



- Welcome to this webcast on the New Nutrient Standard Requirements
- In December 2010, President Obama signed into law the Healthy, Hunger-Free Kids Act. This historic legislation marked the most comprehensive changes to the school nutrition environment in more than a generation.
- The last update to school meals standards was over 15 years ago. Since that time, tremendous advancements in our understanding of human nutrition have occurred. In response to that reality, the Healthy, Hunger-Free Kids Act required USDA to update school meals nutrition standards to reflect the most current dietary science.
- In school year 2010, the National School Lunch Program reached over 32 million children and the School Breakfast Program reached nearly 12 million children nationwide. These meals can make a significant difference in improving children's diets and can help to combat the dual national problems of childhood obesity and childhood hunger. We appreciate all you do for the School Meal Programs and look forward to continue working with you to bring millions of children nutritious school meals.

## Four Dietary Specifications

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



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•In addition to complying with the meal pattern components, schools must also meet a few dietary specifications. This is intended to improve consistency with the Dietary Guidelines and the Dietary Reference Intakes.

•The four specifications are calories, sodium, saturated fat, and trans fat.

• For the first three listed-calories, sodium and saturated fat--these standards are to be met on average over the school week. This means that the levels of any of these in any ONE MEAL COULD EXCEED THE STANDARD AS LONG AS THE AVERAGE NUMBER FOR THE WEEK MEETS THE STANDARD.

•However, with regard to trans fat, food products and ingredients used daily will have to contain zero grams of trans fat per serving.





## Calorie Ranges

- Minimum and maximum calorie (kcal) levels
  - Average over course of the week
  - No more or no less than min and max
- **Effective SY 2013-14 for SBP**
- **Effective SY 2012-13 for NSLP**

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

•The first dietary specification is calorie ranges. Current regulations established only a minimum calorie level. With the new pattern, there is both a minimum and a maximum. These calorie ranges are to be met **ON AVERAGE** over the school week.

•These requirements are effective SY 2012-13 for lunch, and SY 2013-14 for breakfast. The modification to the breakfast timeline from the proposed rule is intended to give program operators additional time to implement the new meal requirements in breakfast.

•The calorie ranges displayed here are based on evidence about children's intakes at meals and snacks.

•The intent is not to reduce the amount of food but to avoid excessive calories. The meal patterns provide more fruits, vegetables and whole grains than current school meals and should result in nutrient-dense meals. The required maximum calorie levels are expected to drive menu planners to select nutrient dense foods and ingredients to prepare meals, and avoid products that are high in fats and added sugars.

## Additional calories



- Discretionary 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.
- Food of minimal nutrition value and fluid milk with fat content greater than 1% milk fat are not allowed.

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Since there are now maximum calories, it will be necessary for menu planners to be careful of discretionary calorie sources such as added calories from condiments, desserts, and other extras such as added calories from sauces, higher-calorie entrée choices, and other items added to the meal

# Sodium Reduction

- Intermediate targets help schools reach final targets
  - Target 1: SY 2014-2015
  - Target 2: SY 2017-2018
  - Final Target: SY 2022-2023



• This final rule on sodium reduction requires schools to make a gradual reduction in the sodium content of the meals, as recommended by the IOM. USDA recognizes that it is difficult to achieve substantial reductions in sodium immediately.

• Therefore, schools are required to meet two intermediate sodium limits, as well as a final limit.

• Target 1 will be required beginning SY 2014-2015 for both breakfast and lunch.

• Target 2 will be required beginning SY 2017-2018 for both breakfast and lunch.

• And finally, the Final Target will be required beginning SY 2022-2023 for both breakfast and lunch.

• Prior to the implementation of Target 2 and the Final sodium targets contained in this rule, USDA will evaluate relevant data on sodium intake and human health, as required by Section 743 of the Consolidated and Further Continuing Appropriations Act of 2012.

## Sodium Requirements

	Target 1: SY 2014-2015	Target 2: SY 2017-2018	Final Target: SY 2022-2023	% Change (Current Levels vs. Final Targets)
<b>Lunch</b>				
Grades K-5	≤ 1230 mg	≤ 935 mg	≤ 640 mg	- 54%
Grades 6-8	≤ 1360 mg	≤ 1035 mg	≤ 710 mg	- 53%
Grades 9-12	≤ 1420 mg	≤ 1080 mg	≤ 740 mg	- 53%
<b>Breakfast</b>				
Grades K-5	≤ 540 mg	≤ 485 mg	≤ 430 mg	- 25%
Grades 6-8	≤ 600 mg	≤ 535 mg	≤ 470 mg	- 25%
Grades 9-12	≤ 640 mg	≤ 570 mg	≤ 500 mg	- 27%

With the current meal pattern, schools are encouraged to reduce the amount of sodium in their menus but there are currently no set targets.

- This chart is a summary of the required sodium reductions at breakfast and lunch. There are baseline sodium levels for school meals offered for each grade group that are not included on this chart. This is a *national average* baseline, gathered from SNDA-III data that was collected in the school year 2004-05. Individual schools may actually be much higher or lower than this national average. (Lunch K-5 1,377; 6-8 is 1,520; and 9-12 is 1,588. Breakfast ranges from 573 to 629 to 686) Fortunately, since Iowa has had a 1,000 mg cap on sodium for several years, most Iowa schools are ahead of the game. Check your last nutrient analysis to see how your school was doing at your last SMI review.

- Column 1 lists age/grade groups.

- Column 2 lists Target 1 limits. This reflects sodium reductions that menu planners can achieve through menu changes and recipe modifications.

- Column 3 lists Target 2 limits. This is based on sodium reductions that can be feasibly achieved with product reformulations by food industry, using currently available technology.

- Column 4 lists Final Target limits. Meeting the Final Target will require new technology and/or food products and, therefore, we are allowing a 10-year period to



## Sodium Reduction Efforts

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

• We understand that reducing sodium in school meals is a formidable challenge. Procurement specifications and recipes will have to be modified. Standardized recipes are more important than ever.

• FNS has developed resources to help plan meals with lower sodium content. Team Nutrition, My Plate, and the National Food Service Management Institute, among other sources, can provide guidance for reducing sodium.

• In addition, USDA Foods continues to make low-sodium food products available to schools and has targeted specific commodities to be made available at lower sodium levels. These include processed cheeses, chicken fajita strips, and turkey taco filling.

## Saturated Fat and Trans Fat Requirements

<u>Current Nutrient Standards</u>	<u>New Nutrient Standards K-12</u>
<ul style="list-style-type: none"> <li>• Saturated Fat               <ul style="list-style-type: none"> <li>• &lt; 10% of total calories</li> </ul> </li> <li>• Trans Fat               <ul style="list-style-type: none"> <li>• No limit</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Saturated Fat               <ul style="list-style-type: none"> <li>• &lt; 10% of total calories                   <ul style="list-style-type: none"> <li>• No change</li> </ul> </li> </ul> </li> <li>• Trans Fat               <ul style="list-style-type: none"> <li>• Zero grams per serving (less than 0.5 on the nutrition label)</li> <li>• Naturally-occurring trans fat excluded                   <ul style="list-style-type: none"> <li>• e.g. beef, lamb, dairy products</li> </ul> </li> </ul> </li> </ul>



•The next two dietary specifications are saturated and trans fat. First, saturated fat.

•This rule continues to emphasize saturated fat reduction, and the standard – less than 10% of calories -- is the same as the one we have in the current regulations. Once again, you could check your last nutrient analysis to see where your school is.

•Offering fat-free and low-fat milk will help schools reduce the saturated fat content of the meals.

•Note that this rule does not require schools to meet a **total** fat standard, a change from existing requirements.

## Trans Fat



- New trans fat restriction
- Nutrition label or manufacturer's specs 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

•Just a little more information on trans fat:

•Current regulations do not include a limit on trans fat. This rule establishes a practical approach to keeping the amount of trans fat in the meals as low as possible.

•Beginning in SY 2012-13 for lunch, and SY 2013-14 for breakfast, schools will have to make sure that the nutrition label or manufacturer specifications for food products, or ingredients used to prepare meals, indicate zero grams of trans fat per serving. (.5 grams is considered zero)

•It will be important for menu planners to develop food procurement specifications and recipes to meet the trans fat specification.

•However, naturally occurring trans fat found in products such as beef and lamb is excluded from the requirement.

## What are trans fats?

- Are either naturally occurring or synthetic.
- Requirement is intended to restrict synthetic:
  - formed when liquid oils are made into solid fats like shortening and hard margarine
  - found in partially hydrogenated oils used in some snack foods, prepared desserts, margarines, etc

## Trans Fat



- Schools must add the trans fat specification and request the required documentation (nutrition label or manufacturer specifications) in their procurement contracts and bid documents.
- Documentation for food products and food ingredients must indicate zero grams (0.5 grams or less) of trans fat per serving.
- Work with vendors to document naturally occurring versus synthetic in combination foods.

## Timeline of changes



- As a quick recap, let's review the changes that are happening to both breakfast and lunch year by year.



## School Breakfast Program Changes Effective SY 2012-2013



- Saturated fat limit <10% calories
- Milk must be no-fat (skim) or low fat (1%)
  - Flavored milk must be skim

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- As previously noted, there are essentially no changes to breakfast in SY 2012-13, with the exception of the milk requirement.
- Additionally, the saturated fat limit is not a change from current standards, so it remains in place.

# National School Lunch Program Dietary Specification Changes Effective SY 2012-2013

- Calorie ranges
- Saturated fat limit <10% calories
- Zero grams of trans fat per portion



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Dietary Specification changes for lunch include:

- Plan meals that fall within the calorie ranges over a weekly average
- Plan meals that contain less than 10% of calories from saturated fat
- Use no products with synthetic trans fat per portion
- While this webcast is intended to convey changes to dietary specification, there are other changes to keep in mind.

## Other lunch changes for school year 2012-13

- Use established age/grade groups
- Offer fruit and vegetable daily
- Offer vegetable subgroups weekly
- Half of grains must be whole grain rich
- Offer weekly grain ranges
- Offer weekly meat/meat alternate ranges
- Offer only fat-free and low-fat milk
- Reimbursable meals under offer v serve meals *must* include a fruit or vegetable serving

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Other changes to the school lunch program that will be implemented this first year, 2012-13:

Use established age/grade groups

Offer fruit daily (now two separate components)

Offer vegetable subgroups weekly

Half of grains must be whole grain-rich

Plan the number of servings within the grain ranges for the correct grade group

Plan the number of servings within the meat or meat alternate ranges for the correct grade group

Offer *only* fat-free (flavored or unflavored) and low-fat (unflavored) milk; and

Claim reimbursement for meals under offer versus serve that meet the new requirement of including a fruit or vegetable serving (1/2 cup fruit or 1/2 cup vegetable or 1/4 cup fruit plus a 1/4 cup vegetable)

For more information, access other webcasts available on the Bureau website.

## School Breakfast Changes Effective SY 2013-2014

- Calorie ranges
- Zero grams of trans fat per portion
- Weekly grain ranges and half of grains must be whole grain rich
- Single food based menu planning approach and new age/grade groups
- Administrative reviews by the State Agency will include nutrient analysis for breakfast

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- In SY 2013-2014, most of the changes to breakfast go into effect. These include:

Half of grains offered must be whole grain-rich;

Weekly grain ranges and

Calorie ranges apply;

Zero grams of *trans* fat per portion is required;

Schools must use single Food-Based Menu Planning approach;

The age/grade groups: K-5, 6-8 and 9-12 apply;

A 3-year administrative review cycle begins;

And the State Agency must conduct a weighted nutrient analyses on one week of breakfast menus as well as lunch menus.

## School Breakfast Changes Effective SY 2014-2015

- Fruit quantity increase to 1 cup/day minimum
- All grain must be whole grain rich
- Target 1 for average weekly sodium limit
- Reimbursable breakfasts must contain a fruit (or a vegetable if substituted)

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- Several changes to the breakfast program are not required until SY 2014-2015. These include:

The required fruit quantity increases to 5 cups/week (minimum 1 cup/day)

All grains must be whole grain-rich

Target 1 for average weekly sodium limit goes into effect, and

Reimbursable meals must contain a fruit, or a vegetable if schools choose to substitute vegetables for the fruit component.

## School Lunch Program Changes Effective SY 2014-2015

- All grains must be whole grain rich
- Target 1 for average weekly sodium limit

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- Only two additional requirements go into effect for the lunch program in SY 2014-2015. These are:

All grains must be whole grain-rich, and

Target 1 for the average weekly sodium limit goes into effect.

## Additional NSLP and SBP Changes

- SY 2017-2018
  - Target 2 sodium restriction
- SY 2022-2023
  - Final Target sodium restriction

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- Beyond SY 2014-2015, the only additional requirements that will go into effect are Target 2 and the Final Target for the weekly average sodium limit.
- Target 2 goes into effect for SY 2017-2018.
- Likewise, the Final Target goes into effect for SY 2022-2023.
- As noted previously, prior to the implementation of Target 2 and the Final sodium targets contained in this rule, USDA will evaluate relevant data on sodium intake and human health, as required by Section 743 of the Consolidated and Further Continuing Appropriations Act of 2012 .

## How is USDA Facilitating Implementation of the Sodium Requirement?

- The final rule **extends the timeline** to meet the second intermediate sodium target (Target 2).
  - With this change, program operators have five years instead of four (until the SY beginning July 1, 2017) to reach the second intermediate sodium target.
  - Extending the timeline to meet Target 2 also gives the food industry more time to reformulate products, and gives school children more time to grow accustomed to food with less salty flavor.
- USDA is also facilitating implementation of the sodium requirement by **offering low-sodium products** through USDA Foods.
  - For example, the USDA Foods program offers reduced sodium canned beans and vegetables at no more than 140 mg per ½ cup serving, which is in line with the requirement to reduce sodium in school meals. The sodium content in most cheese products has been reduced, and there is wide availability of frozen vegetables and meats without added salt.

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How is the USDA assisting in implementation of the sodium requirement?

Extended the timeline for target 2 for sodium reduction. You, and food manufacturers now have five years instead of four. This also gives students time to get used to less salty foods.

The USDA is also offering lower sodium USDA foods

## Where Can I Learn More?



- Check out all of the webcasts at the Bureau website
- Keep a careful watch on your e-mail for updates
- Continually check the Bureau website for new information
- Regional Workshops are in the planning stages for Fall 2012
- Annual SNAI Conference in June 2012 at Dubuque
- Summer Short Courses in June and July 2012 at Ames
- Contact your consultant

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You may have already heard or participated in learning some of the updates in various ways—webinars, webcasts, SNAI district workshops, e-mail messages, spring regional workshops—keep all of those in mind, as new and additional information becomes available.

Contact your consultant for further information on training opportunities.

Call our Bureau at 515-281-5356. Ask Janelle to direct you to your local Consultant. Our Bureau website:

[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=1235&Itemid=391](http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391)



- Nutrition Standards for School Meals FNS site:  
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
- School Nutrition Standards 2012- Iowa Dept. of Education  
[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=2595&Itemid=4678](http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678)
- Choose My Plate: <http://www.choosemyplate.gov/>
- Healthy Meals Resource site:  
[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)
- Let's Move school page: <http://www.letsmove.gov/healthy-schools>
- The Healthy, Hunger-Free Kids Act site:  
[http://www.fns.usda.gov/cnd/Governance/Legislation/CNR\\_resources.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_resources.htm)

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We have listed some useful websites. These links are also on the Bureau School Nutrition Standards 2012 web page.

Nutrition Standards for School Meals FNS site: (USDA website on the new meal patterns)  
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

Our Bureau:  
[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=1235&Itemid=391](http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391)

Choose My Plate: (these food groups match new meal patterns)  
<http://www.choosemyplate.gov/>

Healthy Meals Resource site: (Team Nutrition)  
[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)

Let's Move school page:  
<http://www.letsmove.gov/healthy-schools>

The Healthy, Hunger-Free Kids Act site:  
[http://www.fns.usda.gov/cnd/Governance/Legislation/CNR\\_resources.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_resources.htm)