



Figure 1. Prevalence of overweight among children and adolescents ages 6-18 years

Period	Prevalence (%)
1963-70	~5
1971-74	~6
1975-80	~7
1981-84	~11
1985-88	~13
1989-92	~15
1993-96	~18
1997-00	~21
2001-04	~24
2005-08	~27

Chartwells Food and Nutrition Guidelines

2010
www.DietaryGuidelines.gov

LET'S MOVE!
America's Move to Raise a Healthier Generation of Kids

MyPyramid.gov
EAT TO A HEALTHY YOU

SCHOOL MEALS
Making Meals for Healthy Children

HealthierUS School Challenge
TEAM HEALTHIERUS

Healthy Hunger-Free Kids Act 2010

Presentation – North Reading Schhols
November 7, 2011

Healthy Hunger-Free Kids Act 2010 or Child Nutrition Reauthorization



Why?

31 million children receive school meals

17 million children live in food insecure households

1/3 school aged children are overweight or obese

Major Provisions

Access to child nutrition programs

School financing

Program monitoring, integrity, transparency

Nutrition and sustainability

Expands Access to Child Nutrition Programs

- ❑ Direct certification Improvements
 - Use Medicaid
 - Includes foster children
 - Benchmarks for states to improve process
- ❑ Expands Afterschool meals program to all 50 states for at risk communities
- ❑ Grants to expand breakfast programs



Monitoring, Integrity, Transparency

- **CRE every three years**
 - Schools must post final findings and make available to the public
- **District to report on school nutrition environment to USDA and public**
 - Sanitation inspections, wellness policies, participation, nutrition quality of meals
- **Training and qualification standards for food service directors**



Nutrition and Sustainability

- ❑ **Nutrition standards for meals and a la carte**
- ❑ **Reimbursable meal definition includes one serving of fruit or vegetable**
- ❑ **Farm to school and school gardens**
- ❑ **Access to drinking water**
- ❑ **Standards for school wellness policy**
 - Local input and transparency
 - Measure compliance
- ❑ **Nutritional quality of commodity foods**
 - USDA to develop model product specifications
 - Directs USDA to purchase healthy commodities

USDA Proposed Nutrition Guidelines

- The **proposed** guidelines address:
 - Revised meal patterns
 - All districts must follow food based menu planning
 - Nutrient Standard Menu Planning will be discontinued
 - Increased whole grains
 - Increased fruits and vegetables
 - Increased legumes
 - Reduced sodium



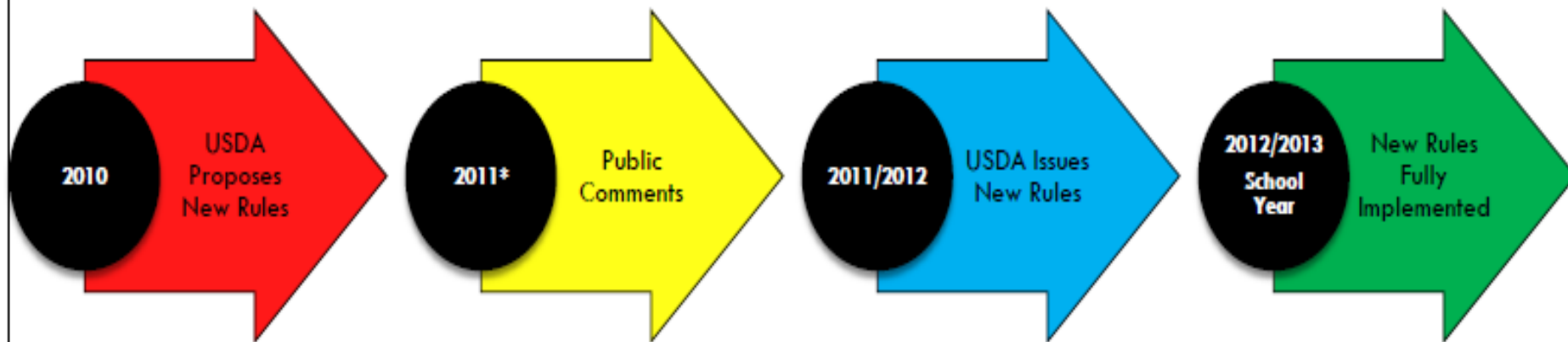
Changes in Breakfast Rules

	Current	Proposed
Fruit	½ cup per day	1 cup per day Juice only half
Vegetable		Non starchy vegetable can replace 1 serving fruit
Grains and Meat/Meat Alternate	2 grains or 2 M/MA or 1 of each	Grains: 7/wk ES, 8/wk MS, 9/wk HS and M/MA: 5 oz/wk ES, MS, 7 oz./wk HS
Whole Grains		½ grains WG (51%) After 2014 all WG
Milk	1 cup Any 2 fat levels	1 cup low fat or non fat Only non fat can be flavored

Changes in Lunch Rules

	Current	Proposed
Fruit and Vegetables	Traditional: $\frac{3}{4}$ cup F/V per day all grades Enhanced: $\frac{3}{4}$ cup/day + extra $\frac{1}{2}$ cup/wk ES and 1 cup/day MS/HS	Fruit: $\frac{1}{2}$ cup/day ES/ MS, 1 cup/day HS Vegetables: 2 servings/day for total of $\frac{3}{4}$ cup ES/MS, 1 cup HS
Vegetables		Dark green: $\frac{1}{2}$ cup/week Orange: $\frac{1}{2}$ cup/week Legumes: $\frac{1}{2}$ cup/week Starchy limited to 1 cup/week
Grains	Traditional: 8/wk all grades Enhanced: 12/wk ES, 15/wk ES/MS	9/wk ES and MS, 12/wk HS
Whole Grains		$\frac{1}{2}$ grains WG (51%) By 2014 all grains WG
Meat/Meat Alternate	2 oz/daily average over 5 day week; 1 oz min/day	8-10 oz/wk ES, 9-10 oz/wk MS, 10-12 oz. wk HS, 1 oz min/day
Milk	1 cup	1 cup low fat or non fat Only non fat can be flavored

New School Meal Rules Estimated Timeline



**USDA generally gives a 60-90 day comment period.*

How does this affect your students?

MORE...	LESS...
Freshly prepared foods	High sodium foods (NO salt, pickles; limited cured meats; reduced use of processed convenience products)
Whole grains	
Fresh produce including locally grown	Sugar (NO sugar packets, donuts, pastries, large muffins, or high sugar cereals at breakfast; limited sweet desserts)
Nutrient rich vegetables: dark green, orange, legumes	
Lean protein variety including plant based	Unhealthy fats (NO deep frying, all foods zero grams of artificial trans fat)
Skim/low fat milk and dairy	

A better learning environment...



Thank You

