

# New Meal Pattern Requirements and Nutrition Standards

USDA's National School Lunch  
and School Breakfast Programs

# Agenda

- Welcome
- Training Overview
- New Meal Pattern
  - Meal Components
  - Dietary Specifications
- Timelines for Implementation
- Key Issues and Questions
- Offer versus Serve
- Food Service Management Companies
- Program Monitoring
- Resources and Sharing Session
- USDA Foods
- Child Nutrition (CN) Labeling Program
- HealthierUS School Challenge (HUSSC)

# Activities

- Case Study
  - Applying main points of today's training
- Top 10
  - What must be implemented by July 1, 2012

# **OVERVIEW OF REQUIREMENTS**

# Age/Grade Groups

- Same age/grade groups for NSLP and SBP
  - K-5
  - 6-8
  - 9-12
- In SBP, change takes effect in SY 2013-2014 to ease burden on program operators

# Menu Planning Approach Changes

- Food-Based Menu Planning approach for all age/grade groups
  - NSLP operators must use FBMP beginning with SY 2012-2013
  - SBP operators must use FBMP beginning with SY 2013-2014

# **LUNCH REQUIREMENTS**

# Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternate
- Milk



# Lunch Meal Pattern

Meal Pattern	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food <sup>a</sup> Per Week (Minimum Per Day)		
Fruits (cups) <sup>b</sup>	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) <sup>b</sup>	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>c</sup>	0.5	0.5	0.5
Red/Orange <sup>c</sup>	0.75	0.75	1.25
Beans and peas (legumes) <sup>c</sup>	0.5	0.5	0.5
Starchy <sup>c</sup>	0.5	0.5	0.5
Other <sup>c,d</sup>	0.5	0.5	0.75
Additional Veg to Reach Total <sup>e</sup>	1	1	1.5
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>g</sup>	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min-max calories (kcal) <sup>h</sup>	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>h</sup>	< 10	< 10	< 10
Sodium (mg) <sup>h,i</sup>	≤ 640	≤ 710	≤ 740
Trans fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

# Fruits (Lunch)

<b>Lunch Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>		
<b>Fruits (cups)</b>	<b>2.5 (0.5)</b>	<b>2.5 (0.5)</b>	<b>5 (1)</b>

# Fruits (Lunch)

- Fruits/vegetables separated into two components
- A daily serving at lunch
- May select from fresh, frozen without added sugar, canned in juice/light syrup, or dried fruit options
  - No more than half the offerings may be in the form of juice
  - 100% juice only
  - $\frac{1}{4}$  cup dried fruit =  $\frac{1}{2}$  cup fruit
  - Refer to Food Buying Guide for crediting

# Vegetables (Lunch)

	<b>Lunch Meal Pattern</b>		
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Vegetables (cups)</b>	3.75 (0.75)	3.75 (0.75)	5 (1)
• <b>Dark green</b>	0.5	0.5	0.5
• <b>Red/Orange</b>	0.75	0.75	1.25
• <b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
• <b>Starchy</b>	0.5	0.5	0.5
• <b>Other</b>	0.5	0.5	0.75
<b>Additional Veg to Reach Total</b>	1	1	1.5

# Vegetables (Lunch)

- Daily serving that reflects variety over the week
- Vegetable subgroup weekly requirements for
  - Dark Green (e.g., broccoli, collard greens, spinach)
  - Red/Orange (e.g., carrots, sweet potatoes)
  - Beans/Peas (Legumes) (e.g., kidney beans, lentils)
  - Starchy (e.g., corn, green peas, white potatoes)
  - Other (e.g., onions, green beans, cucumbers)
  - Additional vegetables to meet 5 cup weekly total

# Vegetables (Lunch)

- Various preparation methods available
  - Fresh, frozen, and canned products
  - USDA Foods offers variety of no salt added or lower sodium products
- Changes in crediting of leafy greens
- Foods from the beans/peas (legumes) subgroup may be credited as a vegetable OR a meat alternate

# Grains (Lunch)

<b>Lunch Meal Pattern</b>			
	<b>GradesK-5</b>	<b>Grades6-8</b>	<b>Grades9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>		
<b>Grains (oz eq)</b>	8-9 (1)	8-10 (1)	10-12 (2)

# Grains (Lunch)

- Schools must offer the daily and weekly serving ranges of grains
  - Maximums and minimums
- Initially, at least  $\frac{1}{2}$  of grains offered during the week must be whole grain-rich
- Beginning in SY 2014-15, all grains offered must be whole grain-rich
  - “Whole grain-rich” foods must contain at least 50 percent whole grains



# Grains (Lunch)

- Grain-Based Desserts
  - Only two creditable grain-based desserts allowed at lunch per school week
  - Major source of solid fats and added sugars, per DGA 2010

# Criteria for Whole Grain-Rich Foods

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

# Meats/Meat Alternates (Lunch)

<b>Lunch Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Meats/Meat Alternates (oz eq)</b>	8-10 (1)	9-10 (1)	10-12 (2)

# Meats/Meat Alternates (Lunch)

- Daily and weekly requirements for lunch only
  - 2 oz eq. daily for students in grades 9-12
  - 1 oz eq. daily for younger students
- A variety of meat/meat alternates is encouraged
- Tofu and soy yogurt will be allowable as meat alternate
- See memo SP-16-2012, Crediting Tofu and Soy Yogurt Products

# Milk (Lunch)

<b>Lunch Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Fluid milk (cups) <sup>1</sup></b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>

# Milk (Lunch)

- Allowable milk options
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Milk provisions also apply to children ages 3-4

# **BREAKFAST REQUIREMENTS**

# Breakfast Meal Components

- Fruits
- Grains
- Milk



# Breakfast Meal Pattern

Meal Pattern	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food <sup>a</sup> Per Week (Minimum Per Day)		
Fruits (cups) <sup>b</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>
Vegetables (cups) <sup>b</sup>	0	0	0
Dark green <sup>c</sup>	0	0	0
Red/Orange <sup>c</sup>	0	0	0
Beans and peas (legumes) <sup>c</sup>	0	0	0
Starchy <sup>c</sup>	0	0	0
Other <sup>c,d</sup>	0	0	0
Additional Veg to Reach Total <sup>e</sup>	0	0	0
Grains (oz eq) <sup>f</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>
Fluid milk (cups) <sup>g</sup>	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min-max calories (kcal) <sup>h</sup>	350-500	400-550	450-600
Saturated fat (% of total calories) <sup>h</sup>	< 10	< 10	< 10
Sodium (mg) <sup>h,i</sup>	≤ 430	≤ 470	≤ 500
Trans fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

# Fruits (Breakfast)

<b>Breakfast Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Fruits (cups)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>

# Fruits (Breakfast)

- Fruits is a single component
- A daily serving must be offered at breakfast
  - At breakfast only, vegetables may be offered in place of fruits

# Grains (Breakfast)

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)

# Grains (Breakfast)

- Offer the daily and weekly serving ranges of grains at breakfast
  - Phased-in implementation of whole grain-rich
- Schools may substitute meat/meat alternate for grains once daily grains minimum is met

# Milk (Breakfast)

<b>Breakfast Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Fluid milk (cups)</b>	5 (1)	5 (1)	5 (1)

# Fluid Milk (Breakfast)

- Allowable milk options include:
  - fat-free (unflavored or flavored)
  - low-fat (unflavored only)
  - fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Students may decline milk component under OVS

# **MEAL PATTERN ACTIVITY**



Lunch and Breakfast

# **FOUR DIETARY SPECIFICATIONS**

# Four Dietary Specifications

- Weekly average requirements
  - Calories
  - Sodium
  - Saturated fat
- Daily requirement
  - Trans fat

# Calorie Ranges

- Minimum and maximum calorie (kcal) levels
  - Average over course of the week
- Effective SY 2013-14 for SBP
- Effective SY 2012-13 for NSLP
- Grade Level K-5 (ages 5-10)
  - Breakfast : 350-500
  - Lunch : 550-650
- Grade level 6-8 (ages 11-13)
  - Breakfast: 400-500
  - Lunch: 600-700
- Grade Level 9-12 (ages 14-18)
  - Breakfast: 450-600
  - Lunch: 750-850

# Sodium

<b>Sodium Limits and Timeline</b>		
<p><b>Target 1: <u>SY 2014-15</u></b></p> <p><b><u>Lunch</u></b>  <b>≤1230mg (K-5)</b>  <b>≤1360mg (6-8)</b>  <b>≤1420mg (9-12)</b></p> <p><b><u>Breakfast</u></b>  <b>≤540mg ( K-5)</b>  <b>≤600mg (6-8)</b>  <b>≤640mg (9-12)</b></p>	<p><b>Target 2: <u>SY 2017-18</u></b></p> <p><b><u>Lunch</u></b>  <b>≤935mg (K-5)</b>  <b>≤1035mg (6-8)</b>  <b>≤1080mg (9-12)</b></p> <p><b><u>Breakfast</u></b>  <b>≤485mg ( K-5)</b>  <b>≤535mg (6-8)</b>  <b>≤570mg (9-12)</b></p>	<p><b>Final target: <u>SY 2022-23</u></b></p> <p><b><u>Lunch</u></b>  <b>≤640mg (K-5)</b>  <b>≤710mg (6-8)</b>  <b>≤740mg (9-12)</b></p> <p><b><u>Breakfast</u></b>  <b>≤430mg ( K-5)</b>  <b>≤470mg (6-8)</b>  <b>≤500mg (9-12)</b></p>

# Sodium Reduction Efforts

- Procurement specifications and recipes will have to be modified
- Technical assistance and training resources will be available
- USDA Foods reducing sodium in foods available to schools
  - Already reduced for products such as most cheeses

# Saturated Fat

- Limit saturated fat
  - Less than 10 percent of total calories
  - Same as current regulatory standard
- No total fat 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)
  - Begins SY 2013-2014 for SBP
  - Begins SY 2012-2013 for NSLP
- Naturally-occurring trans fat excluded
  - e.g., beef, lamb, dairy products

An Overview

# **TIMELINE OF CHANGES**



# Implementation Timeline

NEW REQUIREMENTS	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
<b>FRUITS COMPONENT</b>							
Offer fruit daily	L						
Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
<b>VEGETABLES COMPONENT</b>							
Offer vegetables subgroups weekly	L						
<b>GRAINS COMPONENT</b>							
Half of grains must be whole grain-rich	L	B					
All grains must be whole-grain rich			L, B				
Offer weekly grains ranges	L	B					
<b>MEATS/MEAT ALTERNATES COMPONENT</b>							
Offer weekly meats/meat alternates ranges (daily min.)	L						
<b>MILK COMPONENT</b>							
Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
<b>DIETARY SPECIFICATIONS (to be met on average over a week)</b>							
Calorie ranges	L	B					
Saturated fat limit (no change)	L, B						
Sodium Targets <sup>1</sup> -Target 1Target 2Final target			L, B			L, B	L, B
Zero grams of trans fat per portion	L	B					
<b>MENU PLANNING</b>							
A single FBMP approach	L	B					
<b>AGE-GRADE GROUPS</b>							
Establish age/grade groups: K-5, 6-8, and 9-12	L	B					
<b>OFFER VS. SERVE</b>							
Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
<b>MONITORING</b>							
3-year adm. review cycle		L, B					
Conduct weighted nutrient analysis on 1 week of menus	L	B					

# Lunch Program Changes

- All changes to lunch go into effect July 1<sup>st</sup>, 2012 *with the following exceptions*
  - 3-year administrative review cycle (July 1<sup>st</sup>, 2013)
  - All grains must be whole grain-rich (July 1<sup>st</sup>, 2014)
  - First target (#1) for average weekly sodium limit (July 1<sup>st</sup>, 2014)
    - Target 2 goes into effect for SY 2017-2018
    - Final Target goes into effect for SY 2022-2023

# SBP Program Changes SY 2012-13

- No changes to breakfast effective July 1st, 2012
- Schools continue with current meal pattern/menu approaches
- Exceptions
  - Milk requirement, already in effect (fat & flavor)
  - Formulated grain-fruit products not creditable

# SBP Program Changes SY 2013-14

- New meal pattern goes into effect, with the following exceptions
  - Fruit/vegetable component with current (existing) required quantities remains this year
  - No sodium limit yet

# SBP Program Changes SY 2014-15

- Schools continue to follow the new meal pattern
  - All grains whole grain-rich
  - Fruit/vegetable component becomes a Fruit component only, quantities increase
  - New OVS requirements for breakfast apply
  - First target (#1) for average weekly sodium limit (July 1st, 2014)
    - Target 2 goes into effect for SY 2017-2018
    - Final Target goes into effect for SY 2022-2023

Meal Pattern

# **KEY ISSUES AND QUESTIONS**

# Key Issues and Questions

- Identification of reimbursable meal
- Early adoption of breakfast requirements
- Existing Inventory (frozen fruit)
- Fruit and vegetable serving sizes
- Vegetables in the SBP
- Grains- whole grain-rich criteria
- Formulated grain-fruit products
- Tofu and soy products
- Milk
- Sodium
  - Sodium reduction techniques
- Trans fat

# Identification of Reimbursable Meal

- Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s)
- Assures students do not unintentionally purchase a la carte items, minimize issues at point of sale
- Schools have discretion how to identify these foods
  - Discretion depends on set up, age of children, etc.



# Early Adoption of Breakfast Requirements

- Breakfast requirements are being phased-in over several years
  - Designed to reduce operator burden
- However, some SFAs may prefer to adopt changes to NSLP and SBP concurrently
  - SFAs must seek permission by States to implement new standards earlier than required
    - Serves as additional checkpoint to maintain nutritional integrity

# Existing Inventory (Frozen Fruit)

- Relatively few items cannot be used in SY 2012-13
  - Careful menu planning
  - Use in other programs (SFSP, Snack Program)
- Frozen fruit without added sugar
  - Exemption for SY 2012-13 only
  - Applies to USDA Foods and commercially purchased products
  - SP 20-2012, issued Feb 24th

# Fruits/Vegetables – Serving Sizes

- Serving Size – What needs to be provided?
  - $\frac{1}{8}$  cup?
  - $\frac{1}{4}$  cup?
  - $\frac{1}{2}$  cup?
  - More?
- Any of the above can work if you have enough of each option

# Vegetables in SBP

- 1 cup daily fruit requirement effective July 1, 2014
- Vegetables may be substituted for fruit
- Starchy vegetables may be served if two cups of vegetables from the dark green, red/orange, legumes, and/or other subgroup have also been offered

# Grains: Whole Grain-Rich

- Whole Grain-Rich = at least 50% whole grains
- Dietary Guidelines update
  - If the first ingredient is water, a whole grain may be listed as the second ingredient and still meet our whole grain-rich criteria

# **WHOLE GRAIN-RICH ACTIVITY**

# Grains: Formulated Grain-Fruit

- What is a formulated grain-fruit product?
  - A grain product
  - Highly fortified
  - Creditable as both a grain and fruit serving
  - Required specific FNS approval
- This change does not prohibit
  - Energy, granola, cereal, or breakfast bars (with or without fruit pieces or spread)
  - Fortified cereal or cereals with fruit pieces

# Tofu and Soy Products

- Crediting Tofu
  - Must be commercially prepared
  - Must meet definition est. in 7 CFR 210.2
- 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 oz. eq. meat alternate
- 1/2 cup (4 fluid oz) is creditable as 1.0 oz. eq. meat alternate
- Memo SP 16 – 2012, “Crediting Tofu and Soy Yogurt Products,” dated Feb. 22, 2012



# Sodium

- Naturally occurring sodium (e.g., milk) and nutrient analysis

# Sodium Reduction Techniques

- Increase in-house preparation, scratch cooking
- USDA foods
- Menu planning
- Procurement specifications
- Nutrition labels
- Condiments
  - Alternate seasoning choices
  - Salt shakers/packets on the tables

# Trans Fat- Mixed Dishes

- Products containing naturally-occurring trans fat and possibly added trans fat
  - Schools must request this information from vendors
  - Vendors already moving away from use of trans fats in products

Menu Planning

# **MORE KEY ISSUES AND QUESTIONS**

# Key Issues

## (Menu Planning Considerations)

- Age/Grade groups
- Pre-K/CACFP/Snack programs
- Short and long weeks
- Whole-grain rich offerings
- Multiple offerings and serving lines
  - Salad bars
  - Daily minimums
  - Vegetable subgroups
  - Weekly ranges (min/max)

# Age/Grade Groups

- Overlap in K-5 and 6-8 meal patterns
  - A single menu can meet both patterns
  - Must meet following:
    - 8-9 oz eq grains/week
    - 9-10 oz eq meats/meat alternates/week
    - Average daily calorie range 600-650
    - Average daily sodium limit  $\leq 640$  mg (note: final sodium target; no sodium requirement until SY 2014-15)

# Age/Grade Groups

- No overlap in grades 6-8 and 9-12 meal patterns
  - Schools that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups
    - Previously, schools allowed a one grade level deviation
    - No allowance for this in new meal pattern

# Example of Age/Grade Group Differences

**Grade Level:**  
**K-5 (ages 5-10)**

**Calorie Ranges:**  
Breakfast: 350-  
500 Lunch: 550-  
650

**Grade Level:**  
**6-8 (Ages 11-13)**

**Calorie Ranges:**  
Breakfast: 400-  
500 Lunch: 600-  
700

**Grade Level:**  
**9-12 (Ages 14-18)**

**Calorie Ranges:**  
Breakfast: 450-  
600 Lunch: 750-  
850



**Overlaps**  
**B: 400-500**  
**L: 600-650**



**Overlaps**  
**B: 450-500**  
**L: ---**





# Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
  - Offer  $\frac{1}{2}$  cup more fruit daily
  - Offer  $\frac{1}{4}$  cup more vegetables daily
    - Need  $\frac{1}{2}$  cup more red/orange,  $\frac{1}{4}$  cup other,  $\frac{1}{2}$  cup additional (any subgroup) some time during the week
  - These changes alone *may* meet calorie needs for the 9-12 group
    - Consider an additional oz eq of grain and/or M/MA for the older kids

# Menu Planning Activity: Grade Groups

# Pre-K/CACFP/Snack Programs

- New school meal patterns not required
  - Schools *encouraged* to make healthier changes provided in new rule
  - Proposed CACFP rule may make changes to these groups
  - Milk fat restriction (1% or less) *does* apply to these programs (but not SFSP)

# Short and Long Weeks

- General approach is to increase or decrease required weekly quantities by 20% for each day variation from a standard 5-day week
  - Weeks with 1 or 2 days may be combined with either the previous or following week
  - *Daily* requirements apply regardless of week length

# Short and Long Weeks- Examples

- Based on Lunch Meal Pattern for K-5
- Selected components/dietary specifications

	<b>K-5 Lunch Meal Pattern</b>		
<b>Meal Pattern</b>	5-day week	4-day week	7-day week
<b>Fruits (cups)</b>	2.5 (0.5)	2.0 (0.5)	3.5 (0.5)
<b>Grains (oz eq)</b>	8-9 (1)	6.5-7.5 (1)	11-12.5 (1)
<b>Min-max Calories (kcal)</b>	550-650	550-650	550-650

# Whole Grain-Rich

- From the preamble of the rule:
  - For lunch in 2012-14 and breakfast in 2013-14, “...schools must offer the weekly grain ranges and half of the grains as whole grain-rich”
- Semantics
  - Half of the required ounce equivalents must be whole grain-rich

# Whole Grain-Rich

- Operational considerations
  - Option 1: Schools show they are offering half of the total ounce equivalents for the week are whole grain-rich
  - Option 2: Schools show they are EITHER offering half of their items as whole grain-rich OR half of the total ounce equivalents for the week are whole grain-rich

# Whole Grain-Rich Questions

- Question #1
  - Do all grain items have to be whole grain-rich?



# Whole Grain-Rich Questions

- Question #1
  - Do all grain items have to be whole grain-rich?
    - No. Half of the grains must be whole grain-rich, and the other half may be enriched (not whole grain-rich)- until SY 2014-15.

# Whole Grain-Rich Questions

- Question #2
  - Do schools have to offer a daily whole grain-rich item?

# Whole Grain-Rich Questions

- Question #2
  - Do schools have to offer a daily whole grain-rich item?
    - NO. This is a weekly requirement.

# Multiple Offerings & Serving Lines

- Regulatory Requirement
- Salad Bars
- Daily minimums
  - Discussion
- Vegetable subgroup weekly minimums
- Weekly ranges (max/min)
  - Discussion

# Multiple Offerings & Serving Lines

- Regulatory Requirement
  - “Schools that offer a variety of lunches or multiple serving lines must make all required food components available to all students, on every lunch line, in at least the minimum required amounts”
    - 210.10(k)(2) on page 4147 in Federal Register
  - More detailed guidance to come (definitions of distinct serving lines, etc.)

# Salad Bars

- Excellent way to offer variety of vegetables
- If a separate serving line, must offer all components of a reimbursable meal
  - All daily and weekly requirements must be met
    - For vegetable subgroups, schools must offer, but child does not have to take subgroups
    - Variety within subgroups encouraged but not required
- Suggestions for using salad bars
  - [http://teamnnutrition.usda.gov/Resources/tricks\\_trade.pdf](http://teamnnutrition.usda.gov/Resources/tricks_trade.pdf)
  - Know the planned portion sizes
  - Pre-portion some foods
  - Use portion-controlled serving utensils

# Multiple Offerings & Serving Lines

- Daily minimum requirements
  - Students must select the minimum daily requirement to meet any single meal component
- All offerings must meet the minimum requirement

# Multiple Offerings & Serving Lines

- Compliance Approach Discussion
  - Average of all daily offerings are in compliance
  - OR
  - All offerings of the food groups be equal to or above the daily minimum requirements



# Multiple Offerings & Serving Lines

- Vegetable subgroup weekly requirements
  - No daily subgroup requirement
    - What if a school only serves two of the weekly subgroups on one day (the same day) and the student may choose only one of these?
      - Need to make the affected subgroups available for student selection on an additional day
    - Lots of training and technical assistance needed to prevent/correct this

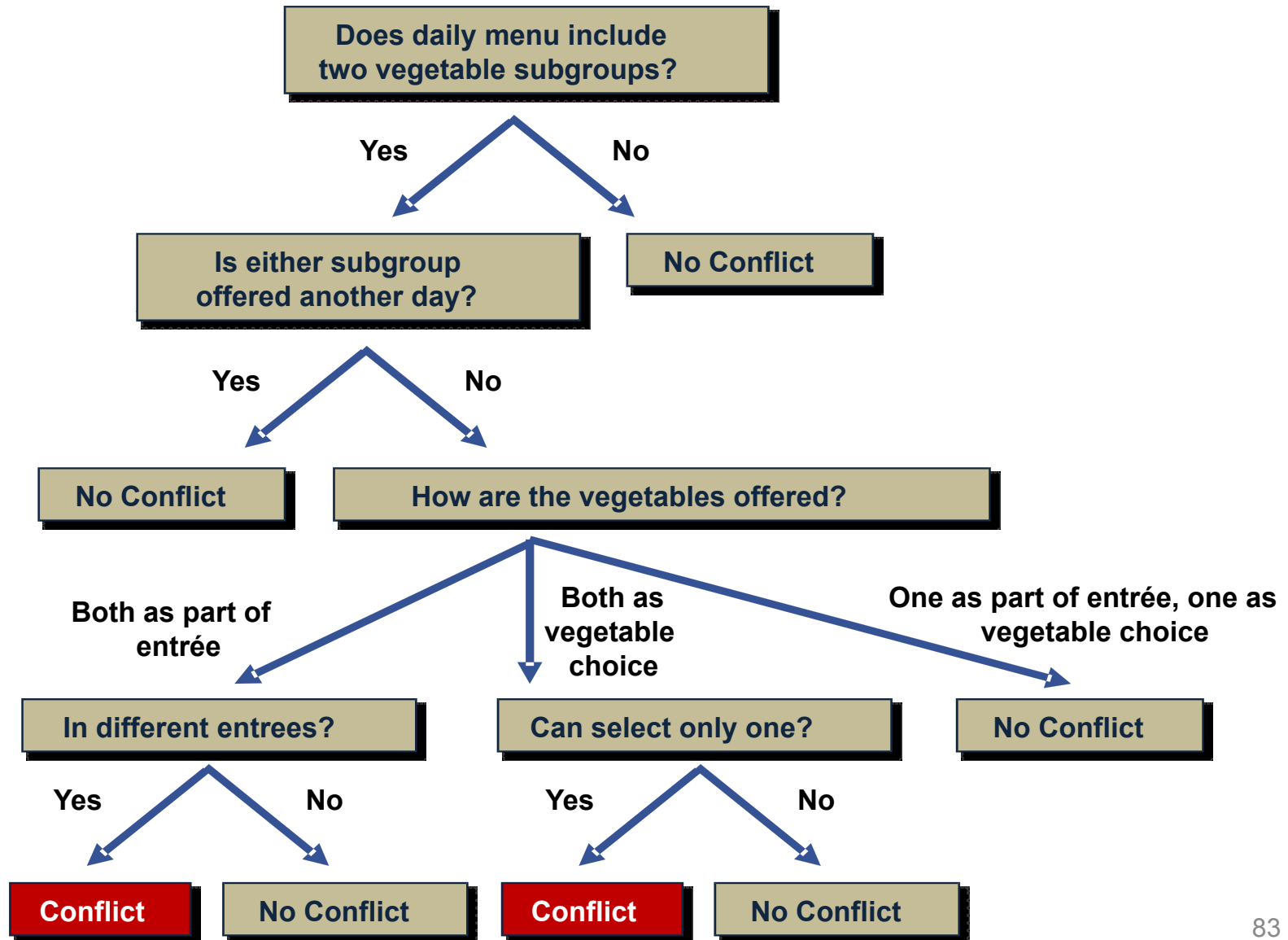
# Multiple Offerings & Serving Lines

<b>Food Item</b>	<b>Portion size</b>	<b>Vegetable Subgroup Contribution</b>
Chili con carne with beans	1 cup	1/2 cup legumes
Chicken Caesar entree salad	1 salad (2 cups romaine lettuce, 3 oz grilled chicken)	1 cup dark green vegetables
Soft taco with chicken	1 taco (2.5 oz pita, 2 oz grilled chicken, iceberg lettuce topping)	N/A

---

<b>Food Item</b>	<b>Portion size/ Vegetable Subgroup</b>
Broccoli	1/2 cup dark green vegetables
Pinto beans	1/2 cup legumes

# Vegetable Subgroup Decision Tree



# Multiple Offerings & Serving Lines

- Weekly range (min/max) requirements
  - Grains and meat/meat alternates
    - Sum of daily minimums must meet the weekly minimum requirement
    - Sum of daily maximums must not exceed the weekly maximum requirement

# Multiple Offerings & Serving Lines

- Compliance Approach Discussion
  - Sum of daily minimums must meet the weekly minimum requirement AND sum of daily maximums must meet the weekly maximum requirement
  - OR
  - Sum of daily averages to be compliant with the weekly min and max

# Discussion

- Whole Grain-Rich offerings
  - Consider: half items OR half ounce equivalents each week are WGR
- Daily minimums
  - All offerings be equal to or above daily minimum requirement, OR average of offerings are at or above minimum
- Weekly ranges (min/max)
- Other Key Issues discussed here
  - Others?

# **OFFER VERSUS SERVE**

# OVS - What Didn't Change

- Only required for senior high schools for the NLSP
- Optional for lower grades for the NSLP
- Optional for the SBP at all grade levels



# OVS - What Didn't Change

- Student's option to decline item(s)
- Same price if child declines item(s)
- Full amount of each component must be available to choose

# Definitions

- Food component
  - One of five food groups for reimbursable meals
- Food item—
  - A specific food offered within the five food components

# What Must Be Offered in NSLP

- 5 components
  - Meat/meat alternate
  - Grains
  - Fruits
  - Vegetables
  - Milk

# Lunch Example

- The lunch offered: turkey, mashed potatoes, peaches, roll and milk
- OVS—current
  - Turkey, roll and milk = reimbursable lunch
- OVS-under new regulations
  - Turkey, roll and milk ≠ reimbursable lunch
  - To be reimbursable, must add mashed potatoes or peaches

# OVS for NSLP

## What Must Be Taken

- Must take at least 3 of 5 components
- Must take at least  $\frac{1}{2}$  cup serving of the fruit or vegetable component
- Student may take two  $\frac{1}{4}$  cup servings of the same item fruit or vegetable to meet the requirement

# Different Choices

- Can mix different fruits to reach minimum required serving
- Can mix different vegetables to reach minimum required serving

# OVS for SBP

- Phasing-in changes in the SBP
- For SY 2012-2013, no changes to SBP other than milk requirement
- For SY 2012-2013, may continue to use current menu planning approach and requisite OVS requirements

# SBP for SY 2013-2014

- Must offer 3 components without OVS
  - Grains (optional meat/meat alternate after daily grain met)
  - Fruit/Vegetable/Juice (current quantities)
  - Milk
- Must offer 4 food items if using OVS
  - Grains
  - Fruit/Vegetable/Juice
  - Milk
  - Additional item



# SBP for SY 2014-2015

- Fruit component only
- Quantity of fruit required increases
- Vegetables may be substituted to provide all or part of the fruit requirement
- For OVS, must take at least--
  - ½ cup of fruit OR
  - ½ cup of vegetable, if offered

# What Must Be Offered for SBP

- 3 components
  - Grains (optional meat/meat alternate substitution)
  - Fruits (optional vegetable substitution)
  - Milk
- OVS must offer four food items
  - Milk
  - Fruit (or optional vegetable)
  - Grains
  - One additional item

# OVS for SBP: What Must Be Taken

- Students may decline one item except they must take at least
  - ½ cup of fruit OR
  - ½ cup of vegetable, if offered

An OVS Challenge

**IS IT REIMBURSABLE?**

# MONITORING

# Monitoring Requirements

- Interim Rule – 6 Cent Certification
- Final Meal Pattern Rule
  - 3 year State agency review cycle
    - Begins School Year 2013-14 (July 1, 2013)
    - Admin review includes breakfast beginning SY 2013-14
  - SMI reviews eliminated
  - Modified Performance Standard 2 (CRE) Nutrition Provisions

# Monitoring Requirements

- Performance Standard 2 Requirements
  - Lunch and breakfast
  - Food components and quantities
  - State agency weighted nutrient analysis on meals offered to determine compliance with calories, sodium, saturated fat
  - State review of nutrition labels and/or manufacturer specs for trans fat

# Technical Assistance and Corrective Action

- Actions required for Performance Standard 2 Violations

Missing Menu Items/Food Items	Milk Type, and Vegetable Subgroup	Whole Grain Rich, Food Quantities, and Dietary Specifications
<ul style="list-style-type: none"> <li>• Immediate fiscal action <b>required</b> (as currently done)</li> </ul>	<ul style="list-style-type: none"> <li>• Fiscal action <b>required</b> for unresolved, repeat violations (after technical assistance and corrective action have taken place)</li> </ul>	<ul style="list-style-type: none"> <li>• State Agencies <b>have discretion</b> to take fiscal action for unresolved, repeated violations (after technical assistance and corrective action have taken place)</li> </ul>



# Monitoring Workgroup

- Administrative Review Reinvention Team will consider administrative review process and procedures
- Not bound by what's currently in place--- will look at program requirements and make recommendations for how best to achieve program oversight
- Develop new tools to accomplish review activity

# Monitoring/Oversight Timeline

- Spring 2012
  - Interim rule: certification for 6 cent reimbursement
  - Additional information on SY 2012-13 administrative reviews
  - Begin reinvention of administrative reviews
- SY 2012-2013
  - New meal patterns implemented for lunch (July 1, 2012)
  - Certification for 6 cents (funds available 10/1/12)
  - Final year of current 5-year review cycle for CRE
  - No SMIs
- SY 2013-2014
  - 3-year cycle for administrative reviews begins

# State Funding Assistance

- Funding from HHFKA for the first two years of the new meal requirements
  - To assist SAs with implementing new requirements
- Expected increases in State Administrative Expense funding in two years
  - Based on increased reimbursement with additional 6 cents

Contracting with Food Service Management Companies

# **MEAL PATTERN CHANGES AND FOOD SERVICE MANAGEMENT CONTRACTS**

# FNS Policy Memo

- SP 17-2012 issued on February 23, 2012
- Title: “Procurement Questions and Answers to Assist in the Implementation of the final rule titled Nutrition Standards in the National School Lunch and School Breakfast Programs”

# Impact of Final Rule on SFA-FSMC Contracts

- We anticipate that some current contracts between SFAs and FSMCs will not be inconsistent with the new nutrition standards of the final rule; therefore, those contracts would require only nonmaterial changes to ensure consistency with the final rule
  - This means that some SFAs may have anticipated the new nutrition standards and their current contracts will require nonmaterial changes to ensure consistency with the final rule.

How do SFAs determine if the implementation of the final rule will create a material change to current SFA-FSMC contracts?

- SAs and SFAs must review existing contracts to determine if implementation of the final rule (i.e., new meal pattern requirements) will result in material changes to current contracts
- A blanket answer is not acceptable as the determination depends on the initial solicitation and resulting contract (unique for each SFA-FSMC contract)

# Determining Material Change

- If there would be an increase or decrease to the cost of the contract, would the increase or decrease in cost have caused bidders to bid differently if the prospective change had existed at the time of bidding?
- Would the prospective change materially affect the scope of services, types of food products, volume of food products, etc., in both the solicitation document and resulting contract?
  - For example, the final rule requires schools to serve whole-grain rich products, and specific varieties of vegetables, which already may be included in current contracts



# Renewals Are Not Automatic

- Per regulations, contracts between SFAs and FSMCs must be no longer than one year in duration with four optional annual renewals
- Every SFA should annually reviewing its FSMC contract with no expectation by either party to renew the contract
- SA and SFA must review the current contract and determine if any prospective changes would result in a material change

# Available Options

- Option 1: SFA can conduct a separate procurement to obtain the desired deliverable that created the material change
  - For example, the current contract doesn't address whole-grain rich foods. SFA would issue a solicitation to procure additional whole-grain rich foods, consistent with the current contract between SFA and FSMC

# Available Options

- Option 2: SFA can conduct a new procurement (i.e., rebid) and ensure that the new solicitation associated with the rebid contains the appropriate specifications and provision to ensure conformance to the final rule
  - For example, if the SFA's initial solicitation and resulting contract did not address whole-grain rich foods, the SFA would ensure that rebid specifications would procure such foods.

# If Rebid Can't Be Completed On Time

- If a rebid is deemed necessary based on the implementation of the final rule, the SFA may in the interim amend its current contract in order to ensure full implementation of the final rule until the rebid could occur
- All rebids must occur prior to the 2013-14 SY
- Both the SFA and FSMC would need to agree to the terms of the amendment

# If FSMC Doesn't Agree to Amend Current Contract

- The SFA would need to take immediate action which may include
  - Termination of the current contract between the SFA and the FSMC in accordance with the termination provisions and issuance of a new solicitation
  - Issuance of a separate solicitation to procure the necessary foods in order to ensure compliance with the final rule, consistent with the current contract between the parties

# Timeline For New Procurement

- An SFA may conduct a procurement at the next feasible juncture if needed
- However, SAs and SFAs must ensure that a new procurement is completed for the 2013-14 school year (SY)
- A new procurement (i.e., rebid) must be completed for the 2013-14 SY

# Other Contracts

- The same principles and timeframes should apply to all SFA contracts

# Additional Guidance

- Will continue to review your questions and concerns
- Additional guidance as well as modifications to existing guidance, as needed, will be forthcoming



Menu Planning Resources for the New Meal Pattern

**MENU PLANNING AND  
TECHNICAL ASSISTANCE  
RESOURCES**

# Menu Planning Resources for the New Meal Pattern

- **Objective:** upon completion of this session
  - Identify resources to provide technical assistance to School Food Authorities on menu planning for the New Meal Pattern and the Dietary Guidelines

# Menu Planning Resources for New Meal Pattern

- What resources will be available to assist with Menu Planning for the New Meal Pattern?

# Team Nutrition Resources

## teamnutrition.usda.gov

The screenshot shows the Team Nutrition website in a Windows Internet Explorer browser window. The browser's address bar displays the URL <http://teamnutrition.usda.gov/Default.htm>. The website header features the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". A navigation menu includes links for "Home", "About Team Nutrition", "FNS Newsroom", "Help", and "Contact Us".

The main content area is divided into several sections:

- Search FNS:** A search box with a "Go" button and options to search all USDA, search tips, or topics A-Z.
- Email Updates:** A sign-up section for free email updates.
- Browse by Audience:** A dropdown menu for "Information For...".
- Browse by Subject:** A list of categories including "Join the Team", "HealthierUS Schools", "Local Wellness Policy", "Training Grants", "Resource Library", "Graphics Library", "MyPlate", and "Eat Smart. Play Hard."
- Spotlights:** A section highlighting "HealthierUS School Challenge Awards" with 2862 awards in 45 states, and "Recipes for Healthy Kids: Winning Recipes".
- What's New:** A list of recent updates including "2012 Training Grant Application", "First Lady Celebrates Let's Move! Anniversary", and "Blast Off Game".
- Featured Content:** Promotional graphics for "HealthierUS School Challenge", "MyPlate for Kids Poster", "Fuel Up to Play 60: Resources for Schools", and "Nutrition Standards for School Meals".

The footer of the page indicates the last modification date as "02/23/2012". The browser's taskbar at the bottom shows the Start button, several open Outlook inboxes, and the Team Nutrition homepage window.

### Search FNS

- Search all USDA
- Search Tips
- Topics A-Z

### Email Updates



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### Browse by Subject

- ▶ Join the Team
- ▶ HealthierUS Schools
- ▶ Local Wellness Policy
- ▶ Training Grants
- ▶ **Resource Library**
- ▶ Graphics Library
- ▶ MyPlate
- ▶ Eat Smart. Play Hard.

You are here: [Home](#) > [Resource Library](#)

## Resources A to Z

The following is a comprehensive listing of all the resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs. For easy reference, these resources have also been subdivided by audience:

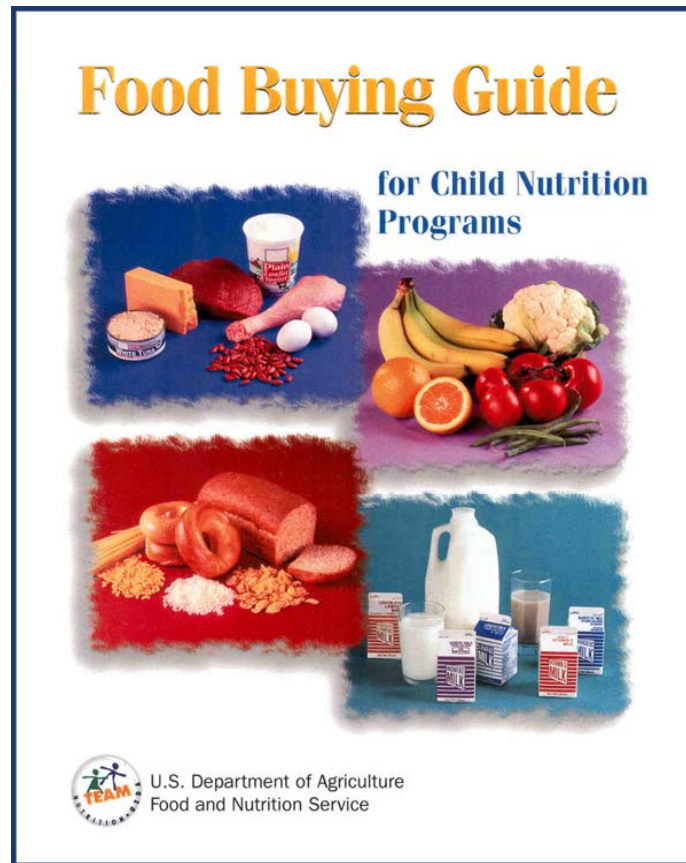
- [Foodservice Professionals](#)
- [Educators](#)
- [Parents](#)
- [Child Care Providers](#)
- [Resources Available in Spanish](#)

- [Online Order Form](#)

### See Also

- [Healthy Meals Resource System \(HMRS\)](#)
- [National Food Management Institute \(NFSMI\)](#)
- [Let's Move](#)
- [ChooseMyPlate.gov](#)

- [2010 Dietary Guidelines for Americans](#)
- [Are You on the Team?](#)
- [Blast Off Game](#)
- [Building Blocks for Fun and Healthy Meals](#)
- [Changing the Scene: Improving the School Nutrition Environment](#)
- [Empowering Youth with Nutrition & Physical Activity - Manual](#)
- [Empowering Youth with Nutrition & Physical Activity - Online Modules](#)
- [Fact Sheets For Healthier School Meals](#)
- [Feeding Infants: A Guide for Use in the Child Nutrition Programs](#)
- [Food Buying Guide for Child Nutrition Programs](#)
- [Food for A Day](#)
- [Fruits & Vegetable Challenge Packet](#)
- [Fruits & Vegetables Galore: Helping Kids Eat More](#)
- [Grow It! Try It! Like It!](#)



## Update the Food Buying Guide

<http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>

# Food Buying Guide Calculator

## fbg.nfsmi.org

The screenshot shows a Windows Internet Explorer browser window displaying the website <http://fbg.nfsmi.org/>. The page title is "Food Buying Guide Calculator for Child Nutrition Programs". The main heading is "Food Buying Guide" in large yellow letters, with "Calculator for Child Nutrition Programs" in smaller blue text below it. To the right of the heading are two logos: "TEAM NUTRITION" and "NFSMI National Food Service Management Institute The University of Mississippi".

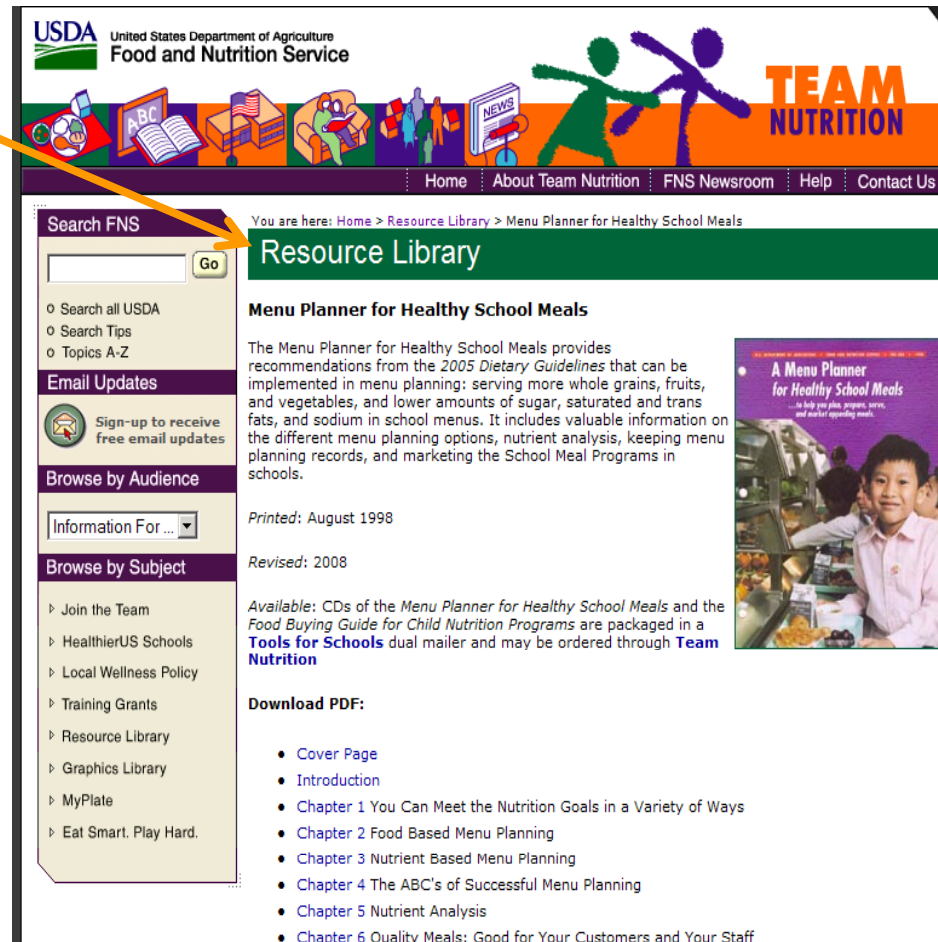
Below the heading, there is a text box that reads: "Choose a **Food group** by clicking on an image below, or enter a keyword or food item in the **Search** field to the right, then click **Go**. Avoid the use of punctuation." Below this text are five food group categories, each with a representative image and a label:

- Meat/Meat Alternates**: Image showing chicken, turkey, and eggs.
- Vegetables**: Image showing various vegetables like corn, tomatoes, and carrots.
- Fruits**: Image showing various fruits like strawberries, grapes, and apples.
- Grains/Breads**: Image showing bread, cereal, and rice.
- Milk**: Image showing various milk products like a carton and a can.

To the right of the food group images is a search and navigation panel. It includes a search box with a "Go" button, a link to "View Food Buying Guide", a "Select Food Group" button, a dropdown menu labeled "-- Select A Food Group --", and a "Self-Tutorial" link. A blue arrow points to the search box, and a purple arrow points to the "Meat/Meat Alternates" category.

The browser's taskbar at the bottom shows several open applications: Start, Inbox - Microsoft Outlook, Slides, Microsoft PowerPoint - [L...], Resource Center - Wind..., and Food Buying Guide Cal... The system tray shows the time as 3:26 PM.

# Menu Planner for Healthy School Meals



USDA United States Department of Agriculture  
Food and Nutrition Service

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Search FNS

You are here: Home > Resource Library > Menu Planner for Healthy School Meals

## Resource Library

### Menu Planner for Healthy School Meals

The Menu Planner for Healthy School Meals provides recommendations from the 2005 Dietary Guidelines that can be implemented in menu planning: serving more whole grains, fruits, and vegetables, and lower amounts of sugar, saturated and trans fats, and sodium in school menus. It includes valuable information on the different menu planning options, nutrient analysis, keeping menu planning records, and marketing the School Meal Programs in schools.

Printed: August 1998  
Revised: 2008

Available: CDs of the Menu Planner for Healthy School Meals and the Food Buying Guide for Child Nutrition Programs are packaged in a Tools for Schools dual mailer and may be ordered through Team Nutrition

**Download PDF:**

- [Cover Page](#)
- [Introduction](#)
- [Chapter 1](#) You Can Meet the Nutrition Goals in a Variety of Ways
- [Chapter 2](#) Food Based Menu Planning
- [Chapter 3](#) Nutrient Based Menu Planning
- [Chapter 4](#) The ABC's of Successful Menu Planning
- [Chapter 5](#) Nutrient Analysis
- [Chapter 6](#) Quality Meals: Good for Your Customers and Your Staff

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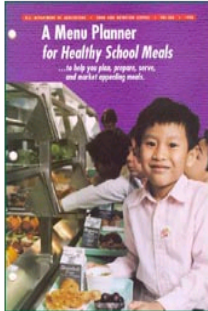
Browse by Audience

Information For ...

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- ▶ Join the Team
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- ▶ Local Wellness Policy
- ▶ Training Grants
- ▶ Resource Library
- ▶ Graphics Library
- ▶ MyPlate
- ▶ Eat Smart. Play Hard.

**TEAM NUTRITION**





## KEY ISSUES:

- Whole grains contain fiber, vitamins, minerals, and antioxidants.
- Whole grains may reduce the risk of several chronic diseases including coronary heart disease, and may help maintain a healthy weight.
- The *2005 Dietary Guidelines for Americans* recommend we consume at least half of our grains as whole grains (3 or more ounce-equivalents per day).
- Offer one or more whole-grain products every day in your school meals.
- The Food and Drug Administration (FDA) has developed draft guidance on whole-grain label statements. At this time, foodservice personnel should still read the ingredient statement on grain products and choose those with whole grains as

Although some students may not be familiar with the color, taste, and texture of whole grains and whole-grain products, they can enjoy these good-for-you foods if you gradually add them to your menus.

## Recognizing Whole Grains Is Easy!

Read the *ingredient statement* for the products you purchase.

Manufacturers must list ingredients in descending order by weight. Look for products that list whole grains first. If your students aren't used to eating whole grains, start with products that list whole grains further down the list and make a plan to gradually offer more whole grains throughout the school year.

For many whole grains, the word "whole" usually is listed before the type of grain, such as "whole-wheat flour," "whole durum flour," "whole-grain barley," "whole cornmeal," or "whole white wheat." Other ways to identify whole grains are:

- Some whole grains have a *standard of identity* and do not include the word "whole," such as "cracked wheat," "crushed wheat," and "graham flour."
- The term "berries" or "groats" indicate a whole, unrefined grain – for example, rye berries or buckwheat groats.
- Rolled oats, oatmeal, brown rice, brown rice flour, and wild rice are also whole grains.

Easy ways to follow the *2005 Dietary Guidelines for Americans*

## Recipe for Success

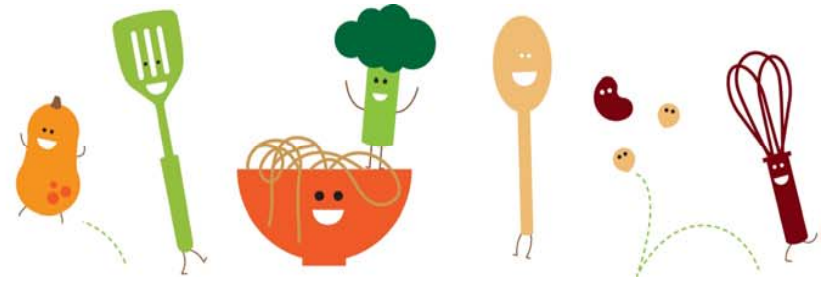
- Compare Nutrition Facts labels and the ingredient lists for similar foods. Choose the food with whole grains as the first ingredient.



## Coming in Summer 2012:

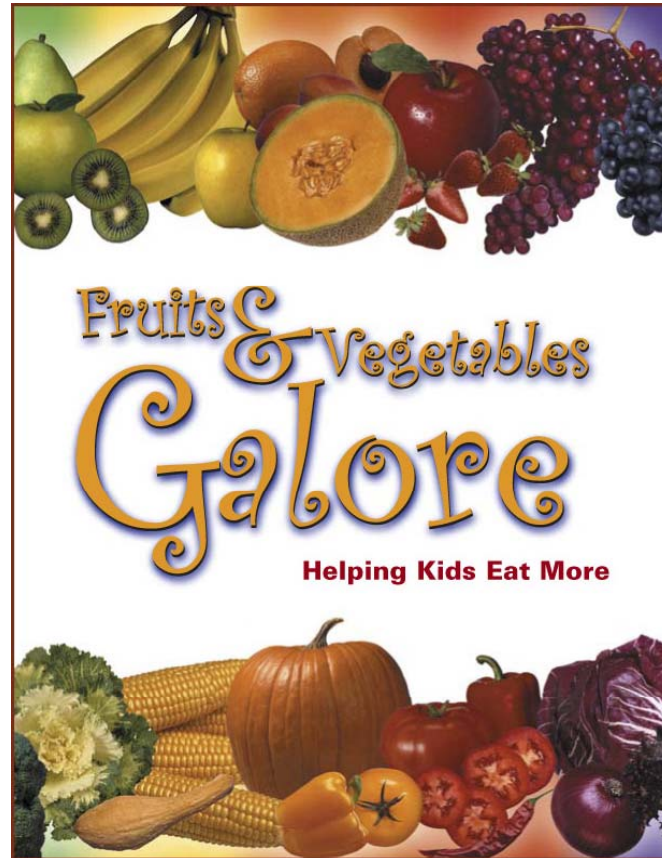
Updated Fact Sheets

# RECIPES FOR HEALTHY KIDS





**Available now from Team Nutrition**  
Make Half your Plate Fruits & Vegetables Poster



**Available now from Team Nutrition**  
**Fruits & Vegetables Galore: Helping Kids Eat More**

# HealthierUS Resources

**USDA** United States Department of Agriculture  
**Food and Nutrition Service**

**TEAM NUTRITION**

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You are here: [Home](#) > [HealthierUS Schools](#)

## HealthierUS School Challenge

*Recognizing Excellence in Nutrition and Physical Activity*



**HUSSC**

- [Vision](#)
- [Application Materials](#)
- [Competitive Foods Calculator](#)
- [Promotional Materials](#)
- [Training and Technical Assistance](#)
- [Award Winning Schools](#)
- [Tips from Award Winners](#)

**See Also**

- [Healthier Middle Schools](#)
- [Let's Move](#)
- [Chefs Move to Schools](#)
- [Healthy Meals Resource System \(HMRS\)](#)



**Healthy Access Locator**

The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

In February 2010, First Lady Michelle Obama introduced **Let's Move!**, incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At that time, monetary **incentive awards** became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

Schools may **submit applications** for the HealthierUS School Challenge by US mail or online. A **simplified district application process** is available if there are two or more

**HUSSC Webinars**

## Search FNS

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- Search Tips
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## Email Updates



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- ▶ [MyPlate](#)
- ▶ [Eat Smart. Play Hard.](#)

You are here: [Home](#) > [HealthierUS Schools](#) > [Application Materials](#)

# HealthierUS School Challenge

*Recognizing Excellence in Nutrition and Physical Activity*



## Application Materials

The HealthierUS School Challenge is open to all schools participating in the **National School Lunch Program**. We recognize that changing the school nutrition environment takes time and celebrate both the gradual changes and big successes of schools working diligently to help children eat more healthfully and be more physically active. Schools can submit an application at any time during the year for a Bronze, Silver, Gold or Gold of Distinction level award.

*Submitting an application is easy* with our downloadable and interactive application. Our new Application Kit guides schools through the application process and shares many great resources to help schools meet the Challenge criteria. If you have questions, you can always contact your **State Child Nutrition Agency** for more information.

Many schools find that applying for the Challenge is a valuable learning process that helps their school wellness team focus on areas needing improvement. We hope your school will join us on this journey and we look forward to celebrating your progress.

## HUSSC

- [Vision](#)
- [Application Materials](#)
- [Competitive Foods Calculator](#)
- [Promotional Materials](#)
- [Training and Technical Assistance](#)
- [Award Winning Schools](#)
- [Tips from Award Winners](#)

## See Also

- [Let's Move](#)
- [Healthy Meals Resource System \(HMRS\)](#)

# HealthierUS Resources

*districts of the status of their applications as soon as possible.*

## **Waiting Period for Previous HealthierUS School Challenge Awardees Seeking Higher Award Levels**

Effective July 1, 2011, HealthierUS School Challenge applicants that have been awarded previously will be allowed to begin the application process for a higher award level one year from the date they received their last award. For example, if a school or a district was certified in October 2010, it would be eligible to start the application process for another award October 2011 (serve menus, etc.).

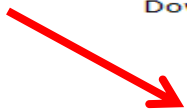
This waiting period is not retroactive, therefore, those HUSSC awardees that have already submitted an application to the State prior to July 1<sup>st</sup> for a higher award level, will be allowed to move forward through the review process.

## **Average Daily Participation (ADP) Guidance**

### **Download the HUSSC Application**

Download the HUSSC Application Kit:

- [What's It all About?](#)
- [Criteria and Checklist](#)
- [Whole Grains Resource](#)
- [Guidance on Dark Green/Orange Vegetables & Dry Beans and Peas](#)
- [Increasing Participation/Healthy Fundraising/Fact Sheets for Healthier School Meals](#)
- [Frequently Asked Questions](#)
- [Success Stories](#)
- [Additional Resources](#)
- [Sample Applications: Bronze/Silver](#)
- [Sample Applications: Gold/Gold of Distinction](#)



# HealthierUS Whole Grain Resource

..... HealthierUS School Challenge Application Kit



## Whole-Grains Resource


This resource outlines the HealthierUS School Challenge (HUSCC) whole-grains criteria and offers additional background information to help school food authorities (SFAs) identify whole-grain products and offer them more frequently in their menus. The Food and Nutrition Service (FNS) has updated this resource to reflect the 2005 *Dietary Guidelines for Americans* (DGAs), which recommend that children and adults consume at least half of their grains as whole grains. These criteria are not required for school meal programs; they apply only for those schools that submit an application for a HealthierUS School Challenge award.

[http://www.teamnutrition.usda.gov/HealthierUS/HUSCCkit\\_pp25-35.pdf](http://www.teamnutrition.usda.gov/HealthierUS/HUSCCkit_pp25-35.pdf)



# HealthierUS Whole Grain Resource



 **HealthierUS School Challenge Application Kit**.....  
*Guidance on Dark Green and Orange Vegetables & Dry Beans and Peas*

## Guidance on Dark Green and Orange Vegetables and Dry Beans and Peas

The basic HUSSC vegetable criteria are to offer a different vegetable each day with all servings at least  $\frac{1}{4}$  cup serving size. Vegetables from any group may be offered to meet these criteria. Any vegetable or 100 percent vegetable juice counts in the vegetable group in MyPyramid. Vegetables are organized into subgroups, based on their nutrient content.

The following are the only foods that meet the HUSSC criteria for dark green or orange vegetables and dry beans and peas including peas and beans listed on pages 1-5 through 1-12 and on page 1-40 in the *Food Buying Guide*

Download (1.12 MB of 1.12 MB) : [http://www.teamnutrition.usda.gov/HealthierUS/HUSSCkit\\_pp36-37.pdf](http://www.teamnutrition.usda.gov/HealthierUS/HUSSCkit_pp36-37.pdf)

Start | NAL Search: Search Res... | HealthierUS School Chall... | <http://www.teamnutr...> | Inbox - Microsoft Outlook | RE: Your slides for LAC - ... | Complete Presentation | Microsoft PowerPoint - [L... | 1:00 PM

# Timeline for Updated Resources

- Food Buying Guide in Sections
  - **Spring, 2012** - Separating Fruits and Vegetable Subgroups and editing to include tofu, soy yogurt, lower fat milk
  - **Winter 2013** - Yield studies for new food items and Whole Grain products
- **Spring 2012** - Recipes for Healthy Kids Cookbooks
- **Spring 2012** – Update HealthierUS application packet and Resource materials
- **Summer 2012** – Update *Just the Facts* nutrition fact sheets
- **Spring 2013** – Update the *Menu Planner for Healthy School Meals*

# Choose My Plate Resources

<http://www.choosemyplate.gov/food-groups/vegetables.html>

The screenshot displays the 'What Are Vegetables?' page on the Choose My Plate website. The page features a navigation menu with options like 'MyPlate', 'Weight Management & Calories', 'Physical Activity', 'SuperTracker & Other Tools', 'Printable Materials & Ordering', and 'Healthy Eating Tips'. A sidebar on the left lists 'Topics' including 'Food Groups Overview', 'Fruits', 'Vegetables', 'Grains', 'Protein Foods', 'Dairy', and 'Oils'. The main content area is titled 'Vegetables' and includes a section 'What Foods Are in the Vegetable Group?' which states: 'Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.' Below this is a 'Key Consumer Message' box with the text 'Make half your plate fruits and vegetables.' and a green button labeled 'View Vegetables Food Gallery'. The page is viewed in a Windows Internet Explorer browser window, with the taskbar at the bottom showing various open applications like 'Inbox - Microsoft Outlook' and 'Microsoft PowerPoint'.

# Available from the National Food Service Management Institute (NFSMI)

*Whole  
Grains in  
Child  
Nutrition  
Programs*





# Healthy Meals Resource System

<http://healthymeals.nal.usda.gov>

**Menu Planning** (<http://healthymeals.nal.usda.gov/menu-planning>)


Use these tools to plan menus with ease! Includes special sections on beans, fruits, vegetables, whole grains, and sodium reduction.

**Recipes** (<http://healthymeals.nal.usda.gov/recipes>)

Find quantity recipes for school food service from a variety of sources, including the searchable Recipe Finder database!


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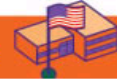


# Healthy Meals Resource System at NAL



United States Department of Agriculture

Healthy Meals Resource System







Home
About HMRS
News
Topics A-Z
Get Connected
Chefs Move to Schools
Help
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**Search HMRS**




- Search all USDA
- Advanced Search
- Search Tips

**Education and Training Materials Database**


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**Basic Information**

## Menu Planning Tools

**Developer:** South Dakota Department of Education and Cultural Affairs  
**Publication Date:** 2003  
**Copyright Status:** Not Copyrighted  
**Availability:** Available in full text online 

**Abstract:** Menu Planning Tools is a 10-hour training session composed of 5 sections for use by participants in an instructor-led training session. These materials were developed as part of a Team Nutrition grant awarded to the South Dakota Department of Education & Cultural Affairs, Child & Adult Nutrition Services.



*Image courtesy of South Dakota Department of Education and Cultural Affairs*

**Detailed Information**

**Target Audience:** Nutrition Education: All Ages  
**Format:** Kits

**Review**

**Special Interest:** Material geared toward special needs and interests of intended target group  
**Scope:** Scope of information appropriate for target audience and essential topics discussed in appropriate detail  
**Ideas Summarized:** All major ideas summarized or reviewed to re-inforce key concepts; summaries easily identified

**Print Review**

**Overall Review:** Menu Planning Tools discusses the criteria for implementing offer versus serve and gives guidance on crediting grains/bread and developing standardized recipes among other topics. Suggestions for recipe analysis are also included.

**Borrowing Information**

# Online training modules

<http://healthymeals.nal.usda.gov/mealpattern>

The screenshot shows a web browser window displaying an online training module. The browser's address bar shows the URL <http://healthymeals.nal.usda.gov/mealpattern>. The page features the FNS (Food & Nutrition Service) and USDA logos in the top left corner. A navigation menu on the left lists various topics, including 'The New School Meal Patterns: What You Need to Know', 'National School Lunch Act', 'The Healthy, Hunger-Free Kids Act of 2010', 'Implementation', 'Focus: Nutrient-Dense Meals', 'Changes to the National School Lunch Program', 'Key changes in the meal pattern requirements', 'Changes in the meal pattern requirements', 'Implementation Assistance', 'Implementation Timeline of New Meal Patterns', 'Vary Your Vegetables', 'A serving of fruit is equal to the following:', 'Make Half Your Grains Whole', 'Meat/Meat Alternate', 'Switch to Fat-Free or Low Fat Milk', 'Dietary specifications', 'Offer Versus Serve', 'Monitoring and Compliance', and 'Reimbursable Meal'. The main content area displays a large blue banner with the title 'The New School Meal Patterns: What You Need to Know' and a photograph of a smiling woman in a blue apron holding a yellow school lunch tray. The tray contains a carton of fat-free milk, sliced cucumbers, cherry tomatoes, a sandwich, and a small container of fruit. The browser window also shows a 'Final Rule' tab, 'Custom text', 'BOOKMARK', and 'EXIT' options in the top right corner, and a media player interface at the bottom.

# Best Practices Sharing Center at HMRS

<http://healthymeals.nal.usda.gov/bestpractices>

The screenshot shows the website for the Best Practices Sharing Center. At the top, there is a navigation bar with the USDA logo and the text "United States Department of Agriculture". To the right, it says "Healthy Meals Resource System" and features the "TEAM NUTRITION" logo with two stylized figures. Below the navigation bar is a menu with links: Home, About HMRS, News, Topics A-Z, Get Connected, Chefs Move to Schools, Help, and Contact Us.

The main content area is titled "Best Practices Sharing Center". It includes a welcome message: "Welcome to the Best Practices Sharing Center! This database is intended for School Food Authorities (SFAs) and State Agencies (SAs) to share resources and tools to serve healthy menus that meet school meal regulations." Below this, it states: "Materials may be submitted via email to [hmps@ars.usda.gov](mailto:hmps@ars.usda.gov). In the body of the email, please provide the developer name and subject areas that the resource covers."

On the left side, there is a "Search HMRS" section with a search box and a "Go" button. Below it are links for "Search all USDA", "Advanced Search", and "Search Tips". There is also a "Browse by Subject" section with a list of categories: Recipes, Menu Planning, Resource Library, HealthierUS School Challenge Resources, Farm to School, Local Wellness Policy Resources, State Sharing Center, and Professional & Career Resources.

In the center, there is a "Search the Sharing Center" form with four dropdown menus: "Topic: Select a topic...", "Format: Select a format...", "Audience: Select an audience...", and "Developer: Select a developer...". Each dropdown menu is followed by the text "and / or". At the bottom of the form are "Search" and "Reset" buttons.

At the bottom of the page, there is a footer with the text "Last Modified: Feb-29-2012" and a series of links: "HMRS Home", "NAL Home", "USDA", "Team Nutrition", "FNS", "FNIC", "Web Policies and Important Links", "FOIA", "Accessibility Statement", "Privacy Policy", "Non-Discrimination Statement", "Information Quality", "USA.gov", and "White House".



Resources YOU are Developing

# **SHARING SESSION**

# USDA Foods Update

*Laura Walter*

Chief, Program Support Branch  
Food Distribution Division

# New Meal Pattern Challenges

- Serve more fruits and vegetables
- Identify and increase whole grains
- Reduce sodium
- Reduce saturated fat
- Eliminate trans fat

# USDA Foods – Helping Schools Meet New Requirements

- Fruits
  - Canned in extra light syrup only
  - Frozen– unsweetened strawberries, apples, and blueberries;
    - Revising specification for SY 13-14
  - Dried-  $\frac{1}{4}$  cup credits as  $\frac{1}{2}$  cup

# USDA Foods – Helping Schools Meet New Requirements

- Vegetables
  - Canned–low sodium or no added salt
  - Beans– wide variety offered; canned and dry; coming soon – further processing
  - Exploring dark green and orange vegetables
  - Fresh Cut Program Expansion – baby carrots, sliced apples

# USDA Foods – Helping Schools Meet New Requirements

- Whole grains meet WGR (>50%) requirement
- Pastas
- Brown Rice – regular or par-boiled 25# bags
- Rolled oats
- Tortillas
- Pancakes
- Whole kernel corn for further processing
- Whole wheat flour

# USDA Foods – Helping Schools Meet New Requirements

- Reducing Sodium
  - Most meat/poultry 550mg/100g
  - Exploring further reductions in cheese and reduced sodium sliced ham
- Reducing saturated fats
- Leaner meats, reduced fat cheeses, oven roasted chicken, Alaska Pollock for processing

# HHFKA Provision

- Improving SFAs' access to accurate nutrition and ingredient product information for commercial and USDA Foods
- Model specifications – helping schools create bids that result in high quality, better pricing
- Provide recommendations to Congress



# Other Resources

- USDA Foods Toolkit
- Updated Fact Sheets
- FDD Website enhancements

# **CN LABELING AND CREDITING**

# Child Nutrition (CN) Labeling

- Voluntary Federal labeling program for Child Nutrition Programs
- Who runs the Program?
  - USDA's Food and Nutrition Service in cooperation with
    - Food Safety Inspection Service (FSIS)
    - Agricultural Marketing Service (AMS)
    - National Marine Fisheries Service (NMFS)

# CN Labeling

- Eligible Products
  - Main dish products contributing to meat/meat alternate component
    - beef patties
    - cheese or meat pizzas
    - meat or cheese and bean burritos
    - breaded fish portions

# CN Labeling

- Label claims will now support the Final Rule and Meal Patterns for NSLP and SBP
  - Labels will identify whole grain-rich items in crediting statement (WGR Grains)
  - Products that include vegetable subgroups will identify those subgroups on the CN label

# Chicken Stir-Fry Bowl

## Ingredient Statement:

Chicken, whole grain brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 serving of WGR Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and 1/8 cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

CN

CN

CN

**Net Wt.: 18 pounds**



**Chicken Wok Company**  
**1234 Kluck Street Poultry, PA 12345**

# **HEALTHIERUS SCHOOL CHALLENGE**



# Take the HealthierUS School Challenge

New criteria just released for SY 2012-2013

Submit applications to SA by June 30 to be considered under current criteria.

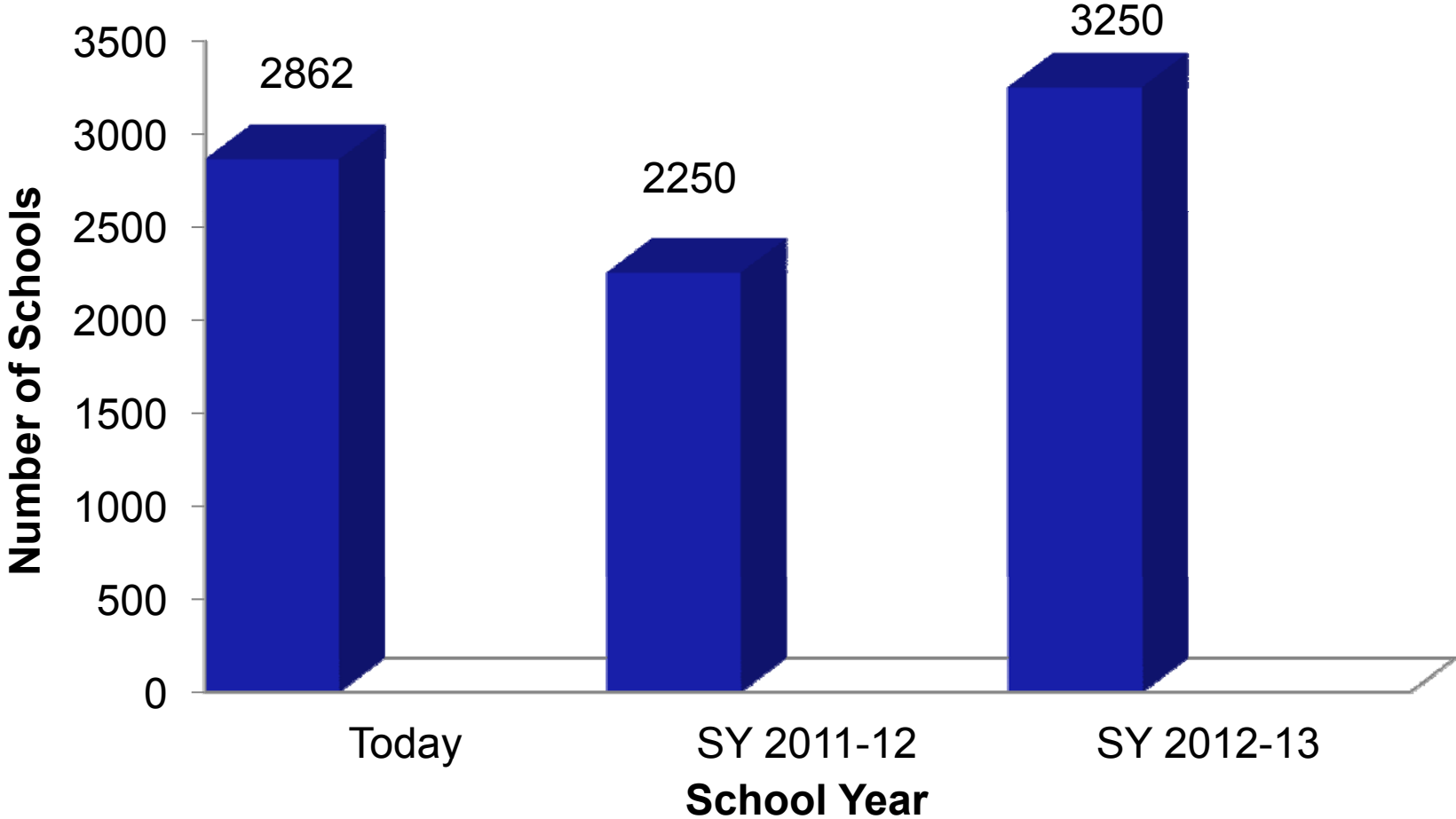




# HUSSC Overview

- Voluntary certification initiative
- Recognizes excellence in nutrition and physical activity in schools
- Awards at four levels
- Grants certification for 4 years

# HUSSC Goals



# What's New in HUSSC?

- “Other Criteria for Excellence”
  - Schools select from 22 options relating to program outreach, physical activity, nutrition education, and school and community involvement in wellness efforts
    - Bronze: 2 options from any sub-category
    - Silver: at least 4 options from any sub-category
    - Gold: at least 6 options from any sub-category
    - Gold Award of Distinction: at least 8 options from any sub-category

# What's New in HUSSC?

- ADP Calculation Change
  - ADP calculation will be based on attendance rather than enrollment
- New Breakfast Criteria
  - Schools must participate in the SBP
  - Upper award levels meet Average Daily Participation (ADP) criteria for breakfast
  - Schools must also meet menu criteria at breakfast

# What's New in HUSSC?

- Updated Lunch Criteria
  - Reflect NSLP meal pattern requirements, while continuing to encourage schools to offer a variety of vegetables, fresh fruit and whole grain-rich grains
- Updated Local School Wellness Policy
  - Consistent with the Healthy Hunger Free Kids Act of 2010, Public Law 111-296

# What's New in HUSSC?

- The HealthierUS School Challenge (HUSSC), and the Healthy Schools Program (HSP) now offer streamlined application options
- Streamlined HUSSC Application Process for HSP Awardees
  - HSP awardees of any level automatically meet the nutrition education, physical education, and physical activity criteria requirements for HUSSC
- Streamlined HSP Application Process for HUSSC Awardees
  - HUSSC Awardees at any level automatically meet the bronze school meals requirements for HSP

**THANK YOU**