

# Food Buying Calculator

Great tool for figuring out amounts of fresh food to purchase based on serving sizes

Either go to website at: <https://foodbuyingguide.fns.usda.gov/Home> OR

Download App: Food Buying Guide for CNP (found in your app store)

## Step 1 – Choose Item to purchase

### Sweet potatoes, fresh, whole

Purchase Unit	Serving Description	Notes	Serving Unit
lb	baked sweet potato	1 lb = 0.61 lb baked sweet potato without skin	cup
lb	baked sweet potato without skin		oz

## Step 2 – Choose serving size and number of servings

Item Description (AP)	Purchase Unit	Serving Description (EP)
Sweet potatoes, fresh, whole	lb	baked sweet potato 1 lb = 0.61 lb baked sweet potato without skin

► Serving Size

1/2 cup

► Number of Servings

12

## Shopping List

Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit
1	12	1/2 cup	Sweet potatoes, fresh, whole	baked sweet potato	3.64	3.75	lb

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