Why Use Standardized Recipes?

Standardized recipes are used every day in child nutrition operations as a guide to preparing the foods served to customers. A standardized recipe is a recipe that has been carefully adapted and tested to ensure that it will produce a consistent product every time it is used.

Why is it important to use standardized recipes in child nutrition operations?

- **Consistent Food Quality:** Standardized recipes help ensure that the best possible food items are produced every time.
- **Predictable Yield:** Knowing how much of an item the recipe will produce helps prevent food waste and shortages on the serving line.
- **Accurate Nutrient Content:** Standardized recipes help ensure that the best possible food items are produced every time.
- **Food Cost Control:** When the same ingredients and quantities are used each time the recipe is prepared, the cost per serving remains the same.
- **Efficient Purchasing:** The quantity of ingredients needed for production can be easily calculated based on the information provided on the recipe.
- **Inventory Control:** If a standardized recipe is followed, the quantity of food inventory used each time the recipe is produced can be estimated.
- **Labor Cost Control:** Written procedures allow workers to make good use of their time and move through their work day more efficiently.
- **Employee Confidence:** Workers can feel more satisfied and confident because eliminating guesswork decreases the likelihood of mistakes and poor food quality.
- **Reduced Record Keeping:** Information from standardized recipes can be easily transferred to daily food production records.

Quick Tip: What are some of the main components of a standardized recipe?

Answer: Recipe title, recipe category, ingredients, weight and volume, preparation instructions, cooking temperature, serving size, recipe yield, and cooking and serving equipment.

Source: National Food Service Management Institute. (2008). *Growing your professional skills: Competencies, knowledge, and skills for successful school nutrition assistants.* University, MS: Author.