Quantity Food Purchasing
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Quantity Food Purchasing

PURCHASING GUIDES

MARKET WEIGHTS

CAN SIZES AND SUBSTITUTIONS

PORTION SERVERS

AVERAGE SIZE SERVINGS

QUANTITIES FOR 50

By GLADYS E. KNIGHT, *Tourist and Resort Program*

MICHIGAN STATE UNIVERSITY

Agricultural Experiment Station ● *Cooperative Extension Service*

EAST LANSING

CONTENTS

FOREWORD*

FOOD WASTED is money lost. Careless, unwise, over-buying practices mean waste.

This bulletin offers methods for determining how much food is needed and guides for quantity food buying.

*Appreciation is expressed to the many who have assisted in assembling material for this publication, in checking quantities listed and in reviewing the manuscript. Special mention is due Gertrude Mueller for her loyal assistance, Paul Schneider for the photography, and Food Stores for the cover picture.

QUANTITY FOOD PURCHASING

By

Gladys E. Knight[1]

I

PURCHASING GUIDES

Buying efficiently is a "must" in any well-run business. As a producer of food items or meals, you are in a food production industry. Starting with raw material, you produce a food item or a meal. Obtaining the *right kind* and *amount* of food supplies for your particular needs is most important.

Buy According to Specifications

Know what you want. Set up a chart of specifications. *Uniform* and *consistent standards* are vital in keeping food cost at the desired level.

Decide what you want: the size, content, grade, brand, variety, pack, etc.

Check the quality, weight, and yield of *goods received.* Consider the quality and yield in relation to price.

Check Sources and Methods for Buying

Select the sources and dealers of food supplies which best meet your needs as to price, quality of goods, and services.

Compare prices and quality of fresh, in-season produce from local markets such as curb or farmers' markets, truck gardeners, and farmers in local areas.

Consider starting a small garden patch for items such as lettuce, chives, parsley, radishes, mint, etc.

Compare prices of various wholesale meatpackers according to quality and type of stock.

Investigate the services (frequency of delivery, etc.) offered by various dealers and sources.

Do business with only reliable dealers and people.

Avoid daily or weekly standing orders. Your order should depend upon your present needs.

You should make out all orders according to your needs. Do not let the delivery man or salesman determine your needs from amount of goods on shelves or stock on hand.

Keep Informed on Market Conditions and Prices

Visit local markets often to keep up with current supply.

Check local markets for seasonal and plentiful foods.

Study newspaper releases and quotations on products.

Listen to radio reports on local and national market conditions.

Be aware of market conditions and prices through:

—advertisements of local dealers; know customary prices and real bargains,

—local and trade sheets and commercial market reports,

and

—professional and trade magazines.

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Food production assembly line.

Purchasing

Preparing

Cooking

Serving

Buy Food to Fit Your Particular Needs

Your main aim is to please those you are serving. Limit your purchasing price of food according to the type of business, type of food, and service you offer.

Buy the grade of meats, canned and frozen fruits, and vegetables which fit the use you want. The grade you select will depend upon whether it is to be used for salads, desserts, sauces, stews, etc.

Choose the type of pack of canned goods according to your needs; that is: Whole vs. sliced or broken, choice vs. seconds, heavy syrup pack vs. medium or thin syrup, or unsweetened.

Compare prices for quantities to be bought and size of containers. Purchase the size container and amount suited to your needs.

Compare fresh produce with frozen. When considering the fresh product, count the money to be spent for labor, and material loss in preparation.

Be careful when buying bargains or seconds. If these cannot be used, they are a poor buy.

When buying food, remember your storage facilities, both cold and dry. Know the best ways to store all food items bought. Food loss is money loss.

Examine stock on hand. Move old stock to the front and use it first. Use goods before they spoil. Keep inventory low; buy fresh supplies more often.

Read labels on foods. Information listed often tells how food is best used.

Consider the most economical "buy". Remember, the largest size is not always the best. For example, medium-sized prunes are usually cheaper than large or small ones. Also, medium, thinskinned oranges are better than large, thickskinned ones.

Keep Records

Set up some type of simple record or inventory so that you can easily know stock on hand and its value.

These records should show the brands, grades, etc., best suited to your needs. Record poor or unsuitable brands so that you will not buy them again. List styles of packing, sizes, and count per pack for future ordering.

Records of goods bought will serve as a guide for the amount used regularly or seasonally.

A sample purchase record form: Fig. 1 shows how this useful information can be put on a 3- by 5-inch card. On the back of this same card, make a monthly consumption record (Fig. 2).

Feature fresh fruits and vegetables when they are in season. When they are in greatest supply, they should cost less. Fruit and vegetables have more flavor in season. A chart giving the seasons for these foods in your area would be a great help. The months when Michigan fresh fruits and vegetables are usually available are given in Tables 1 and 2.

Keep a file of all dealers and invoices. Record special offers, services, dealers' reputations and good buys for future reference.

Do not accept favors from dealers; don't be under any obligations to them. Sooner or later you may have to pay for these favors.

Check and examine all items upon delivery for quality, weight, count, brand, etc. Refer to Table 3 for standard weights and measures of common foods.

Notify dealer immediately and make a record of any errors in delivery, or damaged or inferior goods. *Check* goods delivered *with specification chart*. Be sure that the dealer does not leave more than you ordered.

Pay bills promptly. Take advantage of discounts offered.

Do not pay for anything you do not receive. Pay only for what you ordered and received.

Peaches, halves, #10

Date Del.	Vendor	Brand	Grade	Count	Quant. Del.	Inv. Amt.	Can Price	Remarks
7/4/56	J. Smith	Spartan	A	25	24-6/#10	$25.20	$1.05	Syrup heavy fruit firm, good flavor
3/2/56	J. Doe	Soldan	B	33	12-6/#10	$11.28	.94	Syrup light, some fruit broken, good flavor and color

Fig. 1. Purchase record form. (front of card)

Amount Used

Month	1956	19	19
Jan.	8/#10		
Feb	6/#10		
April	7/#10		
Total			

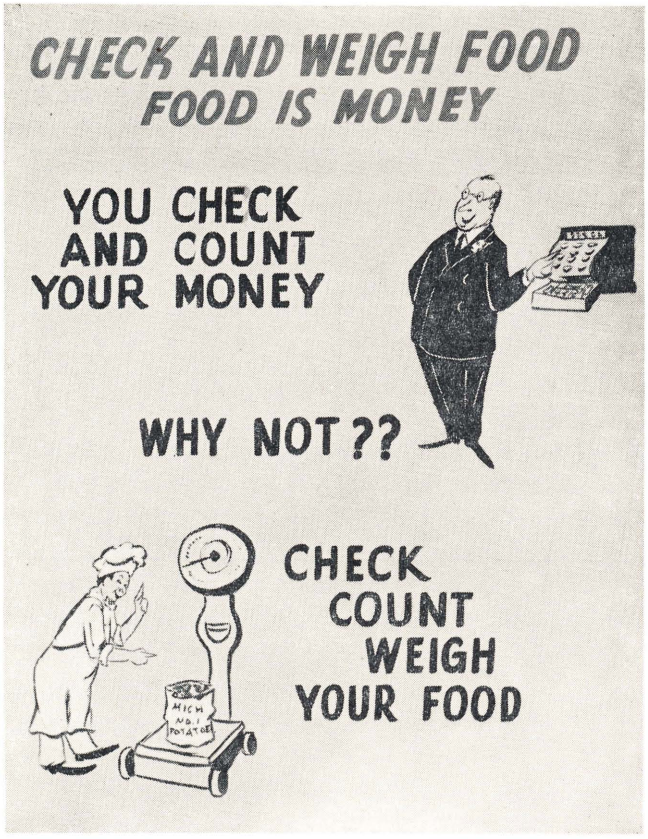
Fig. 2. Monthly consumption record. (back of card)

Table 1—Usual months Michigan fresh fruits are available

Fruits	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April
Apples				■	■	■	■	■	■	■	■	■
Blackberries			■	■								
Blueberries			■	■	■							
Black and red raspberries			■									
Cantaloupe				■	■							
Cherries			■	■								
Grapes					■							
Peaches				■	■							
Pears					■	■						
Plums				■	■							
Rhubarb	■	■										
Strawberries		■										

Table 2—Usual months Michigan fresh vegetables are available

Vegetables	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April
Asparagus	■	■										
Beans, lima			■	■	■							
Beans, snap (green, wax)			■	■	■							
Beets, red			■	■	■	■						
Broccoli					■	■						
Brussel sprouts			■	■	■							
Cabbage			■	■	■	■	■					
Carrots				■	■	■	■					
Cauliflower					■	■						
Celery		■	■	■	■	■						
Corn, sweet				■	■							
Cucumber				■	■							
Eggplant				■	■							
Lettuce			■	■	■	■						
Onions				■	■	■	■	■	■	■	■	
Peas, green		■	■	■								
Peppers, sweet				■	■	■						
Potatoes, white					■	■	■	■	■	■	■	■
Radishes		■	■									
Rutabagas					■	■	■					
Spinach					■							
Squash					■	■	■					
Tomatoes				■	■							
Turnips					■	■	■					



II

CONTAINERS AND THEIR EQUIVALENT WEIGHTS

Do you receive the goods you pay for? Many fresh fruits, vegetables, and other food items, including eggs, can be purchased by the dozen. The question is, "Do you get full value for your money?" The only way to be sure is to *buy by weight*. To do this, you must know the weight in various sizes of available measures or containers.

Table 3 lists the containers and their equivalent weight of common foods. FOOD is MONEY. Whether you purchase by container or weight, WEIGH your FOOD. Pay for weight received.

Fig. 3. **Food is money.**

Table 3—Containers and approximate weights for frequently used foods*

Item	Container	Approximate weight
Fruits, Fresh		
Apples	box	48 lb.
	bushel	40-48 lb.
Bananas	hand	10-20 pc.
	bunch/5-7, 6-8, or 9-12 hands	40-60 lb.
Blueberries	crate/12 pt	13 lb.
	crate/16 qt	20 lb.
Cherries, sour	lug	24-28 lb.
sweet	crate/16 qt	26-30 lb.
Cranberries	box/loose	25 lb.
	box/lb. cellophane pkgs	24 pks.
Grapes, Concord	basket/12 qt	18 lb.
stems on	bushel	40-50 lb.
Malaga, seedless or Tokay	lug	28 lb.
Grapefruit, California	box	60-70 lb.
Florida	box 54, 64, 70 or 80	80-90 lb.
Texas	box	70-80 lb.
Lemons, California	crate/201, 252, 300 or 360	76-80 lb.
Melons, cantaloupe	crate/27, 36 or 45	50-60 lb.
honeydew	each, approx	5-6 lb.
watermelon	each, approx	30-40 lb.
Oranges, California	case	60-70 lb.
Florida	case 150, 176, 200 or 220	80-90 lb.
Texas	case	80-90 lb.

*Weights checked with Michigan Department of Agriculture, and food stores of Michigan State University.

Table 3—*Continued*

Item	Container	Approximate weight
Fruits, Fresh—Continued		
Peaches	bushel	48-50 lb.
Pears	box/100, 110, 120, or 135	40-50 lb.
	bushel	60 lb.
Pineapples	each	2-3½ lb.
	crate/18, 24, or 30	60-70 lb.
Plums	bushel	48-64 lb.
	lug	28 lb.
Raspberries	pint	12-16 oz.
	quart	2 lb.
	crate/16 qt	30-35 lb.
Rhubarb, field grown	bushel	35-45 lb.
hothouse	box	5, 20 lb.
	bunch	1 lb.
Strawberries	crate/16 qt	20-24 lb.
	quart	20-24 oz.
Tangerines, California	half box or standard/144-168	44-48 lb.
	strap or half box	35-40 lb.
	bags	5, 8, 10 lb.
Fruits, Frozen		
Apples	can	30 lb.
Apricots	can	30 lb.
Blueberries	can	19 lb.
Boysenberries	can	25-28 lb.
Cherries	can	30 lb.
Grapefruit, segments	case, 12/3-lb. pk.	36 lb.
Peaches	case, 4/10-lb. pk.	40 lb.
Plums	can	30 lb.
Raspberries	can	30 lb.
Rhubarb	can	30 lb.
Strawberries	case, 4/10-lb. pk.	40 lb.
Fruits, Dried		
Apricots	box	25, 30, 50 lb.
Dates	box	10, 25, 50 lb.
Figs	box	10, 25, 50 lb.
Prunes	box	25, 30, 50 lb.
Raisins	box	20, 25, 30 lb.
Vegetables, Fresh		
Asparagus	case	28-30 lb.
	crate	24-26 lb.
	bunch	1-1½ lb.
Beans, snap	quart	1 lb.
	hamper	30 lb.
	bushel	24-30 lb.
Beans, lima-in pod	bushel	32 lb.
lima-shelled	hamper	45 lb.
lima-shelled	quart	2 lb.
Beets, bunches	bunch	1-1½ lb.
	case/3 doz. bunches	40 lb.

Table 3—*Continued*

Item	Container	Approximate weight*
Vegetables, Fresh—Continued		
Beets, bunches	bushel	35-40 lb.
topped	bushel	50-60 lb.
Broccoli	case or crate/28 bunches	25-35 lb.
Brussels sprouts	drum	25-30 lb.
	quart	1-1¼ lb.
Cabbage	bags	50 lb.
	crate	80 lb.
Carrots—with tops	bunches	1-1¼ lb.
	case/6 doz.	72-90 lb.
topped	bags or bushel	50 lb.
Cauliflower	bushel or crate/8, 10, 12 heads	35-45 lb.
	head	1-2½ lb.
Celery, pascal	case/2, 2½, 3 or 4 doz. bunches	
	bunch/12 stalks	12-15 lb.
white	case/4, 6 or 8 doz. bunches	
Cucumbers	bushel/6 doz.	48 lb.
	each, average	12 oz.
Eggplant	bushel/18-24	25-30 lb.
Endive, Michigan	bushel/18-24 heads	25-33 lb.
Texas	case/5-6 doz. heads	50-60 lb.
	each, average	12 oz.
Kale	bushel	30 lb.
Lettuce, Boston	crate/24 heads	25 lb.
head	case/4, 5 or 6 doz.	60-85 lb.
leaf	basket	5-10 lb.
	bushel	15-20 lb.
Onions, dry	bag	10, 25, 50, 100 lb.
	bushel	54 lb.
	crate	54 lb.
Parsnips, topped	bushel	45-50 lb.
bunches	case/3 doz. bunches	
Peas, green, in pod	bushel	25-30 lb.
Peppers	bushel or hamper/100-125	25-30 lb.
Potatoes, white	bag	50, 100 lb.
	bushel	60 lb.
Idaho	bushel or box/100-116	50 lb.
sweet	bushel or hamper	50 lb.
	crate/100	50 lb.
yams	crate	50 lb.
Rutabagas	bag	50 lb.
	bushel	56 lb.
Spinach, Michigan	bushel	18 lb.
washed, in bags	case/1 doz. bags	
	each bag	12-14 oz.
Squash, acorn	bushel/55-60	50-55 lb.
hubbard	bushel	50 lb.
summer	bushel	40-50 lb.
zucchini	bushel	40 lb.
Tomatoes	bushel	40-56 lb.
	basket or box	10-14 lb.

Table 3—*Concluded*

Item	Container	Approximate weight
Vegetables, Fresh—Continued		
Turnips, bunches	case/3 doz. bunches	
topped	bushel	50-60 lb.
Vegetables, Frozen		
Asparagus, cuts and tips	case 12/2½-lb. pkg.	30 lb.
stalks	case 12/2½-lb. pkg.	30 lb.
Beans, green	case 12/2½-lb. pkg.	30 lb.
french cut	case 12/2-lb. pkg.	24 lb.
limas	case 12/2½-lb. pkg.	30 lb.
Broccoli	case 12/2-lb. pkg.	24 lb.
Brussels sprouts	case 12/2-lb. pkg.	24 lb.
Cauliflower	case 12/2-lb. pkg.	24 lb.
Corn	case 12/2½-lb. pkg.	30 lb.
Peas	case 6/5-lb. pkg.	30 lb.
Spinach	case 12/2½-lb. pkg.	30 lb.
Vegetables, mixed	case 12/2½-lb. pkg.	30 lb.
Vegetables, Dried		
Beans, kidney	bag	100 lb.
lima	bushel	50 lb.
navy	bushel	60 lb.
	bag	100 lb.
	box	12, 35, 70 lb.
Peas, dried split	bushel	60 lb.
	bag	25, 50, 100 lb.
Staples		
Eggs, fresh large	crate/30 doz.	46 lb.
medium	crate/30 doz.	39 lb.
small	crate/30 doz.	34½ lb.
frozen	can	30 lb.
dried	can	30 lb.
Flour	barrel	196 lb.
	half barrel	98 lb.
	bag	25, 50, 100 lb.
Lard	case	24, 36, 48 lb.
	tin or fibre box	50 lb.
Macaroni	box	10, 12, 20 lb.
Noodles	box	20 lb.
Shortening	case, 12/3-lb. cans	36 lb.
	drum	50 lb.
Spaghetti	box	10, 12, 20 lb.
Sugar, white	barrel	300, 350 lb.
	bag	5, 25, 50, 100 lb.
brown	barrel	300 lb.
	bag	100 lb.

III

CANNED FOODS

Canned foods are an important item to food service operators. Many foods you use daily are canned. Even though fresh foods may be desirable, the use of canned goods offers many advantages.

First of all, canned foods are often of better quality than those available out-of-season. The nutritive value of canned fruits and vegetables is comparable with that of fresh. The waste is less. Labor cost of preparation is also less. Canned food is convenient to use.

Table 4 lists the various can sizes, with the approximate number of cups and servings, the average net weight per can, and the number of cans per case. The foods generally canned in each size can are listed.

Table 5 indicates how a No. 10 can may be substituted for the various smaller sized cans.

Fig. 4. Popular can sizes.

Table 4—Guide to common can sizes

Can size	Approx. cups per can	Approx. serving per can	Amount net weight per can	Cans per case	Common use
No. 1 (picnic)	1¼ c.	3-4	10½ oz.	24, 48	Condensed soups, fruits, vegetables, meat and fish products
No. 300	1¾ c.	3-4	14½ oz.	24, 36, 48	Baked beans, meat products, cranberry sauce, blueberries, vegetables, fruits and fruit juices, specialties
No. 303	2 c.	4-6	1 lb.	12, 24, 36	Fruits, vegetables, meat products, ready-to-serve soup, specialties
No. 2	2½ c.	5-8	1 lb. 4 oz.	12, 24	Vegetables, many fruits, juices, specialties
No. 2 (vacuum)	1½ c.	4-6	12 oz.	24	Vegetables, (vacuum-packed corn)
No. 2½	3½ c.	6-7	1 lb. 13 oz.	12, 24	Principally for fruits, some vegetables, tomatoes, pumpkin, sauerkraut, spinach and other greens
No. 3 (vacuum)	2¾ c.	6-7	1 lb. 7 oz.	24	Sweet potatoes
No. 3	5¾ c.	12	3 lb. 2 oz.	12	Fruits, vegetables, juices, pork and beans, condensed soups
No. 10	12 c.	25	6 lb. 10 oz.	6	All products, fruits and vegetables

Note: Approximately—25 servings per No. 10 can.
— 6 servings per No. 2½ can.

Table 5—Substituting one can size for another

1 No. 10 can	equals	7 No. 1 tall cans
	"	6⅔ No. 300 cans
	"	6¼ No. 303 cans
	"	5 No. 2 cans
	"	4 No. 2½ cans
	"	3 No. 3 cylinder cans
	"	2 No. 5 cans

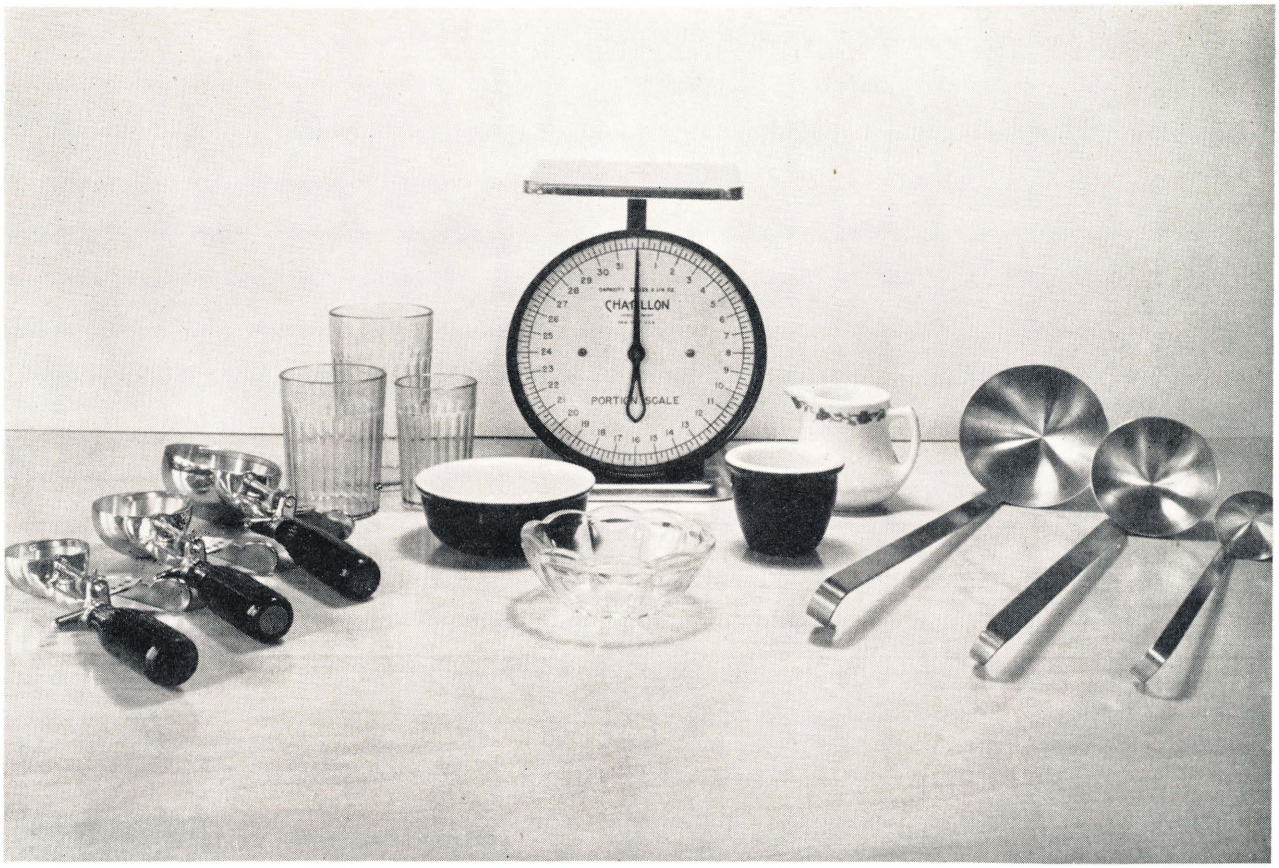


Fig. 5. Examples of portion servers.

IV

PORTION SERVERS

Use servers for uniform portions. First, all plates are served with the same amounts, thus no favoritism is shown to certain guests. The use of portion servers can improve the appearance of the plate, which is the "picture" you have prepared for your guest. Last but not least, if you use a standardized recipe and serve with the recommended server (level measurement), there will be little worry about running out of food.

Some of the portion-serving equipment to help you includes:

ice cream scoops or dishers
ladles or dippers
individual serving dishes
individual casseroles
or baking dishes
pie marker
cake marker
cheese cutter
butter cutter
electric saw
portion cups—paper
ounce scales
pans: certain size so specific number and size portion can be cut
electric slicer
slotted spoons
custard cups
ramekins

Use scales which accurately weigh ounces for checking the size of meat, fish, poultry, and cheese portions. Check the weight of such food portions often. A fraction of an ounce more, here and there, will add up to a portion of food in a short time.

Use ice cream scoops or dishers for serving foods whenever possible. They can be used for serving uniform portions of salads, mashed potatoes, etc., and many desserts. Scoops or dishers are numbered according to the size. The number of the scoop indicates the approximate number of servings per quart. The yield may vary slightly according to the differences in the type of food and the care used by persons serving.

Table 6—Scoops or dishers

Size	Approx. no. servings per quart	Part of cup	No. of tbsp.	Common use
No. 6	6	2/3	10 2/3	Mashed potatoes, creamed and scalloped dishes, stews, spanish rice, macaroni and cheese, salads, including main dish salads
8	8	1/2	8	Same as No. 6 plus vegetables
10	10	2/5	6 2/5	Same as No. 6 plus vegetables
12	12	1/3	5 1/2	Same as No. 6 plus fishcakes, puddings, sauces for short-cakes, ice cream, etc.
16	16	1/4	4	Meat balls, croquettes, fritters, vegetables, salads, sandwich fillings, puddings, cupcakes, muffins, drop biscuits, rolls, ice cream
20	20	1/5	3 1/5	Sandwich fillings, croquettes, fritters, salads, pudding sauces, cookies, drop biscuits, muffins, rolls, cupcakes
24	24	1/6	2 2/3	Sandwich fillings, toppings, salads, cookies, rolls, drop biscuits
30	30	—	2 1/7	Sandwich fillings, salads, sauces, cookies, toppings
40	40	—	1 3/5	Cookies, toppings, salad dressings

Table 6 lists the size and approximate number of servings per quart, the size of scoop in relation to cup, and tablespoon measurement. The common use of each is also included.

Ladles or dippers are useful for serving uniform portions of foods such as soups, stews, creamed dishes and vegetables.

Table 7 lists the sizes, the approximate number of servings to a quart, and the approximate cup measurement of each size ladle. The common foods served by each size ladle are also listed.

Table 7—Ladles or dippers

Size—ounces	Approx. no. servings per quart	Part of cup	Common use
1	32	1/8	Gravies, sauces, salad dressings
2	16	1/4	Gravies, sauces, puddings
2 2/3	12	1/3	Gravies, sauces, vegetables, pancake batter
4	8	1/2	Soups, creamed dishes, vegetables, sauces, waffle and pancake batters, punch
6	5 1/3	3/4	Soups, chili, chowders, creamed dishes, chop suey, stews, punch, cocoa
8	4	1	Soups, chili, chowders, chop suey, stews, creamed dishes, punch, cocoa

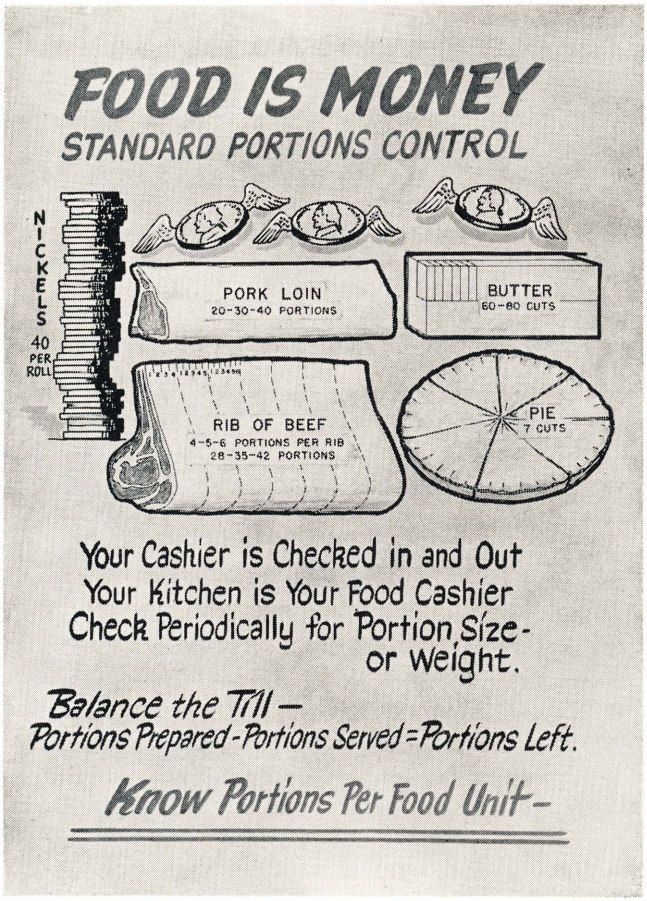


Fig. 6. Value of standard portions.

V

QUANTITIES FOR FIFTY

Do you have trouble in estimating the amount of food necessary to serve 50, 100, or 500? Table 8 offers information in estimating the amounts of food needed for the number to be served. Only the most commonly used foods have been listed.

The table indicates the unit in which each is sold (pound, measure, count, or size); the approximate size of the serving or portion; the servings per unit of purchase; and the approximate amount needed for 50 servings. Food items are listed alphabetically under the following general classifications: baked goods, dairy products, fruits, meats, fish, poultry, staples, and vegetables.

Table 8—Amount of food needed

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Baked Goods			
Bread, for table	2 slices	6 to 7 loaves (1 lb.)	1 lb. = 16 slices
sandwich			2-lb. loaf = 30 to 32 slices
crumbs			1 lb. = 4 c. crumbs
			1 qt. breads 25 chops
soft, cubed ... (for dressing).	1 No. 16 scoop	3¼ lb.	1 lb. = 2½ qt. cubed Allow 1 c. per 1 lb. fowl
Cake, 2-layer, 10-in.	1/14 to 1/16 of 10-in. cake.	3½ cakes	10-in. cake = 14 to 16 pc.
2-layer, 10-in...	1/16 to 1/18 of 10-in. cake .	3 cakes	10-in. cake = 16 to 18 pc.
sheet	1 square, approx. 3 by 2 inches	7 lb. of batter (approx.)	1 pan 15 by 11 inches cuts 25 pc. av. (3½ lb. of batter)
Cookies	2 cookies	8⅓ dozen	2 to 2¼ doz. per lb.
Crackers, soda	2 crackers	1½ lb.	1 lb. = 70 to 90 crackers
saltines	2 crackers	1 lb.	1 lb. = 100 to 200 crackers
graham	2 crackers	1¾ lb.	1 lb. = 60 crackers
Pies, 8-in.	⅙ pie	8½ pies	8-in. pie = 6 pc.
9-in.	⅐ pie	7⅐ pies	9-in. pie = 7 pc.
10-in.	⅛ pie	6¼ pies	10-in. pie = 8 pc.
Rolls	2 rolls	8⅓ dozen	

Table 8—*Continued*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Dairy Products			
Butter	¼ oz.	⅞ lb.	1 lb. = 48 to 60 pats
Cheese, cheddar			
sandwich	2-oz. slice	6¼ lb.	8 slices per lb.
pie	⅘-oz. cube	2½ lb.	1 lb. cuts 20 cubes
grated			1 lb. = 1 qt. grated
Cheese, cottage	1 No. 16 scoop	6½ lb.	1 lb. = 2c. 1 lb. = 8 No. 16 scoops
Cheese, cream			⅓-oz. pkg. = 6 tbsp. 1 lb. = 2 c.
Cream, thin 20%	1½ tbsp. (for coffee)	1¼ qt.	1¼ qt. if all take cream; less if fewer take cream 1 qt. = 64 tbsp.
heavy, 40%	1 rounded tbsp. (whipped).	1 pt.	Doubles in volume when whipped 1 qt. whipped = 50 tbsp.
Eggs, fresh	1 egg	4⅙ dozen	1 c. = 4 to 5 eggs 1 c. = 7 to 9 whites 1 c. = 12 to 14 yolks
dried			2 tbsp. egg + 2½ tbsp. water = 1 whole egg 1 c. egg + 2½ c. water = 3½ c. whole eggs
hard-cooked			1 doz. = 3½ c. chopped
Ice cream, brick	⅛ brick = ½ cup	6¼ bricks (qt.)	Individually wrapped recommended
bulk	1 No. 12 scoop = ⅓ c.	1¼ gallon (48 per gallon)	Hard bulk cream serves more—cannot pack dipper. Work dipper around edge, then center. Serve level.
Milk, fluid	1 c. = ½ pt.	12½ qt.	
dry, whole			1 c. + 4 c. water = 1 qt. liquid 1 lb. = 4 qt. liquid
evaporated			1/14-oz. can equivalent to 1 qt.
Fruits			
Apples, fresh	1 medium	17 lb.	1 lb. = 3 av. apples 1 lb. = 3 c. diced 2 lb. = 1 9-inch pie
sauce, fresh	½ c.	17 lb.	
canned	½ c.	2 No. 10 cans	
Apricots, canned	3 oz. (3 pc. av.)	2 No. 10 cans	75 pc. av. per No. 10 can
dried	1¼ oz.	4 lb.	1 lb. = 1 qt. cooked
Bananas	1 medium	17 lb.	1 lb. = 3 av.
	½ c. sliced	12½ lb.	1 lb. = 4 servings
Cherries, fresh	¼ c. pitted	7 qt. (12 to 14 lb.)	1 qt. (2 lb.) = 2 c. pitted
canned	⅓ c. (2½ oz.)	1⅔ No. 10 cans	1 No. 10 can = 30 servings 1 No. 2½ can = 7 to 8 servings

Table 8—*Continued*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Fruits—Continued			
Cherries, frozen	¼ c. (2 to 2½ oz.)	8⅓ lb.	6 servings per lb.
maraschino	1 cherry	1¼ 8-oz. bottle	40 per 8-oz. bottle 640 per gallon
Cranberries, fresh	¼ c. sauce	3⅛ lb.	1 lb = 16 servings
sauce, canned	¼ c. (2 oz.)	1 No. 10 can	1 lb. = 3 to 3½ c. sauce
jelly, canned	1 oz.	3⅛ 1-lb. cans	16 serv. per can
Currants			1 lb. = 3½ c.
Dates	3 medium	3 lb.	1 lb. = 50 to 60 medium 1 lb. = 2 c. cut fine
Figs	2 figs	2¼ lb.	1 lb. = 44 figs 1 lb. = 2½ to 3 c. cut
Fruitcup, fresh	½ c.	1⅔ gal.	1 gal. = 30 servings
canned	½ c.	2 No. 10 cans	1 No. 10 can = 25 servings
Grapefruit, fresh	½ grapefruit, med.	25 grapefruit	1 med. = 10 to 12 sections 1 med. = 1¾ c. broken pc.
canned	½ c.	2 No. 10 cans	
Grapes, Tokay			1 lb. = 2⅔ c. seeded
Juices, canned	½ c.	2 No. 10 cans or 4½ 46-oz. cans	1 No. 10 can = 3¼ qt. 1 46-oz. can = 1½ qt.
Lemons, fresh for lemonade	¾ c. (1 glass)	25 to 30 lemons (1¼ qt. juice)	4 to 5 lemons = 1 c. juice 25 to 30 lemons + 2 gal. water = 50 servings
Oranges, whole	1 medium	50 oranges	1 lb. = 2 med. oranges
juice	½ c.	50 oranges	1 doz. oranges = 1 qt. juice
sections	½ c.	50 oranges	1 med. = 9 to 12 sections
Peaches, fresh	½ c. sliced	12 to 14 lb.	1 lb. = 4 av. 1 lb. = 2 c. sl.
frozen	2 oz.	6¼ lb.	
canned	2 halves, med.	3 No. 10 cans	1 No. 10 can = 32 to 40 halves 1 No. 2½ can = 8 halves
Pears, fresh	1 medium	12 lb.	1 lb. = 4 med. pears
canned	2 halves, med.	3 No. 10 cans	1 No. 10 can = 32 to 36 halves 1 No. 2½ can = 14 halves
Pineapple, fresh	½ c. diced	7 to 10 medium	1 medium = 3½ c. diced
canned	2 slices	2 No. 10 cans	1 No. 10 can = 50 med. slices 1 No. 2½ can = 10 slices av.
Prunes, dried	5 medium	7 lb.	1 lb. = 30 to 40 med. prunes
Raisins, seeded			1 lb. = 2½ c.
seedless			1 lb. = 3 c.
Raspberries, fresh	½ c.	8 qt.	
frozen	2 oz.	6¼ lb.	
Rhubarb, sauce	½ c.	10 lb.	10 lb. = 6 qt. sauce
Strawberries, fresh	½ c.	8 qt.	1 qt. = 3 c. hulled 1 qt. = 2 c. crushed

Table 8—*Continued*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Fruits—Continued			
Strawberries, frozen..	¼ c. (2 oz.).....	6¼ lb.	
Watermelon.....	1/16 av. melon.....	75 to 100 lb.....	1 melon = 32 lb. av. 1 melon = 16 serv. av. 1½ to 2 lb. per serv. av.
Meat			
Beef			Yield per lb. depends upon cut, grade, fat, bone, etc. and cooking.
Boiled or corned.....	3 to 4 oz. (cooked).....	17 to 25 lb.....	2 to 3 serv. per raw lb.
Chopped or ground			
patties.....	4 to 5 oz. (raw).....	12½ to 17 lb.....	3 to 4 serv. per raw lb.
meat balls.....	3 oz. (raw).....	10 lb.....	5 serv. per raw lb.
			2 c. per raw lb.
		8½ lb.	6 No. 12 scoops per lb.
		12½ lb.....	4 No. 8 scoops per lb.
Roasts, round, pot....	4 oz. (cooked).....	25 lb.....	2 serv. per raw lb.
rump.....	4 oz. (cooked).....	25 lb.....	2 serv. per raw lb.
chuck, boneless....	4 oz. (cooked).....	25 lb.....	2 serv. per raw lb.
rib, rolled (boneless)	3½ to 4 oz. (cooked).....	17 to 25 lb.....	2 to 3 serv. per raw lb.
standing.....	4 to 5 oz. (cooked).....	25 to 50 lb.....	1 to 2 serv. per raw lb.
Steaks.....	.....	.....	The amount needed for steaks depends upon cut, size, shape and servings.
minute (boneless			
butt).....	5 oz. (raw).....	20 lb.....	2½ serv. per raw lb.
round.....	5 oz. (raw).....	20 lb.....	2½ serv. per raw lb.
sirloin (boneless)...	8 to 10 oz. (raw).....	25 to 34½ lb.....	1½ to 2 serv. per raw lb.
sirloin (bone in)....	12 oz. (raw).....	38½ lb.....	1⅓ serv. per raw lb.
swiss (boneless) ...	5 oz. (raw).....	17 to 23 lb.....	2¼ to 3 serv. per raw lb.
porterhouse,			
T-bone, club.....	5 to 5½ oz. (cooked).....	25 lb.....	2 serv. per raw lb.
tenderloin.....	7 oz. (raw).....	20 to 25 lb.....	2 to 2½ serv. per raw lb.
Stews (boneless).....	4 to 5 oz. (raw).....	10 to 17 lb.....	3 to 5 serv. per raw lb.
Soup bone.....	.....	17 lb.....	For 1 gal. stock, use 3-lb. soup bone and 2-lb. meat and trimmings.
Lamb			
Chops.....	.....	.....	Amt. needed depends on chops per lb. and no. chops per serving.
loin.....	2 chops.....	25 to 34 lb.....	3 to 5 chops per raw lb.
rib.....	2 chops.....	25 to 34 lb.....	3 to 5 chops per raw lb.
leg.....	4 oz. (cooked).....	20 to 34 lb.....	1½ to 2½ servings per raw lb.
stew (bone in).....	7 oz. (raw).....	22 lb.....	2¼ serv. per raw lb.
(boneless)....	3 oz. (raw).....	10 to 12½ lb.....	4 to 5 serv. per raw lb.
Pork			
Chops, loin (bone in).	2 chops (8 oz. raw).....	25 to 34 lb.....	3 to 4 chops per raw lb.
rib (bone in).....	2 chops (8 oz. raw).....	25 to 34 lb.....	3 to 4 chops per raw lb.

Table 8—*Continued*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Pork—Continued			
Ham, fresh	4 oz. (cooked)	25 lb.	2 serv. per raw lb.
boiled (boneless)	3 oz. (cooked)	12½ lb.	4 serv. per raw lb.
smoked	3½ to 4 oz. (cooked)	25 lb.	2 serv. per raw lb.
smoked tenderized	3½ to 4 oz. (cooked)	17 to 20 lb.	2½ to 3 serv. per raw lb.
smoked canned	3½ to 4 oz. (cooked)	12½ to 15 lb.	4 to 4½ serv. per raw lb.
shoulder, fresh	3½ to 4 oz. (cooked)	25 lb.	2 serv. per raw lb.
steak (bone in)	8 oz. (cooked)	25 to 34 lb.	1½ to 2 serv. per raw lb.
Loin	4 oz. (cooked)	25 lb.	2 serv. per raw lb.
Sausage, patties	2 patties, 6 to 8 oz. (raw)	20 to 25 lb.	2 to 2½ serv. per raw lb.
links	2 links	17 to 20 lb.	8 to 9 links per raw lb.
Spareribs	12 oz. (raw)	38 to 40 lb.	1⅓ serv. per raw lb.
Veal			
Chops, loin or rib	7 oz. (raw)	25 to 34 lb.	3 to 4 chops per raw lb.
Cutlets (boneless)	4 oz. (raw)	17 to 25 lb.	2 to 3 serv. per raw lb.
Leg	4 oz. (raw)	25 lb.	2 serv. per raw lb.
Loin	4 oz. (raw)	25 lb.	2 serv. per raw lb.
Stew, (bone in)	7 oz. (raw)	20 to 25 lb.	2 to 2½ serv. per raw lb.
(boneless)	3 oz. (raw)	10 lb.	5 serv. per raw lb.
Meat, Miscellaneous			
Meat, sliced for sandwiches	1½-oz. slice	5 to 6 lb.	1 lb. = 10/1½-oz. slices
	2-oz. slice	6 to 7 lb.	1 lb. = 8/2-oz. slices
Bacon, sliced	3 strips	5 to 6 lb.	30 to 36 med. strips per lb. 10 to 12 serv. per lb.
	2 strips	6 to 7 lb.	14 to 20 wide strips per lb. 7 to 8 serv. per lb.
Canadian, sliced	2 to 3 slices	4 to 8 lb.	12 to 16 slices per lb. 7 to 8 serv. per lb.
Dried beef	1½ oz.	4½ to 5 lb.	10 to 11 serv. per lb.
Frankfurters	2 franks	12½ lb.	8 av. franks per lb.
Liver	4 oz. (cooked)	12½ to 17 lb.	3 to 4 serv. per raw lb.
Heart	4 oz.	12½ to 17 lb.	3 to 4 serv. per raw lb.
Luncheon or cold cuts	2 to 4 oz.	6¼ to 12½ lb.	1 lb. = 8/2-oz. slices 1 lb. = 10/1½-oz. slices
Meat, cooked for creamed, scalloped and extender dishes	3 oz.	10 lb.	5 serv. per cooked lb.
Tongue	2 slices	12½ lb.	4 serv. per raw lb.
Poultry			
Chicken, broiler	½ broiler	25 broilers	1½ to 2 lb. = av. drawn wt.
roast	3 oz. (cooked)	35 to 50 lb. (dressed wt.)	1 to 1½ serv. per lb. dressed wt.
		25 to 30 lb. (drawn wt.)	1¼ to 2 serv. per lb. drawn wt.
		25 to 30 lb. (drawn wt.)	1¼ to 2 serv. per lb. drawn wt. (best wt. = 4- to 5-lb. bird)

Table 8—*Continued*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Poultry—Continued			
Chicken, fried	½ lb. (cooked); 1 lb. (raw)	50 lb.	1 serv. per raw lb. (2-lb. birds)
fricassee	3 pieces; 10 oz. (raw)	35 to 50 lb. (dressed wt.) 25 to 35 lb. (drawn wt.)	1 to 1½ serv. per raw lb. 1½ to 2 serv. per raw lb.
Chicken, cooked for creamed, scalloped, and extender dishes, salads, etc.	1 to 2 oz. (cooked)	17 to 20 lb. (dressed wt.) 13 to 17 lb. (drawn wt.)	2½ to 3 serv. per raw lb. 3 to 4 serv. per raw lb. (5 lb. dressed wt. yields 1¼ lb. clear cooked meat or 1 qt. diced meat. Percent of yield depends upon size, type, amount of fat, etc.)
Turkey, dressed wt.	3 oz. (cooked)	25 to 35 lb.	1½ to 2 serv. per raw lb.
drawn wt.	3 oz. (cooked)	20 to 25 lb.	2 serv. per raw lb.
boned clear meat	2 to 4 oz. (cooked)	25 lb. (dressed wt.)	Av. yield per lb. dressed wt. = ½ lb. cooked meat or approx. 50% yield. Yield depends upon type, size, amount of fat, etc.
Duck	¼ duck	13 ducks	1 lb. raw wt. per serving (best wt. = 4½ lb.)
Sea Food			
Fish, fresh fillets	5 oz.	17 lb.	3 serv. per raw lb.
Oysters, frying	4 to 6 oysters	7 to 8 qt.	24 to 40 large per qt.
stew	4 to 6 oysters	3 qt.	60 to 100 small per qt.
Staples and Misc.			
Chocolate, baking			1 bar = 8/1-oz. sq.
grated			1 bar = 4 c.
melted			1 lb. = 2 c. scant
for beverage	¼ sq. per c.	1½ lb.	1½ lb. chocolate + 2½ gal. milk = 50 c.
Cocoa for beverage	1 tablespoon	¾ lb.	¾ lb. cocoa + 2½ gal. milk = 50 c.
Coffee, ground	1 to 2 tbsp. per cup	1 lb.	1 lb. = 5 c. 1 lb. + 2½ gal. water = 40 to 50 c.
instant	1 tsp. per cup	4½ oz.	4½ oz. + 2½ gal. water = 40 to 50 c.
Cornmeal	½ c. cooked	2 lb.	1 lb. = 24 serv. 1 lb. = 3 c. raw 1 c. = 4 c. cooked
Cocoanut			1 lb. = 6 to 7 cups shredded
Cornstarch			1 lb. = 3 c.
Fats			1 lb. = 2 c. av.
Flour			1 lb. = 4 c.

Table 8—*Continued*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Staples and Misc—Cont.			
Gelatin, flavored	½ c.	1½ 26-oz. pkg. or 13/3-oz. pkg.	1/26-oz. pkg. gelatin to 1 gal. liquid 1/3-oz. package gelatin to 1 pt. liquid
granulated			1 lb. = 3 c. 1 oz. = 3 tbsp.
Honey	2 tbsp.	1½ to 2 qt.	1 lb. = 1⅓ c.
Jams and jellies	1 tbsp.	1 qt.	
Macaroni	½ c. cooked	2½ lb.	1 lb. = 2½ qt. cooked
Marshmallows	2	1¾ to 2 lb.	1 lb. = 50 to 60 pc. 1 lb. = 2 qt. cut
Molasses			1 lb. = 1⅓ c.
Mustard, prepared	1 tbsp.	1 cup (4 oz.)	1 oz. = ¼ cup
Noodles	½ c. cooked	2½ lb.	1 lb. = 2¾ qt. cooked
Nutmeats	1 tbsp.	1¾ lb.	1 lb. = 4 c. av.
Oils			1 lb. = 2 c.
Olives			1 qt. = 100 med. 1 qt. = 60 large 1 qt. = 3½ c. chopped
Peanut butter for sandwiches	2 tbsp.	4 lb.	12 to 13 servings per lb. 1 lb. = 1¾ c.
Pickles	1 pickle	2 qt. (approx.)	1 qt. = 30 med. or 3½ c. chopped
relish	1 tbsp.	1 qt.	
Ralston	½ c. cooked	2 lb.	1 lb. = 24 servings
Rice	½ c. cooked	3½ lb.	1 lb. = 1¾ qt. cooked 1 lb. = 2 c.
Rolled oats	½ c. cooked	2 lb.	1 lb. = 3 qt. cooked 1 lb. = 24 servings
Salad dressing mayonnaise	1 tbsp.	3½ to 4 c.	64 servings per qt.
French	1⅓ tbsp.	1 qt	48 servings per qt.
Spaghetti	½ c. cooked	2¾ lb.	1 lb. = 2½ qt. cooked
Sugar, granulated			1 lb. = 2 c.
for coffee	1½ tsp.	¾ to 1 lb.	1 lb. = 96 teaspoons
cubes, small	2 cubes	1 lb.	1 lb. = 100 to 200 cubes
brown			1 lb. = 2½ c. firmly packed
Syrup	4 tbsp.	3½ to 4 qt.	1 c. = 11 oz. 1 lb. = 1⅓ c.
Tapioca, granulated	½ c. cooked	3¼ lb.	1 lb. = 2 qt. cooked
pearl	½ c. cooked	1 lb.	1 lb. = 6 qt. cooked
Tea	½ to 1 tsp. per cup	3 to 5 oz.	3 oz. = 50 c. for iced tea 1 lb. = 175 to 250 c. for hot tea
Vanilla			1 oz. = 2 tbsp.
Wheatena	½ c.	2 lb.	1 lb. = 24 servings

Table 8—*Continued*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Vegetables			
Asparagus, fresh	4 to 5 stalks (4 oz.)	12 to 16 lb.	1 crate = 25 lb. av. 1 lb. = 3 to 4 servings.
frozen	⅓ c. (3 oz.)	8 lb.	1 lb. = 6 servings
canned	⅓ c. (3 oz.)	7 No. 2½ cans	1 No. 2½ can = 8 servings
		2 No. 10 cans	1 No. 10 can = 25 servings
Beans, lima, fresh	¼ c. (2 oz.)	17 lb.	1 bu. in pod = 55 lb. 1 lb. in pod = 3 servings
frozen	¼ c. (2 oz.)	7½ lb.	1 lb. = 7 to 8 servings
canned	¼ c. (2 oz.)	1½ No. 10 can	1 No. 10 can = 33 servings 1 No. 2½ can = 8 servings
dried	¾ c. cooked	6 to 7 lb.	1 lb. = 6 to 7 c. cooked
Beans, navy	¾ c. cooked	5 to 6 lb.	1 bu. = 60 lb. 1 lb. = 4 to 5 c. cooked
canned	¾ c.	3 No. 10 cans	1 No. 10 can = 16 servings (12 c.)
Beans, snap-string			
fresh	½ c. (3 oz.)	10 to 12 lb.	1 bu. = 30 lb. 1 lb. = 6 av. servings
frozen	⅓ c. (2½ oz.)	8 lb.	1 lb. = 6 av. servings
canned	⅓ c. (3 oz.)	2 No. 10 cans	1 No. 10 can = 25 servings 1 No. 2½ can = 6 servings
Beets, fresh, topped	⅓ c. (3 oz.)	12 to 14 lb.	1 bu. = 55 lb. topped 1 lb. = 4 med. beets 1 lb. = 2 c. cooked
canned	⅓ c. (3 oz.)	2 No. 10 cans	1 No. 10 can = 25 servings
Broccoli, fresh	⅓ c. (3 oz.)	17 to 20 lb.	1 case = 35 lb. 1 lb. = 3½ servings.
frozen	⅓ c. (3 oz.)	10 lb.	1 lb. = 5 servings av.
Cabbage			
fresh, cooked	½ c. (4 oz.)	16 to 17 lb.	1 bag = 50 lb. av. 1 lb. = 3 servings av. 1 hd. = 2½ to 3 lb. av.
fresh shredded	1 c. (2 oz.)	8 lb.	1 lb. = 2 qt.
Carrots, fresh	⅓ c. (2½ oz.)	13 lb.	1 bu. = 50 lb. 1 lb. = 4 servings 1 bunch = 4 to 6 medium
canned	⅓ c. (2½ oz.)	1⅔ No. 10 can	1 No. 10 can = 30 servings 1 No. 2½ can = 7 servings
Cauliflower, fresh	⅓ c. (2½ oz.)	21 lb.	1 crate = 42 lb. 1 lb. = 2¼ servings
frozen	⅓ c. (2½ oz.)	8 to 9 lb.	1 lb. = 6 servings av.
Celery	.....	.....	1 bunch = 1¾ lb. av. 1 lb. = 3 to 4 c. chopped
Corn, on cob	1 ear	50 ears	1 bu. = 5 doz. ears
frozen	¼ c. (2 oz.)	8 to 9 lb.	1 lb. = 6 av. servings
canned	⅓ c. (3 oz.)	1½ No. 10 can	1 No. 10 can = 33 servings
Cucumbers	5 slices	8 to 9 cucumbers	30 sl. per 6-inch cucumber
Eggplant	1 slice	6 to 7 eggplants	8 slices av. per eggplant
Lettuce, head	⅙ head (med.)	8 to 9 heads	1 head = 9 to 16 oz. av.

Table 8—*Concluded*

Food	Approx. portion size	Approx. amount to purchase for 50	Remarks
Vegetables—Continued			
Lettuce, head, *Cont.*			1 head = 10 to 12 leaves
			1 head = 6 servings av.
			1 lb. = 1½ qt. shredded
Lettuce, leaf		1½ to 2 lb. (for garnish)	1 lb. = 30 to 35 garnishes
			1 lb. = 2 qt. shredded
Mushrooms, fresh	¼ c. (2½ oz.)	8½ lb.	1 lb. = 6 servings
Onions, dry	1 to 2 onions (3½ oz.)	16 lb.	1 bag = 50 lb.
			1 bu. = 54 lb.
			1 lb. = 3 to 4 servings
			1 lb. = 4 to 6 av.
			1 lb. = 2½ to 3 c. chopped
dehydrated			2 oz. + 2 c. water = 1 lb. chopped
Parsnips, fresh, topped	⅓ c. (3 oz.)	12 to 13 lb.	1 bu. topped = 40 lb.
			1 lb. = 4 servings
			1 lb. = 3 to 5 parsnips
Peas, fresh	⅓ c. (3 oz.)	25 lb. in pod	1 bu. in pod = 30 lb.
			1 lb. in pod = 2 to 3 serv.
frozen	¼ c. (2 oz.)	7 to 8 lb.	1 lb. = 7 servings av.
canned	⅓ c. (3 oz.)	2 No. 10 cans	1 No. 10 can = 25 servings
			1 No. 2½ can = 6 servings
Peppers, green	1 pepper	9 to 10 lb.	1 bu. = 25 lb.
			1 lb. = 5 to 6 peppers
			1 lb. = 3 c. chopped
Potatoes, Irish			1 bu. = 60 lb.
mashed or boiled	½ c. (4 oz.)	12½ to 15 lb.	1 lb. = 3 to 5 servings
			1 lb. = ¾ lb. peeled
baked	1 av.	29 lb. approx. (50)	1 av. Idaho = 6 to 9 oz.
french fries	1 c. (3 oz.)	17 to 20 lb.	1 lb. = 3 servings av.
chips	⅓ c. (1 oz.)	2 lb.	1 lb. = 5 qt.
Radishes	2 radishes	4 to 8 bunches	1 bunch = 12 to 15 av.
Rutabagas	½ c. (4 oz.)	20 to 25 lb.	1 bu. = 56 lb.
			1 lb. = 2 to 2½ servings
Spinach, fresh	½ c. (3 oz.)	15 lb.	1 bu. = 18 lb.
			1 lb. = 3½ servings
frozen	½ c. (3 oz.)	11 lb.	1 lb. = 4½ servings
canned	⅓ c. (3 oz.)	2⅔ No. 10 can	1 No. 10 can = 30 servings
Squash, acorn	½ squash	25 squash	1 bu. = 45 lb. av.
			1 squash = 1½ lb. av.
others	⅓ c. (3 oz.)	25 lb.	1 lb. = 2 servings av.
Sweet potatoes, fresh	½ c. (4 oz.)	17 lb.	1 bu. = 55 lb.
			1 lb. = 3 servings
			1 lb. = 2 to 4 potatoes
canned	4 oz.	2 to 2½ No. 10 cans	
Tomatoes			
fresh	⅔ tomato (3 oz.)	10 lb.	1 bu. = 53 lb.
			1 lb. = 5 servings
			1 lb. = 3 to 4 tomatoes
canned	½ c. (4 oz.)	2 No. 10 cans	1 No. 10 can = 25 servings
Turnips, fresh, topped	⅓ c. (3 oz.)	17 lb.	1 bu. = 52 lb.
			1 lb. = 3 servings

VI

WHAT IS YOUR P. Q.?

(Purchasing Quotient)

	Yes	No
1. Do you keep informed about market conditions, best buys, prices, seasonable local foods and those in abundance?	.....	.....
2. Do you feature seasonable abundant foods?	.....	.....
3. Do you carefully determine your food needs as to kind, size, and quality for your purpose?	.....	.....
4. Do you buy from reliable dealers or persons?	.....	.....
5. Do you carefully check goods received for kind, quality, quantity and weight, and reject foods below quality specified?	.....	.....
6. Do you return damaged goods and amounts of foods over the quantity you ordered?	.....	.....
7. Do you refuse to pay prices above the prevailing market prices?	.....	.....
8. Do you refuse to accept personal favors or gratuities?	.....	.....
9. Do you store foods promptly under sanitary conditions, hold foods at best temperatures, inspect foods in storage regularly for signs of spoilage or contamination, and sort perishable food in order to use ripe products first?	.....	.....
10. Do you keep some simple type of record or inventory? Do you know the amount of stock on hand, its condition and value?	.....	.....
Total	.....	.....

If you can answer all of these questions with a true and firm "yes", than your P.Q. is 100. If not, try to improve your practices for a higher score.

For other institution administration publications, Tourist and Resort Series bulletins, or for further information, consult your County Cooperative Extension Agent, or write to the Tourist and Resort Program, Michigan State University, East Lansing, Michigan.

ADDITIONAL REFERENCES

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