Get Ready for the Next School Year: USDA Nutrition Updates and Resources to Help You Make the Grade

Samia Hamdan, MPH, RDN
USDA Food and Nutrition Service
June 18, 2015

The School Day Just Got Healthier!

- **Students choosing fruit increased from 54% to 66% since new rules went into effect (Yale Rudd Center Study)**
- **Kids are eating up to 16% more veggies and 23% more fruit at lunch. (Harvard study)**
- **With national expansion of the Community Eligibility Program (about 6.4 million) students are receiving free meals with no need for parents to fill out applications.**
- **Over 44% of schools are participating in farm to school programs.**
- **School Breakfast Participation has increased 28% over the last 7 years.**
- **Students who eat school breakfast achieve 17.5 percent higher math test scores and miss 1.5 less days of school.**
- **79% of Michigan voters favor healthier lunch and breakfast standards.**
- ***7 out of 10 Michigan voters support the Smart Snacks rule***

Child Nutrition Programs: A Record of Effectiveness

- The vast majority of children eating school lunches and breakfasts are receiving meals that meet or exceed the dietary standards for fat, cholesterol, protein, vitamins A and C, calcium, and iron.
- Researchers at Dartmouth College found that children consuming school meals ate three to four more servings of fruits and vegetables per week than those not consuming school meals.
- Compared to nonparticipants, NSLP participants are more likely to consume vegetables, fruit or 100% juice and milk, and less likely to consume beverages other than milk or 100% fruit juice at lunch and through the day.

SCHOOL MEAL STANDARDS: MAINTAINING SUCCESS, KEEPING MOMENTUM

- Fruit and vegetables requirement
  - Cornell's B.E.N. Center: Moving and highlighting fruit increased sales by up to 102%.
  - Naming/displaying name of vegetables increased selection by 40%-70%.
- A la carte items and Smart Snacks
  - Provides exceptions for foods such as fruits and vegetables.

USDA

Students Adapting to New School Meals

- Report published in August 2014 issue of Childhood Obesity shows that:
  - Majority reported that students like new meals
  - Student complaints were higher at middle and high school levels
  - Complaints fell from fall 2012 to spring 2013
  - Urban and suburban districts less likely to report participation decreases
  - Less food waste in districts with higher number of free/reduced lunch participants

SODIUM

How much sodium?

- Adequate intake for children = 1200-1500 mg.
- DGAs recommendation is less than 2,300 milligrams (mg) per day for most Americans above 2 years old
- The estimated average intake of sodium for all Americans ages 2 years and older is approximately 3,400 mg per day
- Salty taste is acquired and can be changed over time

SCHOOL MEAL STANDARDS: MAINTAINING SUCCESS, KEEPING MOMENTUM

- **Sodium targets**
  - ***10-year*** **phased implementation**
  - **Took into account the time it will take to reduce sodium—major industry consideration**
  - **Based on Tolerable Upper Limit intake**
  - ***What's Shaking?*****—Launching in 2015!**
  - **Extensive technical assistance**

Target 1	Target 2	Target 3
2014-2015	2017-2018	2022-2023
1230-1420mg	935-1080mg	640-740mg

Sodium Reduction Targets Breakfast

Grade Group	SNDA IV	SY 2014-15	SY 2017-18
K-5	569 mg	≤540mg	≤485mg
6-8	687 mg	≤600mg	≤535mg
9-12	704 mg	≤640mg	≤570mg

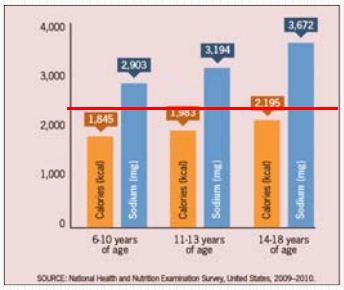
*Average sodium amount per meal over one week.

Sodium Reduction Targets Lunch

Grade Group	SNDA IV	SY 2014-15	SY 2017-18
K-5	1,324 mg	≤1,230mg	≤935mg
6-8	1392 mg	≤1,360mg	≤1,035mg
9-12	1,515 mg	≤1,420mg	≤1,080mg

*Average sodium amount per meal over one week.

How Much Do Kids Eat?



1 tsp salt = ~2,300mg Sodium

2/3 tsp salt = ~1,500mg Sodium

>1 ½ tsp salt = 3,672mg Sodium

Which Foods Contribute to Kids' Sodium Intake?

Top 10 food contributors to dietary sodium intake among 2-19 year olds:

1. Pizza
2. Bread and rolls
3. Poultry
4. Cold cuts/cured meats
5. Sandwiches
6. Savory snacks
7. Soups
8. Cheese
8. Pasta mixed dishes
10. Meat mixed dishes

From Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008, Published by CDC in 2012

What's Shaking? Creative Ways to Boost Flavor With Less Sodium Campaign

What's Shaking? Creative Ways to Boost Flavor With Less Sodium

- National collaborative sodium reduction initiative
- Engaging national partners
- School/district story-sharing
- Webinars
- Resource-sharing
- Infographics – school nutrition and public
- Website

USDA Engaging National Partners

- Food service and culinary organizations
- Food companies and industry groups
- National and professional associations & affiliates
- Nonprofit organizations with a focus on child health
- Youth engagement organizations

Tips to reduce sodium in your meals

Talk to Your Food Distributors

- Alert your food distributor to the new lower-sodium rules
- Ask for a list of low-sodium products that are available
- Ask for a price comparison sheet for similar items, then compare the items' sodium contents

Offer Higher Sodium Foods Less Often

Or in smaller portions

- Bacon, ham, & sausage
- Biscuits, cornbread, & other "quick" breads prepared with baking soda
- Buttermilk
- Canned products that are NOT low-sodium
- Cheesy items like pizza or cheese-filled ravioli
- Hot dogs
- Luncheon meats
- Pickles, olives, & sauerkraut
- Potato chips
- Pre-made or canned chili and soup
- Salted snacks like pretzels and nuts

How Much Sodium is Added?

Regular (3/4 cup equiv)

- Canned tomatoes– 230 mg
- Tomato sauce – 393 mg
- Marinara sauce – 553mg
- Tomato paste (3 Tbsp) – 378 mg
- Catsup (1 Tbsp) – 154mg

No added salt or low sodium

- Canned tomatoes - 18 mg
- Tomato sauce – 18 mg
- Marinara sauce – 38 mg
- Tomato paste (3 Tbsp) – 27 mg
- Catsup (1 Tbsp) – 3 mg

Replace the Salt Shaker

- Remove the salt shaker from food service areas
  - 1 tsp salt = ~2,300mg sodium
- Replace the salt shaker with a pepper or herb shaker or with a herbs/spice bar
- Replace onion salt or garlic salt with onion powder or garlic powder in recipes

Spice Up Your Condiments Section

Replace high-sodium condiments with lower-sodium alternatives:

High Sodium

- Barbeque sauce
- Salt, sea salt, garlic salt
- Canned salsa
- Catsup
- Pickles, olives, relish
- Seasoning mixes containing salt
- Commercial salad dressings
- Soy sauce
- Worcestershire sauce

Lower-Sodium

- Flavored vinegars
- Fresh or dried herbs
- Fresh salsa
- Lemon or lime juice
- Pepper sauce
- Salt-free seasoning mixes
- Seasoning powders (onion powder, garlic powder)
- Simple salad dressings (such as vinegar and oil)
- Spices

Use More Herbs & Spices

Handout from Indiana Dept. of Education

Available at:
http://www.doe.in.gov/sites/default/files/nutrition/nslp-idoe-program-aids02sodium-fact-sheet-idoe.pdf

Season Foods Without Salt

Modify Your Recipes

- Eliminate salt from recipes that state “salt to taste” or “pinch of salt” (except recipes that contain yeast or that need to rise)
- Reduce salt in recipes by half, and conduct taste-tests
- Use of low sodium bouillon cubes, ham base, and chicken base
- Replace broths in recipes with low-sodium broth
- Add a little dry mustard or a dash of Tabasco sauce to egg dishes instead of salt
- Use less or no salt when cooking pasta, rice, beans, and hot cereals
- Add lemon rind or juice, in place of salt, to water that is used to boil spaghetti

Ohio Menus That Move

http://education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move

- Seasonal for Fall, Winter, Spring, and Summer, featuring local foods in season with cultural flavors;
- Contains 50 standardized recipes that include:
  - dark green and red/orange vegetables
  - beans/legumes
  - whole grain rich foods;
- The recipes and menus include USDA Foods and State Processed Foods;
- The cycle menus meet the Target 1 sodium levels;

24

Wisconsin Homegrown Cycle Menus

http://fns.dpi.wi.gov/fns_homegrown

- Meet Target 1 Sodium Standards
- Farm to School Recipes
- Use USDA Foods
- Production record templates
- Certification sheets

25

Home Grown: Menus of Wisconsin K-5

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Chicken Colorful Curried Rice Wild Broccoli Trees Mandarin Oranges Apple Crisp Milk Choice	**Sloppy Joe on a Bun** Crunchy Carrot and Celery Sticks with Creamy Hummus Potato Chips Fresh Green Grapes Milk Choice	**Loaded Pork Tacos** Fiesta Refried Beans Golden Corn Sliced Pears Chocolate Pudding Milk Choice	**Cheesy Omelet with Salsa** Hash Browns Scrumptious Sweet Potato Muffin Orange Juice Milk Choice	**Mighty Spaghetti & Meat Sauce** Breadstick Super Hero Salad Sliced Peaches Milk Choice

Notes:

All grains are whole grain rich.

Milk Choice includes:
1% White
Skim White
Skim Chocolate

USDA is an equal opportunity provider and employer.

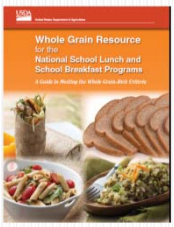
SCHOOL MEAL STANDARDS: MAINTAINING SUCCESS, KEEPING MOMENTUM

- Whole-grain rich requirement/exemptions
  - Issued SP 20-2015 (2/10/15) to extend whole grain-rich flexibilities to other grain products beyond pasta that schools are having difficulties:
    - Procuring
    - Preparing
    - Gaining student acceptance
  - Contact the Michigan Department of Education
  - Available for SYs 2014-15 and 2015-16

Whole Grain-Rich USDA Foods

- Whole-grain tortillas
- Whole-grain pancakes
- Whole-grain macaroni
- Whole-grain spaghetti
- Whole-grain rotini
- Oats
- Brown rice
- Quick-cook brown rice
- Dry kernel corn

USDA Whole Grain Resource

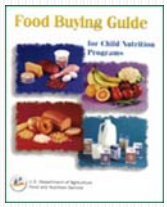


- Resource to help schools:
  - Learn more about Grains
  - Identify if product is WGR and meets requirements
  - Calculate ounce equivalencies
  - Use Product Formulation Statements and recipe calculations
  - Document whole grains
  - Purchase and store Grains

http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf

Food Buying Guide (FBG) and Whole Grain Resource Updates

- Revised Grain Chart
  - ✓Includes 25 new foods
  - ✓Whole Grain and Whole Grain-Rich (WGR)
  - ✓Planned Release- Summer 2015
- Additional fruits/vegetables
  - ✓Includes 40 new foods
  - ✓Planned Release- Fall 2015
- Recipe Analysis Worksheet (RAW)



Professional Standards

Why do we need professional standards for people working in school nutrition?

Early Input from Stakeholders

- Nov. 2011- State Agency Meeting for State CN Directors
- March 2012 – two-day listening session with representatives from State agencies, local educational agencies, and others
- July 2012/2013/2014 - SNA's Annual National Conference

Final rule

- Published March 2, 2015
  - Citation: 80 FR 11077
- Available at www. regulations.gov
- Implementation begins July 1, 2015
  - School Year 2015/2016
- Establishes minimum requirements:
  - Hiring standards for NEW State/local directors
  - Annual training standards for ALL employees

What's New?

- The final rule establishes hiring requirements for only 3 LEA size categories
- Eases the hiring options for small school districts
- Adds hiring options that emphasize experience
- Extends the food safety certification period for new SFA directors to five years
- Reduces the required annual training hours for all SFA personnel

What's New?

- Adds flexibilities for the first year of implementation:
  - Allows State and SFAs to hire a director that meets the employment requirements in place prior to July 1, 2015, if the vacancy is advertised prior to July 1
  - Phases in the training requirements in SY 2015-2016
  - Allows training received 3 months prior to July 1, 2015, to count toward the first year's training requirements

School Food Authority Directors, Managers, and Staff

FC PS FAIRFAX COUNTY PUBLIC SCHOOLS

SFUSD

Jefferson County Public Schools Shaping the Future

Welcome to the IOWA CITY COMMUNITY SCHOOL DISTRICT
Child-Centered : Future-Focused

Definitions

- School nutrition program director – individuals responsible for day to day management of operations of school nutrition programs for all participating schools in an SFA
- School nutrition program manager - individuals responsible for day to day management of operations of school nutrition programs for a participating school(s)
- School nutrition program staff – those without managerial duties who are involved in routine operations (i.e. process transactions at POS, process applications, prepare and serve meals)

38

Hiring Standards for SFA Directors

- Hiring standards for new SFA directors
- Current directors are grandfathered in
- State agencies may require that new acting SFA directors expected to serve for 30 days or more meet the hiring standards

Changes to Hiring Standards

- Hiring standards are based on **3 LEA size categories (instead of 4 as proposed**):
  - 2,400 or less student enrollment
  - 2,500-9,999 student enrollment
  - 10,000 or more student enrollment
- Educational requirements reflect the knowledge and expertise required to perform duties successfully
- Proposed hiring requirements are retained; additional hiring options for all LEAs are included

Changes to Hiring Standards

- For small LEAs (≤2,499 students):
  - Bachelor's degree with specific major to high school diploma with **3 years of experience** (instead of 5, as proposed)
- **For very small LEAs (<500 students):**
  - **State agency has discretion to approve the hiring of a director that has a high school diploma but less than 3 years of experience (NEW)**

Changes to Hiring Standards

- For mid-size LEAs (2,500 -9,999 students):
  - **Bachelor's degree in any academic major and at least 2 years of Program experience (NEW)**
  - Associate's degree with a specific major and at least **2 years of Program experience** (instead of 1 year, as proposed)

Changes to Hiring Standards

- For large LEAs (10,000 or more students):
  - **Bachelor's degree in any academic major and at least 5 years of experience in management of school nutrition programs (NEW)**
- For all LEA size categories:
  - SFA director's **food safety certification is valid for a period of 5 years** (instead of 3 years, as proposed)

Hiring Standards: LEAs 2,499 students or less

- Bachelor's degree with specific major, OR
- Bachelor's degree with any academic major, and a State-recognized certificate, OR
- Associate's degree with specific major and at least 1 year of experience, OR
- High school diploma (or GED) **and 3 years of experience**
- **For LEAs with <500 students: State agency has discretion to approve the hiring of a director that has a high school diploma but less than 3 years of experience**

Hiring Standards: LEAs 2,500 – 9,999 students

- Bachelor's degree with specific major, OR
- Bachelor's degree with any academic major, and a State-recognized certificate; OR
- **Bachelor's degree with any academic major and at least 2 years of experience**, OR
- Associate's degree with specific major and at least **2 years of experience**

Hiring Standards: LEAs 10,000 or more students

- Bachelor's degree with specific major, OR
- Bachelor's degree with any academic major, and a State-recognized certificate; OR
- **Bachelor's degree with any academic major and at least 5 years experience in management of programs**

Food Safety Certification

- For New SFA Directors in All LEAs:
  - At least 8 hours of food safety training within 5 years prior to the starting date, or completed within 30 days of the starting date
- State agency has discretion to require current SFA directors to obtain food safety certification every 5 years

Annual Training Standards for All SFA School Nutrition Personnel

- Rule identifies specific training topics
- Training topics apply based on an individual's job
- The Secretary has discretion to require completion of specific training topics, as needed, to address critical Program issues

Annual Training Standards for All SFA School Nutrition Personnel

- Providing training to school nutrition personnel is an allowable use of the nonprofit school food service account
- Paying for costs incurred by an individual to meet the hiring standards are not an allowable use of funds

Changes to Training Standards

- The final rule **reduces the required annual training hours** as follows:
  - SFA school nutrition **director – 12** annual training hours (15 hours proposed)
  - SFA school nutrition **managers – 10** annual training hours (12 hours proposed)

Changes to Training Standards

- The final rule **reduces the required annual training hours** as follows:
  - SFA school nutrition **staff – 6** annual training hours (8 hours proposed)
  - **All part-time staff working <20 hrs/week – 4** annual training hours (proportional hours proposed)

Changes to Training Standards

- The final rule phases in the training standards for all SFA in **SY 2015-2016**
  - Program **directors - 8 hours** (12 hours beginning SY 2016-2017)
  - Program **managers - 6 hours** (10 hours beginning SY 2016-2017)
  - All Program **staff - 4 hours** (6 hours beginning SY 2016-2017)

Training Standards - Summary

- SFA directors
  - **8 hours - SY 2015-2016**
  - 12 hours - beginning SY 2016-2017
- SFA managers
  - **6 hours - SY 2015-2016**
  - 10 hours - beginning SY 2016-2017
- SFA staff
  - **4 hours - SY 2015-2016**
  - 6 hours - beginning SY 2016-2017
- Part-time staff working an average of less than 20 hrs/week
  - **4 hours - SY 2015-2016 and beyond**

Training Standards - Flexibilities

- An employee hired Jan. 1 or later must complete half of the required training hours
- At the State agency's discretion, SFA training standards may be completed over a period of two school years
  - Some training hours must be completed each SY
  - Documentation must be available for Administrative Review

Training Standards - Flexibilities

- Training is allowed in a variety of formats and from different sources
  - State agency, in-house, National Food Service Management Institute, SNA, etc.
  - See: http://professionalstandards.nal.usda.gov
- *In SY 2015-2016*: Training received three months prior to July 1, 2015, counts toward the first year's training requirements for all SFA personnel

Q&As

- If a director role is shared between multiple people (i.e. business manager, principal, and secretary), how do the training standards apply?
- What if my district does not have a designated program director?
- What staff members need to complete annual training?
- Are food delivery employees servicing the school nutrition programs required to meet the training standards?

56

Q&As, cont.

- Do the training standards apply to the staff of a vended meal provider?
- Do training standards only apply to those whose positions are supported by the school food service account?
- Do the training standards apply to Food Service Management Companies?

57

Q&As, cont

- Do the training requirements apply to volunteers, temporary or substitute staff?
- Can excess training hours be carried over multiple school years?

58

Certificate Program

- Currently being developed
- Not a certification or credentialing program
- Recognition for various levels of training

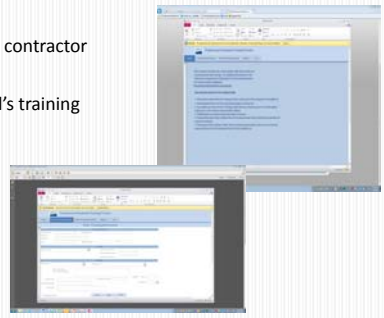
Marketing Materials

- Flyer
- Brochure
- Guide to Professional Standards

NEW: Promotional Email and Graphics

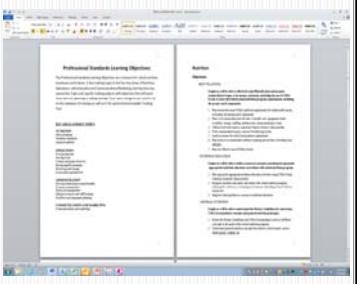
Tracking Tool

- Developed by IT contractor
- Downloadable
- Tracks individual's training



Training Topics

- Four categories
  - Nutrition
  - Operations
  - Administration
  - Communications/ Marketing



Training Database

- Over 500 trainings
- Categorized by topic
- Free, low-cost
- Variety of formats

http://professionalstandards.nal.usda.gov/

Professional Standards Website

- There is also professional standards information on the FNS Child Nutrition website

http://www.fns.usda.gov/school-meals/professional-standards

Additional Funding

- NFSMI
  - $2,000,000 in funds for more training
- STATE GRANTS
  - $4,000,000 funding
  - Up to $150,000/State

"Healthier School Environment and Wellness Resources" Website

- A one stop location to easily access technical assistance resources aimed at creating a healthier school environment:
  - Local School Wellness Policy Process
  - Wellness Policy Elements
  - Healthy School Nutrition Environment
  - Samples, Stories, and Guidance
  - Research Reports
  - Grants/Funding Opportunities

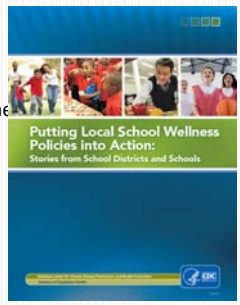
http://healthymeals.nal.usda.gov/school-wellness-resources

Local School Wellness Policies (LWP): Model Wellness Policy

- Developed by Alliance for a Healthier Generation and reviewed by FNS
- Aligns with HSP best practices and consistent with LWP Proposed Rule
- Customizable!
- Version 2.0 still to come
- https://www.healthiergeneration.org/take_action/schools/wellness_councils__policies/wellness_policies/

Putting LWP into Action: Stories from Districts and Schools

- CDC and USDA collaboration
- 11 stories to help schools/districts impleme LWP



Team Nutrition

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Progra

Provides curricula, posters, parent handouts, and other resources free of charge to schools

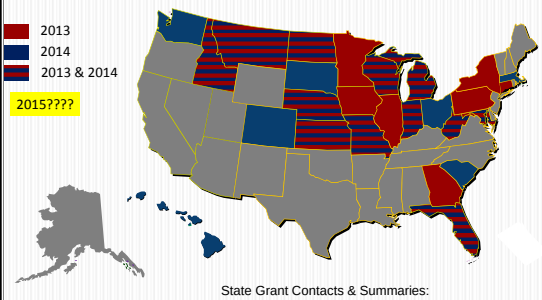
Aims to improve children's lifelong eating and physical activity habits

http://teamnutrition.usda.gov @TeamNutrition

Team Nutrition Training Grants

2013
2014
2013 & 2014

2015????



State Grant Contacts & Summaries:
http://www.fns.usda.gov/tn/2014-tn-grants
http://www.fns.usda.gov/tn/2013-tn-grants

Resource	Target Audience
Discover MyPlate	Kindergarten
Serving Up MyPlate	Grades 1-2; 3-4; and 5-6
The Great Garden Detective Adventure	Grades 3-4
Dig In!	Grades 5-6
Team Nutrition Popular Events Booklet	Grades K-8
Nutrition Voyage: The Quest To Be Our Best	Grades 7-8

For Complete List of Free Nutrition Education Resources Visit: http://teamnutrition.usda.gov

HealthierUS School Challenge: Smarter Lunchrooms Award

Recognizing Excellence in Nutrition and Physical Activity

- Voluntary certification initiative recognizing excellence in schools in nutrition and physical activity
- Currently over 7,000 HUSSC schools
- 4 award levels: Bronze, Silver, Gold, and Gold Award of Distinction
- Schools recognized receive a banner, award plaque, recognition on the Team Nutrition Web site, and a monetary incentive.

http://www.fns.usda.gov/hussc/healthierus-school-challenge

Get Recognized and Join Over 157 HUSSC Awardees in Michigan!

HUSSC: SL Awardees Receive

- Display Banner
- Certificate signed by the Secretary of Agriculture and mounted on a plaque
- Recognition on the Team Nutrition Web site
- Congratulatory letter signed by the First Lady of the United States
- Monetary incentives

Award	Bronze	Silver	Gold	Gold Award of Distinction
Amount	$500	$1,000	$1,500	$2,000

Taylor Aasand, FNS Dietetic Intern

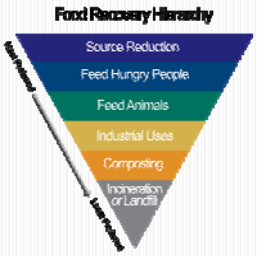
The U.S. Food Waste Challenge

U.S. Food Waste Challenge Goals

- Disseminate information about best practices to reduce, recover, recycle food waste
- Stimulate the development of these practices across the U.S. food chain
- Demonstrate commitment to (and successes in) reducing, recovering, recycling food waste

What Schools Can Do

- Reduce food waste through improved ordering, preparing, storing procedures
- Recover and donate wholesome, uneaten food to feed people in need
- Recycle discarded food for other uses (e.g., animal feed, compost, energy generation)



Join the U.S. Food Waste Challenge

- What activities will the school undertake in the next year?
  - ❑ Program to reduce the amount of excess food generated in the school
  - ❑ Recover wholesome food from breakfasts and/or lunches to donate to feed people
  - ❑ Recover food waste from breakfasts and/or lunches to feed animals
  - ❑ Recover food waste from breakfasts and/or lunches for composting
  - ❑ Recover food waste from breakfasts and/or lunches for energy generation or other uses
- Join at: http://www.usda.gov/oce/foodwaste/join.htm

USDA Food Waste Infographic

- http://www.fns.usda.gov/sites/default/files/cn/foodwaste_infographic.pdf

Food Waste Slides

- Available to promote and present
- Contact the Michigan Department of Education

United States Department of Agriculture

Time for your feedback!

- Keep sharing your best practices, challenges, and concerns.

Share best practices at - http://healthymeals.nal.usda.gov/best-practices