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.
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.
In the past, calorie requirements only had minimum calories. In the new meal pattern, there will still be minimum calorie requirements and now there will also be maximum calorie requirements. So you have to stay within a certain range of calories.

You can see on the screen that under the current standards, minimum calories range from 633 for grades K-3 on Traditional meal pattern to a minimum of 825 calories for grades 7-12 on Enhanced meal pattern. Breakfast minimums currently range from 554 calories to 618 calories.

Under the new nutrient standards for lunch in SY 2012-13, there will be minimum and maximum calorie ranges for each of the three new grade groupings. They are: 550 to 650 calories for grades K-5; 600-700 calories for grades 6-8; and 750-850 calories for grades 9-12. (As you can see, there is overlap in calories between the K-5 and 6-8 grade groupings, but there is no overlap with the 9-12 grade grouping.)

The new breakfast calorie minimum and maximums do not take affect until SY 2013-14. The requirements at that time will be: 350-500 calories for grades K-5; 400-550 calories for grades 6-8; and 450-600 calories for grades 9-12.
• 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.
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.
• 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.
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
• 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.
• 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.

### Saturated Fat and Trans Fat Requirements

<table>
<thead>
<tr>
<th>Current Nutrient Standards</th>
<th>New Nutrient Standards K-12</th>
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<tbody>
<tr>
<td>• Saturated Fat</td>
<td>• Saturated Fat</td>
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<tr>
<td>• &lt; 10% of total calories</td>
<td>• &lt; 10% of total calories</td>
</tr>
<tr>
<td>• Trans Fat</td>
<td>• No change</td>
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<tr>
<td>• No limit</td>
<td>• Trans Fat</td>
</tr>
<tr>
<td></td>
<td>• Zero grams per serving (less than 0.5 on the nutrition label)</td>
</tr>
<tr>
<td></td>
<td>• Naturally-occurring trans fat excluded</td>
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<tr>
<td></td>
<td>• e.g. beef, lamb, dairy products</td>
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</tbody>
</table>
• 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.
• As a quick recap, let's review the changes that are happening to both breakfast and lunch year by year.
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.
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 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
Offer weekly grain ranges
Offer weekly meat/meat alternate ranges
Offer only fat-free and low-fat milk
Reimbursable meals under offer versus serve meals must include a fruit or vegetable serving

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

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.
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 breakfasts must contain a fruit (or a vegetable if substituted)

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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

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.
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 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
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.

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)

Our Bureau:

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

Healthy Meals Resource site: (Team Nutrition)

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