

Final Rule to Update School Lunches and Breakfasts Published January 2012



- In December 2010, President Obama signed into law the Healthy, Hunger-Free Kids Act, the first update in more than 15 years to the school meals regulations. Meals will now reflect the most current dietary science.

Background

- **The LAW:**
 - Section 9, National School Lunch Act
 - Section 201, Healthy, Hunger-Free Kids Act of 2010
 - Meals must reflect the Dietary Guidelines and Regulations must be based on recommendations from the Institute of Medicine (IOM)

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•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 became Final, one year later, Jan 2012

- Title
 - Nutrition Standards in the National School Lunch and School Breakfast Programs (76 FR 2494)
- Based on 2009 IOM report, *School Meals: Building Blocks for Healthy Children*
- 133,268 total comments received
 - <http://www.regulations.gov>
 - Most requirements in final rule effective July 1, 2012

•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.

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.

Many of you have already been working to do what's right for children's health in Iowa. We have seen quite a few school districts working toward the Healthier US School Challenge and other nutrition initiative goals and recognition, and you have success stories to share. Many of you have made menu planning changes that align with the new requirements, introducing your students to new foods using positive methods that can be built upon. As a whole, Iowa's school districts are ready to move forward into the new nutrition standards.

Transition

- Process that involves more than the actual change
 - Change is the external event
 - involves your feelings about the change
 - Must involve ALL staff in seeing the plan and a way to contribute!

Transition involves:

Ending what is familiar

A Neutral Zone of time where we aren't thinking of past or future, and

A New Beginning when each person is contributing to the path ahead.

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Let's take a few moments to think about what is ahead.

Transition is a process that people go through as they internalize and come to terms with the details of a new situation.

Change is a part of transition. Unless staff are allowed to transition internally, change may not work. think of Transition as embracing change.

Change and transition, even when it's 'for the good', always involves loss, and loss may involve some grief of what is set aside.

The three parts to transition involve:

an **Ending**, where we can acknowledge and honor what is in our past, note accomplishments. Understand that within the Ending, people will be dismantling the familiar world around them to turn toward facing the unknown.

A **Neutral Zone**, which is a time period for creative thinking, new ideas and renewing energy. Be sure that this time also involves continuing to clarify priorities and updating people of the status of events, and role modeling those priorities. Continue to show employees that they are supportive in how they are feeling (are they still Ending, or are they into the New Beginning?)

The **New Beginning** is a time of energizing and contributing to the new world. Employees should not be discouraged from trying new things, and everyone needs to remember that trial and error is a part of change.

Success in Transition

- Leadership strategies for managers, directors and supervisors:
 - Promote positive atmosphere
 - Set a good example with clear expectations
 - LISTEN, LISTEN and LISTEN to your staff and others
 - Communicate consistent messages, repeated as needed
 - Take care of yourself, so you can go the distance
 - Seek accurate information
 - Take time out when needed

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Do not feel that you have to have all the answers. Take questions, find answers and get back to your staff.

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 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	Grades 6-8 ^a	Grades 9-12 ^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) ^j	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) ^{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 ^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		
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Fruits (cups)^{c,d}	5 (1)^e	5 (1)^e	5 (1)^e	2.5 (0.5)	2.5 (0.5)	5 (1)
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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) ^{p,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 ¹ 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					

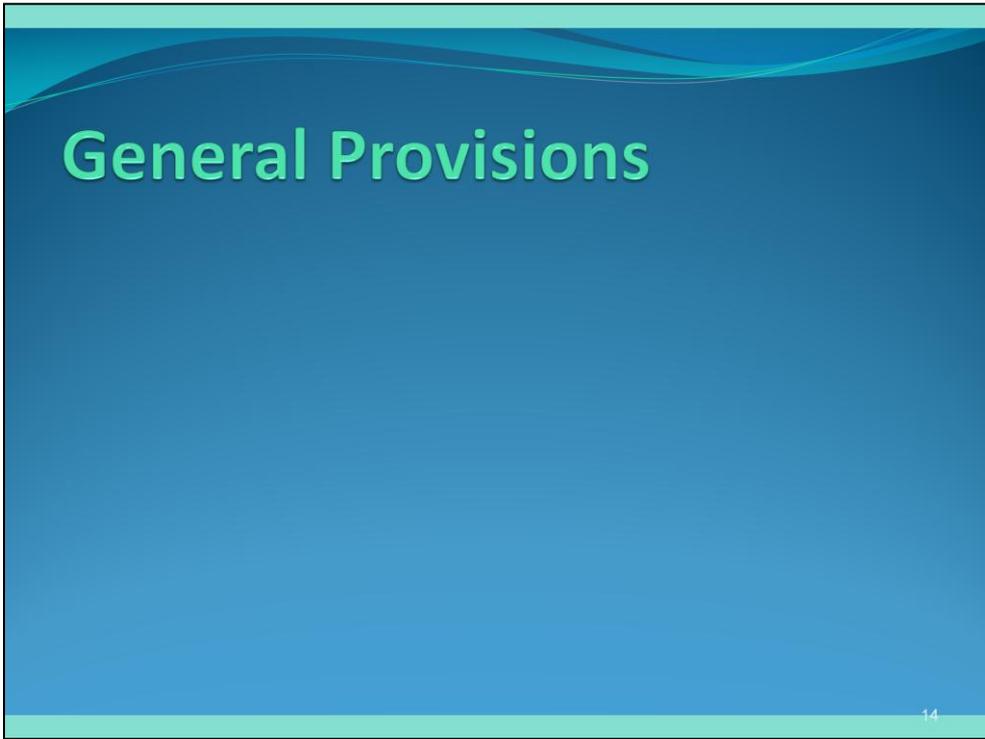


•Now I'd like to talk a bit about the timeline for implementation of the requirements. This is a graphic depiction of when each requirement will be phased in for both breakfast and lunch over the next 10 years. Note the far right column is school year 2022-23. It seems like a long ways away!

•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.



- 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

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•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

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•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

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•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

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- 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.

	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

- Weekly requirement (daily requirement in parentheses)
- Larger amounts of these vegetables may be served
- Any vegetable subgroup may be offered to meet the total weekly vegetable requirement
- "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups

- The vegetable component requirements contain significant changes.
- As you can see, vegetables are separated into subgroups. More information on the subcategories is included in the webcasts posted on our website. The vegetables that are commonly served are classified into the subgroups in a handout there, and also at the Choose My Plate website. Those of you working toward or awarded a Healthier US School Challenge honor are familiar with the subgroups.
- There are now weekly requirements to meet as well as daily volume requirements.
- A daily, full serving of vegetables must be offered at lunch.
- At lunch, students must select at least a ¹/₂ cup of vegetables or fruits to count toward a reimbursable meal.

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

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.

- 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.

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

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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.

Vegetable subgroups listed are not all inclusive—see www.choosemyplate.org vegetable subgroup handout for more information

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

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Other vegetables can be served to meet the 5 cup weekly requirement—this requirement can also be met with any additional amounts from the dark green, red/orange, starchy, and beans/peas (legumes) vegetable subgroups.

Please see the Vegetable webcast for more information on serving sizes, crediting and on suggestions for variety.

At the end of this overview, we will introduce a menu planning tool to help with planning all subgroups in the week.

Vegetable variety concerns

- Storage Space
- Serving lines and having a variety on the line
- Choices! Slow down the line

- How have you increased variety before there were requirements for subgroups?

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Many of you are already concerned about barriers there might be to offering a variety. Storage space, serving lines, choices slow down the line.....

Many of you also offer more than two choices of fruit and vegetables in the lunches you plan currently.

We need to think of solutions as we think of barriers. And we need to be ready for critics who may grumble about what is going to happen with this component.

Meat/Meat Alternates

- Daily and weekly requirements for lunch only
 - 2 oz eq. daily for students in grades 9-12
 - 1 oz eq. daily for younger students
- Variety of meat/meat alternates encouraged
- Lean meat/meat alternates encouraged
- Tofu and soy yogurt will be allowable as meat alternate
 - Crediting instruction memo to follow

•Offering a meat/meat alternate daily as part of the school lunch supplies protein, B vitamins, vitamin E, iron, zinc, and magnesium to the diet of children, and also teaches them to recognize the components of a balanced meal.

•Students in grades 9-12 must be offered at least 2 ounce equivalents daily, and younger students must be offered at least one ounce equivalent daily. Meal planners have flexibility to determine how to reach the required weekly ranges.

•USDA encourages schools to offer a variety of protein foods such as lean or extra lean meats, seafood, and poultry; beans and peas; fat-free and low-fat milk products such as cheese and yogurt; and unsalted nuts and seeds, to meet the meat/meat alternate requirement. However, there is no requirement to offer the protein subgroups as described in the 2010 Dietary Guidelines.

•As in current practice, dried beans and peas will not be allowed to count for both meat/meat alternate and vegetables at the same meal.

•Additionally, both tofu and soy yogurt will be creditable as meat alternates. This allows schools to diversify the sources of protein available to students and better meet the dietary needs of vegetarians and culturally diverse groups in schools. Stay tuned for further instruction on crediting in the near future.

Fruit and Milk Components

- Fruit will be offered daily at lunch, and starting in 2014, minimum breakfast serving size will increase
- Milk for breakfast and lunch will need to be fat free or low-fat. Low-fat milk must be unflavored (fat free can be flavored or unflavored).

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Two components have minimum changes, so we won't go into further detail on them today. For more information, please review the webcasts at the Bureau website.

Grains

- Schools must offer daily and weekly serving ranges of grains at lunch
 - Minimums and maximums
- Initially, at least half of grains offered during week must be whole grain-rich
- Beginning in SY 2014-15, all grains offered must be whole grain-rich at lunch and breakfast
 - “Whole grain-rich” foods must contain at least 50 percent whole grains

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- The grains requirement for lunch must be implemented in SY 2012-13. Schools must offer daily and weekly servings of grains at lunch. Please note that there are both weekly minimums and weekly maximums.
- The whole grain-rich requirements for lunch will also be phased in gradually, but over a slightly different time frame than breakfast.
- Beginning SY 2012-2013, at least **half** of the grains offered at lunch must be whole grain-rich. Beginning SY 2014-15, **all** grains offered at lunch and breakfast must be whole-grain rich.

Criteria for Whole Grain-Rich Foods

- Meet serving size requirements in Grains/Breads Instruction and
- Meet at least one of the following
 - Whole grains per serving must be ≥ 8 grams
 - Product includes FDA's whole grain health claim on its packaging
 - In a grain item, product ingredient listing lists whole grain first (HUSCC criteria)
 - In a mixed item, whole grain must be the primary grain ingredient

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•Until the FDA addresses labeling for the whole grain content of food products, schools will follow USDA guidance on whole grain-rich foods. Our guidance will incorporate the temporary criteria for whole grain-rich foods provided in the IOM report.

•That criteria is based on what is currently possible given the limited information on product packaging regarding the whole grain content of food products.

•First, a product must meet the grains/breads instruction serving size requirements, which are currently being updated. This includes updating the grain/bread chart.

•Second, a product must also meet one of the following:

- Whole grains per serving must be greater than or equal to 8 grams
- The product includes FDA's whole grain health claim on its packaging, OR
- In a grain item, the product ingredient listing lists whole grain as the primary ingredient by weight
- In a mixed item (pizza, corn dogs, etc), the product ingredient listing identifies whole grain as the primary grain ingredient

Additional Criteria

- Whole grain: intact, ground, cracked, or flaked grain seed with endosperm, germ and bran present in same relative proportion
- 50% whole grain and the remaining grain must be labeled 'enriched'

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- At this time, the product ingredient listing is the only certain way to tell because manufacturers aren't required to provide information about the grams of whole grains in their products, and the FDA whole grain health claim is not mandatory.

- USDA's Healthier US School Challenge initiative has already developed whole grains guidance, and we will provide more technical assistance as needed. There will be more training and guidance as questions are answered. For a more detailed explanation of the information presented above, please refer to the 3 page handout titled 'Grains and Breads' posted on the Bureau website. It includes examples of ingredient labels, the whole grain health claim and the whole grain stamp.

- The webcast, Grain/Bread Components, provides more detail about this area.

Four Dietary Specifications

- Weekly average requirements
 - Calories
 - Sodium
 - Saturated fat
- Daily requirement
 - Trans fat

•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.

Other Dietary Specifications

- Sodium – three target levels
- Saturated fat – target remains the same as currently, no more than 10% of calories
- Trans fat – target is zero grams of synthetic trans fat per serving. Naturally occurring trans fat will be acceptable.

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As was earlier indicated, the first sodium target will need to be met in SY 2014-15. Additional resources on planning meals to reduce sodium will be forthcoming.

The saturated fat target remains as it is currently, and the trans fat target is zero grams of synthetic trans fat.

All of these nutrient areas identified in the final rule – calories, sodium, saturated and trans fat, are highlighted in the webcast ‘New Nutrient Standards 2012’. Please refer to that presentation for detailed information.



- One of the final aspects of the rule discussed today is monitoring and compliance.
- We will begin with the information that we do know from the monitoring and compliance provisions in this regulation, and then describe additional guidance- which will be coming soon to answer your questions and ours.
- We do know that the new meal patterns are required for all schools participating in the National School Lunch Program.

Meal Record Reviews

- Administrative review will use records for 1-week meal period
 - No change from current practice
 - Modified from proposed rule (2 weeks worth of menus reviewed) in consideration of increased burden from shortened review cycle

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•The administrative review will use records for a 1-week meal period, as is currently practiced. This was a change from the proposed rule to decrease the amount of time the state agency will need to certify compliance with new meal patterns.

•However, Consultants must now also include breakfast menus in the one-week review. This requirement begins SY 2013-2014 because the new breakfast meal patterns are not required until School Year 2013-14.

Ensuring Compliance

- Immediate focus on technical assistance and corrective action
 - USDA assisting with implementation
- Compliance remains expected
 - Immediate fiscal action if a food component is missing (as currently done)

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•In the immediate future, technical assistance and corrective action will be the main focus of the Bureau of Nutrition Programs to help schools transition to the new meal requirements. It is true that “We’re from the government and we’re here to help you.”

•Accordingly, USDA is currently working to develop training and technical assistance for school food service operations as are we at the Bureau of Nutrition, Health, and Transportation Services here in Iowa.

•However, the Bureau is expected to make a serious effort to enforce the new meal requirements. Therefore, this rule expands the ability of the Bureau to take fiscal action to enforce the meal requirements. Previously with the SMI, fiscal action standards were not clearly outlined.

•As is currently done, the Bureau must apply immediate fiscal action if the meals offered are completely missing one of the required food components.

•Just as now we must enforce the rules.

Ensuring Compliance

- Fiscal action required for unresolved, repeat violations of
 - Vegetable subgroup requirement
 - Milk type requirement
- The Bureau has discretion to take fiscal action for repeat violations of
 - Food quantity
 - Whole grain requirement
 - Dietary specifications (calories, sodium, saturated fat, trans fat)

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•The Bureau is also required to take fiscal action for repeated unresolved violations of the vegetable subgroup and milk type requirements- for example, when the Bureau finds the same violation of offering 2% milk or not including any red/orange vegetables after technical assistance and corrective action have taken place because these are easily identifiable.

•In addition, the Bureau has *discretion* to take fiscal action for repeated violations of the food quantity and whole grain-rich requirements, and for repeated violations of the dietary specifications (calories, saturated fat, sodium and trans fats) because they require specific knowledge or tools from the school food service staff or a careful assessment from a State Consultant.

Six Cent Reimbursement Increase

- Provision of HHFKA
- Interim rule published Spring 2012
- Funding available to SFAs October 2012
- Payment system updates may be needed

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•As you may know, there will be a six cent reimbursement rate increase for school food authorities in compliance with the new meal pattern, as specified in the Healthy, Hunger-Free Kids Act of 2010.

•The interim rule on this reimbursement is expected to be published in Spring 2012. This rule will address the specific process that will be used to determine School Food Authorities' eligibility for the six cents. As soon as we know the process, we will let you know.

•This additional funding, for school food authorities determined to be in compliance with the new meal standards, will be available in October 2012.

•Therefore, the state has begun updating our payment systems to ensure we are able to pay the additional reimbursement *only* to those school food authorities who are eligible and remain eligible to receive it. Not everyone receives the six cent increase automatically in October 2012.

Monitoring

- Rule implementation/reimbursement timeline
 - Spring 2012
 - Interim six cent reimbursement provision in administrative review requirements
 - SY 2012-2013
 - Final year of current 5-year review cycle
 - SY 2013-2014
 - 3-year cycle for administrative reviews begins
 - Applies to lunch and breakfast
 - Weighted nutrient analysis
 - SBP Assessment based on phase-in of new requirements

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•Now let's take a minute to recap the timing of implementation of this final rule and how it relates to the timing of the 6 cent reimbursement rate increase and the changes in State oversight of the School Meal Programs. As we've described throughout this presentation, the meal patterns are in effect beginning July 1, 2012 for lunch and the milk requirement for breakfast, and schools are expected to comply with the requirements at that time.

•In Spring 2012, USDA will be releasing an interim rule on the six cent reimbursement rate increase, which will describe how States are expected to determine which schools are eligible for the additional funding, as well as the administrative review requirements. This rule will describe monitoring requirements in both the coming year (SY 2012-2013) and in future years—exactly what we will be reviewing at monitoring visits.

•SY 2012-13 concludes the final year of the current 5-year review cycle. As was mentioned, the forthcoming interim rule will contain information on the content of reviews in SY 2012-2013. It will also address how States should monitor these new standards in the coming school year.

•In SY 2013-14, the new three-year review cycle requirement will take effect. State agencies will monitor compliance with the lunch and breakfast meal patterns and dietary specifications, including a weighted nutrient analysis for menus *as offered*. That is the same way nutrient analysis is currently done—as offered. Schools will not be required to conduct nutrient analyses. This has not changed. There are nutrient standards now, but schools do not have to do nutrient analysis.

•More frequent monitoring provides additional opportunities to provide technical assistance and guidance to the school food service staff.

•Also note that the assessment for breakfast, until all requirements are fully phased in, will be based on a combination of new requirements (in § 220.8) and existing requirements (which are now in § 220.23)-

Concurrent Adoption of Meal Requirements

- Some of new school meal requirements being phased in over several years
 - Designed to reduce operator burden
- Some SFAs may prefer to adopt changes to NSLP and SBP concurrently
 - SFAs must seek permission from the Bureau to implement new standards earlier than required (see implementation chart)

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•Finally, a word on the concurrent adoption of breakfast and lunch meal requirements. Concurrent means at the same time.

•Some of the new school meal requirements are being phased in over several years, which is designed to reduce the burden on food service staff. Most of the breakfast changes are not required until 2013-14.

•However, some School Food Authorities may prefer to adopt changes to breakfast and lunch concurrently. In this case, School Food Authorities must seek permission from the Bureau of Nutrition Programs to implement new standards earlier than required, to ensure that the nutritional integrity of the meal is not compromised. If a school wants to implement the new breakfast meal patterns, they must do it completely and correctly.

Thoughts on Procurement

- Buy American provisions still apply
- Need to review your bid specifications
 - Whole grain rich definition
 - Fruit packed in light syrup or juice (canned) and no sugar added frozen
 - Lower sodium canned
 - No synthetic trans fat
 - Limited saturated fat

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SP 14-2012 memo issued by USDA (found on their website) reaffirms the Buy American provisions; presented in a question/answer format, it outlines your responsibilities in working with vendors to identify country of origin information.

Because you may be considering more variety in fruit and vegetable purchases, you will want to review this information.

Your bid specifications should change to reflect the new dietary requirements, and here are a few elements that should be added. It might be a good idea to share the grain bread definition handout with your request for bids so that companies have the clear idea of what you are looking for.

You may have been doing some of these already because we have been encouraging following the Dietary Guidelines for several years and the saturated fat standard is the same as the current one.

More Thoughts

- Food service management company contracts may need to be reviewed or re-contracted
- Consider storage needs if planning to purchase more fresh or frozen items
- Re-consider the availability of local fresh produce
- Begin costing out your food expenses at the start of the year to be more aware of the impact

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Another USDA memo was recently issued regarding the definition of a material change to a contract between a school food authority and a food service management company. It is SP 17-2012

You may need to review your fresh and frozen storage needs and storage space, and more carefully plan your orders with vendors to be able to accommodate more variety. Along with the space, you will also need to think about inventory control measures, such as dating cases as they come in and using good HACCP practices.

You may also want to re-consider the availability of local fresh produce. A local vendor MAY be able to provide more frequent deliveries.

Also, it will be important to keep track of the cost per serving and the overall food costs in your meals now so that you are starting at the beginning to note the price impact.

As new resources on managing foodservice procurement are available, they will be shared. And, if you have not yet attended the Financial Management Workshop (to be held this year July 9-10), you may want to. Also, the Procurement Workshop will be held June 26-28. Register online at the address noted at the 'Where can I learn more?' slide.

Moving Forward Together!

A series of webcasts are posted at the Bureau of Nutrition Programs website:

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

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We are planning a variety of resources to assist schools in implementing the new meal patterns. We won't leave you out there alone!

The emphasis is on technical assistance.

This is the address for our new web page devoted to information related to the new meal patterns.

http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678

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

Menu Planning Tool – Word

SAMPLE MENU – Lunch K-5

	Mon	Tue	Wed	Thurs	Fri	Weekly Total
Main	Submarine Sandwich (1oz Turkey, .5oz low fat cheese) on Whole Wheat Bun (1.6oz) Green Leafy Lettuce (1c) Sliced Tomato (1-4c) Cantaloupe (1/2c) Skim Milk 1% (8oz)	Chicken Teriyaki (2oz) on Brown Rice (3-4c) Broccoli (1/2c) Carrots (1-4c) Kiwif (1/2 c) Skim Milk 1% (8oz)	Oven Baked Fish Nuggets (2oz meat: .5oz breadina) Whole Wheat Roll (1oz) Mashed Potatoes (1/2c) Green Beans (1-4c) Peas/Car (1/2c) Skim Milk 1% (8oz)	Whole Wheat Cheese Pizza (2oz) w/ (1.5oz) low fat mozzarella cheese Sweet Potato Fries (1/2c) Green Pepper Strips (1-4c) Pineapple (1/2c) Skim Milk 1% (8oz)	Grilled Chicken (2oz) on Whole Wheat Bun (1.6oz) Sliced Cucumber (1-4c) Raided Beans (1/2c) Appleauce (1/2c) Skim Milk 1% (8oz)	
Fruit (1/2 cup per day) (2 1/2 cups per week)	Cantaloupe (1/2 cup)	Kiwif: Halfwa (1/2 cup)	Peas/Car (1/2 cup)	Pineapple (1/2 cup)	Appleauce (1/2 cup)	2 1/2 cups
Vegetables (3-4 cup per day) (3 1/2 cups per week)						
Dark greens (1/2 cup per week)	Green Leafy Lettuce (1 cup)	Broccoli (1/2 cup)				1/2 cup meat 1/2 cup additional***
Red/Orange (3-4 cup per week)	Sliced Tomato (1-4 cup)	Carrots (1-4 cup)		Sweet Potato Fries (1/2 cup)		1/2 cup meat 1/2 cup additional***
Beans/Pasta (Legumes) (1/2 cup per week)					Raided Beans (1/2 cup)	1/2 cup meat
Starchy (1/2 cup per week)			Mashed Potatoes (1/2 cup)			1/2 cup meat
Other (1/2 cup per week)			Green Beans (1-4 cup)	Green Pepper Strips (1-4 cup)	Sliced Cucumber (1-4 cup)	1/2 cup meat 1/2 cup additional***
Additional Vegetable to Reach Goal*** (1 cup per week)						1cup additional meat
Grains (1 oz eq per day) (8 - 9 oz eq per week)	Whole Wheat Bun (1.6 oz)	Brown Rice (3-4c) = 1.5 oz eq	Whole Wheat Roll (1 oz) Fish Nugget Breading (.5oz)	Whole Grain Pizza Crust (2 oz)	Whole Wheat Bun (1.6 oz)	8.3 oz eq
Meat/Meat Alternates (1 oz eq minimum per day) (8 - 10 oz eq per week)	Turkey (1 oz) Cheese (.5 oz)	Chicken (2 oz)	Oven Baked Fish Nuggets (2 oz)	Low Fat Mozzarella Cheese (1.5 oz)	Grilled Chicken (2 oz)	9 oz eq
Fluid Milk (1 cup per day) (7 cups per week)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	5 cups

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A menu planning template is available in a WORD document. It has places to divide the vegetables by subgroup. You can check whether daily totals and weekly totals are met by adding down daily and across weekly.

One thing to note is that leafy greens are counted as half the volume served. This will be explained in more detail on the vegetable component webcast.

Menu Planning Tool –Excel

MENU - K-5										
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total		MET		Yes/No
Requirements	Sub Sandwich	Chicken Teriyaki	Baked Fish Nuggets	Whole Wheat Crust	Grilled Chicken					
	Whole Wheat Bun	Brown Rice	Whole Wheat Roll	Low Fat Mozz	Whole Wheat Bun					
	Green Leafy Lettuce	Broccoli	Mashed Potatoes	Sweet Potato Fries	Sliced Cucumber					
	Sliced Tomato	Carrots	Green Beans	Green Pepper Strips	Refried Beans					
	Cantaloupe Skim or 1 %	Kiel Halves Skim or 1 %	Peaches Skim or 1 %	Pineapple Skim or 1 %	Applesauce Skim or 1 %					
MT/MA (1 oz eq per day) (8-10 oz eq per week)	Turkey (1oz) Cheese (.5 oz)	Chicken	Fish Nuggets	Low Fat Mozz	Grilled Chicken					
	1.5 Oz Eq	2 Oz Eq	2 Oz Eq	1.5 Oz Eq	2 Oz Eq	9				Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)										
Dark Green (1/2 Cup per week)	Romaine Lettuce 0.5 Cup	Broccoli 0.5 Cup								1 Yes
Red/Orange (3/4 Cup per week)	Sliced Tomato 0.25 Cup	Carrots 0.25 Cup			Sweet Potato Fries 0.5 Cup					1 Yes
Beans/Peas (Legumes) (1/2 Cup per week)						Refried Beans 0.5 Cup				0.5 Yes
Starchy (1/2 Cup per week)			Mashed Potatoes 0.5 Cup							0.5 Yes
Other (1/2 per week)			Green Beans 0.25 Cup	Green Pepper Strips 0.25 Cup	Sliced Cucumber 0.25 Cup					0.75 Yes
Daily total	0.75 Yes	0.75 Yes	0.75 Yes	0.75 Yes	0.75 Yes	3.75 Yes				Yes
Additional Vegetable to reach Goal (1 Cup per week)										
Grains (1 oz eq day) (8-9 oz eq per week)	WW Bun-1.5 oz 1.5 Oz Eq	Brown Rice 1.5 Oz Eq	WW Roll-1/Brdg-5 1.5 Oz Eq	WG Pizza Crust 2 Oz Eq	WW Bun-1.5 oz 1.5 Oz Eq					8 Yes
Fruits (1/2 Cup per day) (2 1/2 cups per week)	Cantaloupe 0.5 Cup	Kiel Halves 0.5 Cup	Peaches 0.5 Cup	Pineapple 0.5 Cup	Applesauce 0.5 Cup					2.5 Yes
Fluid Milk (1 Cup per day) (5 a week)	Skim or 1 % 1 Cup	Skim or 1 % 1 Cup	Skim or 1 % 1 Cup	Skim or 1 % 1 Cup	Skim or 1 % 1 Cup					5 Yes

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This is also available as an Excel document that does some checking for you. You need to enter the correct crediting amount, but the spread sheet will calculate the values and indicate by Yes or No whether the serving sizes planned are within the minimums and maximums.

This will be available with instructions on the website.

A presentation slide titled "Webcast Series Topics" with a blue and green decorative header. The slide is divided into two columns of bullet points. The left column is under the heading "Overview webcast" and lists: Background (with sub-points: Law Requirements, Changes from Proposed Rule), New Meal Pattern, Implementation (with sub-point: Timeline), General Provisions, and Where can I learn more?. The right column is under the heading "Other Webcasts" and lists: Grain bread Component, Milk and Meat-Meat Alternates, Fruit Component, Vegetable Component, New Offer vs Serve and other service issues, New Nutrient Standard requirements, and Monitoring and Compliance. A small number "44" is visible in the bottom right corner of the slide.

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

•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. These introductory webcasts are not intended to be your sole resource for implementation of this rule!

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

The topics on the left are covered in this first webinar and the list on the right identifies other webcasts to be posted on the Bureau website.

•Staff are **HIGHLY ENCOURAGED** to view the webcasts prior to attending a regional Q & A technical assistance session.

Where can I Learn More?

- Please view or read each of these webinars and review the documents found at the Bureau website. Please pay attention to emails you receive.
- Plan to attend a regional question and answer session. Multiple sessions are planned for March, April and early May. Register for the session closest to you as indicated at our Bureau website.
- Information will be provided at the School Nutrition Association of Iowa Spring workshops in March and April, and the Annual State Conference in June.
- The new meal patterns and nutrition standards will be included in the classes at Iowa Summer School Short Courses. See <http://www.ucs.iastate.edu/mnet/schoolfoods/register.html> for information and to register.

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• Information on registering for the regional Question and Answer sessions will be sent to all schools. It will be through the Department of Education calendar at www.educateiowa.gov There are 36 around the state on dates from March 27- May 14.

• Registration will be open for these on Thursday, March 22.

Useful Websites

- Nutrition Standards for School Meals FNS site:
<http://www.fns.usda.gov/cnd/Governance/legislation/nutritionstandards.htm>
- Iowa Bureau of Nutrition, Health and Transportation:
http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391
- 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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We have listed some useful websites. These links will also be on the Bureau 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

Goal-Happy Healthy Students!



Your goal and ours is Happy Healthy Students. We are here to help you.

Questions and Answers from this webinar will be posted on the Bureau School Nutrition Standards 2012 web page.