

Successful School Lunch with Whole Grains

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Successful School Lunch with Whole Grains

Child Nutrition Policy

Tim Vazquez, RDN
USDA, Food and Nutrition Service
Child Nutrition Programs





- Interim Final Rule – November 30, 2017
- **Child Nutrition Programs:
Flexibilities for Milk, Sodium, & Whole Grains**
- Tim Vazquez, RDN
Lead Program Analyst
Food and Nutrition Service

• Today's Agenda

- Intent of interim final rule
- Flexibilities provided for SY 2018-2019



• Interim Final Rule - Intent

- **Help local operators experiencing challenges with:**
 - Restriction on flavored, low-fat milk
 - Whole grain-rich requirement
 - Sodium reduction
- **Provide flexibilities to help all operators:**
 - Plan nutritious and appealing meals
 - Sustain student participation
 - Better serve their communities



• Flexibilities Provided by Rule

- **For SY 2018-2019:**
 - Allow flavored, low-fat milk in:
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
 - Special Milk Program (SMP)
 - Child and Adult Care Food Program (CACFP)
 - Continue Sodium Target 1 in NSLP/SBP
 - Continue whole grain-rich exemptions in NSLP/SBP
 - Schools must demonstrate hardship and offer at least half of the weekly grains as whole grain-rich
 - State agency approval is required
- **Effective date: July 1, 2018 for SY 2018-2019 only**



• Milk - SY 2018-2019

- Allows the option to offer flavored, low-fat milk (1 percent milk) in:
 - NSLP/SBP (grades K-12)
 - *Including a la carte items for sale during the school day*
 - SMP (for participants **6+ years** of age)
 - CACFP (for participants **6+ years** of age)
- No hardship demonstration is required
- No State agency notification is required
- ***FNS is sought comments on the long-term availability of this flexibility***



• Sodium - SY 2018-2019

- Continues Sodium Target 1 as the regulatory limit
 - No further reduction is required
 - SFAs may voluntarily move toward Sodium Target 2
- ***FNS sought comments on:***
 - The long-term availability of this flexibility
 - The sodium reduction timeline



• Whole Grains - SY 2018-2019

- Continues availability of whole grain-rich exemptions
 - State agency discretion
 - State agency must have an approval system
- SFA requesting exemptions must:
 - Demonstrate hardship, and
 - Offer at least half of the weekly grains as whole grains
- ***FNS sought comments on the long-term availability of this flexibility***



• Interim Final Rule Does Not

- Change the established NSLP/SBP meal pattern requirements
- Suspend efforts to reduce sodium and increase whole grains in school meals
 - Schools may continue local efforts
- Apply flexibilities beyond SY 2018-2019
 - The final rule will address the period beyond SY 2018-2019



• Public Comments

- Focus comments on the three specific flexibilities:
 - Flavored, low-fat milk
 - Whole grain-rich exemptions
 - Retaining Sodium Target 1
- Address the long-term availability of these flexibilities
- Final rule expected Fall 2018



• USDA Resources

- **Nutrition Standards for School Meals:**

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

- **Team Nutrition:**

<https://www.fns.usda.gov/tn/team-nutrition>

- **School Meals Policy:**

<https://www.fns.usda.gov/school-meals/policy>



Thank you!

How to contact me:

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703-305-2590



November 2018
#WholeGrains2018

Strategies

- Creating Healthy Meals With Great Flavors
- Change the Way we look at Making Healthy Choices in the Kitchen & Schools
- Educating Students on Nutrition
- Building Relationships with Students and Staff

MOTHER & DAUGHTER



EDUCATION



MADE FROM SCRATCH DAILY



FRESH FRENCH TOAST



INTRODUCING NEW ITEMS



QUINOA WITH TOMATO BASIL, SPINACH
BLEND PASTA SALAD



CHICKPEA, WHOLE GRAIN PASTA
WITH WHOLE CHICKPEAS



FOOD WASTE STUDY



- Taste Testing
- Work with Teachers
- Student Council
- Student involvement
- Food Waste Study

Thank you!

Brian S. Jones
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USDA Nutrition and Technical Assistance Resources

Sonya Barnes MS, RD, CHC

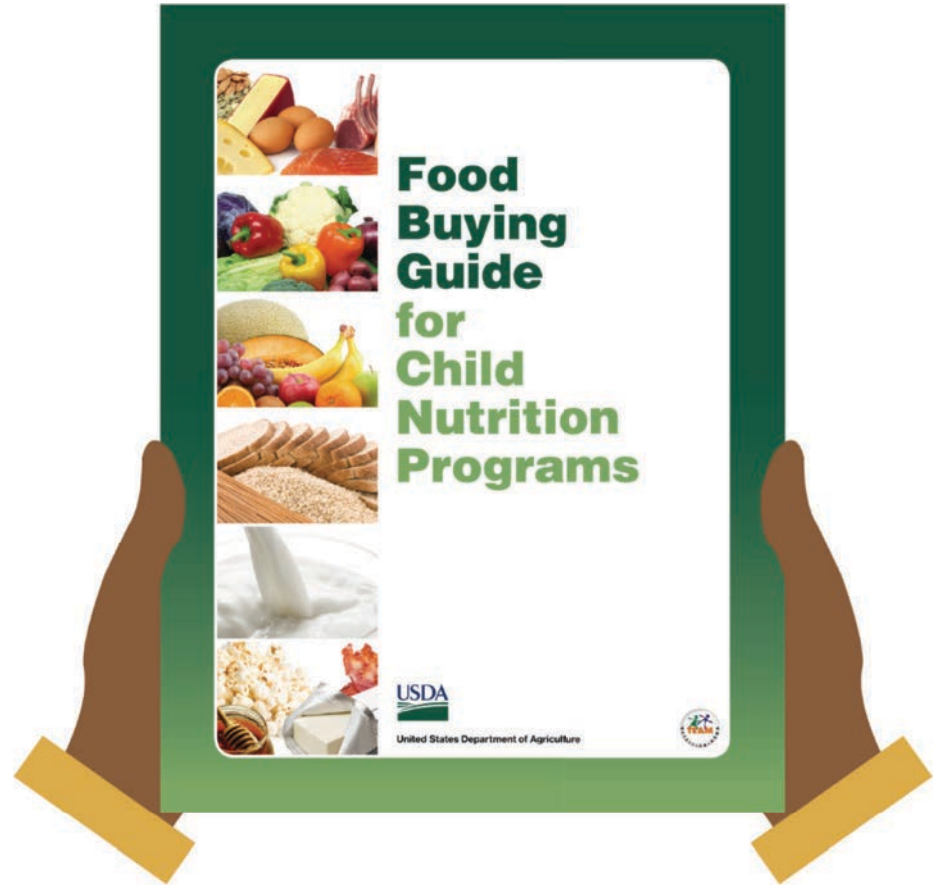
Chief, Nutrition and Technical Assistance

USDA Food and Nutrition Service

Child Nutrition Programs



One Centralized
Food Buying Guide
for
ALL Child Nutrition
Programs!!!



Food Buying Guide Web-based Interactive Tool



<https://foodbuyingguide.fns.usda.gov/>

Recipe Analysis Workbook (RAW)



Recipe Analysis Workbook (RAW)







Recipe Name * Confetti Soup

Servings per Recipe * 50

Recipe Number * H-09r

Serving Size * 1 cup

- Select Creditable Ingredient
- Vegetables
- Fruit
- Meats/MA
- Grains - Method A
- Grains - Method B
- Grains - Method C
- Meal Pattern Contribution**

	Vegetables	Additional Vegetables	1/8 cup
	Vegetables	Beans and Peas (Legumes)	1/4 cup
	Vegetables	Dark Green Vegetables	0 cup
	Vegetables	Red/Orange Vegetables	0 cup
	Vegetables	Other Vegetables	1/8 cup
	Meats/Meat Alternates		0.50 oz eq

1 cup provides 1/8 cup additional vegetable, 1/4 cup legume vegetable, 1/8 cup other vegetable, 0.50 oz eq meats/meat alternates

Product Formulation Statement (PFS) Workbook



Product Name: Wheat Smile Pancakes
Serving Size: 2 pancakes - 50g (1.75oz)

Product Code: 14005
Date: 11/29/2017

Grains Based on Grams of Creditable Grains

Does this product meet the Whole Grain-Rich Criteria:

Does this product contain non-creditable grains:

Description of Creditable Grain Ingredient	Exhibit A Group (A - I) the Product Belongs To	Grams of Creditable Grain Ingredient per Portion (A)	Gram Standard of Creditable Grain per oz Equivalent (B)	Creditable Amount (A / B)
Enrich flour (22%)	Group C	11.00 g	16.00 g	0.6875 oz eq.
Whole Wheat Flour (47%)	Group C	23.50 g	16.00 g	1.4687 oz eq.
Total Grains Based on Grams of Creditable Grains Creditable Amount:				2.00 oz eq.

Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a **2 pancakes - 50g (1.75oz)** ounce serving of the above product (ready for serving) provides **2.00** oz equivalent Grains when prepared according to directions.

I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.



Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

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HELP ▾

LOG OUT

WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food items. Users can compare yield information, create a favorite foods list, and access tools, such as the Food Item Worksheet and the Product Formulation Statement Workbook.

User Guide

Training Video

Contact Us

Frequently Asked Questions

Users can
and the

Food Items Search

Recipe Analysis Workbook (RAW)

Download Food Buying Guide



MEATS/MEAT ALTERNATES

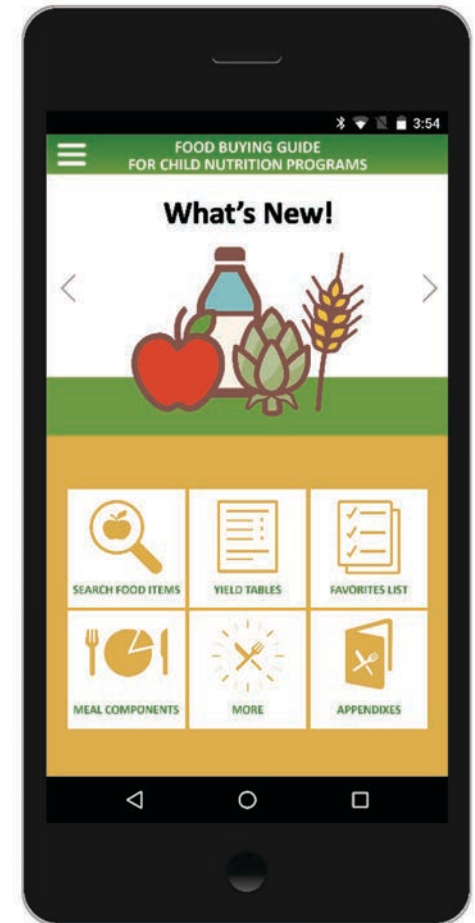


FRUITS



MILK

Download the Food Buying Guide Mobile App!






The **Food Buying Guide for Child Nutrition Programs** has all of the current information in one manual to help you and your purchasing agent:

- Buy the right amount of food and the appropriate type of food for your program(s)
- Determine the specific contribution each food makes toward the meal pattern requirements.

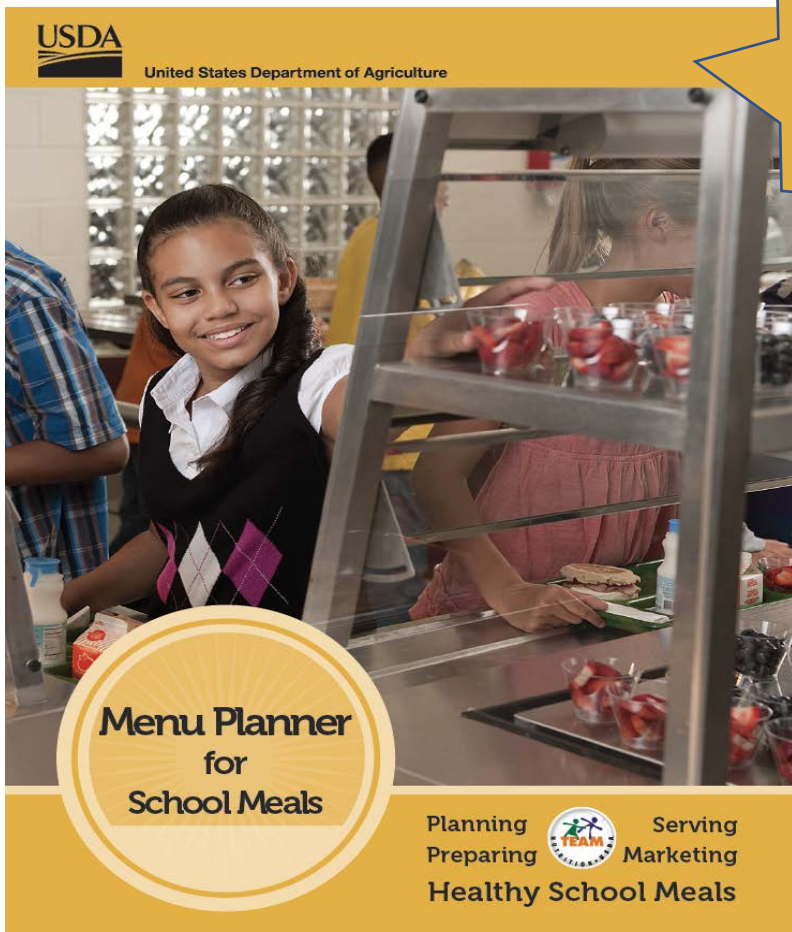


The Food Buying Guide Goes Digital!

The Web-based **Interactive Food Buying Guide**  you to: easily search and navigate food yields, compare food yields, and create and save favorite foods lists. It also includes:

- The Interactive Product Formulation Statement Workbook, allowing manufacturers to easily calculate their product's contribution statement and generate crediting documentation.
- The Recipe Analysis Workbook, which helps program operators determine the meal pattern contribution for recipes! Easily search for creditable ingredients, calculate the meal pattern contribution, and print a contribution statement.


Menu Planner for School Meals



USDA
United States Department of Agriculture

**Menu Planner
for
School Meals**

Planning
Preparing
Healthy School Meals



Serving
Marketing
Healthy School Meals

Just
Released!!



**Menu Planner
for
School Meals**

Planning, Preparing,
Serving, and Marketing
Healthy Meals

Menu Planner for School Meals

- 7 Comprehensive Chapters
- Appendixes
- School Spotlights
- Check Your Understanding* Quizzes
- Food Safety Tips
- And: Much, Much More!

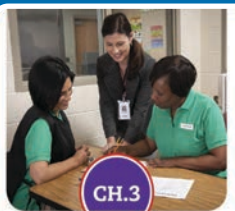

**LOOK
INSIDE!**



CH.1
Child Nutrition
and School Meals



CH.2
Food-Based
Menu Planning



CH.3
Menu
Development



CH.4
Meal Preparation
Documentation



CH.5
Procurement and
Inventory Management



CH.6
Menu Modifications for
Dietary Restrictions



CH.7
Marketing School
Meals for Success!



United States Department of Agriculture

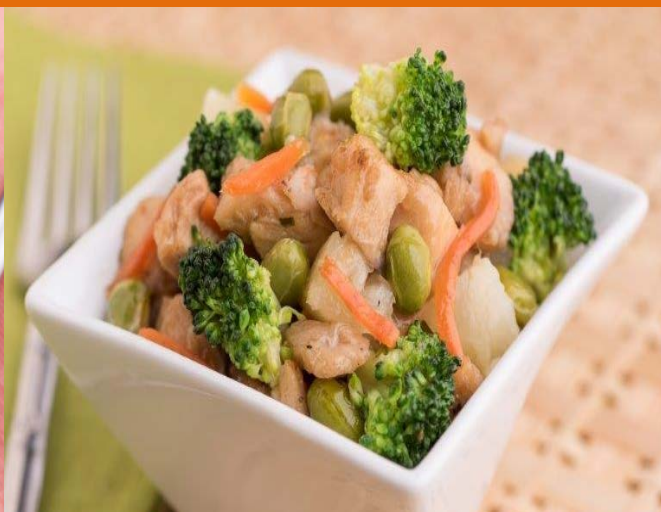
Whole Grain Resource for the National School Lunch and School Breakfast Programs

A Guide to Meeting the Whole Grain-Rich Criteria

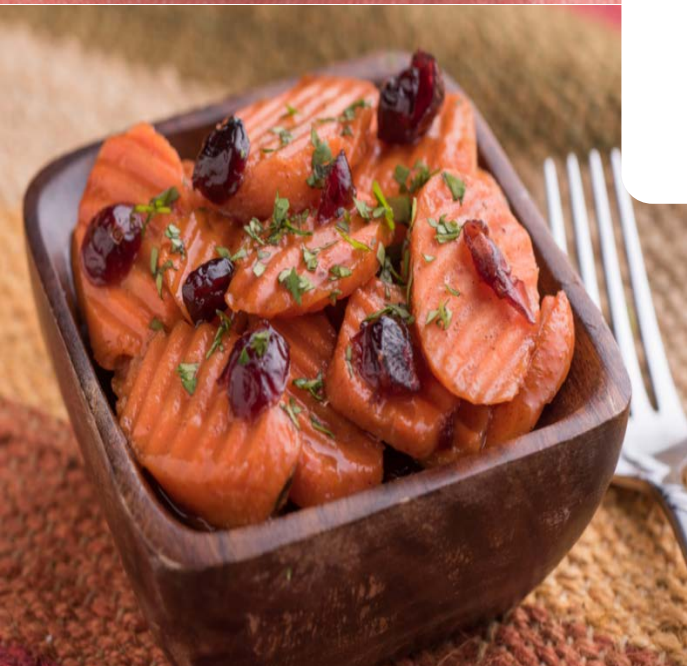


<https://fns.usda.gov/tn/whole-grain-resource-national-school-lunch-and-school-breakfast-programs-0>

<https://www.fns.usda.gov/usda-standardized-recipe>



**USDA
Standardized
Recipes**



RECIPES FOR HEALTHY KIDS

Cookbooks for Schools, Homes, and Child Care Centers



RECIPES
FOR **HEALTHY KIDS**
COOKBOOK FOR HOMES



RECIPES
FOR **HEALTHY KIDS**
COOKBOOK FOR CHILD CARE CENTERS



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CN Labeling Verification Reporting System

Assists in verifying:

- Status of CN Label
- Status of CN Labels copied with a watermark





Contact Team Nutrition!!

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CNP-NTAB@fns.usda.gov

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<http://teamnutrition.usda.gov>

Questions

