

Let's Talk Portion Size



How to ensure you are providing clients the right amount of food:

- Remember 2 trays = 1 meal
 - Use the scoop provided
 - Level scoop = 1 serving
 - Do not pack the trays full
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- Friendship Trays packages **over 700** meals every day, so we must serve the correct amount of each portion to ensure we have enough food for every last tray
 - We have specific nutrient standards for every meal, so it is important that we are giving our clients the right portion sizes (especially those with special diets)
 - Friendship Trays has calculated how much of each food is required to provide our clients with the proper nutrition, so **proper amount = proper nutrition**
 - If each tray has an extra 1 oz of food, that's approximately \$200 extra per day in food cost. In order to provide clients with affordable meals, it is important to keep cost down
 - If you have a question, or you think something doesn't look right, ask Tammy!



**Friendship
Trays** Meals on Wheels of
Charlotte-Mecklenburg