

Unit _____

Home Base Nutrition Report

Date _____

Day	Type of Event	Food Activity	# of Children participating	# of Adults participating
Socialization Date	Meal/Snack @ Socialization		___ HS Children ___ Non HS Children	___ Staff ___ Volunteers
Monday			___ HS Children ___ Non HS Children	___ Staff ___ Volunteers
Tuesday			___ HS Children ___ Non HS Children	___ Staff ___ Volunteers
Wednesday			___ HS Children ___ Non HS Children	___ Staff ___ Volunteers
Thursday			___ HS Children ___ Non HS Children	___ Staff ___ Volunteers
Friday			___ HS Children ___ Non HS Children	___ Staff ___ Volunteers

	Age	Serving Size		Amount Needed	Amounts On Hand	Food Item Used	Quantity Used	
		Snack	Lunch					Planned Attendance
Meat Alternate	1 - 2	1/2 oz	1 oz					1 - 2
	3 - 6	1/2 oz	1 1/2 oz					3 - 6
	7 - 12	1 oz	2 oz					7 - 12
	Adult	1 oz	3 oz					
Fruits/Vegetables	1 - 2	1/2 cup	1/4 cup					Adult
	3 - 6	1/2 cup	1/2 cup					
	7 - Adult	3/4 cup	3/4 cup					
Bread/Alternate	1 - 6	1/2 slice	1/2 slice					
	7 - Adult	1 slice	1 slice					
Fluid/Milk	1 - 2	1/2 cup	1/2 cup					Purchased Earlier
	3 - 6	1/2 cup	3/4 cup					
	7 - Adult	1 cup	1 cup					

List Food Items and Amounts Purchased Weekly and Cost

GUIDANCE MEAL PATTERNS		Children 1-2 years	Children 3-5 years
Breakfast			
Milk/fluid		1/2 cup	3/4 cup
Juice of fruit or vegetable		1/4 cup	1/2 cup
Bread and/or cereal enriched or whole grain bread		1/2 slice	1/2 slice
Cereal: Cold dry or Hot cooked		1/4 cup	1/3 cup
Lunch or Supper			
Milk, fluid		1/2 cup	3/4 cup
Bread/Alternate		1/2 slice	1/2 slice
Meat/Alternate		1 ounce	1 1/2 oz
<i>Meat, poultry, or fish, cooked lean meat without bone)</i>			
<i>Cheese</i>		1 ounce	1 1/2 oz
<i>Egg</i>		1 egg	1 egg
<i>Cooked dry beans and peas</i>		1/4 cup	3/8 cup
<i>Peanut Butter</i>		2 tbsp	3 tbsp
Fruit/Vegetable (two or more)		1/4 cup	1/2 cup
Supplement (snack) (Select 2 components)			
Milk, fluid		1/2 cup	1/2 cup
Meat/Meat Alternate		1/2 oz	1/2 oz
Juice, fruit or vegetable		1/2 cup	1/2 cup
<i>Grains/Breads:</i>			
<i>Bread- whole-grain, bran, germ or enriched</i>		1/2 slice	1/2 slice
<i>cereal - cold, dry</i>		1/4 cup	1/3 cup
<i>- hot, cooked</i>		1/4 cup	1/4 cup

Food Temp _____ Gloves Used _____ Clorox Strips _____

16 ounces = 1 pound
8 ounces = 1 cup
16 ounces = 2 cups = 1 pint
32 ounces = 4 cups = 1 quart
128 oz = 16 cups = 1 gallon