

SCHOOL NUTRITION REGULATIONS:

Where Are They Headed?



Photo courtesy of Provo School District

NSLP BACKGROUND

National School Lunch Program History

- Federal Program
 - Est. 1946
 - National Security: men drafted for WWII were too malnourished
 - National School Lunch Act (NSLA)



President Truman signing the NSLA in 1946

- Provides low-cost or free meals
- Annual income for family of 4
 - \$31,005 or less = Free
 - \$31,005.01 - \$44,123 = Reduced-Price
 - \$44,123+ = Full-Price

Reimbursement

- Federal Reimbursement for reimbursable meals

FREE	REDUCED	FULL PAY
\$2.93	\$2.53	\$0.28

Reimbursement Rates shown are for the continental US in school year 2013-2014

- USDA Foods (commodities)
- State Reimbursement

HEALTHY, HUNGER FREE KIDS ACT

Old Regulations

Food Based (grades 4-12)	Nutrient Standard (grades 7-12)
Fruit/Vegetable	Entree
Fruit/Vegetable	Side(s)
Grain	Fluid Milk
Meat/Meat Alternate	
Fluid Milk	
Take 3 components	Take entrée + 1 or 2 side(s)/milk
Calories: ≥ 785	Calories: ≥ 825
Total Fat: ≤ 30%	Total Fat: ≤ 30%
Saturated Fat: < 10%	Saturated Fat: < 10%
Vitamins/Minerals	Vitamins/Minerals



MEAL PATTERN REQUIREMENTS

New Meal Pattern Requirements

- 5 Components every day
 - Fruit
 - Vegetable
 - Grain
 - Meat/Meat Alternate
 - Milk
- Specific calorie, fat and sodium amounts during the week

New Meal Pattern

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food ^b Per Week (Minimum Per Day)						
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3½ (¾)	3½ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	½	½	1½
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^f	0	0	0	½	½	½
Additional Veg to Reach Total ^b	0	0	0	1	1	1½
Grains (oz eq) ^g	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8 (1)	9 (1)	10 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{o,p}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{q,r}	≤ 430	≤ 470	≤ 500	≤ 1,230	≤ 1,360	≤ 1,420
Trans fat ^s	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Fruit

- Must be offered daily
- Can be fresh, frozen, canned, dried, 100% fruit juice
- Grades 6-8: ½ cup per day
- Grades 9-12: 1 cup per day

Vegetable

- Must be offered daily
- Can be fresh, frozen, canned, dried, 100% veg juice
- Grades 6-8: ¾ cup per day
- Grades 9-12: 1 cup per day
- Subgroups each week

Vegetable Subgroups

Dark Green	Red/Orange	Beans/Peas (Legumes)	Starchy	Other
<ul style="list-style-type: none"> • Beet greens • Bok choy • Broccoli • Collard greens • Dark green leafy lettuce • Endive • Escarole • Kale • Mesclun • Mustard greens • Romaine lettuce • Spinach • Swiss chard • Turnip greens • Watercress 	<ul style="list-style-type: none"> • Acorn squash • Butternut squash • Carrots • Hubbard squash • Pumpkin • Red peppers • Sweet potatoes • Tomatoes • Tomato juice 	<ul style="list-style-type: none"> • Black beans • Black-eyed peas (mature, dry) • Garbanzo bean (chickpeas) • Great Northern beans • Kidney beans • Lentils • Lima beans, mature • Navy beans • Pink beans • Pinto beans • Red beans • Soy beans, mature • Split peas • White beans 	<ul style="list-style-type: none"> • Cassava • Corn • Fresh cowpeas (not dry) • Field peas (not dry) • Black-eyed peas (not dry) • Green bananas • Green peas • Green lima beans • Plantains • Potatoes • Taro • Water chestnuts • White potatoes 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Avocado • Bean sprouts • Beets • Brussels sprouts • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green beans • Green peppers • Iceberg lettuce • Mushrooms • Okra • Onions • Parsnips • Turnips • Wax beans • Zucchini

This is not an all-inclusive list.

Grains



- Must be offered daily
 - Can include up to 2 oz eq of grain-based desserts per week
- ALL grains offered must be *whole grain rich*
- Grades 6-8: 1 oz eq / day; 8 oz eq / week
- Grades 9-12: 2 oz eq / day; 10 oz eq / week

Meat/Meat Alternate

- Must be offered daily
 - Meat, cheese, yogurt, nuts/nut butters, beans
- Grades 6-8: 1 oz eq / day; 9 oz eq / week
- Grades 9-12: 2 oz eq / day; 10 oz eq / week



Fluid Milk

- Must be offered daily
- Must offer 2 choices
 - Unflavored: skim/non-fat or 1%/low-fat
 - Flavored: must be skim/non-fat
- Grades 6-8: 1 cup per day
- Grades 9-12: 1 cup per day



Calories

- Daily average over a school week
- Grades 6-8: 600-700 calories
- Grades 9-12: 750-850 calories




Photo courtesy of Provo School District

Saturated and Trans Fat

- Saturated Fat
- Daily average over a school week
 - All grades: < 10% calories
- Trans Fat
- All grades: 0 grams per serving

Sodium



- Daily average over a school week
- Grades 6-8: ≤ 1,230 mg
- Grades 9-12: ≤ 1,420 mg
- Gradually decreasing until 2022

Sodium Targets

Sodium reduction: Timeline & amount		
Target 1: July 1, 2014 (SY 2014–2015) (mg)	Target 2: July 1, 2017 (SY 2017–2018) (mg)	Final Target: July 1, 2022 (SY 2022–2023) (mg)
K-5 ≤ 1,230	≤ 935	≤ 640
6-8 ≤ 1,360	≤ 1,035	≤ 710
9-12 ≤ 1,420	≤ 1,080	≤ 740

New Regulations

Food Based (gr 4-12)	Nutrient Standard (gr 7-12)	New Regulations (gr 9-12)
Fruit/Vegetable	Entree	Fruit
Fruit/Vegetable	Side(s)	Vegetable
Grain	Fluid Milk	Grain
Meat/Meat Alternate		Meat/Meat Alternate
Fluid Milk		Fluid Milk
Take 3 components	Take entrée + 1 or 2	Take fruit/veg + 2 others
Calories: ≥ 785	Calories: ≥ 825	Calories: 750-850
Total Fat: ≤ 30%	Total Fat: ≤ 30%	Trans fat: 0 g per serving
Saturated Fat: < 10%	Saturated Fat: < 10%	Saturated Fat: < 10%
Vitamins/Minerals	Vitamins/Minerals	Sodium: ≤ 1420 mg

REIMBURSABLE MEALS

Reimbursable Meal as Planned

Food Component Requirements

- Daily Minimums
 - Fruit
 - Vegetable
 - Grain
 - Meat/Meat Alternate
 - Milk
- Weekly Minimums
 - Vegetable Subgroups
 - Grain
 - Meat/Meat Alternate

Nutrient Requirements for the week

- Calories – must fall within the range
- Saturated fat – must be less than 10% total calories
- Sodium – must be less than the maximum

Reimbursable Meal as Selected

- Offer vs. Serve (OVS)
 - Students may refuse up to 2 components
 - Optional for grade groups K-5 and 6-8
 - Required for grade group 9-12
- ½ cup fruit and/or vegetable **REQUIRED**




Photo courtesy of Provo School District

- If a school does not use OVS, students must take all 5 food components for the meal to be reimbursable.


GET INVOLVED

What You Can Do

- Educate Students
 - Menu Pattern Requirements
 - Financial Outcomes
 - Contact your school district child nutrition director



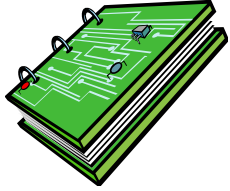
What You Can Do



- Taste Panels
 - Constructive feedback for menu planners
 - Suggestions based on informed opinions

What You Can Do

- Wellness Policies
 - Do you and your students know what it says?
 - Can it be better implemented?



What You Can Do

- Participate!
 - National School Lunch Week
 - October 13-14, 2014
 - National School Breakfast Week
 - March 2-6, 2015
 - National Nutrition Month
 - March 2015
 - School sponsored events and activities




Great Examples

- Dayle Hayes, MS, RD
 - School Meals that Rock: Helping school nutrition programs serve kids well
 - Blog: <http://schoolmealsthatrock.org/>
 - Facebook: <https://www.facebook.com/SchoolMealsThatRock>
 - Pinterest: <http://www.pinterest.com/schoolmealsthatrock/>
 - Twitter: <https://twitter.com/SchoolMealsRock>

Great Examples

- Provo School District
 - Facebook: <https://www.facebook.com/ITSMealsProvo>
- Davis School District
 - Facebook: <https://www.facebook.com/ITSMealsProvo>
- Jordan School District
 - Webpage: <http://auxiliaryservices.jordandistrict.org/nutritionservices/>

QUESTIONS?



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	Breakfast Meal Pattern			Lunch Meal Pattern		
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Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	¾ (¾)	¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8 (1)	9 (1)	10 (2)
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Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 1,230	≤ 1,360	≤ 1,420
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

Please note: the requirements for grains, meat/meat alternate, and sodium were manually updated to reflect changes in the Meal Pattern Requirements that occurred since this document was first published.