

Proposed Rule to Update School Lunches and Breakfasts

USDA Food and Nutrition Service
Child Nutrition Division
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Introductory Remarks



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Proposed Rule

- Title: ***Nutrition Standards in the National School Lunch and School Breakfast Programs***
- Published January 13, 2011
- Federal Register (76 FR 2494)
- Comment at www.regulations.gov
- 90-day comment period: 1/13/11 to 4/13/11

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IOM Report

- ***School Meals: Building Blocks for Healthy Children***
- Released October 2009
- Provides rationale for all recommendations leading to proposed changes
- Report and appendices available at:
 - http://books.nap.edu/openbook.php?record_id=12751

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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
- Questions & Answers

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Menu Planning Changes

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

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	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
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
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)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
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 fat</i>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans fat</i> per serving.					

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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
 - ¼ cup of dried fruit = ½ cup of fruit
 - At breakfast, non-starchy vegetables may be offered in place of fruits

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Meal Pattern Changes

- Vegetables: A daily serving at lunch
 - A weekly serving of vegetable subgroups:
 - ½ cup dark green vegetables (e.g., broccoli, collard greens, spinach)
 - ½ cup orange vegetables (e.g., carrots, sweet potatoes, winter squash)
 - ½ cup legumes (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

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Meal Pattern Changes

- New whole grains requirement:
 - At least ½ 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 and reflect temporary criterion provided in the IOM report
 - Incorporates the HUSSC criteria

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Meal Pattern Changes

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

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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*
 - At least 1 oz equivalent of meat/meat alternate*

*2 oz eq for grades 9-12

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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

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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)

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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)
School Breakfast Program				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
School Lunch Program				
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

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Maximum Sodium Limits

LUNCH

- Final sodium targets (10 years post implementation of interim/final rule):
 - ≤ 640 mg (grades K-5)
 - ≤ 710 mg (grades 6-8)
 - ≤ 740 mg (grades 9-12)
- Intermediate sodium targets to help schools reach final targets

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Maximum Sodium Limits

BREAKFAST

- Final sodium targets for school breakfasts (10 years post implementation of interim/final rule):
 - ≤ 430 mg (grades K-5)
 - ≤ 470 mg (grades 6-8)
 - ≤ 500 mg (grades 9-12)
- Intermediate sodium targets to help schools reach final targets

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Calorie Ranges

- Minimum and maximum calorie (kcal) levels

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

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Saturated Fat

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

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Trans Fat

- New trans fat restriction:
 - Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving
 - Practical method to keep the amount of trans fat in the meals as low as possible

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Miscellaneous Proposed Changes

- 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
- Formulated Grain-Fruit Products not allowed

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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

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Implementation Assistance

- USDA will:
 - Disseminate information in public forums
 - Work with National Food Service Management Institute to offer training for program operators
 - Update menu planning resources and issue new practical guidance
 - Offer other support through Team Nutrition and Regional Offices

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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

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Compliance Enforcement

- Technical assistance and corrective action will be the main focus of State agencies
- State agency would be required to take immediate fiscal action:
 - A food component is missing

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Compliance Enforcement

- Fiscal action also required when technical assistance and corrective action have not resolved repeat violations of:
 - Vegetable subgroup requirement
 - Milk type requirement

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Compliance Enforcement

- State agencies would have discretion to take fiscal action when technical assistance and corrective action have not resolved repeat violations of:
 - Calorie, saturated fat, sodium, and trans fat specifications
 - Whole grains requirement
 - Food quantity requirements

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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

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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 only
- Students must select a fruit or a vegetable for a reimbursable meal

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Summary (cont.)

- Calories: both minimum and maximum levels
- Total fat: a range of 25-35% of total calories
- 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

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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

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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

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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

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USDA's Next Steps

- Review public comments
 - <http://www.regulations.gov> (online instructions)
- Summarize public comments
- Develop interim final/final rule
- Revise technical assistance materials
- Work with State Agencies to facilitate implementation

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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.

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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%.

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More information

- Briefings at SNA conference and other public forums

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Q&A Period

- Clarification questions on provisions of the proposed rule?
- Submit questions today
 - Press *1 to ask a question on the phone line
 - Type your question into the Q&A tab of the webinar tool
- Submit comments until April 13, 2011
 - www.regulations.gov
 - Rule name, or
 - FNS-2007-0038, or
 - RIN 0584-AD59

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