

# Proposed Rule to Update School Lunches and Breakfasts

Indiana Department of Education  
School and Community Nutrition  
March 16, 2011

# Proposed Rule

- Title: *Nutrition Standards in the National School Lunch and School Breakfast Programs*
- Published January 13, 2011
- 90-day comment period: 1/13/11 to 4/13/11

# IOM Report

- *School Meals: Building Blocks for Healthy Children*
- Released October 2009
- Provides rationale for all recommendations leading to proposed changes

# Webinar Outline

- Proposed changes to menu planning/meal patterns (grades K-12)
- Proposed restrictions on sodium, calories, saturated fat, and trans fat
- Implementation of proposed changes
- Monitoring of school meals
- Summary of proposed meal requirements
- Helpful resources
- Questions & Answers

# Menu Planning Changes

- One food-based menu planning approach
- Same age/grade groups for NSLP/SBP:
  - K-5
  - 6-8
  - 9-12

	Proposed Breakfast Meal Pattern			Proposed Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0	0	0	0.5	0.5	0.5
Orange	0	0	0	0.5	0.5	0.5
Legumes	0	0	0	0.5	0.5	0.5
Starchy	0	0	0	1	1	1
Other	0	0	0	1.25	1.25	2.5
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	9-10 (1)	12-13 (2)
Meats/Meat Alternates (oz eq)	5 (1)	5 (1)	7-10 (1)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	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)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
<i>Trans</i> fat	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.					

# Meal Pattern Changes

- Fruit/vegetable separated into 2 components
- Fruits: A daily serving at breakfast and lunch
  - No more than half of the fruit offerings may be in the form of juice
  - 100% juice only
  - $\frac{1}{4}$  cup of dried fruit =  $\frac{1}{2}$  cup of fruit
  - At breakfast, non-starchy vegetables may be offered in place of fruits

# Meal Pattern Changes

- Vegetables: A daily serving at lunch
  - A weekly serving of vegetable subgroups:
    - ½ cup dark green vegetables minimum (e.g., broccoli, collard greens, spinach)
    - ½ cup orange vegetables minimum (e.g., carrots, sweet potatoes, winter squash)
    - ½ cup legumes minimum (e.g., kidney beans, lentils, chickpeas)
    - 1 cup *maximum* starchy vegetables (e.g., corn, green peas, white potatoes)
    - 1 ¼ -2 ½ cups other vegetables (e.g., tomatoes, onions, green beans)
  - Larger amounts of non-starchy vegetables may be offered
  - 1 cup of leafy vegetables = ½ cup of vegetables

# Meal Pattern Changes

- New whole grains requirement:
  - At least  $\frac{1}{2}$  of grains offered during week must be whole grain-rich
  - 2 years post implementation, all grains offered must be whole grain-rich
  - Criteria to identify whole grain-rich products would be established in guidance
    - Incorporates the HUSSC criteria

# Meal Pattern Changes

- Fluid milk:
  - fat-free (unflavored or flavored)
  - low-fat (unflavored)
  - At least two choices within these types

# Meal Pattern Changes

- All components in the lunch and breakfast meal patterns must be offered daily
- Minimum daily requirements:
  - 1/5 of the weekly requirement for fruits, total vegetables, and milk
  - At least, 1 oz equivalent of grains for grades K-8, and at least, 2 oz equivalent of grains for grades 9-12
  - At least, 1 oz equivalent of meat/meat alternate, and at least, 2 oz equivalent of meat/meat alternate for grades 9-12

# Offer Versus Serve

- For a reimbursable meal:
  - A student would have to select a fruit or a vegetable at breakfast and lunch.
  - A student would be able to decline:
    - 2 food items at lunch
    - 1 food item at breakfast
    - Same as current OVS in food-based menu planning

# Four Dietary Specifications

- Standards for sodium, calories, and saturated fat to be met on average over the course of the school week
- Products and ingredients used to prepare daily meal must contain zero grams of trans fat per serving (less than 0.5 gram per serving)

## Proposed Sodium Reduction: Timeline & Amount

Age/Grade Group	Baseline: Current Average Sodium Levels As Offered (mg)	Target 1: 2 years from implementation of final rule (mg)	Target 2: 4 years from implementation of final rule (mg)	Final Target: 10 years from implementation of final rule (mg)
<b>School Breakfast Program</b>				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
<b>School Lunch Program</b>				
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740

# Maximum Sodium Limits

## LUNCH

- Final sodium targets (10 years post implementation of interim/final rule):
  - Intermediate sodium targets to help schools reach final targets

Age/Grade Group	Baseline: Current Average Sodium Levels As Offered (mg)	Final Target:  10 years from implementation of final rule (mg)
<b>School Lunch Program</b>		
K-5	1,377 (elementary)	≤ 640
6-8	1,520 (middle)	≤ 710
9-12	1,588 (high)	≤ 740

# Maximum Sodium Limits

## BREAKFAST

- Final sodium targets for school breakfasts (10 years post implementation of interim/final rule):
  - Intermediate sodium targets to help schools reach final targets

Age/Grade Group	Baseline: Current Average Sodium Levels As Offered (mg)	Final Target:  10 years from implementation of final rule (mg)
<b>School Breakfast Program</b>		
K-5	573 (elementary)	≤ 430
6-8	629 (middle)	≤ 470
9-12	686 (high)	≤ 500

# Calorie Ranges

- Minimum and maximum calorie levels

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

# Saturated Fat

- Limit saturated fat
  - Less than 10 percent of total calories
  - Same as current regulatory standard

# Trans Fat

- New trans fat restriction:
  - Nutrition label or manufacturer's specifications must state zero grams of trans fat per serving
  - Keep the amount of trans fat in the meals as low as possible

# Miscellaneous Proposed Changes

- Formulated Grain-Fruit Products not allowed
- Identify content of reimbursable lunch and breakfast
- 100% snack-type fruits or vegetables not allowed
  - e.g., fruit strips and fruit drops
- Tomato paste and puree credited based on volume served

# Implementation of Proposed Changes

- Projected implementation date: SY 2012-2013
- HUSSC schools have been working toward the new requirements
  - Whole-grain foods
  - Dark green and orange vegetables
  - Dry beans and peas
  - Low-fat and fat-free milk and milk products

# Proposed Monitoring Changes

- No nutrient analysis required for schools
- State agencies would monitor compliance with meal pattern and 4 dietary specifications during CRE:
  - Saturated fat
  - Calorie
  - Sodium
  - Trans fat (nutrition label)
- CRE would monitor lunches and breakfasts every 3 years
- CRE would review records for a 2-week meal period

# Compliance Enforcement

- Fiscal action required:
  - food component is missing
- Fiscal action required for repeat violations:
  - vegetable subgroup requirement
  - milk requirement
- Discretion to apply fiscal action for repeat violations:
  - food quantity and whole grain requirements
  - sodium, calorie, saturated fat, trans fat specifications

# Summary

- Food-based menu planning only
- Same age/grade groups for planning lunches and breakfasts
- Fruits and vegetables offered as two separate food components
- A daily serving of fruit at breakfast and lunch
- A daily serving of vegetables at lunch
- A weekly requirement of vegetables subgroups

# Summary (cont.)

- At least half of the grains offered during the school week must be whole grain-rich
- 2 years post implementation, all grains offered must be whole grain-rich
- Fat-free (unflavored or flavored) and unflavored low-fat milk (1%) only
- Students must select a fruit or a vegetable for a reimbursable meal

# Summary (cont.)

- Calories: both minimum and maximum levels
- Saturated fat: remains at <10% of total calories
- Sodium: significant reductions to be reached no later than 10 years post implementation of final rule through intermediate targets
- *Trans* Fat: zero grams of *trans* fat per serving (.5 grams or less per serving)

# Summary (cont.)

- Schools not required to conduct a nutrient analysis of school meals
- State agencies to assess compliance with the meal pattern and the specifications for calories, saturated fat, sodium, and trans fat

# Summary (cont.)

- States to review school lunches and breakfasts every 3 years
- States to review menu and production records for a two-week meal period

# Summary (cont.)

- Immediate fiscal action if a food component is completely missing
- Fiscal action required for repeat violations:
  - vegetable subgroup requirement
  - milk requirement
- Discretion to apply fiscal action for repeat violations:
  - food quantity and whole grain requirements
  - sodium, calorie, saturated fat, trans fat specifications

# How to Comment

- 90 day comment period until April 13, 2011
- Give opinions or offer suggestions on the proposed rule online at <http://www.regulations.gov>
- Type into the search function, FNS-2007-0038 or Nutrition Standards in the National School Lunch and School Breakfast Program

Begin a search by choosing a task or entering a keyword

 search for a proposed rule	 submit a comment	 read comments	 search for a final rule
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Select Document Type:

Enter Keyword or ID:

Open for Comment/Submission

View results by docket folder

» Advanced Search  
» Browse By Topic

# USDA's Next Steps

- Review public comments
  - <http://www.regulations.gov> (online instructions)
- Summarize public comments
- Develop interim final/final rule

# Actions Schools Can Take Now

- Increase the minimum amounts required for fruits and vegetables and offer the vegetable subgroups.
- Offer more whole grain food items so that students will begin developing a taste for whole grain rich foods.
- Limit milk choices to low-fat and fat-free milk.
- Restrict sodium by modifying product selection and recipes.
- Restrict trans fat by requiring zero grams of *trans* fat per serving based on the nutrition label.

# Caution...

- The amount of Meat/Meat Alternate for grades 4-8 is less than the current requirement.
- Proposed minimum calorie levels are lower than the current minimum standards. (Some maximum levels are lower than the existing minimum calorie standards.)
- Proposed total fat range of 25-35% exceeds the current regulatory maximum of 30%.

# Resources

- How to identify whole grain-rich products - <http://teamnutrition.usda.gov/HealthierUS/training.html> go to Lesson 2 – handouts
- How to identify vegetable subgroups (green, orange, starchy vegetables) - <http://teamnutrition.usda.gov/HealthierUS/training.html> go to Lesson 3 – handouts

## Lesson 2: Whole Grains

- Lesson
- Handouts
- Answer Sheet

## Lesson 3: Vegetables and Fruits

- Lesson
- Handouts
- Answer Sheet

# Resources

- Whole Grain Webinar – NET Program - <http://www.kidseatwell.org/wholegrainswebinar.html>
- Sample menu - [http://www.usda.gov/documents/cnr\\_chart.pdf](http://www.usda.gov/documents/cnr_chart.pdf)
- USDA direct link to proposed rule and implementation plan - <http://www.fns.usda.gov/cnd/>
- Look at past SMIs
- Implement Offer Versus Serve or offer more choices - [http://www.doe.in.gov/food/pdf/nutrition\\_offer\\_vs\\_serve.pdf](http://www.doe.in.gov/food/pdf/nutrition_offer_vs_serve.pdf)



# Q&A Period