

## Information and Instructions

# Yield Study Data Form

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. School food authorities (SFAs) 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 school 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 SFA should conduct an in-house yield study to determine the actual number of portions of a specified size that the product provides. SFAs 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 school nutrition programs.

## Yield Study Procedures

1. Select a day when the product is served on the school 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, see the Institute of Child Nutrition's (ICN) *Basics at a Glance Portion Control Poster*.
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 Data Form* and maintain on file for review by the CSDE school nutrition programs staff during the Administrative Review of the SFA's school nutrition programs.

## Information and Instructions, continued

# Yield Study Data Form

The attached sample completed *Yield Study Data Form* provides an example of how to complete the form. For additional assistance, contact the CSDE's [school nutrition programs staff](#).

## Resources

Basics at a Glance Portion Control Poster (ICN):

<https://theicn.org/icn-resources-a-z/basics-at-a-glance/>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Menu Planning for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

Menu Planning Guide for Preschoolers in the National School Lunch Program, School Breakfast Program and Afterschool Snack Program (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

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.docebosaa.com/learn/course/external/view/elearning/16/portion-control>

On the Road to Professional Food Preparation eLearning: Recipe Adjustments (ICN):

<https://theicn.docebosaa.com/learn/course/external/view/elearning/17/recipe-adjustments>

On the Road to Professional Food Preparation eLearning: Weights and Measures (ICN):

<https://theicn.docebosaa.com/learn/course/external/view/elearning/19/weights-and-measures>

Standardized Recipe Form for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/StdRecipeSchools.doc>

Team Nutrition Recipes and Cookbook Toolkit (USDA):

<https://www.fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit>

## Yield Study Data Form



For more information, visit the CSDE's [Crediting Foods in School Nutrition Programs](#) and [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/YieldStudy.pdf>.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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# Sample Completed Yield Study Data Form

**Instructions:** Complete this form to document yields for products that 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), and for products that are not included in the FBG. For assistance, see the attached "Information and Instructions" and completed sample *Yield Study Data Form*. The school food authority (SFA) must maintain this form on file. The Connecticut State Department of Education (CSDE) will review this information during the Administrative Review of the SFA's school nutrition programs.

School: ABC Middle School Date of study: September 6, 2016  
 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: 1/2 cup

Yield Study 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
5		
6		
7		
8		

\* Use **at least four** separate product samples. More samples provide more accurate yield data.

A	<b>Total number of servings:</b>	70
B	<b>Total number of units sampled:</b>	4
C	<b>Average number of servings per unit (Divide A by B):</b>	17.5
D	<b>Round down the number in C to the nearest whole serving:</b>	17

I certify that the information above is correct.

Pat Brown  
 Food Service Director's Name
 

Pat Brown  
 Food Service Director's Signature
 

September 2, 2015  
 Date



This form is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/YieldStudy.pdf>.

# Yield Study Data Form

**Instructions:** Complete this form to document yields for products that 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), and for products that are not included in the FBG. For assistance, see the attached “Information and Instructions” and completed sample *Yield Study Data Form*. The school food authority (SFA) must maintain this form on file. The Connecticut State Department of Education (CSDE) will review this information during the Administrative Review of the SFA’s school nutrition programs.

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

\* Use **at least four** separate product samples. More samples provide more accurate yield data.

<b>A</b>	<b>Total number of servings:</b>	
<b>B</b>	<b>Total number of units sampled:</b>	
<b>C</b>	<b>Average number of servings per unit (Divide A by B):</b>	
<b>D</b>	<b>Round down the number in C to the nearest whole serving::</b>	

I certify that the information above is correct.

\_\_\_\_\_

Food Service Director’s Name

Food Service Director’s Signature

Date



This form is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/YieldStudy.pdf>.