

MANAGER'S WEBINAR TRACK:
**USING APPROPRIATE
SERVING UTENSILS**

Learning Code: 2310

Training Length: 30 minutes

Arizona Department of Education
February 8, 2018
1:30pm-2:00pm



Hello! Nice to meet you.

My name is Jessica Krug. I am a trainer and a School Nutrition Program Specialist at the Arizona Department of Education.

Contact us at:

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- (602) 542-8700, option 2



“

The webinar series: Manager's Track is designed to review key topics for managers that operate the National School Lunch and School Breakfast Programs.

Today's webinar features the topic using appropriate serving utensils.

This webinar will be recorded for future use.

Agenda

We will review the following topics in today's webinar.

1. Importance of Appropriate Serving Utensils
2. Types of Serving Utensils
3. Using Appropriate Serving Utensils
 - a. Weight vs. Measure
 - b. Recipes and Production Records
 - c. Salad Bars
 - d. Inappropriate Serving Utensils
4. Staff Resources

1.

IMPORTANCE OF
APPROPRIATE
SERVING UTENSILS



Importance of Using Appropriate Serving Utensils

USDA Meal Pattern Compliance

Correct and consistent serving utensils ensure that schools are meeting the planned meal pattern components and nutrients.

Consistency for the Customer

Consistent serving sizes are important for customer satisfaction. Students notice if someone gets a larger portion of fries, or if the fries run out because the serving sizes used were too large.

Controls Cost and Waste

Using correct and consistent serving utensils ensures standardized recipe yields will be accurate, which controls food cost and decreases waste.

2.

TYPES OF SERVING UTENSILS



Types of Serving Utensils



Portion Servers (Spoodles): Combine the ease of a serving spoon with the accuracy and portion control of a ladle. Used to serve solids or semi-solids. Labeled as “oz.” even though they measure volume, not weight. “Fl. oz.” is more appropriate.



Scoops (Dishers): Work well with softer foods, such as vegetables, rice or meat. Great for portion control because they come in a large variety of sizes. Sizing is determined by the number of scoopfuls to make one quart. For example, eight No. 8 scoops is one quart.



Ladles: Used to serve liquids, such as soups, sauces and gravies. Labeled as “oz.” even though they measure volume, not weight. “Fl. oz.” is more appropriate.



Tongs: Used to pick up food items that are difficult to be served with a scoop or spoodler. Be cautious when using tongs because they do not provide any portion control. The user must be able to identify a full serving.

Serving Utensils Portion Guide

Basics at a Glance

Scoops (Dishers)

Size/No. ¹	Level Measure	Color Code ²
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

¹ Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopsfuls make one quart. For example, eight No. 8 scoops = 1 quart.



² Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles Portion Servers

Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons



Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level spoons, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

3.

USING
APPROPRIATE
SERVING UTENSILS

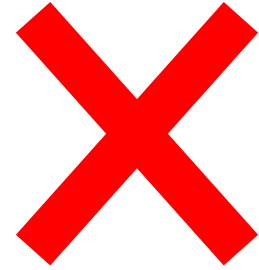


Using Serving Utensils Appropriately

Once you have determined the appropriate serving utensil, be sure to use the serving utensil appropriately!

A common error during service is not using level scoops.

Using Serving
Utensils
Appropriately



Weight vs. Measure

The term “ounces” is often used interchangeably in food service. However, ounces refers only to weight. Fluid ounces or cups refer to volume.

4 oz. in weight is not the same as 4 oz. in volume using a spoodle.



4 oz. broccoli



**This 4 oz. spoodle (½ cup) is full of
broccoli and only weighs 1.4 oz.**

So 4 oz. of broccoli in weight is too much for a ½ cup serving.

It's important to be clear about whether something should be weighed or measured.

Weight vs. Measure

Here is another example using shredded cheese. According to the USDA Food Buying Guide, 1 oz. eq. of meat/meat alternate is 1 oz. of cheese in weight, which equals $\frac{1}{4}$ cup in volume (2 oz. spoodle).



1 oz. weight = 2 oz. volume (1/4 cup)

Weight vs. Measure

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What might be wrong with this recipe below?

Recipe Number: Recipe Name:

Yield (# of servings): Notes:

Serving Size:

Utensil (ex. scoop #):

Ingredients	Amount	Directions
Tortilla, Whole Wheat, 10"	1 Each	Spread 1 oz. of cheese over half of the tortilla, leaving a 1" border. Fold other half of tortilla over the cheese.
Cheese, Cheddar, Shredded	1 oz.	

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What might be wrong with this recipe below?

Recipe Number: Recipe Name:

Yield (# of servings): Notes: Meal Pattern Contribution:
2 oz. eq. whole grain rich
1 oz. eq. meat/meat alternate

Serving Size:

Utensil (ex. scoop #):

Ingredients	Amount	Directions
Tortilla, Whole Wheat, 10"	1 Each	Spread <u>1 oz.</u> of cheese over half of the tortilla, leaving a 1" border. Fold other half of tortilla over the cheese.
Cheese, Cheddar, Shredded	1 oz.	

Staff may be confused by this and use a 1 oz. spoodle, which would not be enough cheese to fulfill the meat component.

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Staff may be confused by this and use a 1 oz. scoop or spoodle, which would not be enough cheese to fulfill the meat component.

The instructions can be modified to be more clear.

Spread $\frac{1}{4}$ cup of cheese over half of the tortilla, leaving a 1" border. Fold other half of tortilla over the cheese.

Weigh 1 oz. cheese. Spread cheese over half of the tortilla, leaving a 1" border. Fold other half of tortilla over the cheese.

Weight vs. Measure

The serving sizes for foods in the meat/meat alternate component are based on “ounce equivalents (oz. eq.),” which are the amount of food that equals one ounce of protein.

2 oz. of meat often does not equal 2 oz. eq. of the meat/meat alternate component.

For example:

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs



100117—Chicken, Fajita Strips, Cooked, Frozen

Category: Meat/Meat Alternate



PRODUCT DESCRIPTION

This item is fully cooked dark meat chicken fajita strips made from boneless, skinless drumsticks, thighs, and/or legs. This product is marinated in fajita seasoning and contains grill markings. The item is shipped frozen in 30 pound cases containing six 5-pound or three 10-pound packages.

CREDITING/YIELD

- One case of fajita strips provides approximately 282 1.7-ounce portions.
- **CN Crediting: Approximately 1.7 ounces of fajita chicken strips credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement.**

1.7 oz = 1 oz. eq. M/MA

3.4 oz = 2 oz. eq. M/MA



NUTRITION FACTS

Serving size: 1.7 ounces (48 g)/1 MMA chicken fajita strips

Amount Per Serving

Calories 61

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 37mg

Sodium 303mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 1g

Protein 9g

Source: USDA Foods Vendor Labels

Weight vs. Measure

To properly serve meat/meat alternates, you can weigh a 2 oz. eq. serving and then do some testing to see which serving utensil is the most appropriate.

Using the USDA Foods Chicken Fajita Strips as an example:



3.4 oz. = 2 oz. eq.



**The 3.4 oz serving fits perfectly in a
4 oz. spoodle**

When you serve this meat on the line, you would use a 4 oz. spoodle ($\frac{1}{2}$ cup) for a proper 2 oz. eq. portion of chicken fajita strips.

Serving Sizes in Recipes and Production Records

The serving sizes used in standardized recipes and production records should accurately reflect how the items are being served.

A common error seen in recipes and production records is when serving sizes are in weight but the items are served using a volume measurement.

Look at the items on the production record below. Is ounces an appropriate serving size for these items?

Recipe #	Menu Item	Contribution to Meal Pattern					Portion Size per serving
		M/MA oz/eq	G oz/eq	F cups	V cups	Milk cups	
#125	<i>Pork Roast</i>	2					2 oz.
	<i>Seasoned Brown Rice</i>		1				4 oz.
	<i>Mashed Potatoes</i>				0.5		4 oz.
	<i>Country Gravy</i>						1 oz.
	<i>Diced Peaches</i>			0.5			4 oz.

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Ounces is appropriate for the pork roast because the servings need to be weighed so each student is served 2 oz.

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	<i>Diced Peaches</i>			0.5			4 oz.

Ounces is not appropriate for the brown rice because it will be served using a volume measurement, not weighed. A more appropriate serving size is $\frac{1}{2}$ cup (4 oz spoodle or #8 scoop).

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	Mashed Potatoes				0.5		4 oz.
	Country Gravy						1 oz.
	Diced Peaches			0.5			4 oz.

Ounces is not appropriate for the mashed potatoes because it will be served using a volume measurement, not weighed. A more appropriate serving size is $\frac{1}{2}$ cup (#8 scoop) because the production record says the potatoes are to contribute $\frac{1}{2}$ cup vegetable.

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	<i>Country Gravy</i>						1 oz.
	<i>Diced Peaches</i>			0.5			4 oz.

Ounces is not appropriate for the gravy because it will be served using a volume measurement, not weighed. A more appropriate serving size is 1/8 cup or 1 fl. oz. (1 oz. ladle)

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	<i>Country Gravy</i>						1 oz.
	<i>Diced Peaches</i>			0.5			4 oz.

Ounces is not appropriate for the peaches because it will be served using a volume measurement, not weighed. A more appropriate serving size is $\frac{1}{2}$ cup (4 oz. spoodle) because the production record says the peaches are to contribute $\frac{1}{2}$ cup fruit.

Salad Bars

Salad bars allow students to help themselves to a variety of fruits and vegetables. If the items are not pre-portioned, it can be a challenge to ensure that students are served and select a reimbursable meal. USDA has released some guidance to help school nutrition operators implement salad bars in a compliant manner.

Serving Sizes

When planning serving sizes for salad bars, the planned serving size should be reasonable for each menu item. For example, 1 cup of lettuce may be reasonable, while a cup of radishes may be more than a child would normally consume.



USDA Salad Bar Memo [SP 31-2013](#)

Salad Bars

Which serving utensils can you use on the salad bar?

Tongs, scoops and spoodles are the most common utensils used on the salad bar.

Wait, I can use tongs?

Yes! As long as the person that is identifying reimbursable meals (i.e. cashier, salad bar monitor) is able to determine if the amount of fruits and/or vegetables on each tray meets the $\frac{1}{2}$ cup minimum. USDA and ADE recommend placing signage as a visual aid to help students and cashiers determine what a minimum portion is for self-service items.

When using scoops or spoodles, it is best to use the utensil that matches the planned serving size in order to encourage students to take the full serving. For example, if a planned serving of beans is $\frac{1}{2}$ cup, use a 4 oz. spoodle, not a 2 oz. spoodle.



Inappropriate Serving Utensils

We've covered the appropriate serving utensils, now let's discuss an inappropriate serving utensil:

Inappropriate Serving Utensils

We've covered the appropriate serving utensils, now let's discuss an inappropriate serving utensil:

Your hand!



Inappropriate Serving Utensils

“The hand grab” is often used for items like fries or tater tots.

While it may be a little easier sometimes, it is not appropriate because it eliminates accuracy which can lead to unhappy students, inaccurate yields and uncontrolled food cost.

One person’s “hand grab” can be different from grab to grab, and can differ from one person to another.

This tater tot recipe calls for 8 tots per serving. These two hand grabs are very different, and neither of them yielded 8 tots. Best practice is to count them out or use an appropriate scoop size.



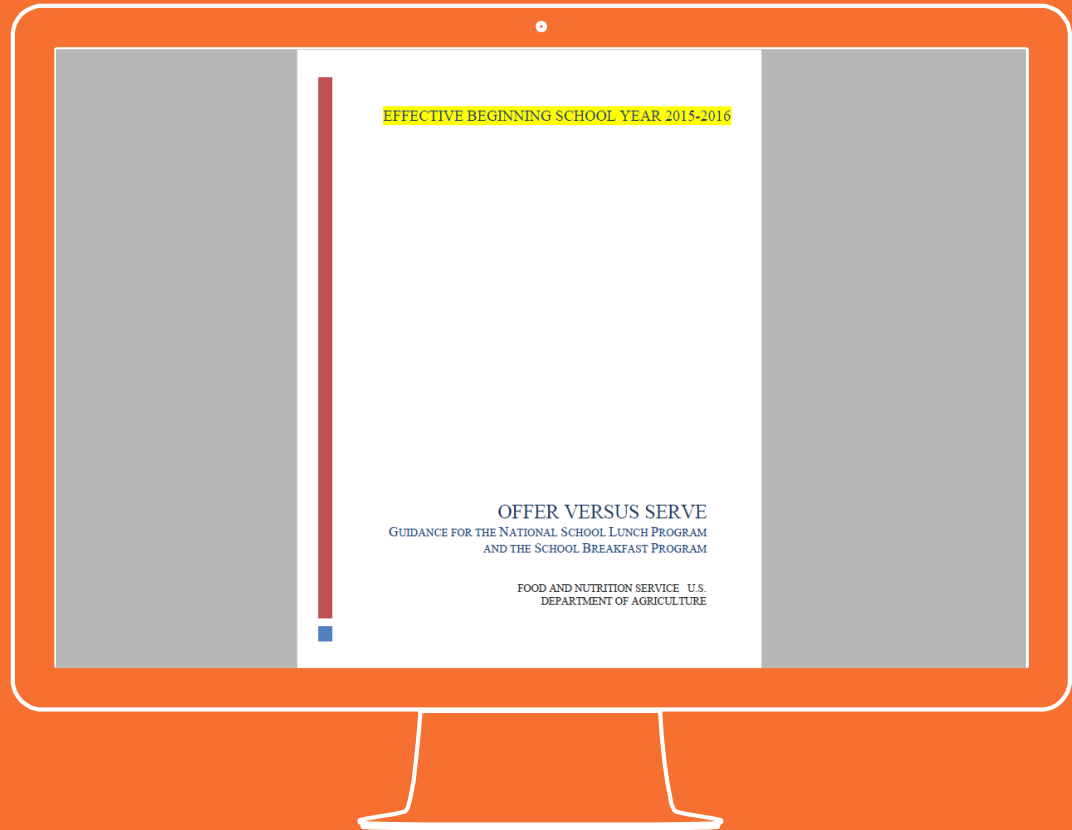
4.

STAFF RESOURCES



USDA's Offer Versus Serve Manual

USDA has released an Offer Versus Serve manual that reviews the definitions of OVS and how to implement OVS at Lunch and Breakfast. It also covers salad bars and serving sizes.



This Webinar!

This webinar has been recorded for future use. You can replay this webinar as often as needed. Access the recorded webinar on the ADE Website: Training and Professional Standards.



The screenshot shows a web browser interface with a navigation bar at the top containing 'ADE', 'PARENTS & STUDENTS', 'SCHOOLS & TEACHERS', 'COMMON LOGON', and 'ADECONNECT'. The main heading is 'Staying on Track Webinars – For Directors'. Below this, a paragraph explains the webinar series. A list of past webinars follows, each with a date, time, and a 'Register Here' link. The 'General Content Webinars' section includes items like 'Webinar: Submitting the Verification Report' and 'Professional Standards Overview'. The 'Webinars For Managers/Staff' section includes 'Recognizing a Reimbursable Meal at the Point of Service' and 'Using Appropriate Serving Utensils'.

Staying on Track Webinars – For Directors

This webinar series will review the activities that should be happening each month to help directors and program staff stay on track with program requirements. Please note: the webinar will follow the outline provided in ADE's Monthly Checklist. It is recommended to review it prior to the webinar. There will be designated time where the facilitator will be available to answer questions about all program operation topics.

- **March 6, 2018 (1:30pm-2:30pm):** [Register Here](#)
- February 6, 2018: [Recorded Webinar & Webinar Slides](#)
- January 9, 2018: [Recorded Webinar & Webinar Slides](#)
- December 5, 2017: [Recorded Webinar & Webinar Slides](#)
- November 7, 2017: [Recorded Webinar & Webinar Slides](#)
- October 3, 2017: [Recorded Webinar & Webinar Slides](#)
- September 5, 2017: [Recorded Webinar & Webinar Slides](#)
- August 2, 2017: [Recorded Webinar & Webinar Slides](#)
- May 2, 2017: [Recorded Webinar & Webinar Slides](#)
- April 4, 2017: [Recorded Webinar & Webinar Slides](#)

General Content Webinars

- **Webinar: Submitting the Verification Report (January 17, 2018 from 1:30pm-2:30pm):** [Recorded Webinar & Webinar Slides](#)
You're ready to submit the Verification Summary Report and need some assistance, but can't make it to a drop-in workshop. Review this webinar recording to get step-by-step instructions on submitting the report.
- Professional Standards Overview: **Coming soon!**
- CN Labels and Product Formulation Statements: **Coming soon!**
- Local Wellness Policy: **Guidance and Tools from ADE – April 26, 2017:** [Recorded Webinar & Webinar Slides](#)

Webinars For Managers/Staff

- **Recognizing a Reimbursable Meal at the Point of Service (August 9, 2017 from 1:30pm-2:00pm):** [Recorded Webinar & Webinar Slides](#)
This webinar will review the definitions and pros and cons of Serve Only and Offer Versus Serve meal service options. It will also review the requirements for what must be on a tray in order for it to be considered a reimbursable meal and will include examples for attendees to practice applying their knowledge.
- **Production Record Overview (October 18, 2017 from 1:30pm-2:00pm):** [Recorded Webinar & Webinar Slides](#)
This webinar will review the parts of a production record and provide information about what each column means. It will also provide an overview of which sections should be filled out each day.
- **Using Appropriate Serving Utensils (February 8, 2018 from 1:30pm-2:00pm):** [Register Here!](#)
Is that scoop of fruit you just served a half cup? Did you serve enough beans with that lunch? How do you know? Choosing the appropriate scoops and serving utensils plays an important role in ensuring all students receive a meal that will nourish their bodies and meet the meal pattern requirements. Join us for a webinar that will review the various types of serving utensils, which ones are most appropriate for the various types of food, and how to use them to ensure your meal service is as accurate as possible!

Fresh Fruit and Vegetable Portion Guide

These guides are available on the ADE website under Meal and Snack Requirements.

The guides were created by the Connecticut Department of Education in collaboration with their committee, Start with Half a Cup.



Health and Nutrition

National School Lunch Program

- Getting Started with NSLP in your District
- The At a Glance Calendar

- ▶ Meal and Snack Requirements for School Nutrition Programs
- ▶ Training and Professional Standards
- ▶ The Administrative Review
- ▶ Local Wellness Policy
- ▶ Special Assistance Provisions
- ▶ Financial Management
- ▶ Food Safety
- ▶ Residential Child Care Institutions (RCCI)
- ▶ Verification
- ▶ Additional Guidance

Start with Half a Cup
Fresh Fruit Portioning Guide For Schools

This reference was developed to assist schools in the proper portioning of fresh fruits in School Nutrition Programs.
All quantities are based on the 2012 Food Buying Guide for School Meal Programs (Updated Oct 2012 and Jan 2013)

How to use this resource:

- 1.) Locate the fruit you plan to serve in the correct area.
- 2.) Identify the correct variety of the product. For example, apple wedges vs. a whole apple
- 3.) If weight is used to measure 1/2 cup, weigh out several portions to determine, visually, what the proper portion looks like in the serving container* being used.
- 4.) Once a strong visual representation of the correct portion has been determined, continue with portioning of produce for the meal service.

EXAMPLE: Apple Wedges
After prepping the apples (coring, cleaning, cutting into wedges), weigh out eight to ten 2 oz. portions, which is the amount indicated to equal a 1/2 cup serving. Portion the remaining servings using the first ten as a visual guide.

Quantity of FRESH Fruit to Equal 1/2 cup Serving

Item	Unit	Weight	Measure	FRUIT (fresh, raw)	Notes
Apples, 125-138 count	each		1/2 whole		
Apples, 100 count	each		1/2 whole		2 apples equals 1 cup
Apples, fresh slices	each		1/2 whole		
Apples, whole 1 3/8" diameter	each	2 oz.			cored, weighed or cubed apple with peel
Bananas, 100/120/150 count	each	2 oz.			1/2 whole
Bananas, slices/chunks	each		2 whole		
Blackberries	pound	3 oz.	1		
Blackberries	pound	2.7 oz.			
Cariboupe, 18 count*	pound	2.7 oz.			
Cariboupe, 15 count*	5" melon	2.7 oz.			
Cariboupe, 15/18 count*	5 3/4" melon		1/5 of whole		
Cherries, Sweet, whole	pound	2.75 oz.	1/8 of whole		peeled
Cherries, each	each				peeled
Clementines	each		14 whole		peeled and pitted
Grapefruit, 27-32 count	each		1 whole		
Grapefruit, sections*	each		1/2 whole		
Grapes	pound	3.6 oz.			
Grapes, without stems	each		about 14 large		*peeled with maximum with or without stems
Honeydew Melon*	pound	3 oz.			
Kiwifruit, 33-39 count	each	3.3 oz.			*peeled and pitted
Kiwifruit	each		2 kiwi		
Mangoes	pound	3 oz.			
Nectarines, size 56-64	each	3 oz.			chunks or wedges, stemmed
Nectarines, size 68-95	each		1 whole		ready to eat, cubed or sliced
Oranges, 113/125/138 count	each		2 whole		2 1/4" each diameter, equals about 1/2 cup
Papaya*	each		2 whole		2 1/4" each diameter, equals about 1/2 cup
Peaches, size 52/60/64/80	pound	2.5 oz.	1 whole		2 1/4" each diameter, equals about 1/2 cup
Pears, 120/150 count	each		1 whole		
Pears, 160 count	each		1 whole		*peeled, ready to serve
Pineapple	each		1/2 whole		*Pine 34 B&B do not provide a 1/2 cup of fruit
Plums, Italian	pound	2.7 oz.	1 whole		
Plums, size 45/50	pound	3.2 oz.			ready to serve
Strawberries (Carrabois)	each		1 whole		about 2 1/2 whole plums
Strawberries	pound	2.3 oz.			2" diameter
Tangerines, 120 count	each	2.7 oz.			sliced or chopped
Watermelon	pound	3.25 oz.	2 whole		ready to serve
					1 whole melon = 1 1/2 cup fruit cubed, without end



Thank you very much for your time

You will receive a link to complete your evaluation of this training. The link will be emailed to the account used to register for this training. After completing the survey, you can print a certificate of completion to file for purposes of Professional Standards.

Any questions?

Please type them into the chat bar now.



Congratulations!

You have completed the ***Recorded Webinar: Using Appropriate Serving Utensils***. To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: ***Recorded Webinar: Using Appropriate Serving Utensils***
- Learning Codes: 2310
- Key Area: 2000-Operations
- Length: 30 minutes

Please Note:

- *Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.*
- *This recorded webinar is a non-interactive activity, which may count toward no more than two hours of annual training.*



**Request a
Certificate**

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. **This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/RecordedWebinarOnlineSurvey>

The information below is for your reference when completing the survey:

- Training Title: ***Recorded Webinar: Using Appropriate Serving Utensils***
- Professional Standards Learning Codes: **2310**