



- The final rule includes some additional changes that are intended to enhance the overall school nutrition environment and reflect the Dietary Guidelines.

Offer Versus Serve

- Continues to be a requirement in the National School Lunch Program for senior high students, and is an option chosen by the school district for lunch in the lower grades.
- Continues to be an option chosen by the school district for all schools with the School Breakfast Program.

In NSLP, schools must offer 5 components.

Students are allowed to decline up to 2 of the 5 components. All other components must be selected in quantities planned. High School level must participate in offer versus serve.

New Change: At least ½ cup of either a fruit or a vegetable, or a ½ cup mixture of fruits and vegetables, such as a carrot-raisin salad, **must be** selected. The mixture will 'count' for only one component.

New Change: SFA **must** allow middle or junior high or elementary students to decline 2 of the 5 components if they are allowed to participate in offer versus serve. SFA's cannot require students younger than senior high to take 4 of 5 components.

In SBP, schools must offer 3 components (milk, fruits and grains) that consist of a minimum of 4 food items.

➤ No Change – SFA has the option for some/all students to decline 1 food item. Students must select all other food components in the quantities planned.

➤ **New Change implemented in SY2014-15:** Students **must select at least ½ cup fruit.**

Offer Versus Serve

- Five Components: Milk, Meat/MA, Fruit, Vegetable, and Grain/Bread
- Schools **must** offer enough for each child to take the full required amount of each component, if desired.
- Students **must select at least ½ cup daily** of the fruit **or** the vegetable components for a meal to be considered reimbursable under offer versus serve.

OVS is a strategy to help schools minimize food waste.

The key points are under OVS:

1. Schools must offer enough food for each child to take the full required amount of every component if they so choose.
2. Students must select one half cup every day of either the fruit or the vegetable component or a combination of the two to be considered a reimbursable meal. ****This is a new requirement.**** (the combination can be $\frac{1}{8} + \frac{3}{8}$, or $\frac{1}{4} + \frac{1}{4}$)

Offer Versus Serve

- Dietary Guidelines stress importance of increasing consumption of fruits and vegetables.
- Offer Versus Serve is an option to help schools minimize food waste.
- For a reimbursable meal:
 - Students **must** select fruit component OR vegetable component
 - Effective for lunch in 2012-13; effective for breakfast in 2014-15

•The Dietary Guidelines stress the importance of increasing consumption of fruits and vegetables.

•Consistent with these Guidelines and IOM's recommendations, this final rule requires that the reimbursable lunch selected by a student includes a fruit or a vegetable. At breakfast, this requirement is effective in SY 2014-2015, when the fruit quantities for breakfast are required to increase.

•The requirement goes into effect for lunch in SY 2012-2013.

•However, this rule allows students to take $\frac{1}{2}$ of a cup of a fruit or a vegetable or a combination, rather than the full component of either, to have a reimbursable meal under offer versus serve. For a reimbursable meal, two other full components must be chosen along with the minimum $\frac{1}{2}$ cup fruit or vegetable.

•However, the full component of fruit or vegetable must be **offered** to the student.

Offer Versus Serve

- Under OVS, student may decline
 - One food **item** at breakfast
 - If school serves 4 items (i.e., additional grain item or a meat/meat alternate), student may decline one
 - If school serves 3 food items on any given day, student must take all three items (cannot decline any food items)
 - Two food **components** at lunch
 - Same as current offer versus serve in traditional or enhanced

•At breakfast, offer versus serve applies to food *items*, rather than food components, because of the flexibility to substitute meats/meat alternates for grains (once the daily grain requirement is met). In breakfast, schools must offer fruit, milk, and grains daily. On multiple days per week, schools will need to offer more than the minimum daily grains requirement of 1ounce-equivalent per day to meet the weekly grain requirement.

•Therefore, on any given day, to meet the daily fruit, milk and grain requirements, schools will have to offer at least 3-4 items daily at breakfast.

•Under offer versus serve, when a school offers four food items at breakfast, students may decline one food item. If only three food items are offered, students must take all the food items to preserve the nutritional integrity of the breakfast- and the offer versus serve option is not available.

•For lunch, students may decline as many as two food *components*.

•More details about offer versus serve at Breakfast will be provided before the Breakfast meal patterns go into effect in SY 2013-14.

Service issues, multiple lines, alternate items...

- Salad or fruit and vegetable bars
- Multiple serving lines
- Multiple choice menus
- Identifying a reimbursable meal at the beginning of the line

The Healthy, Hunger-Free Kids Act also includes new rules concerning service issues such as salad bar use and placement in the cafeteria, meeting the menu planning requirements when offering multiple serving lines or multiple choice menus within one service line, and identifying the foods and components that make up a reimbursable meal.

Most of these rules are designed to reinforce the concept that a student must have access to a variety of foods, and that they must be able to take a reimbursable meal in any service line that they choose.

For detailed information about each food component and planning, please see the individual webinars for each component.

Salad or fruit/vegetable bars

- Recent memo, SP 02-2011-Revised
 - Increase variety of fruits and vegetables
 - Encourage consumption of fruits and vegetables
 - Identifies good resources for setting up a food bar
- Preferred that the cashier be located AFTER the salad bar to identify the reimbursable meal that includes at least $\frac{1}{2}$ cup of fruit or vegetable
 - If cashier is not after the salad bar, a foodservice worker MUST be stationed full time to review each meal for reimbursability

Salad bar issues, continued

- *How do we identify serving size of items on the bar?*
 - Can be helpful to provide the utensil that will make a full serving
 - Preportioning items
 - Person posted at the bar or the cashier **MUST** be able to identify that there is a full serving of the item
- *Can a daily salad bar offer all the subgroups every day to meet the weekly subgroup requirement?*
 - Yes, if the bar is available to all students each day and all weekly subgroups are offered over the week's time

Documentation of Salad Bars

- *Do the vegetable subgroup items offered on a daily salad bar need to be itemized on the production records?*
 - yes. Food production records must show how the meals offered contribute to the required food components and quantities each day for all reimbursed meals, so each food item and serving size must be identified.
new food production records including a form for salad bars, is available at our Bureau website,
http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678

Multiple serving lines

Middle, Junior and Senior High Schools more frequently offer multiple lines. Elementary might have also.

Multiple lines can be **contained** (students cannot get 'out of line') OR

Multiple lines can have **scatter service** elements (students enter a space that has 'stations', and students leave through a point of service when finished).

•Regardless of whether your meal serving line is contained or a scatter service, you must plan to meet these new meal planning rules for each grade group:

Minimum servings for grains each day

Minimum servings for meat/meat alternates each day

Maximum number of servings for grains each week

Maximum number of servings for meat/meat alternates each week

•If you offer multiple choices

Contained serving lines

- Must plan to meet the meal patterns and subgroups over a week's time for each contained serving line.
- Menus, menu planning tools, food production records all document that food components in correct portions are met
- If more than one contained line is offered, each one could offer the same fruit/vegetables as the other lines on the same day, or could be different.
- Each cashier determines a full correct meal by student choices at the point of service (end of line)

Scatter service lines

- Students enter the cafeteria area and have options to go to **different stations** to choose food items and components.
- Can be documented as **one large line** with alternate food items in each component category.
- As one large line, must meet all vegetable subgroups, other component maximum and minimums over the week's time
- Cashier determines what is a correct full meal under offer versus serve

Identifying the Reimbursable Meal

- **Signage or a poster**
 - Must name all items students can get for the meal price
 - Helps students identify all food that does not cost extra
 - Students will not make unplanned purchases of extras
- **School can decide** how to inform students near or at the beginning of the serving line

• 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.

Offer Versus Serve

- Additional USDA FNS guidance will be coming soon.
- 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!

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