

## New Meal Patterns Key Points



### New Regulations per the Healthy, Hunger-Free Kids Act

- First year implementation 2012-2013
- Potential for an additional \$0.06 per lunch, if implemented properly
- Not a choice to forego implementation
- Changes to breakfast and lunch – Main changes for 2012-2013 are to the lunch program

### Why New Regulations?

- Staggering national statistics
- Epidemic of childhood obesity – nearly 1/3 of children in US are at risk of disease due to being overweight
- More than 16 million children struggle with hunger nationally

### Key Regulation Changes for 2012-2013

- Fruits and vegetables are now two separate food components – They are not interchangeable
- Daily fruit requirement AND daily vegetable requirement – Also, a weekly vegetable requirement for dark green, red/orange, beans/peas, starchy, and other vegetables.
- Daily meat/meat alternate requirements and a weekly minimum and maximum required range
- Grains – minimum daily requirement and a weekly minimum and maximum required range
- Calorie and serving size minimum and maximum levels by age grouping
- Reduced sodium levels
- Trans fat limits
- Fat-free flavored and unflavored and unflavored low-fat milk only (implemented in 2011-2012)
- Change from a 5 year cycle review to a 3 year cycle review cycle

## What will be the impact of these changes for students and staff?

Lunch trays will look different. An emphasis is placed on students taking additional fruits and healthy vegetables and restricting the amount of meat/meat alternates and grains/breads.

Fruit and vegetable servings included with a student meal have increased dramatically.

½ cup serving of fruit or vegetable **MUST** be included with every reimbursable meal. In the past, any 3 of the 5 school lunch components qualified as a reimbursable meal. Now, one of the components must be fruit or vegetable.

The serving ranges for meal components at the elementary, middle, and high school levels are different. These ranges were always different, but now, they are distinctly different.

Grade levels K-5, 6-8, and 9-12 must meet minimum and maximum weekly calorie levels. The menus and serving sizes have been adjusted to meet these requirements.

Close attention must be paid to alternate entrée choices. The weekly ranges for meat/meat alternates and grains/breads are determined by minimum and maximum amounts served daily. For example, a peanut butter and jelly sandwich (2 slices of bread) **CANNOT** be served daily at K-5 level. It will exceed the maximum weekly grain allowance.

