



# School Nutrition Association National Nutrition Standards for the National School Lunch and Breakfast Programs

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# Need for National Nutrition Standards



- Local Wellness Policies
- State laws and regulations
- Patchwork of policies, standards, guidelines and recommendations
- May be more stringent than USDA regulations
- Not always science-based

# SNA Nutrition Standards Task Force



Goal: To provide schools with a set of practical nutrition standards for all foods sold in schools, while promoting a positive eating environment and teaching children lifelong healthy eating habits.

# SNA Nutrition Standards Task Force Members



- School Nutrition Directors
- State Agency Directors
- Industry Representatives
- Academic Experts
- Food and Nutrition Consultant

# Collaboration with the School Community



- School Nutrition Directors
- State Agency Personnel
- School Food Industry Members
- USDA Officials
- Allied Organizations
- School Stakeholders

# Collaboration with the School Community



- Nutrition Standards Summit, Child Nutrition and Industry Conference, 2008
- Open comment period
- Town Hall Meeting at Legislative Action Conference, 2007
- Mega Issue Discussion at National Leadership Conference
- Nutrition Committee
- Industry Members

# SNA Nutrition Standards Task Force



## Task Force reviewed:

- a. 2005 Dietary Guidelines for Americans
- b. Dietary Reference Intakes
- c. USDA HealthierUS School Challenge
- d. Existing state and local standards

## Task Force drafted:

- a. Guiding Principles
- b. Proposed standards for foods and beverages sold/served within reimbursable meal programs

# Overall Guiding Principles



- National nutrient standards reflect what is best for children
- Schools will offer and promote foods and beverages consistent with *Dietary Guidelines for Americans 2005 (DGAs)* and *Dietary Reference Intakes (DRIs)*.
- Foods and beverages available at school will contribute to teaching children lifelong healthy eating habits.

# Meal Specific Guiding Principles



- Standards promote the consumption of a variety of foods and beverages from all food groups.
- Nutrient content of foods and beverages will be averaged over a week.
- Calories and nutrients may need to be adjusted based on age and energy needs, including those for Pre K-Grade 3.
- SNA recommends that meeting these nutrient standards will be phased in over time.

# Highlights



## Calories

- Ranges based on DRIs
- Must consider the needs of both overweight children and food insecure children
- May need to be adjusted based on age and energy needs

# Highlights



## Sodium

- 1,340 – 1,400 milligrams total **targeted range** throughout the school day
- Must consider product availability
- Must consider palatability and consumer acceptance
- Will need to be phased in over time

# Highlights



## Milk

- Not to exceed 1% milk fat for all milk offered
- Not to exceed 28 grams of sugar per 8oz serving
- 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 palatability (2005 DGAs)

# Highlights



## Whole Grains

- One half of grain servings should be whole grain choices
- A whole grain product is a food/menu item where the primary grain ingredient is a whole grain (USDA HealthierUS School Challenge)
- May be difficult to meet this requirement due to conflicting labeling
- ↑ Whole grain products = ↑ Cost

# Highlights



## Fruits and Vegetables

- Need to increase over time to meet Dietary Guidelines for Americans
- Extra servings are contingent on additional reimbursements
- All forms count

# Highlights



## Fat

- Total: 25-35% of calories over week
- Saturated Fat: Less than 10% of calories over week
- Trans fat: Zero grams fat (less than 0.5 grams per serving)

# Challenges



- Funding
- Customer acceptance
- Product availability
- Labor challenges
- Broad differences between school districts
- Equipment and facilities
- Need for training

# Desirable Outcomes



- Consistency with the the 2005 Dietary Guidelines
- Simple and Practical
- Cost-effective
- Flexible to meet needs of a wide array of school meal participants and school districts

# Desirable Outcomes



- Focus on nutrient density
- Focus on diet as a whole
- Must incorporate available commodities
- Ability to implement without significant change to infrastructure and without significant financial investment