

Portioning Perfection

UCR In-Service for Foodservice Employees

April 2014

Activity

- How do you properly portion when on tray or service line or in the kitchen?
- Why is portion control important in production and service?

Benefits of Portion Control

1. Promote patient and customer satisfaction
2. Manage budget
3. Meet production and service needs
4. Stay within nutrition requirements

1. Promote Patient/Customer Satisfaction

- Patients/customers expect the same, high-quality product every time
- Consistent flavor and texture
- Consistent serving size

Turkey Plate

What is the result of over-portioning?

- Less profit/plate and fewer plates are sold

	Regular Size (3 oz.)	Oversize (4.5 oz)
Cost to Produce	\$0.98 for turkey Total plate: \$1.39	\$1.47 for turkey Total plate: \$1.88
Selling Price	\$3.82	\$3.82
Profit	\$2.43	\$1.94
Profit after 220	\$534.60	\$426.80
Loss of sales	\$0.00	\$282.68
Total Profit	\$543.60	\$283

2. Manage Budget

- Helps us to know the cost of foods
 - Determining if patient meals fit within budget
 - Appropriate pricing for retail
- Over portioning decreases profit due to
 - Increased cost of food
 - Decreased volume of sales

Role Play

3. Meet Production Needs

- Incorrect portioning of ingredients or product may
 - Interfere with inventory control and ordering
 - Cause ingredients to run out and not be available for other recipes
 - Prevent meeting customer demand/ patient load if too few portions are served
- Food Waste

Example/ Non-Example

- Guess what we are going to talk about

Example



Non-Example



Example



Non-Example



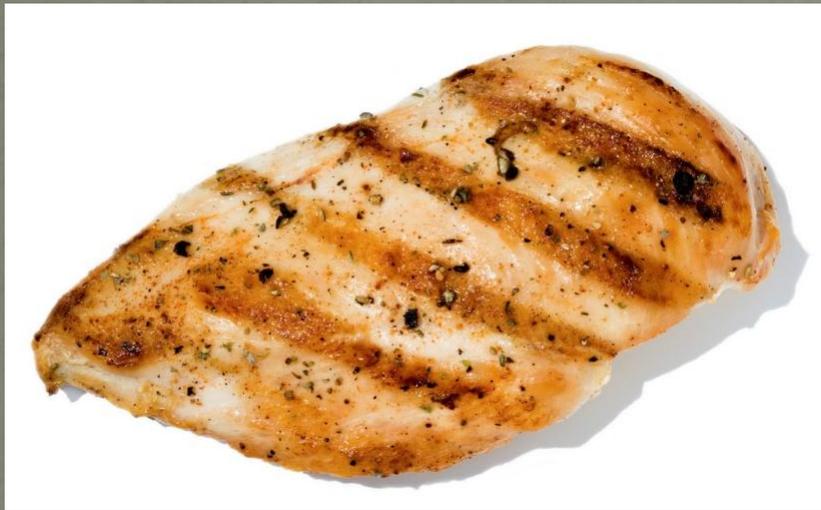
Example



Non-Example



Example



Non-Example



Example



Non-Example



Example



Non-Example



Example



One cup of LiveWell Recipe:
Cashew Chicken Stir-Fry

Non-Example



Two cups of LiveWell Recipe:
Cashew Chicken Stir-Fry

4. Stay within Nutrition Requirements

- Risk non-compliance with therapeutic diets
- Will not fit within LiveWell plate requirements
- Expectations of patients and customers

Questions

1. A serving of rice is $\frac{1}{2}$ cup.
Which utensil would you use to serve it?



Questions

2. What is the most accurate way to measure 3 oz of meat?

- a) Spoodle
- b) Scale
- c) Scoop

Benefits of portion control

- With your neighbor come up with 3 possible benefits

Questions?