Yield Study Data Form for the Child Nutrition Programs

The U.S. Department of Agriculture's (USDA) *Food Buying Guide for Child Nutrition Programs* (FBG) provides yield information for common types and customary sizes of meat/meat alternates, vegetables, fruits, and grains, including commercially available foods and USDA Foods. Sponsors of Child Nutrition Programs should use the FBG to determine how much food to purchase to meet the minimum portion sizes in the USDA's meal patterns, and to calculate how recipes contribute to the meal patterns.

If a food service operation consistently obtains a higher or lower yield for a product than the yield specified by the FBG, the sponsor should conduct an in-house yield study to determine the actual number of portions of a specified size that the product provides. Sponsors must follow specific and verifiable procedures to document product yields. This document summarizes the Connecticut State Department of Education's (CSDE) procedures for conducting product yield studies for Child Nutrition Programs. The CSDE's *Yield Study Form for the Child Nutrition Programs* is available at the end of this document.

Yield Study Procedures

1. Select a day when the product is served on the menu. Use at least four separate samples of the product to determine yields. A "sample" is the product pack unit, such as number 10 cans or 5-pound bags. If the food service operation uses more samples, the yield data will be more accurate.

2. For the best yield estimate, at least two people should independently portion and count the samples. Each person completes half of the samples. For example, with a sample of four cans, each person works alone to measure and count the servings from two cans.

3. Select the appropriate measuring utensil for the portion size being served, such as a number 16 scoop/disher or ½-cup measuring spoon. For information on measuring utensils, refer to the Institute of Child Nutrition's (ICN) *Basics at a Glance Portion Control Poster* and visit the "Portion Control" section of the CSDE's Menu Planning for Child Nutrition Programs webpage.

4. Fill the measuring utensil level to the top of the measure.

5. Carefully count and document the number of portions in each sample.

6. Add the total number of servings from each of the samples.

7. Divide the total number of servings by the number of samples to get the average number of servings per sample.

8. Complete the CSDE's *Yield Study Form for the Child Nutrition Programs* and maintain it on file for review by CSDE staff during the Administrative Review of the sponsor's Child Nutrition Programs.

Yield Study Data Form for the Child Nutrition Programs

The example below shows a completed yield study form. For additional assistance, contact the CSDE's Child Nutrition Programs staff.

Sample Completed Yield Study Form

Instructions: Complete this form to document yields for products that 1) provide a higher or lower yield than the yield specified by the U.S. Department of Agriculture's (USDA) *Food Buying Guide for Child Nutrition Programs* (FBG); or 2) are not included in the FBG. For assistance, refer to the attached "Information and Instructions" and completed sample *Yield Study Data Form*. The sponsor must maintain this form on file. The Connecticut State Department of Education (CSDE) will review this information during the Administrative Review of the sponsor's Child Nutrition Programs.

Name of site: ABC Middle School Date of study: June 7, 2024

Name of product: Diced pears in 100% Juice Manufacturer: XYZ Company

Unit pack size: #10 can

Number of units used for yield study: 4 Serving size used for yield study: ½ cup

Yield Study Data: Use at least four separate product samples. More samples provide more accurate yield data.

Product sample	Measured/counted by (name of employee)	Number of servings per unit
1	Mary Smith	17
2	Mary Smith	18
3	John Michaels	18
4	John Michaels	17

A. Total number of servings: 70

B. Total number of units sampled: 4

C. Average number of servings per unit (Divide A by B): 17.5

D. **Number of servings per unit**:
Round down the number in C to the nearest whole serving: **17**

I certify that the information above is correct.

Name of food service director: Pat Brown

Signature of food service director: *Pat Brown* Date: October 18, 2023

Yield Study Data Form for the Child Nutrition Programs

Resources

Basics at a Glance Portion Control Poster (ICN):
https://theicn.org/icn-resources-a-z/basics-at-a-glance/

Commercial Processed Products (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Commercial

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Foods Made from Scratch (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Scratch

Guide to Menu Documentation for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_menu_documentation.pdf

Guide to Menu Documentation for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_documentation_snp.pdf

Menu Planning for Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/menu-planning

No Time to Train: Short Lessons for School Nutrition Assistants: Identifying the Parts of a USDA Quantity Recipe (ICN):
https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105430/lesson-32-identifying-the-parts-of-a-usda-quantity-recipe.pdf

No Time to Train: Short Lessons for School Nutrition Assistants: Portioning Matters (ICN):
https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105427/lesson-29-portioning-matters.pdf

On the Road to Professional Food Preparation eLearning: Portion Control (ICN):
https://theicn.docebosaas.com/learn/course/external/view/elearning/16/portion-control

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On the Road to Professional Food Preparation eLearning: Recipe Adjustments (ICN): https://theicn.docebosaas.com/learn/course/external/view/elearning/17/recipe-adjustments

On the Road to Professional Food Preparation eLearning: Weights and Measures (ICN): https://theicn.docebosaas.com/learn/course/external/view/elearning/19/weights-and-measures

Portion Control (CSDE's Menu Planning for Child Nutrition Programs webpage): https://portal.ct.gov/sde/nutrition/menu-planning/portion-control

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs): https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool

Recipe Standardization Guide for the Child and Adult Care Food Program (Institute of Child Nutrition): https://theicn.org/icn-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/

Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Program webpage): https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes

USDA Recipe Standardization Guide for School Nutrition Programs (Institute of Child Nutrition): https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/

What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs): https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8

For more information, visit the CSDE's Crediting Foods in School Nutrition Programs webpage or contact the Child Nutrition Programs staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.This document is available at https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield_study_form.pdf.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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Instructions: Complete this form to document yields for products that 1) provide a higher or lower yield than the yield specified by the U.S. Department of Agriculture's (USDA) *Food Buying Guide for Child Nutrition Programs* (FBG); or 2) are not included in the FBG. For assistance, refer to the attached "Information and Instructions" and completed sample *Yield Study Data Form*. The sponsor must maintain this form on file. The Connecticut State Department of Education (CSDE) will review this information during the Administrative Review of the sponsor's Child Nutrition Programs.

Name of site:_____ Date of study:_____

Name of product:_____ Manufacturer:_____

Unit pack size:_____

Number of units used for yield study:_____ Serving size used for yield study:_____

Yield Study Data: Use at least four separate product samples. More samples provide more accurate yield data.

Product sample	Measured/counted by (name of employee)	Number of servings per unit
1		
2		
3		
4		
5		
6		
7		
8		

A. Total number of servings: _____

B. Total number of units sampled: _____

C. Average number of servings per unit (Divide A by B): _____

D. **Number of servings per unit**:
Round down the number in C to the nearest whole serving: _____

I certify that the information above is correct.

Name of food service director:_____

Signature of food service director:_____ Date:_____