

Final Rule to Update Nutrition Standards in the School Nutrition Programs

House Select Committee on Childhood Obesity
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Healthy Hunger-Free Kids Act

(December 13, 2010)

- ✓ Proposed Rule (meal pattern and nutrition standards) was issued in January, 2011
- ✓ An unprecedented 130,000+ comments were received
- ✓ Final Rule was published on January 26, 2012
- ✓ USDA estimates implementation of the new meal requirements will cost \$3.2 Billion

Healthy Hunger-Free Kids Act

(December 13, 2010)

The Final Rule:

- ✓ Ensures students are offered both fruits and vegetables every day
- ✓ Significantly increases offerings of whole-grain rich foods
- ✓ Offers only fat-free or low-fat milk varieties



Healthy Hunger-Free Kids Act

(December 13, 2010)

The Final Rule:

- ✓ Limits calories based on the grade of children served to ensure proper portion size
- ✓ Increases the focus on reducing the amounts of saturated fat, trans fats and sodium
- ✓ Allows gradual implementation over a three-year period



Congressional Action

Consolidated and Further Continuing Appropriations Act, 2012 (P.L. 112-55); Requires the following:

- ✓ No maximum weekly limit on starchy vegetables (or other vegetable subgroups)
- ✓ An evaluation of studies on sodium intake prior to implementing second and final sodium targets
- ✓ Crediting of tomato paste
- ✓ Definition of “whole grain”



National School Lunch Program



Fruits and Vegetables

Current Requirement

$\frac{1}{2}$ - $\frac{3}{4}$ cup of fruit and vegetables combined per day



New Requirement

✓ $\frac{1}{4}$ - 1 cup of vegetables*
plus

✓ $\frac{1}{2}$ - 1 cup of fruit per day

*Students are allowed to select $\frac{1}{2}$ cup fruit or vegetable under the Offer versus Serve (OvS) Provision

Vegetables

Current Requirement

No requirement as to type of vegetable subgroup



New Requirement

Weekly requirement for:

- ✓ Dark green
- ✓ Red/orange
- ✓ Beans/peas (legumes)
- ✓ Starchy
- ✓ other

Meat/Meat Alternate

Current Requirement

1 ½ - 2 ounce equivalent
(daily minimum)



New Requirement

Daily minimum and weekly
ranges:

K-5 = 1 oz. daily

8 – 10 oz. weekly

6-8 = 2 oz. daily

9 – 10 oz. weekly

9-12 = 2 oz. daily

10 – 12 oz. weekly

Grains

Current Requirement

8 servings per week
(minimum of 1 serving
per day)



New Requirement

Daily minimum and weekly
ranges:

K-5 = 1 oz. daily

8 – 9 oz. weekly

6-8 = 1 oz. daily

8 – 10 oz. weekly

9-12 = 2 oz. daily

10 – 12 oz. weekly

Whole Grains

Current Requirement

Encouraged



New Requirement

At least half of the grains must be whole grain-rich beginning July 1, 2012

Beginning July 1, 2014, all grains must be whole grain rich

Milk

Current Requirement

1 cup

Variety of fat contents
allowed; flavor not
restricted



New Requirement

1 cup

Must be fat-free
(unflavored or flavored)
OR
low fat (1%)
(unflavored)

School Breakfast Program



Fruit

Current Requirement

½ cup of fruit per day
(vegetable substitution
allowed)



New Requirement

✓ 1 cup per day*
(vegetable substitution
allowed)

*Amount required for
SY 2014 – 2015; Students
are allowed to select ½ cup
fruit or vegetable under the
Offer versus Serve (OvS)
Provision

Grains and Meat/Meat Alternate

Current Requirement

2 grains

OR

2 meat/meat
alternates

OR

1 of each per day

New Requirement

Daily minimum and weekly
range for grains*:

K-5 = 1 oz. daily / 7 – 10 oz.
weekly

6-8 = 2 oz. daily / 8 – 10 oz.
weekly

9-12 = 2 oz. daily / 9 – 10 oz.
weekly

* M/MA may be substituted for grains
after the minimum daily grains
requirement has been met

Whole Grains

Current Requirement

Encouraged



New Requirement

At least half of the grains must be whole grain-rich beginning July 1, 2013

Beginning July 1, 2014, all grains must be whole grain rich

Milk

Current Requirement

1 cup

Variety of fat contents
allowed; flavor not
restricted



New Requirement

1 cup

Must be fat-free
(unflavored or flavored)

OR

low fat (1%)
(unflavored)

Nutrition Standards



Sodium

Current Requirement

Encourage sodium reduction; no set targets



New Requirement

Target 1: 2014 – 2015

K-5 1230 mg

6-8 1360 mg

9-12 1420 mg

Final Target – 2022 – 2023

K-5 640 mg

6-8 710 mg

9-12 740 mg

Calories

Current Requirement

K-3 633 calories

4-12 785 calories

7-12 825 calories

New Requirement

K-5 550 – 650 calories

6-8 600 – 700 calories

9-12 750 – 850 calories



Saturated Fat and Trans Fat

Current Requirement

Saturated Fat

Less than 10% of total calories

Current Requirement

Trans Fat

No limit



Nutrition Facts
Serving Size 1 cup (200g)

| Amount Per Serving | |
|--------------------|---------------|
| Calories 260 | |
| | % Daily Value |
| Fat 13g | 20% |
| Saturated Fat 3g | 25% |
| + Trans Fat 2g | |
| Cholesterol 30mg | 10% |
| Sodium 660 mg | 28% |
| Carbohydrate 31g | 10% |
| Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% | Vitamin C 2% |

New Requirement

Saturated Fat

Less than 10% of total calories

New Requirement

Trans Fat

0 grams per serving
(nutrition label)

Other Changes

- ✓ **Increased requirement for monitoring**
- ✓ **State Education Agency required to conduct administrative reviews every 3 years instead of 5 years**



Estimated cost of the Final Rule

- ✓ The increases in food and labor costs are estimated to be 10 cents for lunch and 27 cents for breakfast by 2015
- ✓ Final Rule states *“school districts will be required to make a substantial investment to improve the quality of school meals.”*
- ✓ HHFKA includes a provision for an additional 6 cents per reimbursable school lunch served.



Yet to come...

- ✓ **Interim Rule on the “6 cents additional payments”**
- ✓ **Proposed Rule on Nutrition Standards for all Foods Available on the School Campus**
- ✓ **Interim Rule on Local Wellness Policies**
- ✓ **Requirements for conducting Administrative Reviews**
- ✓ **Professional Standards for State and Local Child Nutrition Directors**

Barriers to Optimal Nutrition Environment that supports Obesity Prevention

- ❖ **Inadequate funds**
- ❖ **Nutrition not valued as part of the instructional day**
- ❖ **Priority is for the CN Program to be financially self-supporting**
- ❖ **Limited time and/or space for students to eat meals at school**
- ❖ **Too little nutrition education to influence children's eating habits**
- ❖ **Student taste preferences**

NC's School Nutrition Programs have made tremendous progress

- ✓ Achieving USDA's School Meals Initiative
- ✓ Increasing fresh fruits and vegetables
- ✓ Increasing whole grain foods
- ✓ Limiting fried foods
- ✓ Eliminating whole milk
- ✓ Limiting foods high in fat and/or sugar
- ✓ Emphasized the reimbursable meal
- ✓ Formed a state-wide purchasing alliance
- ✓ Implemented Farm-to-School Program
- ✓ 85% of elementary schools achieved nutrition standards...until they lost money
- ✓ Recovered from 2009 "Perfect Storm"



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