VERMONT
AGENCY OF EDUCATION
CHILD NUTRITION PROGRAMS

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Tips and Tools for Crediting Recipes

1	Recipes for grain product such as a muffin, bread, or other baked goods must be credited using a formula which calculates the gram of grain in the recipe. This formula requires that the amount of grain in the recipe be converted to grams first using a simple conversion or chart. Once the conversion is made, the amount of grain is divided by the planned servings to determine the ounce equivalents of grain in each serving.
2	One thing to know about crediting a recipe is that when the food component (grain equivalent, for example) does not meet the planned amount for the meal, it is generally best to make a correction by increasing the portion size or yield of the recipe if the grain equivalent is too small, or decreasing the portion size or yield if the grain equivalent is too large. In other words, if you need to serve a 2 oz equivalent with a muffin but the muffin recipe is yielding 50 muffins each with 1 oz grain equivalent, the optional correction is to double the size of the muffin (making 25 instead of 50). It would also be possible to serve 2 muffins of the smaller size or add another grain product that is a 1 oz equivalent.
3	The Connecticut Department of Education Child Nutrition Programs has created Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP which is an excellent resource for learning about all methods to credit grains in a variety of products and recipes.
4	The USDA Food Buying Guide is also an invaluable resource for determining how to credit the amount of any food component in a complex recipe. The Institute of Child Nutrition offers a course on their website to learn how to use the Food Buying Guide to create crediting information based on the ingredients and quantities in any recipe.
5	Being aware of how each product and each food item credits so you can plan the appropriate serving sizes and portions is essential to successfully meeting the meal pattern in all child nutrition programs. It is a process that takes time to learn, research, and build into a program.