

Food Buying Guide

The Food Buying Guide is a reference manual that assists program operators and purchasing agents in purchasing the appropriate types and amounts of foods for Child Nutrition Programs. The Food Buying Guide also assists in determining the contribution each food makes toward meeting meal pattern requirements.

Requirements:

- ✓ Meals served in the National School Lunch Program and School Breakfast Program must meet meal pattern requirements that identify specific food components including; milk, meat/meat alternates, vegetables, fruits and grains

Parts of the Food Buying Guide:

- Milk
- Meat/Meat Alternates
- Vegetables including vegetable subgroups
- Fruits
- Grains
- Appendix A & B – Recipe Analysis/Use of Column 6 for Analysis
- Appendix C – The USDA Child Nutrition Labeling Program
- Appendix D – Food Purchasing
- Appendix E – Resources
- Index of Foods

Also available is the [Online Food Buying Guide Calculator for Child Nutrition Programs](#) that makes calculations based on serving size and number of servings.

Reference:

- ✓ [7 CFR 210.10](#)
- ✓ [7 CFR 220.8](#)

Resources:

- ✓ [Food Buying Guide](#)
- ✓ [Food Buying Guide Calculator for Child Nutrition Programs](#)
- ✓ [How to Use the Food Buying Guide \(Maine Child Nutrition\)](#)

Acronym Reference

-CFR	Code of Federal Regulations
-CNS	Child Nutrition Services
-OSPI	Office of Superintendent of Public Instruction
-USDA	United States Department of Agriculture