Food Service Software Considerations for Title VI

Food For Fifty, Considerations for Foodservice Software

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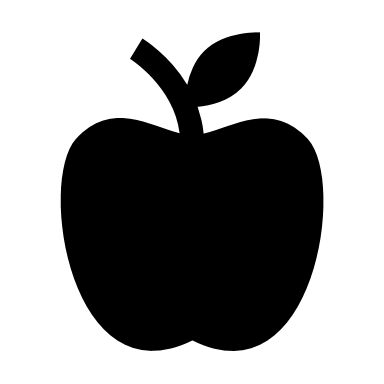
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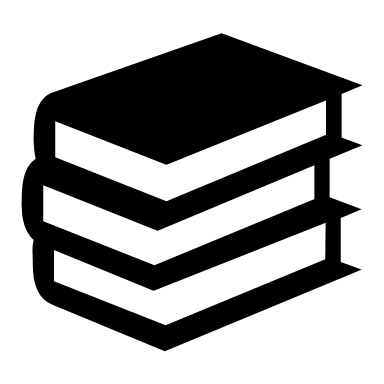
# Introduction

The Title VI Nutrition Program is designed to help keep elders healthy and functional at home in their communities. To accomplish this, the Older Americans Act (OAA) specifies nutrition requirements including adherence to the [*Dietary Guidelines for Americans 2020-2025*](https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials) and the [Dietary Reference Intakes.](https://www.nal.usda.gov/fnic/dietary-reference-intakes)  In addition, the OAA requires adherence to state, local, tribal food safety and sanitation requirements or the [Food Code of the Food and Drug Administration](https://www.fda.gov/food/retail-food-protection/fda-food-code) which is used by Indian Health Service. There are a variety of tools including books and software products available to help Tribes accomplish these tasks. The first tool is a basic quantity food production book which allows programs to produce meals of consistent quality in a safe way, using recipes that are time-tested. Using information from a quantity food production book allows programs to individualize food selections, and menus to meet elders’ preference as well as help keep menus within budget constraints. A basic text is recommended.

Computer software is available to calculate the nutrient value of meals, assist in producing meals through recipe analysis, recipe scaling, and costing as well as to assist in scheduling meal delivery and record keeping.

This document recommends a quantity food production book and provides tables on nutrient analysis software, foodservice production software and meal delivery software.

# Food for Fifty

Food for Fifty 14th Edition. Mary Molt, PhD, RD. 2018. Pearson, Inc. NY NY.

* Available at [Amazon](https://www.amazon.com/Food-Fifty-Whats-Culinary-Hospitality/dp/0134437187), [Barnes & Noble](https://www.barnesandnoble.com/w/food-for-fifty-mary-k-molt/1126356181)
* Used previous editions of Food for Fifty books, [available on eBay](https://www.ebay.com/sch/i.html?_from=R40&_trksid=p2499334.m570.l1313&_nkw=food+for+fifty&_sacat=171243) and other sellers
* Available as hardcover, e-book, rental and purchase
* Purchase price for the 2018 edition is about $170.00.
* 900 pages, 600 pages of recipes from appetizers to vegetables

## Description

Food for Fifty is a **comprehensive resource for quantity recipes and technical food production information**. The book serves as a foundation for a food production system.

## Contents

Food for Fifty addresses the following topics:

Part I

1. Introduction to foodservice
2. Recipe development, construction, and adjustment (including how to scale family sized recipes to quantity size, how to increase and decrease recipe quantities)
3. Planning menus (generic for any kind of service, special events)

Part II

1. Food production resources (tables that explain the food item, serving portion, amount for 50 portions and miscellaneous information for the food item, listed alphabetically)

Part III

1. Food product information, including purchase and storage information
2. Quantity food production fundamentals and food quality evaluation
3. Food safety, knives, and small equipment

Part IV - Recipes

1. Appetizers
2. Beverages
3. Breads
4. Desserts
5. Eggs and cheese
6. Fish and shellfish
7. Meat
8. Poultry
9. Pasta, rice, cereals, and foods with grains, beans, pulses, and tofu
10. Salads and salad dressings
11. Sandwiches
12. Sauces, salsas, marinades, rubs and seasonings
13. Soups
14. Vegetables

Part V – Appendix

1. Suggested menu items
2. Resources for naming items, plating, garnishing
3. Common pricing methods
4. Basic formulas for calculating yields and purchasing food
5. Glossary of menu and cooking terms.

## Discussion

Food for Fifty has been a dependable quantity foodservice book for over 80 years. Recipes are easy-to-read with standardized procedures that allow for consistent results. All recipes have been repeatedly tested. The 14th edition adds 70 new recipes and variations not available in previous editions. Recommended recipe steps ensure food safety and adhere to hazard analysis critical control points (HACCP). Suggested variations for recipes increase the number of available recipes. Each recipe provides basic nutrition information (calories, carbohydrate, protein, fat, cholesterol, sodium, fiber and iron).

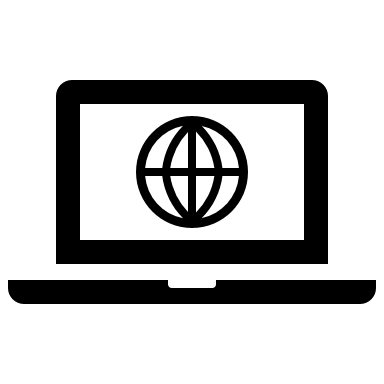
Food for Fifty includes information on basic federal dietary guidance, including the *Dietary Guidelines for Americans (DGAs).* Because the current edition is 2018, it does not address the DGAs for 2020-2025 which came out in 2020. However, the nutritional guidance continues to be sound.

Although the book does not contain recipes for indigenous or traditional foods, suggested production methods can be adapted for these foods. Registered dietitian nutritionists, diet technicians, registered, chefs, food service managers, and many experienced cooks will be able to adapt indigenous or traditional recipes and scale for quantity production using their knowledge of the native foods and the tables in this book. Because there are tables that help expand family sized recipes to quantities necessary for large groups, recipes traditional with different tribes may be adapted for the Title VI program.

Sources of indigenous recipes are available from multiple sources, but often these recipes are sized for family service rather than quantity service. Videos on the internet and from academia such as University of Minnesota [Celebrating Indigenous Women Chefs](https://www.hfhl.umn.edu/indigenouschefs) show indigenous women chefs preparing foods traditional to their own tribe. Print cookbooks from indigenous chefs, the United States Department of Agriculture, various tribes, and commodity groups provide recipes for traditional foods but sized for home production. Using the information in this book, registered dietitian nutritionists, diet technicians, registered, chefs, food service managers, and can adapt local recipes using the tables and suggestions in this book.

The use of this quantity foodservice book may add variation to the menus currently being used in the Title VI program.

# Considerations for Purchasing Foodservice Software

Foodservice software for Title VI programs may be classified as:

1. Nutrient analysis software
2. Foodservice production software
3. Program implementation software.

These software programs are often sold separately, may or may not communicate well with each other, vary significantly in ease of use, and price.

When determining whether to purchase computer software, you need to make sure you know why you want to buy it, how you will use it (for example, nutrient analysis to meet state requirements or how to better schedule deliveries), what functions you want it to have and who will be using it.

## Considerations

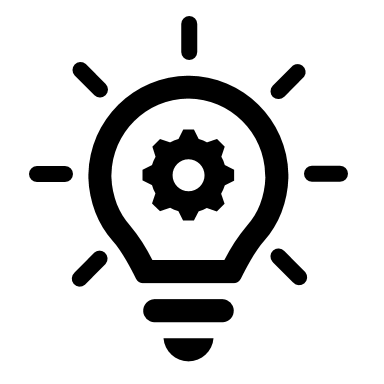
This section will discuss considerations in purchasing software and the next section will provide tables with the names of companies that sell the three different kinds of software. Before you decide on any purchase, contact the company, and talk with a representative, ask for a free trial and use of the software for at least one week or more to determine its acceptability. Some of the companies have telephone numbers, other companies simply have email addresses and so may not be as responsive. Some of the software listed is used in the United States or the United States and Canada or Europe or Europe and other countries. Some of the companies listed have state of the art nutrient analysis software designed for restaurant use (national chain restaurants), food company use for food labeling, healthcare use, gyms, personal trainers, or dietitians to use for individuals. I have excluded software for individual nutrition use only (by dietitians, fitness trainers, individuals) which may not be useful to Title VI programs unless people are doing individual nutrition counseling. Although I have tried to review different software for different uses, you need to do your own homework. Some of the software is very inexpensive and as a result may not provide very much, other software is expensive and may provide capabilities that you do not need.

This is a summary includes considerations for buying nutrient analysis software (this listing is adapted from an article in “Today’s Dietitian”, as well as comments from individuals who have used nutrient analysis software):

1. Price, can you negotiate a bulk discount if several tribes or villages come together to buy the same software? What is the yearly cost? Are there separate costs for updates or are updates included in the annual cost?
2. Licensing, how many computers can the software be loaded on
3. General information
4. Nutrient database, completeness
5. Foods in database, does it contain the foods commonly used in your recipes, can you request that foods be added to the database, especially traditional or indigenous foods
6. Identification of common allergens in the foods
7. Ability to input and modify recipes, scaling up or down,
8. Internet related features
9. Sorting foods by nutrient content
10. Query capabilities
11. Recipe management
12. Meal management, meal planning
13. Report features
14. Analysis features
15. Back up and restoration
16. Technical support, responsiveness to inquiries, responsiveness for support
17. Ease of use
18. Graphic presentations, customizable printouts,
19. Compatibility with other systems, devices, etc. used by the agency
20. References of people to call

A more detailed list of considerations is available at <http://www.nutribase.com/101.html>. This list of considerations is developed by NutriBase 20, a software manufacturer that provides a comparison chart of their product compared to others. I suggest that you read the longer article first before purchasing software, but also do your own independent assessment of your needs. Another web source of information is Sourceforge which provides information on software products including nutrition analysis software, <https://sourceforge.net/software/nutrition-analysis/>. You may want to talk with other Tribes, your state unit on aging, or your local area agency on aging about nutrient analysis software to determine their experience.

# From the Field: Inter-Tribal Council of Arizona’s Experience with Food Service Software



Nanette Taho, Nutrition Analyst/Program Coordinator at the Inter-Tribal Council of Arizona (ITCA), purchased Food for Fifty for all its nutrition sites. ITCA also developed training using this book to help local sites learn to use the book, especially the tables that help scale recipe servings up and down to ensure a good consistent product.

Ms. Taho also uses Nutritics nutrient analysis software to determine the nutrient analysis of the menus that are submitted for her approval, both for Title VI and for Title III. She believes that choosing software that is easy to use, has a responsive support team, and allows for customizable print outs is especially useful.

Nanette Taho may be reached at [Nanette.taho@itcaonline.com](mailto:Nanette.taho@itcaonline.com).

# Comparison of Nutrient Analysis Software

| **Software/ Company** | **Orientation** | **Nutrient Analysis** | **Recipe**  **Database, put recipes into database** | **Food Production &**  **Inventory Control Capabilities** | **Technical support** | **Other Features** | **Contact Information** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Computrition  US  [www.computrition.com/](http://www.computrition.com/)  A gray Computrition logo. | * Healthcare * Hospital * Foodservice | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available.  (Phone support) |  | Email: [info@computrition.com](mailto:info@computrition.com)  Phone: 800- 222-4488 |
| Food Processor Nutrition Analysis Software  (by esha Research)  <https://esha.com/products/food-processor/>  ESHA Research | * Nutritionists * Dietitians * Restaurants * Educational Facilities | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available. (Phone support) | * Extensive dietary analysis * Recipes * Menu analysis * Food labeling * Supplements * Free recipe & ingredient downloads | Email: [sales@esha.com](mailto:sales@esha.com)  Phone: 503-585-6242 |
| Mealsuite  <https://www.mealsuite.com>  MealSuite | * Healthcare * Dietitians * Senior living communities | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available.  (Phone support) |  | Phone: 800-383-1999 |
| Menusano  <https://www.menusano.com/>  MenuSano | * Food service * Restaurants * Hospitality * Labeling | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available.  (Online, email, chat support) | * Free trial * Recipe costing * Recipe development | Email: [sonia.couto@menusano.com](mailto:sonia.couto@menusano.com)  Phone: 866-640-2345 |
| Nutribase 20 Professional Software  <https://www.nutribase.com>  apred | * Healthcare * Food industry | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available.  (Online) | * Free demo | Email: [support@nutribase.com](mailto:support@nutribase.com)  Phone: 480-603-8359 |
| Nutritics  [www.nutritics.com/p/home](http://www.nutritics.com/p/home)  No photo description available. | * Dietitians * Healthcare * Individual | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available.  (Online, email) | * Costing * Food ordering * Menu management | Email: [sales@nutritics.com](mailto:sales@nutritics.com)  Phone: 650-278-4418 |
| NutritionistPro  [www.nutritionistpro.com](http://www.nutritionistpro.com)  Axxya Systems Nutritionist Pro | * Foodservice * Dietitians * Healthcare * Food labeling | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | * Video * Training * Some features * Yield * Recipe analysis * Cycle menus | Email: sales@axxya.com  Phone: 800-709-2799,  425-999-4350 |
| Nutrium  <https://nutrium.io/en> | * Dietitians * Healthcare * Private practice * Primarily individual appointments * Telehealth | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available. | * Free demo | Email: [info@nutrium.io](mailto:info@nutrium.io) |
| EGS Calcmenu,  Europe & Asia | * Restaurants * Healthcare * Nursing homes | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | Unknown | No U.S. or Canadian dealers | Email: [info@eg-software.com](mailto:info@eg-software.com) |

# Foodservice Management Software

| **Software/ Company** | **Orientation** | **Nutrient Analysis** | **Recipe**  **Database, put recipes into database** | **Food Production &**  **Inventory Control Capabilities** | **Technical support** | **Other Features** | **Contact Information** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Agilysys Eatec  <https://www.agilysys.com/en/solutions/by-products/inventory-procurement/eatec>  Agilysys Hospitality Solutions | * Hospitality * Management * Foodservice * Procurement * Inventory * Forecasting * Recipe management | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available.  (Phone) |  | Email: [sales@agilysys.com](mailto:sales@agilysys.com)  Phone: 800-327-7088 |
| Cbord Horizon Software  <https://www.cbord.com/industries/senior-living>  CBORD | * Healthcare * Hospitals * Residential Senior Living * K-12 | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available. |  | Contact form online at <https://www.cbord.com/contact-cbordsales> |
| Grove Menus  <https://www.grovemenus.com/> | * Assisted Living | Unknown | Unknown | Unknown | Unknown |  |  |
| Kitcat Software for Kitchens  <https://www.kitcat365.com/kitcat-software-for-meals-on-wheels/?lang=en>  Image | * Commercial kitchens * Retirement homes * European Meals on Wheels | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. |  | White Checkmark on Green background indicating that this feature is available. | * Input recipes * Recipe creation * Menu planning flexibility * Food supply and ordering storage, and accommodations for special diets | Email: [info@esopro.com](mailto:info@esopro.com)  Phone: 503-608-3601 |
| Parsley  <https://www.parsleysoftware.com>  Logo | * Chefs |  |  | White Checkmark on Green background indicating that this feature is available. | White Checkmark on Green background indicating that this feature is available. | * Recipe management * Inventory * Recipe scaling * Costing * Purchasing | Email: [service@parsleycooks.com](mailto:service@parsleycooks.com)  Phone: 415-858-0965 |

# Program Management Software

| **Software/ Company** | **Orientation** | **Functionality** | **Contact Information** |
| --- | --- | --- | --- |
| ServTracker  [www.accessiblesolutions.com/about-us](http://www.accessiblesolutions.com/about-us)  ServTracker - The one software solution for senior service agencies | * Congregate Meals * Home Delivered Meals * Home Care * Senior Centers * Adult Day Care * Managed Care | * Scheduling * Funding sources * Employee scheduling * Volunteers * Membership * Activity attendance * Reporting * Bar codes, touch screen, mobile apps | Email: [service@accessiblesolutions.com](mailto:service@accessiblesolutions.com)  Phone: 800-886-2818 |
| Stillwater Express Solutions  <http://www.stillwaterexpress.com/> | * Congregate Meals * Home Delivered Meals * Home Care * Adult Day Care * Transportation | * Scheduling * Routes * Kitchen orders * Volunteer | E-mail: [SESInfo@StillwaterExpress.com](mailto:SESInfo@StillwaterExpress.com) Phone: 800-595-8245 |