

# Mealtime Memo for Child Care

March 2011

## Measuring Dry Ingredients

Rings on the graduated measures indicate  $\frac{1}{4}$ ,  $\frac{1}{3}$ ,  $\frac{1}{2}$ , and  $\frac{3}{4}$  of the total volume and should be counted from the bottom to the top of the container. Graduated dry measures do not have a lip above the fill line so the ingredients can be leveled. They are usually made of heavyweight aluminum or stainless steel. Graduated dry measures larger than 1 quart are usually not used because it is more accurate to weigh than to measure larger amounts of dry ingredients.

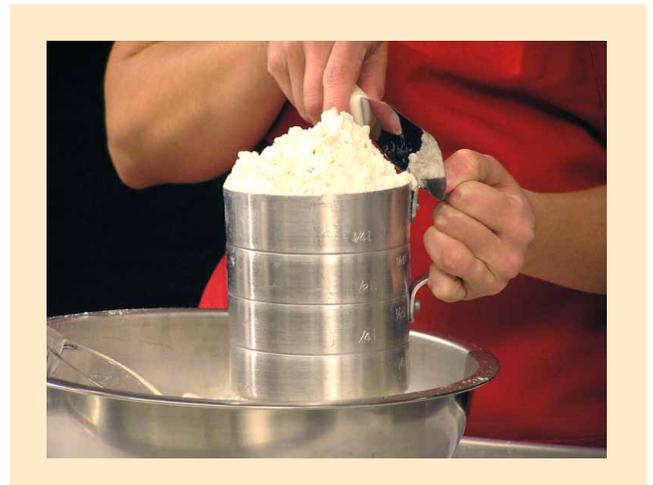


## Measuring and Weighing

Weighing and measuring food is very exciting and fun, yet extremely important for child care. Weighing and measuring food ensures that children receive the minimum portions and serving sizes for CACFP standards. There are a variety of measuring cups and scales available and they are designed to meet all budgets. Dry, liquid, and weight determine the type of tool used for measuring. Remember when measuring and weighing foods, follow the directions of the tool being used.

## Sizes for Graduated Dry Measures

- 1 cup
- 1 pint
- 1 quart
- 2 quarts or  $\frac{1}{2}$  gallon
- 1 gallon



## Measuring Liquid Ingredients

Use liquid measures to measure large amounts of liquids. Liquid measures have a lip for pouring to prevent spills. They are usually made of heavyweight aluminum or polycarbonate. Rings on the aluminum graduated liquid measures indicate 1/4, 1/3, 1/2, and 3/4 of the total volume of the container and should be counted from the bottom to the top of the container. The polycarbonate measures have measures printed on the outside. Remember when measuring liquids to measure at eye level for accuracy.



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## Sizes for Liquid Measures

- 1 pint
- 1 quart
- 1/2 gallon
- 1 gallon



## Weighing with Scales

Scales are used to measure ingredients by weight. In child care, it is important to use scales that have been calibrated. Handle scales properly in order to maintain accurate readings. Scales should be handled by the base and never picked up by the platform.

- Some scales weigh up to 2 pounds by 1/8- ounce or 1/4- ounce increments.
- Some scales weigh up to 5 pounds by 1/2 -ounce increments.
- Some scales may weigh up to 20 pounds by 1-ounce increments, while others weigh up to 50 pounds by 4-ounce increments.

## Sources

National Food Service Management Institute. (2011). *Care connection*. University, MS: Author.