



- Thank you for viewing this webcast on the vegetable component requirements.

NSLP Requirements for Vegetables

Current Requirements K-12

- $\frac{1}{2}$ to 1 cup of fruit and vegetables combined per lunch meal

New Requirements K-12

- Daily lunch serving reflects variety over the week
- $\frac{3}{4}$ to 1 cup of vegetables
 - Note: Students are allowed to select $\frac{1}{2}$ cup vegetable under OVS.
- Weekly requirements for:
 - Dark green vegetables
 - Red/orange vegetables
 - Beans/peas (legumes)
 - Starchy vegetables
 - Other vegetables

There are several new requirements for vegetables in the new meal patterns.

- The new meal pattern separates fruits and vegetables into two different food components.
- A daily, minimum amount of vegetables must be offered at lunch— $\frac{3}{4}$ cup for Grades K-8 and 1 cup for Grades 9-12.
- At lunch, students must select at least a $\frac{1}{2}$ cup of vegetables or fruit to count toward a reimbursable meal
- Vegetables are divided in 5 subgroups

New Vegetable Requirements, Continued

- Beginning **July 1, 2012** weekly subgroups of vegetables are required in the National School Lunch Program
- Weekly and daily requirements
- Larger amounts of vegetables may be served
- Additional vegetables to reach the vegetable total weekly requirement can be from any subgroup.

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The weekly vegetable subgroup requirement goes into effect with the 2012-13 school year that begins on July 1, 2012.

As noted there are weekly and daily minimum requirements, but no maximums on vegetables. Since the weekly requirements for all subgroups don't add up to the minimum weekly totals, additional vegetables from any vegetable subgroup may be offered to reach the total daily and weekly minimum requirements.

To recap, the new meal pattern requires a daily serving of vegetables. There are also *weekly* minimums for the vegetable subgroups- this means that over the course of the week, the required amount of each subgroup must be met, but that on any given day there are no specific subgroup requirements.

So what are the subgroups and which vegetables will meet the definitions?

Vegetable Requirements

	Grades K-5	Grades 6-8	Grades 9-12
Vegetables (cups)	3 ³ / ₄ (³ / ₄)	3 ³ / ₄ (³ / ₄)	5 (1)
Dark Green	¹ / ₂	¹ / ₂	¹ / ₂
Red/Orange	³ / ₄	³ / ₄	1 ¹ / ₄
Beans/Peas (Legumes)	¹ / ₂	¹ / ₂	¹ / ₂
Starchy	¹ / ₂	¹ / ₂	¹ / ₂
Other	¹ / ₂	¹ / ₂	³ / ₄
Additional Veg to Reach Total	1	1	1 ¹ / ₂

- Remember when you are reading the meal patterns, weekly amounts are listed for each grade group and the **daily** minimum is in parentheses.
- The subgroups required each week consist of: dark green, red/orange, beans/peas (legumes), starchy, and other.
- The “other” vegetable subgroup is a distinct grouping of food items, as classified by the 2010 Dietary Guidelines.
- Additionally, there is a catch-all category added for additional vegetables that can come from any subgroup to meet the weekly total.

Can the vegetable subgroups be offered a couple of different times over the week in small amounts that add up to the required amount for the full week?

Yes, schools can break up the subgroup requirement across the week as long as the week’s menu as a whole meets the full subgroup requirements, AND each day the school offers the full daily vegetable minimum. Keep in mind that the minimum creditable amount is 1/8 cup. Example: one day a school offers a 1/2 cup of bean/corn salsa that includes 1/4 cup of beans per serving, and another day that week the school offers a bean burrito that supplies another 1/4 cup of beans. This example assumes that school is providing additional vegetable with each of these meals to meet the minimum daily requirement for vegetables (1 cup for grades 9-12 and 3/4 cup for lower grades).

Vegetable Subgroups

Dark Green Vegetables

- Bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Kale
- Mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Watercress

Red/Orange Vegetables

- Acorn squash
- Butternut squash
- Carrots
- Pumpkin
- Tomatoes
- Tomato juice
- Sweet potatoes

Vegetable subgroups listed on these slides are not all inclusive. These are examples of the kinds of vegetables in each subgroup.

Check the vegetable subgroup handout on our website for more information. It comes from www.choosemyplate.org, a USDA web site that you also may find helpful

For all age groups, $\frac{1}{2}$ cup of dark green vegetables must be offered each week.

For the red/orange vegetables, Grades K-8 must be offered $\frac{3}{4}$ cup and Grades 9-12 1 $\frac{1}{4}$ cups. Many schools already use some of these vegetables every week.

Vegetable Subgroups (cont.)

Beans and Peas (Legumes)

- Black beans
- Black-eyed peas (mature, dry)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- White beans

Starchy Vegetables

- Black-eyed peas (not dry)
- Corn
- Cassava
- Green bananas
- Green peas
- Green lima beans
- Plantains
- Taro
- Water chestnuts
- White potatoes

Cooked dry beans or peas (legumes) may be counted as either a vegetable or as a meat alternate, but not as both in the same meal.

½ cup of legumes must be offered as a vegetable for all grade groups each week.

Most schools will have no problem meeting the required ½ cup of starchy vegetables each week for all age groups.

Vegetable Subgroups (cont.)

Other Vegetables

- This subgroup includes all other fresh, frozen and canned vegetables, cooked or raw such as:
 - Artichokes
 - Asparagus
 - Avocado
 - Bean sprouts
 - Beets
 - Brussels sprouts
 - Cabbage
 - Cauliflower
 - Celery
 - Cucumbers
 - Eggplant
 - Green beans
 - Green peppers
 - Iceberg lettuce
 - Mushrooms
 - Okra
 - Onions
 - Parsnips
 - Turnips
 - Wax Beans
 - Zucchini

½ cup of the Other Vegetables group must be offered each week for Grades K-8 and ¾ cup for Grades 9-12. Other vegetables is a separate food group, but may also be met with additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

Any vegetable subgroup may be offered to meet the total weekly vegetable requirement--other vegetables dark green, red/orange, starchy, or beans/peas (legumes).

Vegetable Variety

- Fresh , frozen, and canned products
- USDA Foods offers a variety of no salt added or lower sodium canned products, and frozen with no salt
- Department of Defense (DOD) offers fresh fruits and vegetables that can be purchased with entitlement funds (produce would be ordered and delivered through your own distributor). Contact the Bureau USDA food Consultants for details.

•Schools may select from a variety of vegetable preparation methods to meet these new requirements. Fresh, frozen and canned products are all allowable.

•Schools have access to many nutritious vegetable choices through USDA Foods. For instance, schools can select reduced sodium canned vegetables with no more than 140 mg of sodium per half-cup serving, which is in line with the 2010 Dietary Guidelines. Schools can also order frozen vegetables with no added salt, such as green beans, carrots, corn, and peas.

Contact the USDA Foods Consultants at the Iowa Dept. of Education, Dean Flaws and Jane Heikenen, for more information on participating in the DoD program

Crediting of Vegetables

- All vegetables are credited based on their volume as served **EXCEPT**
 - 1 cup of raw leafy greens counts as $\frac{1}{2}$ cup of vegetables
 - tomato paste and tomato puree are credited based on calculated volume of the whole food equivalency
- Minimum creditable serving of vegetable is $\frac{1}{8}$ cup
- Mixed vegetables can be credited in subgroup if content is known and meet minimum $\frac{1}{8}$ cup—otherwise are “additional” vegetables.

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In this final rule, the crediting of leafy greens is changed from current practice. Uncooked, leafy greens will credit as half of volume as served. This makes sense because of the amount of air and space in a cup of raw leafy greens. So, one cup of romaine lettuce or raw spinach is creditable as one half cup of dark-green vegetables. Cooked leafy greens such as sautéed spinach are credited by volume as served so $\frac{1}{2}$ cup of cooked spinach credits as $\frac{1}{2}$ cup of dark green vegetables.

The crediting of tomato paste and tomato puree has not changed. You'll find in the current USDA Food Buying Guide, that 1 TBSP of tomato paste counts as $\frac{1}{4}$ cup of vegetable and that 2 TBSP of tomato puree equals $\frac{1}{4}$ cup of vegetable as well. It is also worth noting that 1 cup of a commercial tomato soup or vegetable soup (mixed one part soup to one part water) only counts as about $\frac{1}{4}$ cup of vegetable. This has not changed. Check the USDA Food Buying Guide. The Food Buying Guide will be updated to separate fruits and vegetables into separate components and to indicate the subgroup crediting of vegetables.

If a mixed salad or other mixed vegetable dish contains more than one vegetable subgroup and the quantities of each subgroup are known, they can be credited toward each subgroup. If the quantities are not known, the mixed vegetable dish counts toward the additional vegetables requirement. As is currently practiced, $\frac{1}{8}$ of a cup of vegetables is the minimum creditable amount.

For salads, remember that uncooked, leafy greens count as half of their volume and with the $\frac{1}{8}$ cup minimum quantity a salad would have to have a minimum of $\frac{1}{4}$ cup romaine lettuce or spinach to count toward the dark green requirement.

Salad bars and multiple lines

- Salad bars are one way to meet subgroups
 - Need to be monitored
 - Need to be documented on production records
- Students must have access to all vegetable subgroups in a week regardless of the serving line selected

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The question has been asked whether a school may offer a daily salad bar line that offers multiple vegetable subgroups every day as a way to meet the weekly vegetable subgroup requirement.

The answer is Yes, this is acceptable if the salad bar is available to all children each day and offers all of the required weekly subgroups over the course of the week.

A salad bar should be placed before the point of sale counting to assure that students have taken their ½ cup of fruit or vegetable for the day. Salad bars should also be monitored for food safety and sanitation practices.

The regulations - Section 210.10(a)(3) to be exact- require that production records and menu records for the meals show how the meals offered contribute to the required food components and food quantities. These records must be examined by the State agency during the administrative review to ensure the meals offered are reimbursable. Therefore, the vegetable subgroups offered on a daily salad bar need to be itemized on the production records and need to be listed on the menu/

If a school has multiple serving lines with different menu items, each serving line must offer all of the vegetable subgroups weekly to ensure that all students have access to all of the vegetable subgroups throughout the week regardless of the serving line selected. For example, a child who picks the pizza line consistently would need to have access to all vegetable subgroups throughout the week. Another solution could be to offer a centrally located garden bar or salad bar that all students can access.

Vegetable Juice

- Pasteurized, full-strength (100%) vegetable juice may be used to meet no more than ½ of the weekly vegetable component.
- Vegetable and fruit juice blends are credited based on content.

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Full strength 100% vegetable juice may be used to meet no more than ½ of the weekly vegetable component.

Vegetable juice blends that contain vegetables from the same subgroup may contribute toward that vegetable subgroup. For example, a full-strength carrot/tomato vegetable juice blend may credit toward the “orange/red” vegetable subgroup. However, a full-strength vegetable juice blend containing carrots, spinach, tomato and watercress, may only credit toward the “additional” vegetable subgroup.

just as we discussed related to other mixed vegetable dishes.

For vegetable and **fruit** juice blends, *If the first ingredient is a vegetable juice, then the 100-percent juice blend can contribute to the “other” or the “additional” vegetable requirement. If the first ingredient in the 100-percent juice blend is **fruit** juice, then the 100-percent juice blend can contribute to the fruit requirement.*

Offer Versus Serve

- For a reimbursable meal
 - Student **must** select fruit component **OR** vegetable component **OR** combination equal to $\frac{1}{2}$ cup
 - Student may select $\frac{1}{2}$ cup serving under offer versus serve, but the full component **MUST** be offered to student
 - $\frac{3}{4}$ cup daily for Grades K-8
 - 1 cup daily for Grades 9-12

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More on Offer V Serve is included in that web cast, but remember that for a reimbursable meal, the student must select $\frac{1}{2}$ cup of fruit or vegetable or a combination of the two that equals $\frac{1}{2}$ cup.

The student must be able to take the entire component amount at no extra charge— $\frac{3}{4}$ cup for Grades K-8 and 1 cup for Grades 9-12. There are no maximums on the amount of vegetables that can be served each day as long as meals for the week meet calorie, sodium, and saturated fat standards.

Vegetables at Breakfast (SY 2013-14 and beyond)

- For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “other vegetables” subgroups.

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Breakfast meal pattern changes will not be implemented until SY 2013-14. Beginning SY 2014-15, requirements for fruit increase to 5 cups weekly (one cup per day). To allow more options in planning, schools may choose to offer vegetables in place of fruit but the first two cup of vegetables per week of any such substitution must be from the dark green, red/orange, beans/peas or other vegetables subgroups.

More information on the breakfast meal pattern will be available as it is developed.



How can schools minimize food waste while requiring students to take a fruit or a vegetable as part of the meal?

- Schools will need to develop strategies to encourage students to choose a fruit or vegetable component.
- Consider 'dishing' or offering two serving sizes of a single item so that a student can choose the full or partial serving.

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Under Offer versus Serve, schools must offer enough for each child to take the full required amount of each component, but a student may take smaller portions of the fruit and vegetable components, if desired. Students must select at least $\frac{1}{2}$ cup daily of the fruit or the vegetable component for a meal to be considered reimbursable so schools will need to develop strategies to encourage students to choose a fruit or vegetable component. One way to minimize waste might be to 'dish' or offer two serving sizes of a single item so that a student can choose the full or partial serving.

Will the products provided by USDA Foods enable schools to offer meals that meet the new requirements?

USDA Foods are better than ever. 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. A variety of frozen fruits and vegetables without added sugar or salt are also available. Other healthy food choices available from USDA Foods are listed on their website:

www.fns.usda.gov/fdd

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As mentioned earlier, USDA Foods are available to help meet the sodium standards of the new meal patterns.

Vegetables

- Additional USDA FNS guidance continues to be issued.
- The Bureau of Nutrition Programs is collecting questions to pass along to our regional office, and will post Q/A on our website. Send your questions in to us!

USDA continues to issue guidance about the new meal patterns. If you have questions, please ask. If we don't have the answer we will pass the question to our USDA regional office.

Useful Websites

- 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
- 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
- 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

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This slide includes some useful websites. These links are also on the Iowa Dept. of Education 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

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

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

Interested in More Information?

- 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