



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

AUGUST 2014

What's New for 2014-15

Changes for Breakfast, Lunch and Smart Snacks in School

The 2014-15 school year marks the third year of changes under the Healthy, Hunger-Free Kids Act. Changes for the upcoming school year include additional requirements for breakfast, lunch and the implementation of Smart Snacks in School

requiring schools to offer healthier snack food to children at school. The Wellness and Nutrition team at Opaa! has been actively working toward the new changes to meet all requirements while maintaining acceptability with students.



Changes for breakfast, lunch and Smart Snacks are listed below.

Breakfast Meal Pattern Changes

- 100% of grains must be “whole grain-rich”
- First sodium reduction target
- Fruit serving increases to 1 cup per day
- Students are required to take ½ cup fruit under offer vs. serve

Lunch Meal Pattern Changes

- 100% of grains must be “whole grain-rich”
- First sodium reduction target

Smart Snacks in School Requirements

All foods sold in school must:

- Be a whole grain-rich product; or
- Have as the first ingredient a fruit, vegetable, dairy product or protein; or
- Be a combination food containing at least 1/4 cup fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Foods must also meet several nutrient requirements:

- Calorie limits - Snack items/Side Dishes: ≤ 200 calories and Entrée items: ≤ 350 calories
- Sodium limits - Snack items/Side Dishes: ≤ 230 mg and Entrée items: ≤ 480 mg
- Fat limits - Total fat: ≤ 35% of calories; Saturated fat: < 10% of calories; Trans-fat: zero grams
- Sugar limit - ≤ 35% of weight from total sugar in foods

The 2014-15 school year will bring additional changes to breakfast, lunch and implementation of Smart Snacks in School.



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What's New for 2014-15

Continued

Nutrition Standards for Beverages:

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternative permitted by NSLP/SBP
- 100% fruit or vegetable juice

Elementary schools may sell up to 8 ounce portions, while middle schools and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit on plain water.

Additional beverage options for High School students:

- No more than 20 ounce portions of:
 - Calorie free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories for 8 fluid ounce or \leq 10 calories per 20 fluid ounces
- No more than 12 ounce portions of
 - Beverages with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces.

Accompaniments:

- Accompaniments such as cream cheese, salad dressing, ketchup and butter must be included in the nutrient profile as part of the food item sold.
- This will help control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Fundraisers:

- The sale of food items that meet nutrition requirements at fundraisers are not limited under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which these fundraising activities can take place. No specially exempted fundraiser food or beverage may be sold in competition with school meals in the food service area during the meal service.

For further clarification of the new Healthy, Hunger-Free Kids Act requirements, please contact Kristen Guilander at Opa! Food Management.