

Proposed Rule to Update School Lunches and Breakfasts

Heather Hopwood, MPH
USDA Food & Nutrition Service
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Law Requirements

- Sec. 9 - National School Lunch Act
 - Meals must reflect the Dietary Guidelines
- Sec. 201 - Healthy, Hunger-Free Kids Act of 2010
 - Regulations based on recommendations from the Institute of Medicine (IOM)



IOM Report

- ***School Meals: Building Blocks for Healthy Children***
- Released October 2009
- Provides rationale for proposed changes
- Report and appendices available at:
 - http://books.nap.edu/openbook.php?record_id=12751



Proposed Rule

- Title: ***Nutrition Standards in the National School Lunch and School Breakfast Programs (76 FR 2494)***
- Published: Jan. 13, 2011
- Comment period: Jan. 13 to April 13, 2011
- Comment coding and analysis: April to July 2011



Focus: Nutrient-Dense Meals

- Proposed meal patterns targets 24 nutrients
- Improve levels of protein; vitamins A, C, riboflavin, B6, and B12; magnesium; zinc; calcium; phosphorus; potassium; fiber
- Consuming nutrient dense foods is a recurrent recommendation in the Dietary Guidelines



	Proposed Breakfast Meal Pattern*			Proposed Lunch Meal Pattern*		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0	0	0	0.5	0.5	0.5
Orange	0	0	0	0.5	0.5	0.5
Legumes	0	0	0	0.5	0.5	0.5
Starchy	0	0	0	1	1	1
Other	0	0	0	1.25	1.25	2.5
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	9-10 (1)	12-13 (2)
Meats/Meat Alternates (oz eq)	5 (1)	5 (1)	7-10 (1)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	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)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
<i>Trans fat</i>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans fat</i> per serving.					

*see footnotes in proposed rule (76 CFR 2498)



Menu Planning Changes

- One food-based menu planning approach
- Same age/grade groups for NSLP/SBP:
 - K-5
 - 6-8
 - 9-12



Fruits

- Fruits/vegetables separated into 2 components
- Fruits: A daily serving at breakfast and lunch
 - Fresh, frozen, canned allowed
 - No more than $\frac{1}{2}$ of fruit offerings may be in the form of juice
 - 100% juice only
 - $\frac{1}{4}$ cup of dried fruit = $\frac{1}{2}$ cup of fruit
 - At breakfast, non-starchy vegetables may be offered in place of fruits



Vegetables

- A daily serving at lunch that reflects variety over the week
- Vegetable subgroups weekly requirement:
 - ½ cup each
 - dark green vegetables (e.g., broccoli, collard greens, spinach)
 - orange vegetables (e.g., carrots, sweet potatoes, winter squash)
 - legumes (e.g., kidney beans, lentils, chickpeas)
 - 1 cup maximum starchy vegetables (e.g., corn, green peas, white potatoes, lima beans)
 - 1 ¼ -2 ½ cups other vegetables (e.g., tomatoes, onions, green beans)



Whole Grains

- At least $\frac{1}{2}$ of grains offered during week must be whole grain-rich.
- 2 years post implementation, all grains offered must be whole grain-rich.
- “Whole grain-rich” foods may contain less than 100 percent whole grains but contain at least 51 percent whole grains.



Criterion for Whole Grain-Rich Foods

- Element #1:
Meet the serving size requirements in the Grains/Breads Instruction, and
- Element #2
Meet at least one of the following:
 - Whole grains per serving must be ≥ 8 grams
 - Product includes FDA's whole grain health claim on its packaging
 - Product ingredient listing lists whole grain first (HUSSC criteria)



Milk

- Fluid milk:
 - fat-free (unflavored or flavored)
 - low-fat (unflavored)
 - At least two choices within these types



Daily Minimums

- All components in the lunch and breakfast meal patterns must be offered daily
 - 1/5 of the weekly requirement for fruits, total vegetables, and milk
 - At least 1 oz equivalent of grains*
 - At least 1 oz equivalent of meat/meat alternate*

*2 oz eq for grades 9-12



Offer Versus Serve

- For a reimbursable meal:
 - A student would have to select the fruit component or the vegetable component
 - A student would be able to decline:
 - 2 food components at lunch
 - 1 food component at breakfast
 - Same as current OVS in food-based menu planning



Four Dietary Specifications

- Sodium, calories, and saturated fat
- Products and ingredients used to prepare daily meal must contain zero grams of trans fat per serving



Proposed Sodium Reduction: Timeline & Amount

Age/Grade Group	<u>Baseline:</u> Current Average Sodium Levels As Offered (mg)	Target 1: 2 years from implementation of final rule (mg)	Target 2: 4 years from implementation of final rule (mg)	<u>Final Target:</u> 10 years from implementation of final rule (mg)
School Breakfast Program				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
School Lunch Program				
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740



Sodium Reduction

- Intermediate targets would help schools reach final targets
- Procurement specifications and recipes would have to be modified
- Technical assistance and training resources will be available
- USDA Foods reducing sodium in foods available to schools



Calorie Ranges

- Minimum and maximum calorie (kcal) levels

GRADES	LUNCH (kcal)	BREAKFAST (kcal)
K-5	550-650	350-500
6-8	600-700	400-550
9-12	750-850	450-600



Saturated Fat

- Limit saturated fat
 - Less than 10 percent of total calories
 - Same as current regulatory standard



Trans Fat

- New trans fat restriction:
 - Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving
 - less than 0.5 gram per serving
 - Naturally-occurring trans fat excluded



Miscellaneous Proposed Changes

- Identify content of reimbursable lunch and breakfast
- 100% snack-type fruits or vegetables not allowed
 - e.g., fruit strips and fruit drops
- Tomato paste and puree credited based on volume served
- Formulated Grain-Fruit Products not allowed



Proposed Monitoring Changes

- State agencies would monitor compliance with meal pattern and 4 dietary specifications
 - Nutrient analysis as part of CRE
 - SMI review discontinued
- CRE would monitor lunches and breakfasts every 3 years
 - Sec. 207 of the Healthy, Hunger-Free Kids Act of 2010
- CRE would review records for a 2-week meal period



Compliance Enforcement

- Focus: Technical assistance and corrective action
- Immediate fiscal action if a food component is missing (as currently done)



Compliance Enforcement

- Fiscal action also required when technical assistance and corrective action have not resolved repeat violations of:
 - Vegetable subgroup requirement
 - Milk type requirement



Compliance Enforcement

- Discretion to take fiscal action when technical assistance and corrective action have not resolved repeat violations of:
 - Calorie, saturated fat, sodium, and trans fat specifications
 - Whole grains requirement
 - Food quantity requirements



Implementation

- Projected date: SY 2012-2013
- Many schools have been working toward the new requirements
 - Whole-grain foods
 - Dark green and orange vegetables
 - Dry beans and peas
 - Low-fat and fat-free milk and milk products



Implementation Assistance

- USDA will:
 - Work with National Food Service Management Institute to offer training
 - Update menu planning resources and issue guidance and technical assistance
 - Offer other support through Team Nutrition and Regional Offices



USDA's Next Steps

- Consider the suggestions offered by stakeholders
- Develop interim/final rule
- Revise technical assistance materials
- Work with State Agencies to facilitate training and implementation



Actions Schools Can Take Now

- Increase the minimum amounts required for fruits and vegetables and offer the vegetable subgroups.
- Offer more whole grain food items so that students will begin developing a taste for whole grain rich foods.
- Limit milk choices to low-fat and fat-free milk.
- Restrict sodium by modifying product selection and recipes.
- Restrict trans fat by requiring zero grams of *trans* fat per serving based on the nutrition label.



Not Yet...

- The amount of Meat/Meat Alternate for grades 4-8 is less than the current requirement.
- Proposed minimum calorie levels are lower than the current minimum standards.
- Proposed total fat range of 25-35% exceeds the current regulatory maximum of 30%.



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