

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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MICHIGAN NUTRITION STANDARDS



**Michigan Department of Education
Recommendations for All Food and
Beverages Available in Michigan
Schools as approved by the State
Board of Education October 12, 2010**

PURPOSE:

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

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GUIDING PRINCIPLES:

1. The health of children and youth will be the highest priority in developing the standards.
2. All food 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 food 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. The developed standards will be clear and specific to enable all schools to implement *the standards* as intended.
6. To support the DGA, food and beverages served outside the child nutrition programs will complement rather than compete with federally reimbursable meals and snacks.
7. There will be an emphasis on whole, minimally processed nutrient rich food such as fruits, vegetables, whole grains, lean protein and low-fat and fat-free dairy.

RECOMMENDATIONS:

The Michigan Department of Education (MDE) recommends that districts provide a campus-wide environment supporting adoption of healthy eating behaviors. A growing number of important research studies have identified specific health benefits that result when children consume energy-balanced dietary patterns where most calories come from a variety of nutrient-rich food and beverages, especially fruits and vegetables, dietary fiber and whole grains, lean protein, low-fat dairy, and low sodium; and where intake of added sugar, refined carbohydrates, and total and saturated fat, are low. 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 Meal Pattern Recommendations for School Breakfast and Lunch, Summer Feeding Programs and After School Snack Programs, adapted from the School Nutrition Association's *National Nutrition Standards Recommendations*.
- **For food and beverages served outside of the USDA-regulated school CN programs**, follow the *Michigan Nutrition Standards Recommendations for Food and Beverages Served outside the USDA Child Nutrition Programs at Schools*.





MEAL PATTERN RECOMMENDATIONS

FOR SCHOOL BREAKFAST AND LUNCH, SUMMER FEEDING PROGRAMS, AND AFTER SCHOOL SNACK PROGRAMS

MDE recommends the following standards for food 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 *School Nutrition Association's National Nutrition Standards* 2008, *DGA*, *USDA HealthierUS School Challenge Guidelines* 2008, and the Institute of Medicine (IOM) *School Meals: Building Blocks for Healthy Children* 2009.

MDE RECOMMENDS THE FOLLOWING STANDARDS FOR ALL REIMBURSABLE MEALS:

CALORIES: range based on Daily Reference Intakes.

FAT: 25-35% of calories over the week.

SATURATED FAT: Less than 10% of calories over the week.

TRANS FAT: Zero trans fat (less than or equal to .5 grams) per serving as listed on the nutrition label or in manufacturer's specifications, for any food included on the school menu.

MDE RECOMMENDS THE FOLLOWING TARGETS AS TOTAL QUANTITIES FOR REIMBURSABLE MEALS THROUGHOUT THE SCHOOL DAY (BREAKFAST AND LUNCH COMBINED).

FIBER: 14-21 grams.

SODIUM: 1,340 – 1,400 milligrams total throughout the school day reduced in a step-wise fashion so as to reach the target by 2020.

FRUITS AND VEGETABLES: to increase over time to meet DGA.

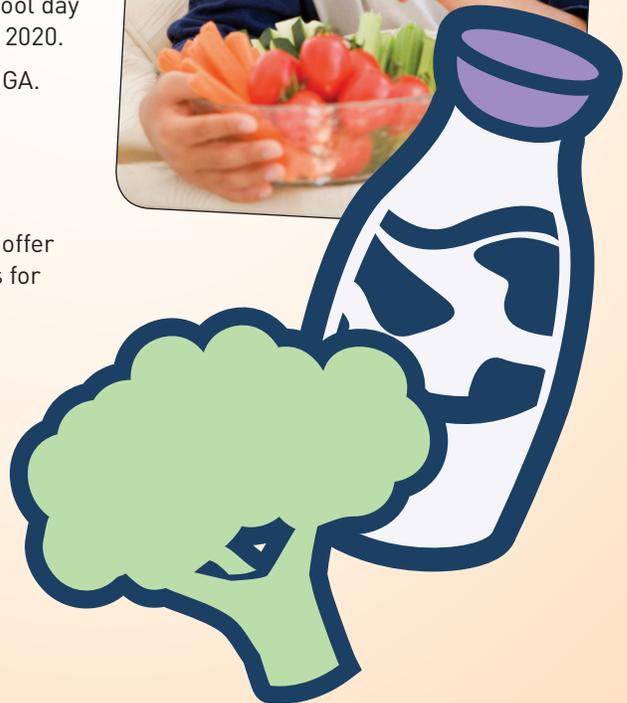
MDE RECOMMENDS THE FOLLOWING ADDITIONAL STANDARDS FOR SCHOOL NUTRITION PROGRAMS:

FOR FOOD-BASED MENU PLANNING SYSTEMS: continue to offer a minimum of five components for lunch, four components for breakfast, and two components for after school 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.





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 ½ -3 oz. daily	<ul style="list-style-type: none"> Range of ounces allows for flexibility. Amount consistent with <i>USDA, A Meal Planner for Healthy School Meals</i>.
GRAINS/BREADS	<ul style="list-style-type: none"> At least one half of grain servings should be <u>whole grain choices</u>. 	8-10 servings per week	<ul style="list-style-type: none"> DGA recommends one-half of grains/breads from whole grain sources. The <i>USDA, HealthierUS School Challenge</i> defines a whole grain product as 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 DGA; also pages 6 and 7 of the <i>USDA, HealthierUS School Challenge</i>) Difficulty obtaining these products may require a phased approach to implementation.
FRUITS	<ul style="list-style-type: none"> At least three different <u>fruits</u> must be offered each week to ensure variety. Only 100% juice, no added sugar, may be offered. Juice may only be offered <i>one time</i> per week as the fruit choice. Three servings of fresh fruits and/or raw vegetables shall be offered per week. Canned fruit must be packed in juice or light syrup. 	½ cup total fruit combination daily	<ul style="list-style-type: none"> Rounded up estimated amount to phase in daily recommended need (DGA) and current consumption patterns. Rationale for fresh fruits, vegetables, and juice offerings from <i>USDA, HealthierUS School Challenge</i>.
VEGETABLES	<ul style="list-style-type: none"> At least three different <u>vegetables</u> must be offered each week to ensure variety. Two servings of <u>dark green vegetables</u> per week. One serving <u>orange/deep yellow vegetables</u> per week. Only 100% juice, no added sugar, may be offered. 	½ cup total vegetable combination daily	<ul style="list-style-type: none"> Rounded up estimated amount to meet daily recommended need (DGA) and current consumption patterns. Rationale for fresh fruits, vegetables, and juice offerings from <i>USDA, HealthierUS School Challenge</i>.
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	<ul style="list-style-type: none"> 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 – (DGA).



MEAL PATTERN RECOMMENDATIONS: **BREAKFAST**

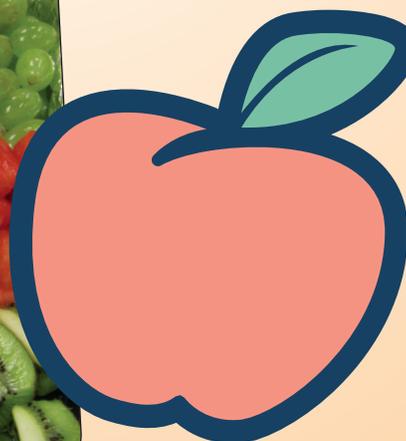
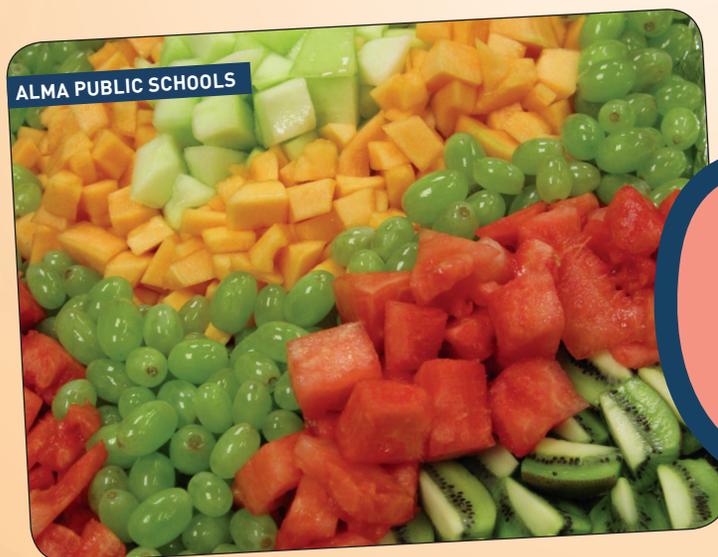
	MINIMUM REQUIREMENT	ESTIMATED AMOUNT	RATIONALE
MEAT/MEAT ALTERNATE[†]	<ul style="list-style-type: none"> Maintain the requirement for meat/meat alternate and grains/breads, allowing flexibility in combining the two components. ½ oz. minimum of meat/meat alternate to be considered a serving. 	0 – 2 oz. daily	<ul style="list-style-type: none"> Adds flexibility to menu planning on alternate serving methods.
GRAINS/BREADS[†]	<ul style="list-style-type: none"> Maintain the requirement for grains/breads and meat/meat alternate, allowing flexibility in combining the two components. Whole grain offered at least three times per week. 	0 – 2 servings daily	<ul style="list-style-type: none"> DGA recommends one-half of grains/breads from whole grain sources. The <i>USDA, HealthierUS School Challenge</i> defines a whole grain product as 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 DGA; also pages 6 and 7 of the <i>USDA, HealthierUS School Challenge</i>). Amount consistent with <i>USDA, A Menu Planner for Healthy School Meals</i>.
FRUITS/VEGETABLES	<ul style="list-style-type: none"> Offer a variety of colors and types (fresh, canned, frozen) over a week. At least half of fruit offerings should be from whole fruit rather than juice. Canned fruit must be packed in juice or light syrup. 	1/2 cup total combination daily	<ul style="list-style-type: none"> Adds flexibility in choices. Consumption of whole fruits rather than fruit juice is suggested to ensure adequate fiber intake (DGA). Consistent with <i>USDA, HealthierUS School Challenge</i>.
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	<ul style="list-style-type: none"> 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 (DGA).



[†]One serving each of meat/meat alternative and grain/breads or two servings of meat/meat alternate or two servings of grains/breads.

**MEAL PATTERN RECOMMENDATIONS: AFTER SCHOOL 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	<ul style="list-style-type: none"> Adds flexibility in choices.
GRAINS/BREADS	<ul style="list-style-type: none"> Whole grain offered at least one time per week. 	1 serving daily	<ul style="list-style-type: none"> DGA recommend one-half of grains/breads from whole grain sources. The <i>USDA, HealthierUS School Challenge</i> defines a whole grain product as 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 DGA; also pages 6 and 7 of the <i>HealthierUS School Challenge</i>).
FRUITS/VEGETABLES	<ul style="list-style-type: none"> Offer a variety of colors and types (fresh, canned, frozen) over a week. Canned fruit must be packed in juice or light syrup. At least half of fruit offerings should be from whole fruit rather than juice. 	$\frac{3}{4}$ cup combination daily when averaged over the week	<ul style="list-style-type: none"> Adds flexibility in choices. Consumption of whole fruits rather than fruit juice is suggested to ensure adequate fiber intake (DGA).
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	<ul style="list-style-type: none"> 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 (DGA).





MICHIGAN NUTRITION STANDARDS RECOMMENDATIONS FOR FOOD AND BEVERAGES SERVED OUTSIDE THE USDA CHILD NUTRITION PROGRAMS AT ELEMENTARY, MIDDLE AND HIGH SCHOOLS

Food sold and/or served outside of the Child Nutrition Programs will complement rather than compete with the school lunch, breakfast, and after school snack programs. These standards are based on the DGA to support healthy students. Whole, minimally processed nutrient rich food is the foundation of a healthy diet and is the intended emphasis of these standards. Although some processed food will meet the standards, the standards are not an endorsement of those products, as they usually are missing the naturally occurring nutrients of the whole food (vitamins, minerals, fiber, phytochemicals, etc.) and do not teach children to like and prefer unprocessed whole food.

BEVERAGE STANDARDS

WATER	<ul style="list-style-type: none"> Water without flavoring, additives, carbonation, or added sugar.
JUICE	<ul style="list-style-type: none"> 100% juice or 100% juice/water blends, with no added sugar (up to 10 oz. portion).
MILK	<ul style="list-style-type: none"> Low-fat (1%) or fat-free milk (flavored or unflavored) and lactose-free and soy beverages. <ul style="list-style-type: none"> Not to exceed 170 calories per 8 oz. serving. Not to exceed 28 grams of sugar per 8 oz. serving. 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). Beverages such as water, low-fat or fat-free milk (flavored or unflavored), and/or 100% juice shall be considered.
OTHER BEVERAGES	<ul style="list-style-type: none"> Not allowed at the elementary and middle school level. At the high school level only, schools may choose to serve the following: <ul style="list-style-type: none"> Caffeinated, fortified, or flavored beverages with less than 5 calories per serving as packaged, up to 20 oz. Carbonated beverages cannot be sold in food service areas during meal periods, unless they have received an exemption from USDA. 100% juice or 100% juice/water blends with carbonation, up to 12 oz.



**FOOD STANDARDS:**

ENTREES	<ul style="list-style-type: none">Any entree that is on the daily menu as a part of a reimbursable meal (same specification/recipe/ serving size) may be served/sold outside of a reimbursable meal in single serving and on that same day only. <p>Calories: 500 or less per portion.</p> <p>Saturated Fat: Less than 6 grams per serving.</p> <p>Sodium: Less than 600 mg per serving.</p>
OTHER FOOD	<ul style="list-style-type: none">Fruits, vegetables, whole grains, and related combination products and low-fat and fat-free dairy as packaged. <p>Calories: 200 calories or less.</p> <p>Total Fat: No more than 35% total calories.</p> <p>Saturated Fat: Less than 10% total calories.</p> <p>Trans fat: Trans fat free (less than or equal to 0.5 gm. per serving).</p> <p>Total Sugar: No more than 35% of total weight per serving.</p> <p>Sodium: No more than 230 mg. as packaged.</p> <ul style="list-style-type: none">Schools may choose to serve the following:<ul style="list-style-type: none">Nuts, seeds, and reduced-fat cheese in 1 oz. portions are exempt from fat and saturated fat standards.Low-fat yogurt can contain no more than 30 grams of total sugars per 8 oz. portion.





WHERE TO APPLY THE STANDARDS DURING THE SCHOOL DAY

A LA CARTE: Will meet the beverage and food standards on pages 41-42.

VENDING: Will meet the beverage and food standards on pages 41-42.

FOOD FROM HOME: Parents/caregivers will be encouraged to promote their child's participation in the school meal programs. If their child does not participate in the school meal programs, parents/caregivers will be encouraged to provide a healthy alternative.

CLASSROOM PARTIES/ HOLIDAY CELEBRATIONS: Classrooms are encouraged to minimize food as a method of celebration. If classroom parties include food and/or beverages, at least half of the items offered will meet the standards on pages 41-42.

FUNDRAISING ACTIVITIES ON CAMPUS (including bake sales and school stores): Fundraising activities using food and/or beverages will meet the standards on pages 41-42.

Fundraisers selling food and/or beverages cannot be held less than 30 minutes before the first lunch period starts, or less than 30 minutes after the final lunch period ends.

Alternate revenue generating sources should be encouraged.

REWARDS OR DISCIPLINE: Food and beverages should not be used as rewards or discipline for academic performance or behavior unless the reward is an activity that promotes a positive nutrition message (i.e. guest chef, field trip to a farm or farmers market).

Withholding food and beverages should never be used as a disciplinary measure as it encourages unhealthy associations between food and behavior.

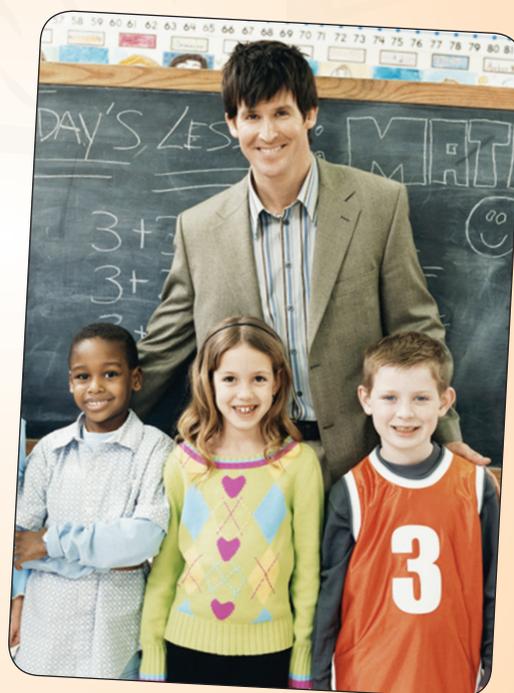
FACULTY LOUNGES: Faculty members are encouraged to be role models and set a healthy example for students.

Vending machines accessible to faculty at all buildings should meet the food and high school beverages standards on pages 41-42.

FOOD MARKETING: Marketing of food, not meeting the standards specified in this document, should be minimized or eliminated.

WHERE TO APPLY THE STANDARDS AFTER THE SCHOOL DAY

CONCESSIONS, OPEN HOUSES, PARENT/TEACHER CONFERENCES, SCHOOL GROUP MEETINGS, SCHOOL CELEBRATIONS, BANQUETS, RETIREMENT PARTIES, AND SCHOOL BOARD MEETINGS: Food and/or beverages served during activities that take place after the school day should meet the standards on pages 41-42.



RESOURCES USED:

- * School Nutrition Association (SNA), *SNA National Nutrition Standards Updated*, 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 (HUSC) Guidelines*; USDA released December 2008.
- * Institute of Medicine (IOM), *Institute of Medicine Nutrition Standards for Foods in Schools*, released April 2007.
- * Alliance for a Healthier Generation, *Alliance for a Healthier Generation Competitive Foods and Beverage Guidelines*; released October 2006.
- * United States Department of Agriculture (USDA), *A Menu Planner for Healthy School Meals*, 1998, Revised 2008.
- * Institute of Medicine (IOM), *School Meals: Building Blocks for Healthy Children*; released October 2009.
- * Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

**GLOSSARY**

A MENU PLANNER FOR HEALTHY SCHOOL MEALS—A USDA resource that provides recommendations from the 2005 Dietary Guidelines that can be implemented in menu planning. It includes valuable information on the different menu planning options, nutrient analysis, keeping menu planning records, and marketing the School Meal Programs in schools.

DIETARY GUIDELINES FOR AMERICANS—Provides science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity.

DIETARY REFERENCE INTAKE (DRI)—a set of guidelines for the daily intake of nutrients (as vitamins, protein, and fats) and other food components (as fiber) that include recommended daily allowances, adequate daily intake values for nutrients having undetermined recommended daily allowances, and tolerable upper level values of daily intake.

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, 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 items, 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.

**ABBREVIATIONS**

DGA—Dietary Guidelines for Americans

DRI—Dietary Reference Intakes

HUSSC—HealthierUS School Challenge

IOM—Institute of Medicine

SNA—School Nutrition Association

USDA—United States Department of Agriculture

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NUTRITION STANDARDS FAQ

WHAT IS THE HEALTHY, HUNGER FREE KIDS ACT?

The Healthy, Hunger-Free Kids Act of 2010 authorizes funding for federal school meal and child nutrition programs and increases access to healthy food for low-income children. This particular bill reauthorizes child nutrition programs for five years and includes \$4.5 billion in new funding for these programs over 10 years.

WHAT DOES THE HEALTHY, HUNGER FREE KIDS ACT DO?

- Gives the United States Department of Agriculture (USDA) the authority to set nutritional standards for all foods regularly sold in schools during the school day, including vending machines, a la carte/snack lines, and school stores.
- Provides additional funding to schools that meet updated nutritional standards for federally-subsidized lunches.
- Helps communities establish local farm to school networks, create school gardens, and ensures that more local foods are used in the school setting.
- Expands access to drinking water in schools, particularly during meal times.
- And more. Click [here](#) for more information.

ARE THE ENTIRE *MICHIGAN NUTRITION STANDARDS* DIFFERENT THAN THE NATIONAL STANDARDS?

There are some differences between them. See the [comparison chart](#) for the differences between the venues in schools that are affected by each set of standards. The national standards are being implemented in one area at a time. USDA is in the process of finalizing nutrition standards for school meals. USDA has not yet created nutrition standards for food and beverages sold outside of school meals known as competitive foods.

WHEN DO THE *MICHIGAN NUTRITION STANDARDS* GO INTO EFFECT?

The State Board of Education approved the standards on October 12, 2010. A good time for schools to implement the standards would be during the 2011-2012 school year.

DO SCHOOLS HAVE TO FOLLOW THE *MICHIGAN NUTRITION STANDARDS*?

The standards are a recommendation from the State Board of Education. At this time, they are not mandated.

WHICH STANDARD ARE SCHOOLS SUPPOSED TO FOLLOW FOR SCHOOL MEALS?

USDA's nutrition standard for school meals. Final rule is anticipated to go into effect for the 2012-2013 school year. In the interim, schools are encouraged to implement the *Michigan Nutrition Standards*.

HOW ARE THE *MICHIGAN NUTRITION STANDARDS* FOR SCHOOL MEALS DIFFERENT FROM THE NATIONAL STANDARDS?

At this time, USDA has not published the final rule for school meal standards. A [comparison chart](#) between the *Michigan Nutrition Standards* and USDA's proposed final rule are included in this toolkit.

WHAT STANDARDS SHOULD SCHOOLS FOLLOW FOR FOOD AND BEVERAGES SOLD OUTSIDE OF SCHOOL MEALS?

USDA's competitive food standards have not been created as of September 2011. The standards are anticipated to be implemented for the 2013-2014 school year. In the interim, schools are encouraged to implement the *Michigan Nutrition Standards*, as these comprehensive standards provide a way for schools to prepare for the anticipated national competitive foods standards.





MICHIGAN NUTRITION STANDARDS DURING THE SCHOOL DAY VS. THE HEALTHY, HUNGER FREE KIDS ACT OF 2010

A COMPARISON CHART

VENUE	MICHIGAN NUTRITION STANDARDS	HEALTHY, HUNGER FREE KIDS ACT
SCHOOL MEALS (BREAKFAST AND LUNCH)	Included —Good preparation for the USDA's anticipated standards	Included —final rule anticipated to go into effect for 2012-2013 school year
A LA CARTE	Included —Similar to the HealthierUS School Challenge (HUSCC)	Included —awaiting interim rule; anticipated to go into effect for 2013-2014 school year
VENDING	Included	Included —awaiting interim rule; anticipated to go into effect for 2013-2014 school year
FOOD FROM HOME	Included —Encourages parents to provide healthy offerings	Not Included
CLASSROOM PARTIES/HOLIDAY CELEBRATIONS	Included —Allows for variety of foods	Not Included
FUNDRAISING ACTIVITIES ON CAMPUS (INCLUDING BAKE SALES AND SCHOOL STORES)	Included —Supports participation in school meals	Included in a limited fashion
REWARDS OR DISCIPLINE	Included	Not Included
FACULTY LOUNGES	Included —Encourages positive role modeling	Not Included
FOOD MARKETING	Included —Minimizes marketing of less healthy foods	Not Included





USDA SCHOOL MEAL REQUIREMENTS VS. THE *MICHIGAN NUTRITION STANDARDS*: A COMPARISON CHART

Comparison of the current USDA requirement to the *Michigan Nutrition Standards* and the USDA Proposed Nutrition Standards for the National School Lunch and School Breakfast Programs.



A COMPARISON CHART: BREAKFAST

	USDA FOOD BASED MENU PLANNING CURRENT REQUIREMENT	<i>MICHIGAN NUTRITION STANDARDS</i>	USDA PROPOSED HEALTHY, HUNGER FREE KIDS ACT REQUIREMENT
FRUIT	½ cup per day	<ul style="list-style-type: none"> • ½ cup combination of fruit/vegetable per day. • At least ½ fruit offerings from whole fruit. • Canned fruit must be packed in juice or light syrup. 	<ul style="list-style-type: none"> • 1 cup per day. • No more than ½ of servings as juice.
GRAINS AND MEAT/ MEAT ALTERNATE (M/MA)	2 grains or 2 M/MA or 1 of each per day	2 grains or 2 M/MA or 1 of each per day.	<ul style="list-style-type: none"> • 1.4-2 grains per day PLUS. • 1-2 M/MA per day.
WHOLE GRAINS	Encouraged	Must be offered at least 3 times per week.	At least half of the grains to be whole grain-rich.
MILK	1 cup	8 oz. serving, 1% or less. Not to exceed 28 grams of sugar per 8 oz. serving.	1 cup, fat content of milk to be 1% or less.



BELDING AREA SCHOOLS



A COMPARISON CHART: LUNCH

	USDA FOOD BASED MENU PLANNING CURRENT REQUIREMENTS	MICHIGAN NUTRITION STANDARD	USDA PROPOSED HEALTHY, HUNGER FREE KIDS ACT REQUIREMENT
FRUIT AND VEGETABLES	½ -1 cup of fruit and vegetables combined per day	<ul style="list-style-type: none"> • ½ cup vegetables plus ½ cup fruit per day. • At least 3 different fruits must be offered each week. • Juice may only be offered one time per week. Only 100% juice offered. • Three servings of fresh fruits and/or raw vegetables shall be offered per week. 	¾ -1 cup of vegetables plus ½-1 cup of fruit per day.
VEGETABLES	No specifications as to type of vegetable	<ul style="list-style-type: none"> • At least three different vegetables must be offered each week. • Two servings of dark green vegetables per week. • One serving of orange/deep yellow vegetables per week. • Only 100% juice, no added sugar, may be offered. 	Weekly: requirement for at least ½ cup of the following: dark green and orange vegetables and legumes and limit starchy vegetables to 1 cup per week.
MEAT/ MEAT ALTERNATIVE	1.5—3 oz equivalents (daily average over 5 days week)	<ul style="list-style-type: none"> • 1 ½ oz.—3 oz. daily. • Lower fat options at least four days per week (defined as an item with less than 40% of calories from fat). 	1.6-2.4 oz. equivalents. (Daily average over 5 days week.)
GRAINS	1.8-3 oz. equivalents (daily average over 5 days week)	8-10 servings per week.	1.8-2.6 oz equivalents. (Daily average over 5 days week.) (9-13 servings per week.)
WHOLE GRAINS	Encouraged	At least half of grain serving should be whole grain choices.	• At least half of grains to be whole grain rich. (2 years post-implementation of final rule, all grains offered must be whole grain rich.)
MILK	1 cup	<ul style="list-style-type: none"> • 8 oz. Not to exceed 1% milk fat. • Not to exceed 28 grams of sugar per serving. 	<ul style="list-style-type: none"> • 1 cup fat content of milk to be 1% or less. • Only flavored milk can be fat-free flavored milk.



DAILY NUTRIENT AMOUNTS REQUIRED BY USDA PROPOSED STANDARDS

The following amounts are based on the average for a 5 Day Week.

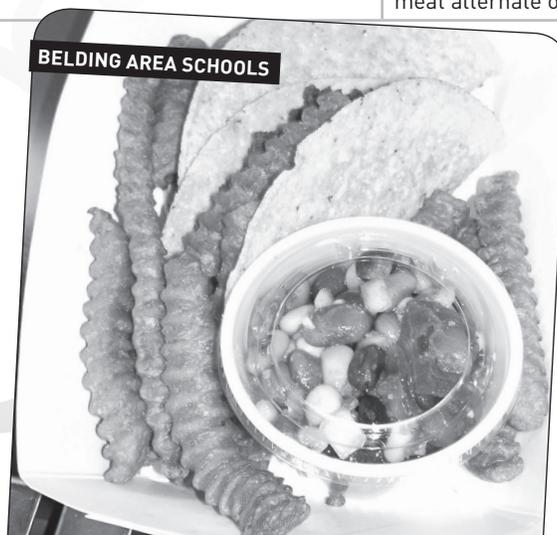
	PROPOSED USDA BREAKFAST MEAL PATTERN UNDER THE HEALTHY, HUNGER FREE KIDS ACT			PROPOSED USDA LUNCH MEAL PATTERN UNDER THE HEALTHY, HUNGER FREE KIDS ACT		
	GRADE K-5	GRADE 6-8	GRADE 9-12	GRADE K-5	GRADE 6-8	GRADE 9-12
MIN-MAX CALORIES (KCAL)	350-500	400-550	450-600	550-650	600-700	750-850
SATURATED FAT (% OF TOTAL CALORIES)	<10	<10	<10	<10	<10	<10
SODIUM (MG)	< 430	< 470	< 500	< 640	< 710	< 740

DIFFERENCES BETWEEN THE USDA PROPOSED NATIONAL STANDARDS AND *MICHIGAN NUTRITION STANDARDS*

- The proposed USDA standards give calorie guidelines for each meal versus referring to the Daily Reference Intakes.
- Saturated fat is the same for both standards.
- The sodium requirement for the USDA proposed standards are prescriptive for each breakfast and lunch whereas the *Michigan Nutrition Standards* has a daily limit for both combined which allows for flexibility throughout the day. The total sodium is slightly lower in the proposed USDA standards which are reflective of the 2010 Dietary Guidelines for Americans. *Michigan Nutrition Standards* has a sodium goal of 1,340–1,400 mg breakfast and lunch combined. Both standards recommend a step-wise reduction in sodium over a 10 year time span. The USDA proposed standard provides specific target goals for 2 years and 4 years after implementation.

OTHER KEY DIFFERENCES FOR SCHOOL MEALS

	PROPOSED USDA STANDARD UNDER THE HEALTHY, HUNGER FREE KIDS ACT	<i>MICHIGAN NUTRITION STANDARD</i>
PROCESSED MEATS	Discouraged, and must be low in fat	Specifies that no entrée can be greater than 40% total calories from fat.
FIBER	Not specified	14-21 grams from breakfast and lunch.
LEGUMES	½ cup per week as a vegetable serving	Must be offered two times per week as a meat/ meat alternate or vegetable.



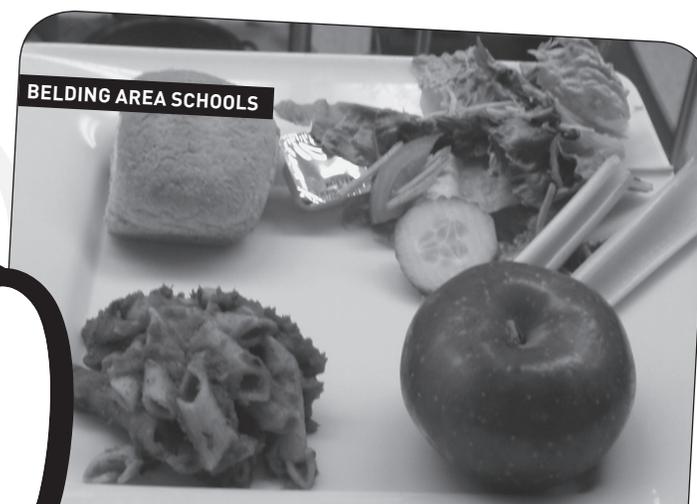


HEALTHY, HUNGER-FREE KIDS ACT OF 2010 IMPLEMENTATION PLAN



CHILD NUTRITION PROGRAMS

PROVISIONS/SECTIONS OF LAW	STATUTORY DEADLINES FOR ACTIONS	ACTIONS AND ESTIMATED TIMEFRAMES
DIETARY GUIDELINES FOR SCHOOL MEALS (SEC 201, 202) <ul style="list-style-type: none"> Includes fluid milk provision (sec 202). 	The law requires USDA to issue a proposed rule within 18 months of enactment, and a final rule within 18 months of issuance of the proposal.	<ul style="list-style-type: none"> Proposed Rule published (January 2011, 90-day comment period ends April 2011). Interim or Final Rule published (Winter 2012).
COMPETITIVE FOODS (SEC 208, 203) <ul style="list-style-type: none"> Includes water provision (sec 203). Restrictions on when the implementing rule can take effect to give schools sufficient lead time. 	The law requires USDA to issue a proposed rule on competitive foods within 1 year of enactment (by 12/13/11).	<ul style="list-style-type: none"> Proposed Rule published (December 2011). Final Rule published (Summer 2013).
COMPLIANCE/CERTIFICATION FOR NEW SCHOOL MEAL PATTERNS (SEC 201, 207) <ul style="list-style-type: none"> Certification for 6 cent performance based reimbursement rate increase (sec 201). State agency monitoring (sec 207). Procedures for certification must be in place when reimbursement becomes available. 	The reimbursement rate increase is effective the later of: 10/1/12 or publication of the implementing regulations for school meals. Funding for State agency implementation of new requirements is available for two years beginning the fiscal year of publication of the implementing regulations for school meals.	<ul style="list-style-type: none"> Proposed Rule published (Spring 2012). Implementation Memo on State certification of schools (Spring 2012). Funding allocation memo for State agencies (Spring 2012). Interim or Final Rule published (Spring 2013).
SCHOOL FOOD SERVICE ACCOUNT REVENUE <ul style="list-style-type: none"> Paid Meal Pricing (sec 205). Revenue from a la carte foods (sec 206). 	Effective School Year beginning 7/1/11.	<ul style="list-style-type: none"> Nondiscretionary Interim Rule (Spring 2011). Monitor impact on participation (ongoing).





PROVISIONS/SECTIONS OF LAW	STATUTORY DEADLINES FOR ACTIONS	ACTIONS AND ESTIMATED TIMEFRAMES
DIRECT CERTIFICATION WITH MEDICAID (SEC 103)	Beginning July 2012, directs the Secretary to conduct a demonstration project to test the potential for direct certification with Medicaid in selected LEAs. (Multi-year phase in provided).	<ul style="list-style-type: none"> • No regulation needed • Release Request for Applications for Demonstration Project (Spring 2011). • Select LEAs for 2012 demo (Fall 2011).
LOCAL WELLNESS POLICIES/ SCHOOL NUTRITION ENVIRONMENT <ul style="list-style-type: none"> • Wellness policy requirements (sec 204). • Information for the public on the school nutrition environment (sec 209). 		<ul style="list-style-type: none"> • Implementation Memo (Spring 2011). • Develop plan with CDC and ED for technical assistance activities (Spring 2011). • Coordinate with ED on information for the public on nutrition environment (ongoing). • Proposed Rule (Fall 2011). • Final Rule (Fall 2012).
PROFESSIONAL STANDARDS FOR SCHOOL FOOD SERVICE (SEC 306)		<ul style="list-style-type: none"> • Establish action plan and form committee to recommend appropriate standards (Spring 2011). • Enter into contract for development of training modules, as defined by committee (Fall 2011). • Proposed Rule (Fall 2012). • Enter into contract for ongoing certification of local directors and personnel (2012). • Final Rule (Fall 2013).
INDEPENDENT REVIEW OF APPLICATIONS (SEC 304) <ul style="list-style-type: none"> • Requires error-prone LEAs to conduct a second-level, independent review of all applications prior to notifying households of their eligibility status. 		<ul style="list-style-type: none"> • Implementation Memo (Winter 2012). • Proposed Rule (Winter 2012). • Final Rule (Winter 2013).
REVIEW OF LOCAL POLICIES ON MEAL CHARGES AND PROVISION OF ALTERNATE MEALS (SEC 143)	The law requires USDA to prepare a report with recommendations, but no timeframe is specified.	<ul style="list-style-type: none"> • Analyze data from Year 1 of School Nutrition Operations Study (Fall 2011). • Convene workgroup (Winter 2012). • Draft report enters clearance (Fall 2012).

