

School Meals are Changing

USDA has updated nutrition standards for school meals. The new guidelines draw on the latest nutrition science and take into account the health risks facing children today, including the childhood obesity epidemic and related illnesses such as hypertension and diabetes. They include:

- Increasing the amount of fruits and vegetables.
- Reducing sodium in meals over the next 10 years.
- Setting calorie maximums for the first time.
- Serving only 1% milk or fat-free (fat-free flavored).
- Increasing whole grains substantially.
- Minimizing/eliminating trans fat.
- 6 cents reimbursement increase

Build a Healthy Lunch



Talk with your School Food Service Director

Find out how the school food leaders in your district are responding to the new guidelines. How do they approach putting the standards into practice? What challenges do they anticipate? Knowing that the school community is following the issue and is supportive of the health-promoting changes can make a big difference in implementation.

Promote a Healthy School Environment

The food in the cafeteria is only one piece of the larger puzzle of a healthy school food environment. Teachers can incorporate health and wellness into classroom activities, principals need to implement strategies to incorporate wellness throughout the day, school nurses need to promote prevention and wellness in their practices, and parents need to stay engaged with supporting healthy behaviors. EVERYONE has a role!

Promote the HealthierUS School Challenge

The new nutrition standards set the minimum requirements for school nutrition; many school districts (both large and small) do and will continue to exceed the standards. The HealthierUS School Challenge, a voluntary USDA program, will recognize for wellness excellence!

Stay Tuned! - Standards for Snacks and Vending

Foods sold outside the school meal program in vending machines, fundraisers or school stores will soon have federal standards. In Iowa, the Healthy Kids Act has moved schools forward in making changes with a la carte and vending but more federal changes will be coming.

For more information visit:

www.tinyurl.com/schoolnutritionstandards2012

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Comparison of Current and New Regulatory Requirements under Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” Jan. 2012

National School Lunch Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables <u>plus</u> ½ -1 cup of fruit per day Note: Students are allowed to select ½ cup fruit or vegetable under OVS.
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)