

# Recipe Crediting Worksheet

Recipe Name Tropical Popsicle

Portion Size 4 oz.

Resource used for Crediting FBG

Yield 36 servings

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Pineapple tidbits	2-#300 cans		5 cups	
Mandarin Oranges	4-11oz. cans		5 cups	
White Grape Juice	2 Qt.		8 cups	
(4)	<b>Recipe Total</b>		18. cup(s)	equiv
(5)	<b>Calculations</b>	divide by the number of servings the recipe yields	<b>Multiply by 4 =</b>	divide by the number of servings the recipe yields
(6)			<u>72</u> $\frac{1}{4}$ c	
			divide by the number of servings the recipe yields	
(7)	<b>Each portion contributes</b>		2-- $\frac{1}{4}$ cup(s)	equiv

**Instructions:**

1. List all ingredients and the form they are in (whole, diced, chopped, etc).
2. List the measured amount of the food item in either the weight or measure (volume).
3. Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
4. Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
5. Multiply the total cups of Vegetable/Fruit by 4 to get the total number of  $\frac{1}{4}$  cups.
6. Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
7. Round down the ounces fo Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5  $\frac{1}{4}$  cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

# Recipe Name:

Resources used for Crediting  
Food Buying Guide

## Component Contribution

\_\_\_\_\_ Meat/Alt    X \_\_\_\_\_ Vegetable/Fruit  
 \_\_\_\_\_ Grain/Bread

<u>1/2 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>18 cups = 36 serving</u> Recipe Yield	
		Weight	Measure
Pineapple tidbits	Undrained, packed in fruit juice		2-#300 cans
Mandarin Oranges	Drained		4-11oz. cans
White Grape Juice	2 Qt.	64 oz	8 cups

**Directions:**

Blend all ingredients in blender. Pour into molds or paper cups and freeze overnight. Add popsicle sticks when mixture is slightly set.