

Final Rule to Update School Lunches and Breakfasts

- General Overview –



- Thank you for taking time to learn about the new rules for school meals. These are presented in a series of webcasts so you can watch them one piece at a time as your time allows, and you can go back to listen or read through them multiple times if needed.
- In December 2010, President Obama signed into law the Healthy, Hunger-Free Kids Act.
- The last update to school meals standards was over 15 years ago. 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.

New Meal Pattern 101

- Very broad overview on the webcasts.
- Further guidance, training, and technical assistance forthcoming

•It is important to note that this section is an **overview** of the content of the rule in the series of webcasts posted on the Iowa Department of Education Bureau of Nutrition Programs website. These introductory webinars are not intended to be your sole resource for implementation of this rule!

•As we learn more details, more information will be shared in the form of workshops, guidance, webinars, regional trainings, and other postings on the website. At the end of this set of slides you will find a more detailed list of the training being planned.

•Think of the webcast series as “New School Meal Pattern 101.”

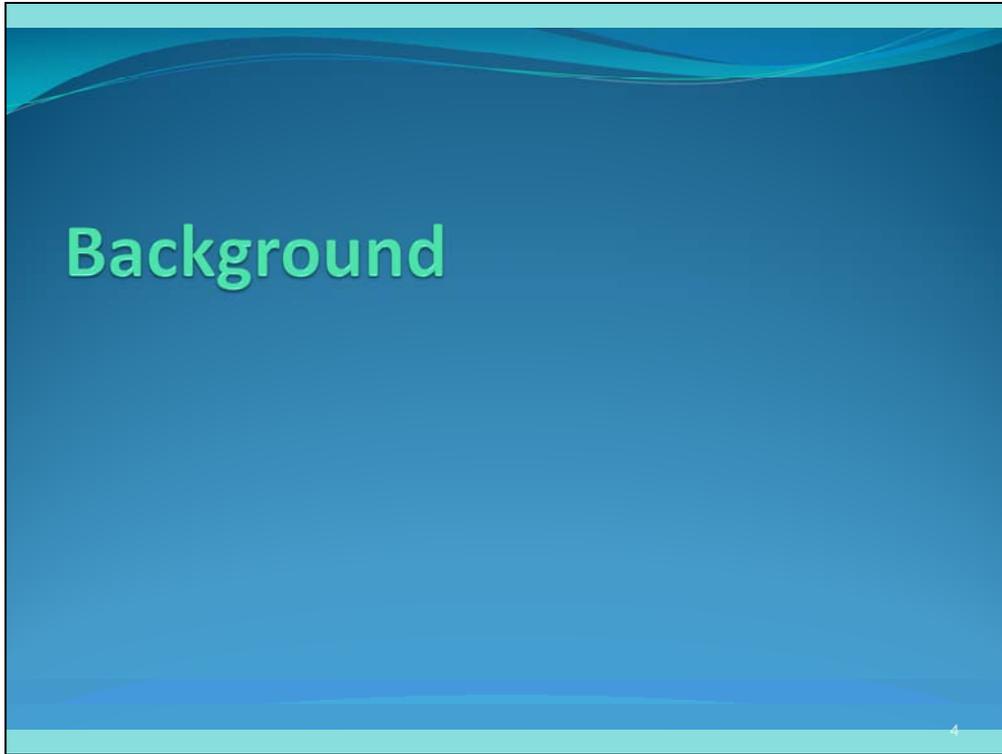
A presentation slide titled "Webcast Series Topics" with a decorative blue and white wavy header. The slide is divided into two columns of bullet points. The left column is titled "Overview webcast" and lists seven items, with the first two being blue. The right column is titled "Other Webcasts" and lists seven items. The slide has a light blue footer.

Webcast Series Topics

- Overview webcast
 - Background
 - Law Requirements
 - Changes from Proposed Rule
 - New Meal Pattern
 - Implementation
 - Timeline
 - General Provisions
 - Where can I learn more?
- Other Webcasts
 - Grain bread Component
 - Milk and Meat-Meat Alternates
 - Fruit Component
 - Vegetable Component
 - New Offer vs Serve and other service issues
 - New Nutrient Standard requirements
 - Monitoring and Compliance

•This shows the list of changes that are covered in the new requirements. The blue ones will be covered in the first webcast and the list on the right identifies other webcasts posted on the Bureau website.

•Various methods of future training will be available, participating in this first webcast and watching these webcasts is your first step!



- To begin, let's look at some background information on the development of the rule.

Law Requirements

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

•The creation of the new school meal pattern draws from two key pieces of legislation.

•First, the Richard B. Russell National School Lunch Act requires that school meals be consistent with the latest Dietary Guidelines for Americans.

•Additionally, the Healthy, Hunger-Free Kids Act of 2010 requires that USDA propose and issue a rule to update the school meal patterns and nutrition standards as recommended by the Institute of Medicine.

Proposed Rule (Jan 2011)

- Title
 - Nutrition Standards in the National School Lunch and School Breakfast Programs (76 FR 2494)
- Published
 - Jan. 13, 2011
- Based on 2009 IOM report, *School Meals: Building Blocks for Healthy Children*
- 133,268 total comments received
 - <http://www.regulations.gov>

• In January 2011, USDA issued a proposed rule based on the IOM's recommendations.

• After publication of the proposed rule, USDA received over 133,000 public comments during the comment period. All of these comments were then analyzed and coded.

Final Rule (January 2012)

- Title
 - Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088)
- Published
 - January 26, 2012
- Effective date
 - July 1, 2012

•The number of public comments on the proposed standards was unprecedented—and USDA listened. We know that robust public input is essential to a successful rule, and the final rule makes significant changes from the proposal in response.

•The final rule makes significant improvements to school meals, while modifying several key proposed requirements to address public comments regarding cost, timing, food waste, and administrative burden.

•Unless otherwise noted, provisions of this rule will go into effect on July 1, 2012.

Significance of this Rule

- School meal programs impact millions of children every day
- Obesity and food insecurity/hunger are dual threats to many of these children
- Rule informed by current nutrition science

•With the passage of the Healthy, Hunger-free Act, USDA is working to implement historic reforms that will mark the most comprehensive change to food in schools in more than a generation.

•The timing of this rule is critical.

- The prevalence of childhood obesity is at an all-time high.
- Hunger and food insecurity continue to affect millions of our nation's children.
- The new standards align school meals with the latest nutrition science.

We are working to do what's right for children's health in a way that's achievable in schools across the nation. With this rule, we will be assured that we deliver healthy, more nutritious food to the schoolchildren in Iowa and across the nation.

Major Changes from Proposed Rule

- Changes to breakfast phased-in gradually over 3 years starting SY2013
- No meat/meat alternate at breakfast
- Additional year for implementation of sodium target #2
- Students may take smaller portions of fruits and vegetables under Offer versus Serve
- Compliance based on 1-week reviews of menus

• As was mentioned before, USDA was very responsive to stakeholder concerns with the proposed rule.

• First, changes to the breakfast meal pattern requirements will be phased-in gradually over several years. In the first year, the only change to breakfast is a requirement for non-fat or low-fat milk, which most schools already do.

• USDA also removed the proposed requirement for meats or meat alternates at breakfast.

• Due to concerns about the ability to reduce sodium in meals as quickly as proposed, the rule provided an additional year for operators to reach the second sodium target.

• Schools must offer the full amounts of the fruit and vegetable components required. However, to minimize food waste, students may take smaller portions of each under the Offer versus Serve option. Schools must plan a full cup serving, but only a ½ of a cup of fruit or vegetables or a combination of fruit and vegetable is required to be taken for a reimbursable meal. This modification to the proposal also reduces the overall cost of the new meal patterns.

• Finally, to reduce administrative burden, State agencies will continue to assess school district compliance with the requirements based on a nutrient analysis of one week of menus, instead of two.

Congressional Action

- Several changes from proposed rule were required as result of Consolidated and Further Continuing Appropriations Act, 2012 (P.L. 112-55)
 - No maximum weekly limit on starchy vegetables (or other vegetable subgroups)
 - Evaluate studies on sodium intake/human health prior to implementing second and final sodium targets
 - Crediting of tomato paste
 - “Whole grain” definition

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•In addition, several other changes were made to the proposed rule as required by Consolidated and Further Continuing Appropriations Act of 2012 .

•Because Congress has restricted the use of Federal funds for the implementation of regulations that set maximum limits on any vegetable subgroups in school meals, the new rule does not set a limit on starchy vegetables- or any other vegetable subgroups. Instead, the rule requires minimum quantities of all vegetable subgroups as identified in the 2010 Dietary Guidelines for Americans.

•USDA is also required to evaluate studies on sodium intake and human health prior to implementing Target 2 and the Final Target for sodium.

•USDA must also continue to credit tomato paste and puree as a calculated volume based on the whole food equivalency.

•Finally, USDA has also complied with the Act by providing a definition of whole grains and whole-grain rich foods in the final rule.



- With that, let's look more closely at some key aspects of the new School Meal pattern.

Final Rule Meal Pattern

| Meal Pattern | Breakfast Meal Pattern | | | Lunch Meal Pattern | | |
|--|--|------------------------|-------------------------|--------------------|-------------|------------|
| | GradesK-5 ^a | Grades6-8 ^a | Grades9-12 ^a | GradesK-5 | Grades6-8 | Grades9-12 |
| | Amount of Food ^b Per Week (Minimum Per Day) | | | | | |
| Fruits (cups) ^{c,d} | 5 (1) ^e | 5 (1) ^e | 5 (1) ^e | 2.5 (0.5) | 2.5 (0.5) | 5 (1) |
| Vegetables (cups) ^{c,d} | 0 | 0 | 0 | 3.75 (0.75) | 3.75 (0.75) | 5 (1) |
| Dark green ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Red/Orange ^f | 0 | 0 | 0 | 0.75 | 0.75 | 1.25 |
| Beans/Peas (Legumes) ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Starchy ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Other ^{f,g} | 0 | 0 | 0 | 0.5 | 0.5 | 0.75 |
| Additional Veg to Reach Total ^h | 0 | 0 | 0 | 1 | 1 | 1.5 |
| Grains (oz eq) ⁱ | 7-10 (1) ^j | 8-10 (1) ^j | 9-10 (1) ^j | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| Meats/Meat Alternates (oz eq) | 0 ^k | 0 ^k | 0 ^k | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) ^l | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | | | |
| Min-max calories (kcal) ^{m,n,o} | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) ^{n,o} | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |
| Sodium (mg) ^{n,p} | ≤ 430 | ≤ 470 | ≤ 500 | ≤ 640 | ≤ 710 | ≤ 740 |
| Trans fat ^{n,o} | Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. | | | | | |



- This chart illustrates all of the required meal components and nutrients for both breakfast and lunch, as well as amounts of each.

- Highlighted sections on this slide denote changes from the proposed rule.

- This chart is a lot of information at first glance. Therefore, we will walk through each of the meal pattern components during the webcasts.

This chart is available from the USDA website,
<http://www.fns.usda.gov/cnd/Governance/legislation/dietaryspecs.pdf>

The chart at the website is not highlighted.

- However, I want to first give you a sense of how to interpret the information that you see here.

Reading the Meal Pattern Chart

| | Breakfast Meal Pattern | | | Lunch Meal Pattern | | |
|---|--|----------------------------|-----------------------------|----------------------|----------------------|----------------|
| | Grades K-5 ^a | Grades 6-8 ^a | Grades 9-12 ^a | Grades K-5 | Grades 6-8 | Grades 9-12 |
| Meal Pattern | Amount of Food ^b Per Week (Minimum Per Day) | | | | | |
| Fruits (cups)^{c,d} | 5 (1)^e | 5 (1)^e | 5 (1)^e | 2.5 (0.5) | 2.5 (0.5) | 5 (1) |
| Vegetables (cups) ^{e,d} | 0 | 0 | 0 | 3.75 (0.75) | 3.75 (0.75) | 5 (1) |
| Dark green ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Red/Orange ^f | 0 | 0 | 0 | 0.75 | 0.75 | 1.25 |
| Beans/Peas (Legumes) ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Starchy ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Other ^{f,g} | 0 | 0 | 0 | 0.5 | 0.5 | 0.75 |
| Additional Veg to Reach Total ^h | 0 | 0 | 0 | 1 | 1 | 1.5 |
| Grains (oz eq) ⁱ | 7-10 (1) ^j | 8-10 (1) ^j | 9-10 (1) ^j | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| Meats/Meat Alternates (oz eq) | 0 ^k | 0 ^k | 0 ^k | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) ^l | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | | | |
| Min-max calories (kcal) ^{m,n,o} | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |



- The first column in this chart describes all of the required food components and dietary specifications (calories, saturated fat, sodium and *trans* fat) in the course of a week.
- There are also several places where you may see footnotes (they are represented by small letters a through p). More to follow on the footnotes.
- In this particular slide, the fruits component is reviewed. The next three columns in the chart list the weekly requirements for the Breakfast Meal Pattern, based on the three new age-grade groups: Grades K-5, Grades 6-8, and Grades 9-12.
- You can therefore see that for all three age-grade groups at breakfast, there is a requirement for at least 5 cups of fruit per week. You may also note the “one” in parentheses. That is to show that in addition to a weekly requirement, there is also a requirement for at least 1 cup of fruit to be offered *daily* at breakfast.

Reading the Meal Pattern Chart

| | Breakfast Meal Pattern | | | Lunch Meal Pattern | | |
|---|--|----------------------------|-----------------------------|----------------------|----------------------|----------------|
| | Grades K-5 ^a | Grades 6-8 ^a | Grades 9-12 ^a | Grades K-5 | Grades 6-8 | Grades 9-12 |
| Meal Pattern | Amount of Food ^b Per Week (Minimum Per Day) | | | | | |
| Fruits (cups)^{c,d} | 5 (1)^e | 5 (1)^e | 5 (1)^e | 2.5 (0.5) | 2.5 (0.5) | 5 (1) |
| Vegetables (cups) ^{c,d} | 0 | 0 | 0 | 3.75 (0.75) | 3.75 (0.75) | 5 (1) |
| Dark green ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Red/Orange ^f | 0 | 0 | 0 | 0.75 | 0.75 | 1.25 |
| Beans/Peas (Legumes) ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Starchy ^f | 0 | 0 | 0 | 0.5 | 0.5 | 0.5 |
| Other ^{f,g} | 0 | 0 | 0 | 0.5 | 0.5 | 0.75 |
| Additional Veg to Reach Total ^h | 0 | 0 | 0 | 1 | 1 | 1.5 |
| Grains (oz eq) ⁱ | 7-10 (1) ^j | 8-10 (1) ^j | 9-10 (1) ^j | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| Meats/Meat Alternates (oz eq) | 0 ^k | 0 ^k | 0 ^k | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) ^l | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | | | |
| Min-max calories (kcal) ^{m,n,o} | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) ^{n,o} | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |
| Sodium (mg) ^{n,p} | ≤ 430 | ≤ 470 | ≤ 500 | ≤ 640 | ≤ 710 | ≤ 740 |



- The last three columns of the chart illustrate the amounts required for the *lunch* meal pattern. Again, there is a column for each of the three age-grade groups.
- So, looking just at Fruits, you can see that the minimum weekly requirement for fruit is 2.5 cups for Grades K-5 as well as Grades 6-8, and a minimum of 5 cups per week for Grades 9-12. Grades K-5 and Grades 6-8 have minimum daily requirements of ½ of a cup (as shown again in parentheses) and Grades 9-12 must be offered a minimum of 1 cup of fruit per day.
- Each other food component and dietary specification can be viewed in this chart the same way.
- Hopefully, this brief tutorial will help you better understand how the meal pattern chart can be read and understood. I encourage you to obtain this handout from the USDA website.

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 |
| FRUITS COMPONENT | | | | | | | |
| Offer fruit daily | L | | | | | | |
| Fruit quantity increase to 5 cups/week (minimum 1 cup/day) | | | B | | | | |
| VEGETABLES COMPONENT | | | | | | | |
| Offer vegetables subgroups weekly | L | | | | | | |
| GRAINS COMPONENT | | | | | | | |
| 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 | | | | | |
| MEATS/MEAT ALTERNATES COMPONENT | | | | | | | |
| Offer weekly meats/meat alternates ranges (daily min.) | L | | | | | | |
| MILK COMPONENT | | | | | | | |
| Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk | L, B | | | | | | |
| DIETARY SPECIFICATIONS (to be met on average over a week) | | | | | | | |
| Calorie ranges | L | B | | | | | |
| Saturated fat limit (no change) | L, B | | | | | | |
| Sodium Targets*-Target 1Target 2Final target | | | L, B | | | L, B | L, B |
| Zero grams of trans fat per portion | L | B | | | | | |
| MENU PLANNING | | | | | | | |
| A single FBMP approach | L | B | | | | | |
| AGE-GRADE GROUPS | | | | | | | |
| Establish age/grade groups: K-5, 6-8, and 9-12 | L | B | | | | | |
| OFFER VS. SERVE | | | | | | | |
| Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum) | L | | B | | | | |
| MONITORING | | | | | | | |
| 3-year adm. review cycle | | L, B | | | | | |
| Conduct weighted nutrient analysis on 1 week of menus | L | B | | | | | |



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- Now I'd like to talk a bit about the timeline for implementation of the requirements. This is a graphic depiction of when each requirement will be phased in for both breakfast and lunch over the next 10 years. Note the far right column is school year 2022-23. It seems like a long ways away!
- In this chart, the letter "L" denotes lunch and "B" denotes breakfast.
- This chart is also a good reference from the USDA website.
- The timelines will be discussed in each food group's webcast section.

General Provisions

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- Let's begin with some general provisions contained in this rule.

Menu Planning Approach Changes

- One uniform Food-Based Menu Planning Approach for all schools and districts
 - NSLP operators must use new meal pattern
 - Beginning SY 2012-2013
 - SBP operators must use new meal pattern
 - Beginning SY 2013-14

•Let's look first at menu planning. There will be no more enhanced, traditional or nutrient standard approaches; a single food-based menu planning approach will be required for both school breakfast and lunch operators.

•This approach simplifies menu planning, serves as a teaching tool to help children choose a balanced meal, and ensures that students nationwide have access to key food groups recommended by the Dietary Guidelines.

•It also makes it easier for schools to communicate the meal improvements to parents and the community-at-large. Simplifying program management, training and monitoring is expected to result in program savings.

• This menu planning approach will be required for lunch operators in SY 2012-2013. However, in response to commenters' concerns about the estimated cost increase of the breakfast meal, this final rule gives breakfast program operators an additional year to convert to this planning approach.

•Accordingly, breakfast operators may continue with their current menu planning approach until SY 2013-2014.

Age/Grade Groups

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

•The next change we will look at is new age/grade group classifications. This rule requires schools to use the same age/grade groups for planning lunches and breakfasts.

•The age/grade groups are now narrower to provide age-appropriate meals. However, the rule allows some flexibility to schools that have different grade configurations. This rule permits a school to use one meal pattern for students in grades K through 8 as food quantity requirements for groups K-5 and 6-8 overlap. However, this will require careful planning to ensure requirements are met for both of these two groups.

•These age/grade group changes go into effect in SY 2012-13 for lunch. Breakfast has a one year delay in response to operator concerns, and is required beginning SY 2013-14.

•Therefore, in SY 2012-13 *only*, schools have the option to continue the age/grade group K-12 for planning breakfasts.

Meal Identification

- Identify content of reimbursable meal near or at beginning of serving line(s)
 - School discretion on how to identify these foods
- Assures students do not unintentionally purchase a la carte items

•The final rule includes some additional changes that are intended to enhance the overall school nutrition environment and reflect the Dietary Guidelines.

•As in the proposed rule, schools are required to identify the foods that are part of the reimbursable meal near or at the beginning of the serving line.

•This seeks to ensure that students understand the components of the reimbursable meal and do not make unintentional purchases of a la carte foods.

•Schools have discretion as to how to identify the foods that are part of the reimbursable meal.

Meal Components

- Fruits
- Vegetables
- Meat/Meat Alternates
- Grains
- Milk

- The posted webcasts explain the various components and requirements.
- One important change is that this rule separates fruits and vegetables into two different food components.

Four Dietary Specifications

- Weekly average requirements
 - Calories
 - Sodium
 - Saturated fat
- Daily requirement
 - Trans fat (zero)

•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.

•These specifications are calories, sodium, saturated fat, and trans fat. Note that there is no longer a total fat target.

•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 added trans fat per serving.

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

| 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 establish only a minimum calorie level. New regulations require schools to plan no more than a maximum level also. These calorie ranges are to be met **ON AVERAGE** over the school week.

•These requirements are effective SY 2013-14 for breakfast, and SY 2012-13 for lunch. 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.

Where can I Learn More?

- Review each webinar posted at the Bureau website.
- Pay attention to all emails you receive from the Bureau!
- Plan to attend meetings offered in Summer 2012 and beyond. Information available in emails sent by our Bureau.
- Information will be provided at the School Nutrition Association of Iowa Annual State Conference in June, and in future meetings.
- The new meal patterns and nutrition standards will be included in the classes at Iowa Summer School Short Courses. In 2012 and beyond. See <http://www.ucs.iastate.edu/mnet/schoolfoods/register.html> for information and to register.

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Our Bureau:

http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391

The Healthy, Hunger-Free Kids Act site:

http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_resources.htm

Healthy Meals Resource site:

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

Nutrition Standards for School Meals FNS site:

<http://www.fns.usda.gov/cnd/Governance/legislation/nutritionstandards.htm>

Let's Move school page:

<http://www.letsmove.gov/healthy-schools>

Choose My Plate:

<http://www.choosemyplate.gov/>

Additional fruit and vegetable and subgroup identity:

<http://www.cnpp.usda.gov/publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf>

Moving Forward Together!

Be assured that we are all taking one step at a time. Please email or call your local Consultant if you need assistance. We want to see you succeed!

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Bureau Office: 515-281-5356. Janelle Loney, Bureau Secretary, will direct you to the area Consultant who will work with your school.