. The total yield for both 50 and 100 servings is stated by volume. For 50 servings the volume is 3 gallons and 2 cups. For 100 servings the volume is 6 gallons and 1 quart. A more general description is also given for this recipe in terms of the number and size of half-steamtable pans.

16. The meal component credit can always be determined when a standardized recipe is used. For example, if the standardized USDA recipe for Chicken and Noodles did not list the meat/meat alternate and grains credit – this information can be determined and listed on the recipe.

17. Determining the meat/meat alternate credit for the USDA recipe for Chicken and Noodles is easy since the recipe calls for chopped cooked chicken. Meat credit is determined by the amount of cooked lean meat per serving.

18. Based off the USDA Recipe for 100 servings of Chicken and Noodles, 12 pounds and 12 ounces of chopped cooked chicken is needed. If you know that 1 pound = 16 ounces, you can do the math to calculate the number of ounce equivalents for meat.

- $12 \text{ lbs} \times 16 \text{ oz} = 192 \text{ oz}$
- $192 \text{ oz} + 12 \text{ oz} = 204 \text{ oz}$
- $204 \text{ oz} \text{ divided by } 100 \text{ servings} = 2.04 \text{ ounce equivalents}$
- Round down to 2 ounce equivalents of meat per serving

19. Keep in mind there are two different rounding rules used with recipes. *For crediting purposes, round down to the nearest creditable amount USDA allows. For purchasing and/or preparing food, round up to ensure enough food is purchased and/or prepared.*
20. To determine the meat/meat alternate credit, round down to the nearest .25 ounce equivalent. For example, if the math calculations equal 1.39 ounces of cooked chicken per serving, round down to 1.25 ounce equivalents of meat/meat alternate credit.
21. Determining the grain credit for this recipe is easy – just use the USDA Grain Chart and the *Food Buying Guide*!
22. We are encouraging everyone to use this new 2-page chart for crediting grains. As stated at the top of the chart, it became valid for use in July of 2012. While you can still use the old grain/bread chart for school year 2012-2013, beginning in school year 2013-2014 a school will no longer be able to use the old grain/bread chart, and the new grain chart must be implemented. We have highlighted group H on the second page of this chart to show the serving size for noodles. One-half cup of cooked noodles provides one serving of grains/breads, or –using the new terminology, - ½ cup of cooked noodles equals a 1-ounce equivalency of grains.
23. This slide shows page 3-26 of the current grains/breads section of the *Food Buying Guide*. The highlighted section of this page shows the information for egg noodles. Column 1 lists the food as purchased - egg noodles, medium, dry, and indicates the food is also found in Group H of the USDA grain chart. Column 2 lists the purchase unit – one pound. Column 3 lists the servings per purchase unit, EP (or edible portion). Column 4 lists the serving size per meal credit contribution. Column 5 lists the purchase units for 100 servings. Column 6 lists additional information. From the information listed, we know that one pound of dry egg noodles, medium, provides 20.1 - ½ cup servings of cooked noodles.
24. Based off of the USDA Recipe for 100 servings of Chicken and Noodles, 5 pounds of dry enriched noodles is needed. From the *Food Buying Guide* - if you know that one pound of dry egg noodles provides 20.1 - ½ cup servings of cooked noodles, you can do the math to calculate the number of ounce equivalents for grains.
 - 5 lbs x 20.1 ½ cup servings = 100.5 ½ cup servings
 - 100.5 servings rounded down = 100 ½ cup servings
 - ½ cup of cooked noodles provides 1 ounce equivalent of grain
25. The component credit for a recipe should be determined when a new recipe is tested and standardized, and when a major ingredient is changed in a standardized recipe – for example: when increasing the amount of ground beef in a USDA recipe.

26. Now it is time to test your knowledge. Could a main dish standardized recipe that includes ground beef, kidney beans, and tomatoes be credited in more than one way? YES!
27. The first way this recipe may be credited is for the cooked ground beef and kidney beans to be credited for the meat/meat alternate component, and the tomatoes credited for the red/orange vegetable subgroup. The second way this recipe may be credited is for the cooked ground beef to be credited for the meat/meat alternate component, the kidney beans credited for the bean/pea (legumes) vegetable subgroup, and the tomatoes credited for the red/orange vegetable subgroup.
28. Remember this rule: beans and peas (or legumes) may be credited as a vegetable or meat alternate. You need to decide before the item is served, when you are planning the menu, how to credit the beans in the recipe.
29. The *Food Buying Guide Calculator for Child Nutrition Programs* is a new online tool available on the National Food Service Management Institute's website. This online tool helps with the process of ordering food. Simply enter the serving size and number of servings for a particular food from the *Food Buying Guide*. The calculator will do the math and calculate how much food you need to buy!
30. This tool can also help you determine the credit of your own standardized recipes towards the meat/meat alternate, vegetable, fruit, and/or grains components of the meal pattern requirements. The calculator does not give as much information as the published *Food Buying Guide*, and the primary purpose of the calculator is to help determine how much food to purchase. Remember the rounding rules: *For crediting purposes* - round down to the nearest creditable amount USDA allows; and round up to ensure enough food is purchased and/or prepared.
31. A resource you may find helpful when creating your own standardized recipes is USDA's Recipes Booklet. This booklet includes information on working with recipes and recipe adjustment.
32. The Team Nutrition website includes a collection of links with helpful information regarding taste testing and evaluating recipes.
33. Contact our office or your field consultant if you need additional help creating your own standardized recipes. Thank you for participating in this training webinar.