



Healthy School Meals: IOM Nutrition Standards in Minnesota

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National School Meals Programs

- National School Lunch Program (NSLP) and School Breakfast Program (SBP)
- In 2008, the NSLP provided lunch to more than 30.5 million children and the SBP provided breakfast to 10.5 million children
- The programs play a key role in supporting the nutrition and health of school children
- Provide nutritionally balanced, low-cost or free meals each school day

History of School Meals Programs

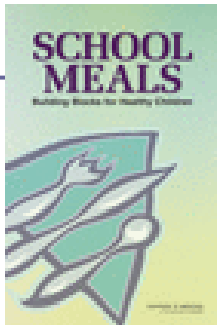
- National School Lunch Act approved in 1946
- In 1968-70, program expanded and strengthened to address malnutrition and poverty
 - The nutritive content of the meal must meet at least 1/3 of the child's nutritional requirements for the day, containing all of the elements essential to a balanced meal.
- In 1995, USDA launched the School Meals Initiative for Healthy Children (SMI)

Changes to the Food Environment

- While poverty and malnutrition still a concern, obesity and diseases related to overconsumption now need addressing
- The food environment has expanded greatly
- Nutrition science now more advanced
- Review and recommendations needed



Institute of Medicine Report



School Meals: Building Blocks for Healthy Children

- Report requested by USDA to assist in updating federal regulations
- Updates School Meals Programs' nutrition standards
- Reflects latest Dietary Guidelines for Americans and Dietary Reference Intakes
- Issued Fall 2009

IOM Expert Committee

- Convened a panel of experts
- Review and assess the nutritional needs of school aged children
- Use available dietary guidance and current nutritional science
- Report scientific findings and recommendations to USDA



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IOM Recommendations

- Standard recommendations for menu planning and meals as selected by students
- Summary:
 - Increase the amount and variety of fruits, vegetables and whole grains
 - Set a minimum and maximum level of calories
 - Increase the focus on reducing the amounts of saturated fat and sodium provided

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search: school meals

Type of Specification	Current Requirements	Recommendations
Fruits	Considered together as a fruit and vegetable group. No specifications for type of vegetable	Required daily amount increased
Vegetables		Two servings required daily, amount increased. Must include dark green, bright orange, legumes, starchy and other vegetables each week
Grains/Breads	No requirement for whole grains	At least half must be whole grain rich
Milk	Whole, reduced-fat, low-fat, fat-free milks (plain or flavored)	Fat-free (plain or flavored) and plain low-fat milk only
Calories	Must meet minimum level	Must be within minimum and maximum level
Sodium	None (decreased level recommended)	Gradually but markedly decrease sodium to specified level by 2020

Other Recommendations

- The committee recommended a single approach to menu planning (meal pattern)
 - Currently four approaches to choose from
- Committee developed two options for meals as selected by the student (offer vs. serve)
 - Options differ in number of food items that may be declined
 - Both options require a fruit is chosen at breakfast and a fruit or vegetable at lunch
- Committee developed Nutrient Targets (24 nutrients and other dietary components)

Key Aspects of Nutrient Targets

■ Calories

- Maximum calorie levels established

■ Fats and Cholesterol

- Upper limit for total fat was increased from 30 to 35 percent of calories
- Goal is to eliminate trans fat
- Saturated fat less than 10% of calories (unchanged)

■ Protein, Vitamins and Minerals

- From 8 requirements to 24 targets for nutrients and other dietary components

Current Child Nutrition Reauthorization Process

- The Child Nutrition Reauthorization process currently underway
- Reauthorization occurs once every 5 years
- An opportunity to review, assess and improve the federal Child Nutrition Programs

ARRA CPPW Funding Opportunities

- The American Reinvestment and Recovery Act of 2009 (ARRA) provided \$650 million for a Prevention and Wellness Fund
- The U.S. Department of Health and Human Services (HHS) has developed a new initiative— Communities Putting Prevention to Work (CPPW)
- CPPW will expand the use of evidence-based strategies and programs



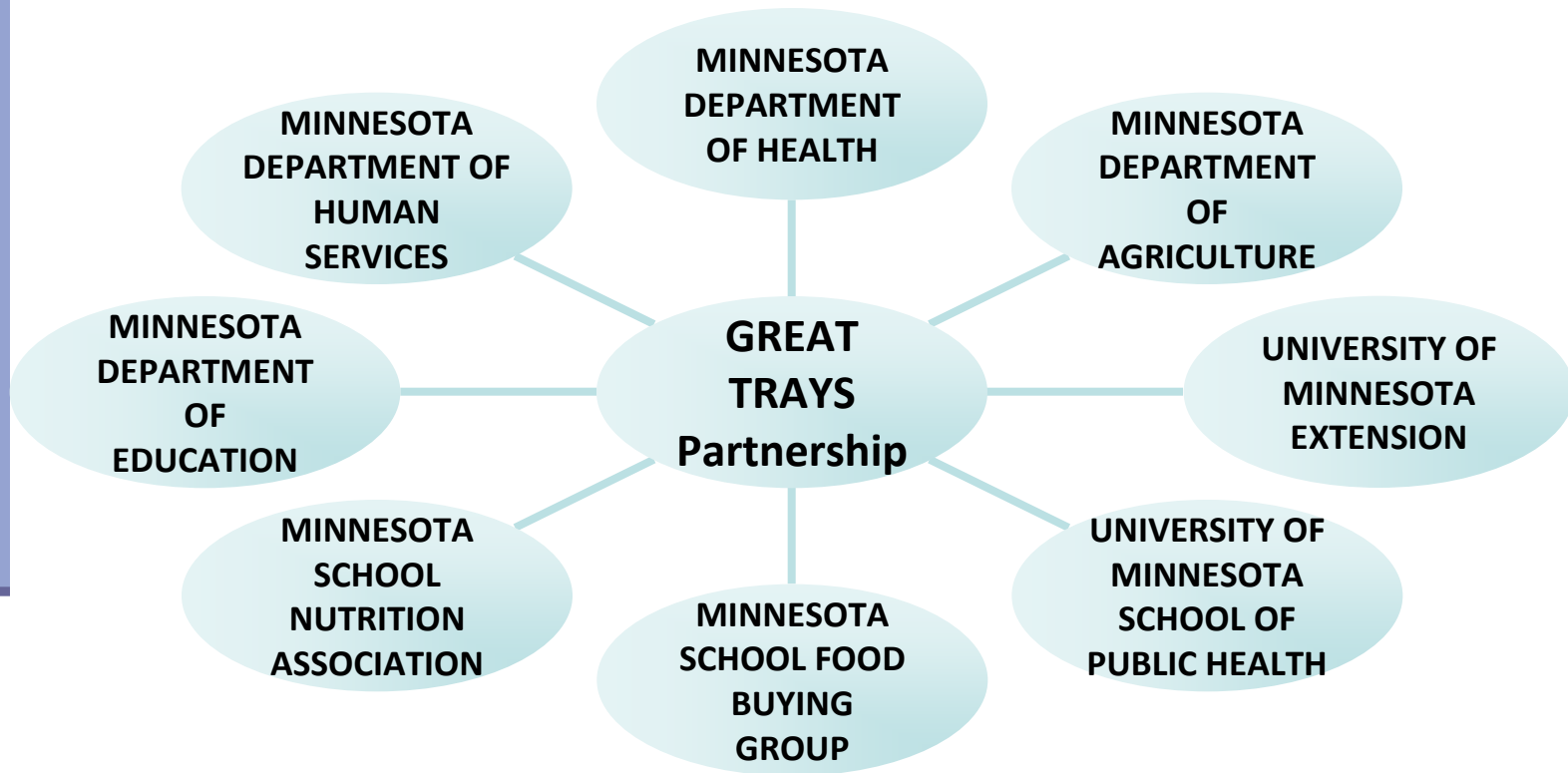
Minnesota CPPW Component II

- States and Territories Policy and Environmental Change Initiative
- Competitive Special Policy and Environmental Change Initiative (Component II)
- The Minnesota Department of Health (MDH) was awarded a 2-year \$2,391,627 million grant from the U.S. Centers for Disease Control and Prevention (CDC)
- This component of CPPW aims to increase students' access to foods that align with the Institute of Medicine (IOM) 2009 recommendations for healthy school meals

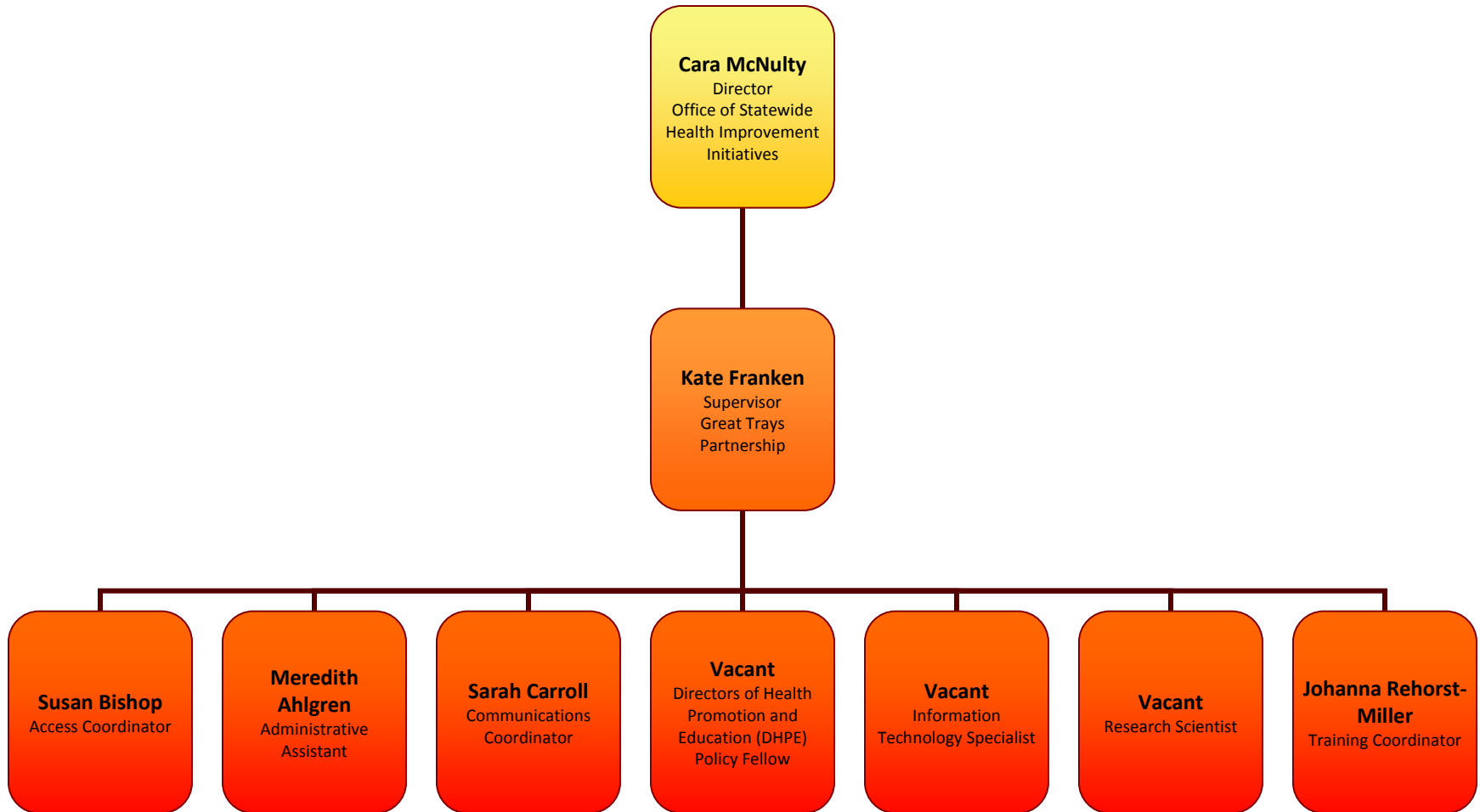
Great Trays Partnership Goals

- Increase membership in the Minnesota School Food Buying Group to extend food cost savings on common meal components to more districts throughout the state.
- Increase the nutritional value of foods purchased for school lunches, focusing on reduced saturated fat and sodium, and increased availability of whole grain products and fruits and vegetables, including Minnesota Grown foods
- Support school nutrition professionals with a sustainable system of new tools and updated training

Great Trays Partners



MDH Great Trays Team



Challenges Facing School Nutrition Programs

- School districts struggle to identify foods, especially entrees, that meet their budgetary constraints and the nutrition recommendations established by the Institute of Medicine
- School nutrition professionals receive limited training to develop skills in planning, purchasing, and preparing healthy meals that meet budget constraints and student preferences

How will Great Trays work?

- Brings together eight statewide organizations
- Supports increased access to:
 - Healthy food (commercial, commodities, F2S)
 - regional trainings throughout the state
 - Opportunities to adopt new nutrition standards
 - Recognition for participating in a model project
- Work for systems change
- Sustainable infrastructure to support change

Great Trays Evaluation Plan

- Measurement Tools
 - School meals nutrient analysis data
 - Food purchasing data
 - School Nutrition Directors/Managers survey
 - Process data on what worked, what didn't work as well, what we learned

Current and Future Work

- Refining goals and timeline
- Convening partners
- Establishing and leading work groups
 - Procurement
 - Recruitment
 - Training
 - Evaluation
 - Sustainability

SHIP Communities in Minnesota

- Encourage and support schools:
 - In efforts to meet new recommendations
 - Join the MSFBG
 - Register for and attend Great Trays training
- Stay tuned for:
 - Details on CN Reauthorization
 - Opportunities for schools through Great Trays Partnership

Questions



I Cuss, You Cuss, We All Cuss for Asparagus



Far Side