

Tab 2

MICHIGAN NUTRITION STANDARDS

What Are The Michigan Nutrition Standards?

The *Michigan Nutrition Standards Recommendations for all Foods Available in Michigan Schools* is divided into two sections. The first section is the School Nutrition Association's *National Nutrition Standards Recommendations* and applies to foods and beverages served as part of the USDA Child Nutrition Programs at schools. The second section is a compilation of various national standards and applies to foods and beverages served outside USDA Child Nutrition Programs.

Getting Started

You can use the Michigan Nutrition Standards in this section of the Playbook to help you understand and adopt the standards in your school(s). In addition, see Tab 3 in this Playbook for menus that compliment and meet these standards.

Support Resources

The following resources were used to develop the Michigan Nutrition Standards:

- Alliance for a Healthier Generation, *Alliance for a Healthier Generation Competitive Foods and Beverage Guidelines*; October 2006.
- Institute of Medicine (IOM), *Institute of Medicine Nutrition Standards for Foods in Schools*; April 2007.
- School Nutrition Association (SNA), *SNA National Nutrition Standards Updated*; November 2008.
- USDA, *Dietary Guidelines for Americans, 2005 (DGA)*; 2005.
- USDA, *HealthierUS School Challenge (HUSSC) Guidelines*; December 2008.

Michigan Nutrition Standards
Recommendations for all Foods
Available in Michigan Schools

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Purpose:

The purpose of this document is to provide nutrition standards for foods and beverages served on the school campus.

Guiding Principles:

- 1) The health of children and youth will be the highest priority in developing the standards.
- 2) All foods and beverages offered on the school campus will contribute to an overall healthful eating environment.
- 3) Federally reimbursable meals and snacks will be the primary source of foods and beverages offered at school.
- 4) The recommended nutrition standards will be based on the *Dietary Guidelines for Americans, 2005* (DGA), with consideration given to other relevant science-based resources.
- 5) Developed standards will be clear and specific to enable all schools to implement as intended.
- 6) To support the DGA, foods and beverages served outside the child nutrition programs will complement rather than compete with federally reimbursable meals and snacks.

Recommendations:

The Michigan Department of Education (MDE) recommends that districts provide a campus-wide environment supporting adoption of healthy eating behaviors. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices. Therefore, MDE recommends that districts comply with the following:

- For the United States Department of Agriculture (USDA) Child Nutrition (CN) Programs (School Breakfast Program, National School Lunch Program, and After School Snack Program), follow the Meal Pattern Recommendations listed in the School Nutrition Association's *National Nutrition Standards Recommendations* (Appendix A).
- For foods and beverages served outside of the USDA-regulated school CN programs, follow the *Michigan Nutrition Standards Recommendations for Foods and Beverages Served Outside the USDA Child Nutrition Programs at Schools* (Appendix B).

Resources used:

- Alliance for a Healthier Generation, *Alliance for a Healthier Generation Competitive Foods and Beverage Guidelines*; released October 2006.
- Institute of Medicine (IOM), *Institute of Medicine Nutrition Standards for Foods in Schools*; IOM released April 2007.
- School Nutrition Association (SNA), *SNA National Nutrition Standards Updated*; SNA released November 2008.
- United States Department of Agriculture (USDA), *Dietary Guidelines for Americans, 2005* (DGA); USDA released 2005.
- United States Department of Agriculture, *HealthierUS School Challenge (HUSSC) Guidelines*; USDA released December 2008.

Glossary (Appendix C)



SCHOOL
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National Nutrition Standards Recommendations

As of August 11, 2009



**School Nutrition Association
National Nutrition Standards
Meal Pattern Recommendations for School Breakfast and Lunch,
Summer Feeding Programs and After School Snack Programs**

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SNA recommends the following standards for foods and beverages served/sold through the Child Nutrition Programs -School Breakfast and Lunch, Summer Feeding Programs, and After School Snack Programs. These standards are based on the DGAs 2005 and the USDA HealthierUS School Challenge Guidelines 2006.

SNA recommends the following standards for all reimbursable meals:

- Calories Ranges based on DRIs
- Fat 25-35% of calories over week
- Saturated Fat Less than or equal to 10% of calories over week
- Trans fat Zero trans fat ($\leq .5$ grams)

SNA recommends the following targets as total quantities for reimbursable meals throughout the school day.

- Fiber 14-21 grams throughout the school day
- Sodium 1,340 – 1,400 milligrams total throughout the school day
- Fruits and vegetables need to increase over time to meet DGA's.

SNA recommends the following additional standards for School Nutrition Programs:

- For food-based menu planning systems, continue to offer a minimum of five components for lunch, four components for breakfast, and two components for afterschool snacks.
- Sodium: Salt shakers and packets shall not be available.
- Sugar: Sugar packets shall not be available.
- Legumes: Must be offered two times per week as either a meat/meat alternate and/or vegetable component.
- Extra fruits and vegetable servings are contingent on additional reimbursements.
- Schools need to begin working towards recommended targets so they reach those goals at implementation date.

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Meal Pattern Recommendations

Lunch

	Minimum Requirement	Estimated Amount	Rationale
Meat/Meat Alternate	<ul style="list-style-type: none"> Offer lower fat options at least four days per week (defined as an item with less than 40% of calories from fat). Maintain current crediting for alternate protein products. 	1-2 oz. daily	Range of ounces allows for flexibility
Grains/Breads	<ul style="list-style-type: none"> One half of grain servings should be whole grain choices. The HealthierUS School Challenge defines a whole grain product is a food/menu item where the primary grain ingredient is a whole grain. (Examples of common whole grains can be found in Table 7 of the 2005 DGAs; also pages 6 and 7 of the HealthierUS School Challenge). <i>Difficulty obtaining these products may require a phased approach to implementation.</i> 	10-14 servings per week	DGAs recommend one-half of grains/breads from whole grain sources.
Fruits	<ul style="list-style-type: none"> Three different fruits must be offered each week to ensure variety. Only 100% juice, no added sugar, may be offered. If only one fruit choice is offered per day, juice may only be offered two times per week as the fruit choice. Three servings of fresh fruits and/or raw vegetables shall be offered per week. 	½ cup total fruit combination daily	Rounded up estimated amount to phase in daily recommended need (DGAs) and current consumption patterns Rationale for fresh fruits and vegetables – USDA HealthierUS Challenge

*MDE recommends a lower fat option as an item with less than 35% of calories from fat, which is consistent with the DGA 2005 key recommendations for fat.

Vegetables	<ul style="list-style-type: none"> • Three different vegetables must be offered each week to ensure variety. • Two servings of dark green vegetables per week. • One serving orange/deep yellow vegetables per week. • Only 100% juice, no added sugar, may be offered. 	½ cup total vegetable combination daily	Rounded up estimated amount to meet daily recommended need (DGAs) and current consumption patterns Rationale for fresh fruits and vegetables – USDA HealthierUS Challenge
Milk	<ul style="list-style-type: none"> • Not to exceed 1% milk fat for all milk offered. • Not to exceed 28 grams of sugar per 8 oz. serving. 	8 oz. daily	Small amounts of sugars added to nutrient-dense foods, such as low fat and fat-free milk products, may increase intake of such foods by enhancing the palatability of these products - DGAs.

Breakfast

	Minimum Requirement	Estimated Amount	Rationale
Meat/Meat Alternate	<ul style="list-style-type: none"> • Maintain the requirement for m/ma and grains/breads, allowing flexibility in combining the two components. • ½ oz minimum of m/ma to be considered a serving. 	½ – 2 oz. daily	Adds flexibility to menu planning on alternate serving methods.

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Grains/Breads	<ul style="list-style-type: none"> • Maintain the requirement for grains/breads and m/ma, allowing flexibility in combining the two components. • Whole grain offered minimum 3 times per week. • The Healthier US School Challenge defines a whole grain product is a food/menu item where the primary grain ingredient is a whole grain.(Examples of common whole grains can be found in Table 7 of the 2005 DGAs; also pages 6 and 7 of the HealthierUS School Challenge). 	1 – 2 servings daily	DGAs recommend one-half of grains/breads from whole grain sources.
Fruits / Vegetables	<ul style="list-style-type: none"> • Offer a variety of choices over a week. 	$\frac{3}{4}$ cup total combination daily	Adds flexibility in choices
Milk	<ul style="list-style-type: none"> • Not to exceed 1% milk fat for all milk offered. • Not to exceed 28 grams of sugar per 8 oz. serving. 	8 oz. daily	Small amounts of sugars added to nutrient-dense foods, such as low fat and fat-free milk products, may increase intake of such foods by enhancing the palatability of these products -DGAs.

Afterschool Snacks

	Minimum Requirement	Estimated Amount	Rationale
Meat/Meat Alternate	<ul style="list-style-type: none"> • Keep the same requirement for all components with flexibility to offer any two of the four components. 	1 oz. daily	Adds flexibility in choices
Grains/Breads	<ul style="list-style-type: none"> • Whole grain offered minimum 1 time per week. • The HealthierUS School Challenge defines a whole grain product is a food/menu item where the primary grain ingredient is a whole grain. (Examples of common whole grains can be found in Table 7 of the 2005 DGAs; also pages 6 and 7 of the HealthierUS School Challenge). 	1 serving daily	DGAs recommend one-half of grains/breads from whole grain sources.

Fruits / Vegetables		$\frac{3}{4}$ cup combination daily when averaged over the week	Adds flexibility in choices
Milk	<ul style="list-style-type: none"> • Not to exceed 1% milk fat for all milk offered. • Not to exceed 28 grams of sugar per 8 oz. serving. 	8 oz. daily	Small amounts of sugars added to nutrient-dense foods, such as low fat and fat-free milk products, may increase intake of such foods by enhancing the palatability of these products -DGAs.

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Appendix B

Michigan Nutrition Standard Recommendations for Foods and Beverages Served Outside the USDA Child Nutrition Programs at Schools

Beverage Standards for Elementary, Middle, and High Schools	
Water	<ul style="list-style-type: none"> Water without flavoring, additives, carbonation, or added sugar.^{1,2}
Juice	<ul style="list-style-type: none"> 100% juice or 100% juice/water blends, with no added sugar (up to 10 oz. portion).²
Milk	<ul style="list-style-type: none"> Low-fat (1%) and fat-free milk.² Lactose-free and soy beverages.² <p>(Not to exceed 170 calories per 8 oz. serving.²</p> <ul style="list-style-type: none"> - At the high school level only, schools may choose to serve up to 16 oz./serving, 1% or fat-free flavored or unflavored milk. MDE encourages schools to limit to 8 oz. serving where available.)
Sports Drinks	<ul style="list-style-type: none"> Sports drinks should not be available in the school setting. The individual athletic coach may determine whether sports drinks are made available to student athletes under allowable conditions to maintain hydration (such as when students are engaging in prolonged, vigorous activities on hot days).¹
Other Beverages	<ul style="list-style-type: none"> Not allowed. At the high school level only, schools may choose to serve the following: <ul style="list-style-type: none"> - Non-caffeinated, non-fortified beverages with < 5 calories per serving as packaged, up to 20 oz. - 100% juice or 100% juice/water blends with carbonation, up to 12 oz.

Food Standards for Elementary, Middle, and High Schools	
A la Carte Entrees	<ul style="list-style-type: none"> Any entrée that is on the menu cycle as a part of a reimbursable meal (same specification/recipe/serving size) may be served/sold outside reimbursable meal in single serving only.²
Other foods including but not limited to snacks, celebrations, fundraisers, and bake sales.	<ul style="list-style-type: none"> Fruits, vegetables, whole grains, and related combination products and nonfat and low-fat dairy that are limited to 200 calories or less per portion as packaged. No more than 35% total calories from fat.^{1, 2} Less than 10% total calories from saturated fats.^{1, 2} Trans-fat free (less than or equal to 0.5 gm. per serving).^{1, 2} 35% or less of calories from total sugars per portion as packaged.^{1, 2} Sodium content of 200 mg. or less per portion as packaged.¹ Schools may choose to serve the following: <ul style="list-style-type: none"> - Nuts (1 oz.), seeds (1 oz.), cheese (1 oz.), exempt from fat, and saturated fat standards and should be served in 1 oz. serving size only.² Low-fat yogurt can contain no more than 30 grams of total sugars per 8 oz. portion.¹

Other Standards for Elementary, Middle, and High Schools	
Foods used for Rewards or Discipline	<ul style="list-style-type: none"> • Foods and beverages should not be used as rewards or discipline for academic performance or behavior.¹
Foods Marketing	<ul style="list-style-type: none"> • Marketing of foods, not meeting the standards specified in this document, should be minimized.
After-School Activities	<ul style="list-style-type: none"> • Foods and beverages served during after-school activities should comply with the standards specified in this document. Sales of items that do not meet specified standards should be minimized.
Fundraising Activities on campus during and after school	<ul style="list-style-type: none"> • Fundraising activities using foods and/or beverages on campus during and after the school day must meet these standards. Fundraisers cannot be held less than 30 minutes before the first lunch period starts, or less than 30 minutes after the final lunch period ends.¹
Evening and Community Activities that include adults	<ul style="list-style-type: none"> • Foods and beverages served at evening and community activities held on school grounds should comply with the standards specified in this document.

¹ Institute of Medicine (IOM), *Institute of Medicine Nutrition Standards for Foods in Schools*, released April 2007.

² School Nutrition Association (SNA), *SNA National Nutrition Standards Updated*, released November 2008.

Appendix C

Glossary

Dietary Guidelines for Americans, 2005 - Provides science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity.

HealthierUS School Challenge (HUSSC) Guidelines - A method for the United States Department of Agriculture (USDA) to recognize a school's commitment to the health and well being of its students. Schools that meet the HUSSC Guidelines are implementing school wide nutrition and physical activity practices that go beyond the school meal nutrient standards.

Legume - A class of vegetable that includes beans, peas, and lentils. Examples include adzuki beans, black beans, black-eyed peas, chick peas, edamame, lentils, red kidney beans, and peas.

Non-reimbursable Meals - Meals that are served but cannot be claimed for reimbursement in the USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP), such as adult meals, a la carte meals, and second meals served to students.

Reimbursable meal - A school meal meeting the USDA meal requirements and nutrition standards, served to an eligible student, and priced as an entire meal rather than based on individual items. Such meals qualify for reimbursement with federal funds.

School Meals Initiative (SMI) Review - A state agency review conducted within a School Food Authority (SFA) at least once every five years, to ensure that healthy school meals are being planned/served.

Appendix D

Abbreviations

CN	Child Nutrition
DGA	Dietary Guidelines for Americans
DRI	Dietary Reference Intakes
HUSSC	HealthierUS School Challenge
IOM	Institute of Medicine
SNA	School Nutrition Association
U.S.C.	United States Code
USDA	United States Department of Agriculture
WIC	Women, Infants, and Children

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