USDA FOODS

More Choices For You. More Options for Them.

A USDA Foods Guide for
Child Nutrition Professionals

USDA
United States Department of Agriculture
Food and Nutrition Service

USDA FOODS
HEALTHY CHOICES
AMERICAN GROWN

Agenda

- USDA Foods and School Nutrition
- The Benefits of Using USDA Foods
- The USDA Foods Communications Initiative
- Ways to take action

USDA Foods
and
School Nutrition

USDA Foods and School Nutrition

The USDA Foods program supports Federal nutrition assistance programs, including the National School Lunch Program (NSLP).

The NSLP serves over 32 million children each day.

USDA Foods and School Nutrition

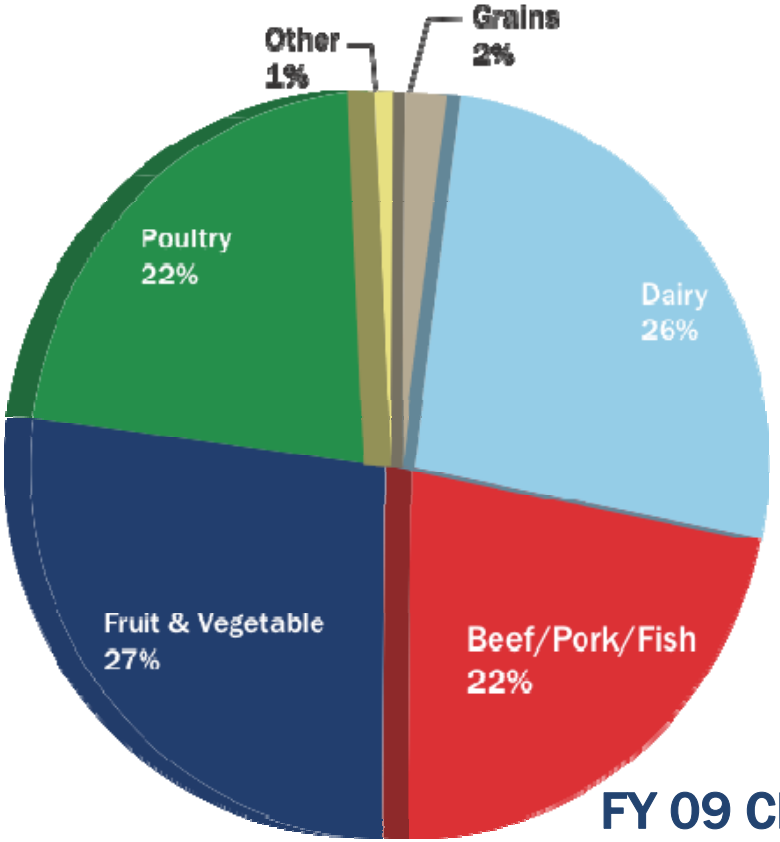
USDA Foods provide approximately 15-20% of the food offered in each school lunch.

The Benefits of Using USDA Foods

Choice and Convenience

- More than 180 nutritious food items are available – fresh, frozen, packaged, canned, dried, and bulk.
- Convenient products to meet your menu planning needs, student taste preferences, school nutrition goals, and local wellness initiatives.
- Many USDA Foods are available for further processing.

Choice: USDA Purchases by Food Type



FY 09 Child Nutrition Programs
(includes entitlement and bonus)

Healthy Basics

USDA's 100% American Grown Foods:

- Help schools meet meal pattern requirements
- Support the *Dietary Guidelines for Americans*

“Over the years, they [USDA Foods] have become increasingly more nutritious. Improved quality and appeal has lead to greater use of these products by schools.”

–Alliance for a Healthier Generation

Wholesome Offerings

More Fruits and Vegetables

- Fresh produce
- Dried fruits and nuts
- Canned fruits and vegetables
- Frozen fruits and vegetables

More Whole Grains

- Whole-grain tortillas
- Whole-grain pancakes
- Whole-grain macaroni
- Whole-grain spaghetti
- Whole-grain rotini
- Oats
- Brown rice
- Quick-cook brown rice
- Dry kernel corn for further processing

Improved Nutritional Quality

Reducing Added Sugars

- Unsweetened applesauce
- Only extra light sucrose syrup for canned fruits

Reducing Sodium

- Lower sodium processed cheese
- Low sodium canned vegetables
- No salt added canned corn and tomatoes
- No salt added frozen vegetables
- Reduced sodium chicken fajita strips
- Reduced sodium turkey taco filling
- Researching lower sodium meat products

Improved Nutritional Quality

Lower in Fat

- Trans fat-free frozen potatoes
- Fat-free potato wedge
- Eliminated shortening
- Low-fat bakery mix
- Reduced-fat cheese products

Leaner Meats

- 96-97% lean ham
- 95% lean turkey ham
- 95% lean beef patties
- Bone-in roasted chicken with half the fat of battered chicken

Stretch Lunch Budgets

	Whole-Grain Tortillas	Tomato Sauce *USDA's is low sodium	Frozen Green Beans
Commercial Cost	$23.10 (144ct)	$17.70	$15.35 (20# case)
USDA Foods Cost	$16.00 (288ct)	$15.46	$12.10 (30# case)

A 2011 USDA survey found that the majority of CNPs surveyed agree that USDA Foods help stretch tight budgets and offers one way to stretch limited meal budgets for the 94% of schools participating in the NSLP.

Stretch Lunch Budgets

Recent Bonus Offerings:

- Blueberries
- Fruit Mix
- Peaches
- Pears
- Potatoes

The USDA Foods Communications Initiative

The USDA Foods Communications Initiative

- Despite the many improvements, there are still misperceptions about USDA Foods and the NSLP.
- USDA is taking action to educate the public about USDA Foods and the NSLP and replace fiction with fact.

Understanding the Realities of USDA Foods Helps Promote School Lunch

Fiction		Fact
USDA Foods are low quality, unhealthy, and don't meet food industry standards.	→	USDA Foods are healthy and safe, and in some cases surpass industry standards.
The NSLP benefits only low-income students.	→	All students benefit by participating in the NSLP.
Choices of USDA Foods are limited.	→	USDA Foods offer a wide variety of nutritious and tasty foods that inspire healthy, innovative recipes and menu planning.

Take Action!

Let USDA Foods Help You!

School Lunch Menu

Monday: Roasted USDA Chicken

Tuesday: Stir-fry with USDA brown rice

Wednesday: Roll-ups with USDA whole-grain tortillas

Thursday: USDA whole-grain pasta and vegetables

Friday: USDA whole-grain rotini topped with USDA's low-sodium tomato sauce with a side of USDA carrots

Spread the Word!

HIGHLIGHT
USDA FOODS ON SCHOOL MENUS

CONDUCT
TASTE TESTS WITH USDA FOODS

ENCOURAGE
MORE STUDENTS TO PARTICIPATE IN THE NSLP

SUPPORT
NUTRITION EDUCATION IN SCHOOL

PROMOTE
SCHOOL LUNCH FOR STUDENTS

Contact us to learn more and encourage others to do the same!

www.fns.usda.gov/USDAFoods