

MICHIGAN NUTRITION STANDARDS



Nutrition Standards provide guidance to schools and districts on the food and beverages to offer and sell on school campuses. Standards help ensure that items meet a certain nutrition criteria and maintain consistency among schools and districts.

Reviewing existing national standards from the Institute of Medicine, United States Department Agriculture's (USDA) HealthierUS School Challenge, School Nutrition Association, and the Alliance for a Healthier Generation can be confusing and time consuming. Deciding which standards are best for your school or district is not only confusing, but frustrating as well.

- Is one group's recommendation better than the others?
- Which one do you choose?
- How do you choose?

The *Michigan Nutrition Standards* were created in January 2009 by a group of key stakeholders to help schools in our state determine which standard to follow and create a set of state standards. As of September 2011, Michigan is one of over 37 states that have created nutrition standards that are recommended or mandated within their state. After a period of pilot testing

and public comment, a final version of the *Michigan Nutrition Standards* was approved by the State Board of Education in October 2010.

Since that time, progress has been made on the national level to improve the nutritional quality of school food for all schools across the nation. In December 2010, President Obama signed the Healthy, Hunger Free Kids Act of 2010 (also known as Child Nutrition Reauthorization) into law. This national legislation gives USDA the authority to set nutrition standards for school meals and as well as all food and beverages sold on campuses during the school day.

At this time, USDA's nutrition standards have not been finalized. In the interim, the Michigan Departments of Education and Community Health encourage districts to work on implementing the *Michigan Nutrition Standards*.

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