

**Instructions:**

**Start by saving this workbook with another name (save as...) for each set of calculations and keep this workbook as your master workbook.**

**PAGE 1. Food Basket Calculations** (used to calculate the amount of calories and protein per family or per "average" family)

1. Move to page 1 by clicking on the tab at the bottom of the page.
2. Fill in the project name/description, name/code, and contact information in the first three [teal-colored cells](#) near the top of the page.
3. Continue to fill in the [teal-colored cells](#) in sheet 1 "Food Basket Calculations" including:
  - a. Number in the family (or average family). If calculations are to determine a food basket for individuals, fill in the number "1"
  - b. Fill in info on adult family members for sex (Male = "M" or Female = "F"), activity level (Moderate = "M"; Heavy = "H"), and yes ("y") or no ("n") for pregnancy, lactation, and presence of symptomatic HIV infection
  - c. Move to children, fill in the the number of children in each age group and information on pregnancy, lactation, and symptomatic HIV infection.

The numbers in [green](#) are calculated and will provide an estimate of calorie and protein needs for each person entered. The total for the family is shown at the top of the page. The numbers and calculations on this page are used to calculate the food basket contents on page 2.

**PAGE 2. Commodity Calculations** (used to calculate the total food basket for the targeted population)

1. Move to page 2 by clicking on the tab at the bottom of the page.
2. Fill in the number of target beneficiaries, number of days per month that food is provided, and number of months in food distribution.
3. Fill in the number of grams per beneficiary or per family in the first two columns next to each commodity considered.
  - a. The green numbers in columns AI and AJ will estimate the number of metric tons needed per month and the total metric tons for the order.
  - b. The costs for each commodity ordered are shown in column AL and totaled in AL43.
  - c. Total costs/calorie and cost/gram of protein care calculated in AM43 and AN43.

Note that the prices shown are based on USAID PL 480 Title II Commodity Price Estimates in September 2003 (FY 2004)

You can update the prices per metric ton as needed to get a better picture of the costs for the products
  - d. The total estimated cost for the order is shown in cell AL43.
  - e. The total basket provides the % of calorie needs shown in D47 and the % of minimum or total protein needs shown in E47 and F47.

**PAGE 3. Nutrient Calculations**(used to calculate the % of the estimated nutrient requirements that will be delivered to each beneficiary)

1. Move to page 3 by clicking on the tab at the bottom of the page.
2. No data entry is required on this page. The previous pages will generate the numbers you see on this page to show the percentage of the food basket that each beneficiary will receive and the percentage of requirements for several selected micronutrients compared to the recommendations made in: WHO. Measuring Change in Nutritional Status. Guidelines for Assessing the Nutritional Impact of Supplementary Feeding Programmes for Vulnerable Groups. World Health Organization, 1983.
3. Please note that the percentages shown for small children may appear to be high. However, it is more likely that only certain items in the food basket

**Daily Energy and Protein Requirements for Adults and Children**

Project name:   
 Family code :   
 Contact:

<b>Totals:</b>	Total number in family:	0
	Total family calorie needs:	0.0
	Total family protein needs:	0.0

**Instructions:** Fill in the information in the light-teal boxes for both adults and children in the household. Totals for the family will appear above.

Adults in Household:	Gender (G)	Activity Level (AL)	Base Calories	Pregnant	Preg Calories	Lactating	Lactating	HIV-infected	Minimum Calories	Minimum Protein (no HIV infection)	Total Protein
	G=M/F	AL=M/H		y/n		y/n		y/n			
<i>Example:</i>	<b>f</b>	<b>m</b>	<b>2170.0</b>	<b>y</b>	<b>2455.0</b>	<b>y</b>	<b>2955.0</b>	<b>y</b>	<b>3250.5</b>	<b>68.0</b>	<b>136</b>
1			0.0		0.0		0.0		0.0	0.0	0
2			0.0		0.0		0.0		0.0	0.0	0
3			0.0		0.0		0.0		0.0	0.0	0
4			0.0		0.0		0.0		0.0	0.0	0
5			0.0		0.0		0.0		0.0	0.0	0
6			0.0		0.0		0.0		0.0	0.0	0
7			0.0		0.0		0.0		0.0	0.0	0
8			0.0		0.0		0.0		0.0	0.0	0
9			0.0		0.0		0.0		0.0	0.0	0
10			0.0		0.0		0.0		0.0	0.0	0
									<b>Min Calories</b>	<b>Min Protein</b>	<b>Total Protein</b>
								<b>Adult Totals:</b>	0.0	0.0	0.0

Children-Household	Number	Calories/ child	Protein/ child	Base Calories	Base Pro	Preg- nancy y/n	Preg Cals	Preg Protein	Lactating y/n	Lactating Cals	Lactating Protein	HIV- infected y/n	Total Calories	Total Protein
<i>Example:</i>														
<b>Girl 16-18 years old</b>	<b>1</b>	<b>2150</b>	<b>66</b>	<b>2150</b>	<b>66</b>	<b>y</b>	<b>2435</b>	<b>73</b>	<b>y</b>	<b>2935</b>	<b>86</b>	<b>y</b>	<b>3228.5</b>	<b>132</b>
0-2 months old		404	8.8	0	0	x	0	0	x	0	0		0	0
3-5 months old		550	8.8	0	0	x	0	0	x	0	0		0	0
6-8 months old		682	10	0	0	x	0	0	x	0	0		0	0
9-11 months old		830	12	0	0	x	0	0	x	0	0		0	0
1-3 years old		1250	23	0	0	x	0	0	x	0	0		0	0
3-5 years old		1500	26	0	0	x	0	0	x	0	0		0	0
5-7 years old		1710	30	0	0	x	0	0	x	0	0		0	0
7-10 years old		1880	38	0	0	x	0	0	x	0	0		0	0
Boys:														
10-12 years old		2170	50	0	0	x	0	0	x	0	0		0	0
12-14 years old		2360	64	0	0	x	0	0	x	0	0		0	0
14-16 years old		2620	75	0	0	x	0	0	x	0	0		0	0
16-18 years old		2820	84	0	0	x	0	0	x	0	0		0	0
Girls:														
10-12 years old		1925	52	0	0		0	0		0	0		0	0
12-14 years old		2040	62	0	0		0	0		0	0		0	0
14-16 years old		2135	69	0	0		0	0		0	0		0	0
16-18 years old		2150	66	0	0		0	0		0	0		0	0
												<u>Calories</u>	<u>Protein</u>	
<b>Children:</b>												<b>Total calories and protein needs:</b>	<b>0</b>	<b>0</b>