History of School Meals

1946
President Harry S. Truman (D) signs National School Lunch Act into law.

1966
President Lyndon B. Johnson (D) signs Child Nutrition Act into law.

1970
Senators Bob Dole (R-KS), Clifford Case (R-NJ), and Hubert Humphrey (D-MN) introduce bill to remove unhealthy food from schools by regulating competitive foods (food sold outside meals).

1975
President Gerald Ford (R) signs a bill permanently authorizing the National School Breakfast Program.

1994
President Bill Clinton (D) signs Healthy Meals for Americans Act requiring school meals to meet Dietary Guidelines for Americans.

2004
President George W. Bush (R) signs the Child Nutrition and WIC Reauthorization Act of 2004, establishes local wellness policies that address competitive foods.

2006
USDA, under President George W. Bush (R), contracts with National Academies' Institute of Medicine to develop science-based nutrition updates to school meals.

2006
A bipartisan bill to update nutrition standards for competitive foods, the Child Nutrition Promotion and School Lunch Protection Act, is introduced.

2009
The Institute of Medicine, at the request of President George W. Bush (R), issues recommended science-based nutrition guidelines for school lunches and breakfasts, which are the basis for current school meal standards.

2010
President Barack Obama (D) signs the Healthy, Hunger-Free Kids Act, requiring updates to competitive foods and supporting continued improvements in school meals. The bill passed with bipartisan and broad stakeholder support, including food and beverage companies.
101 Briefing on Child Nutrition Policy

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Center for Science in the Public Interest
About the Center for Science in the Public Interest

The Center for Science in the Public Interest (CSPI) is America's food and health watchdog. CSPI envisions a healthy population with reduced impact and burden of preventable diseases and an equitable food system that makes healthy, sustainable food accessible to all. CSPI values independence, scientific rigor, and transparency.

CSPI does not accept funding from the food industry or government.

See our award-winning Nutrition Action healthletter: www.nutritionaction.com
What are the nutrition standards? Lunch example

<table>
<thead>
<tr>
<th>Food Components</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cups)</td>
<td>2 1/2 (1/2)</td>
<td>2 1/2 (1/2)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Dark green</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>3/4</td>
<td>3/4</td>
<td>1 1/4</td>
</tr>
<tr>
<td>Beans and peas (legumes)</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Starchy</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Other</td>
<td>1/2</td>
<td>1/2</td>
<td>3/4</td>
</tr>
<tr>
<td>Additional Vegetables to Reach Total</td>
<td>1</td>
<td>1</td>
<td>1 1/2</td>
</tr>
</tbody>
</table>

Grains (oz eq) 8-9 (1) 8-10 (1) 10-12 (2)
Meats/Meat Alternates (oz eq) 8-10 (1) 9-10 (1) 10-12 (2)
Fluid milk (cups) 5 (1) 5 (1) 5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

<table>
<thead>
<tr>
<th>Min-max calories (kcal)</th>
<th>550-650</th>
<th>600-700</th>
<th>750-850</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated fat (% of total calories)</td>
<td>&lt;10</td>
<td>&lt;10</td>
<td>&lt;10</td>
</tr>
<tr>
<td>Sodium Target 1 (mg)</td>
<td>≤1,230</td>
<td>≤1,360</td>
<td>≤1,420</td>
</tr>
<tr>
<td>Trans fat</td>
<td>Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.</td>
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<td>Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.</td>
</tr>
</tbody>
</table>
Brief history of the standards since 2010

• Updated standards begin to go into effect 2012
• Appropriations riders beginning FY12, notable ones:
  • FY12: pizza as a vegetable, more fries
  • FY15: effort to roll back all standards, whole grain and sodium riders instead
  • FY17: milk rider added to whole grain, sodium
  • FY19: more potatoes at breakfast, continues to FY23
• 2017-2018: Trump administration rolled back milk, whole grains, sodium
• 2020: Rollbacks overturned by federal court, reverted to original 2012 rule
• 2020 to present: meal pattern waivers due to COVID
  • 2022: transitional rule on milk, whole grains, sodium; durable rule expected next year
What is the current status of the nutrition standards?

Meal pattern waivers through June 30, 2022
• Schools must document hardship related to COVID-19 supply chain disruptions

What’s currently required (but not enforced under waivers)
• Changes to sodium, whole grains, flavored milk (2022 Transitional Standards for Milk, Whole Grains, and Sodium, Final Rule (aka, “Bridge Rule”))

<table>
<thead>
<tr>
<th>Milk</th>
<th>Whole Grains</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fat-free and low-fat flavored and plain milk allowed</td>
<td>• Previously 100-percent whole grain-rich (51% whole grain)</td>
<td>• Previously sodium reduction phased in three targets over 10 years</td>
</tr>
<tr>
<td>• Previously low-fat flavored milk not allowed</td>
<td>• Now only 80-percent of grains be whole grain-rich</td>
<td>• Eliminates Targets 2 and 3, sets an Interim Target 1A (for lunch only), and commits to addressing long-term sodium reduction in future rulemaking.</td>
</tr>
<tr>
<td>• If flavored milk offered, unflavored must also be offered</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• Appropriations rider allows more potatoes served in breakfast
## Current status of the nutrition standards: Sodium

<table>
<thead>
<tr>
<th>Grade Group</th>
<th>Target 1 Effective July 1, 2014</th>
<th>Target 2 No longer required, originally set for SY 2017-2018</th>
<th>Target 3 No longer required, originally set for SY 2022-2023</th>
<th>Interim Target 1A Effective July 1, 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>K-5</td>
<td>≤ 540 mg</td>
<td>≤ 485 mg</td>
<td>≤ 430 mg</td>
<td>N/A</td>
</tr>
<tr>
<td>6-8</td>
<td>≤ 600 mg</td>
<td>≤ 535 mg</td>
<td>≤ 470 mg</td>
<td>N/A</td>
</tr>
<tr>
<td>9-12</td>
<td>≤ 640 mg</td>
<td>≤ 570 mg</td>
<td>≤ 500 mg</td>
<td>N/A</td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>K-5</td>
<td>≤ 1,230 mg</td>
<td>≤ 935 mg</td>
<td>≤ 640 mg</td>
<td>&lt; 1,110 mg</td>
</tr>
<tr>
<td>6-8</td>
<td>≤ 1,360 mg</td>
<td>≤ 1,035 mg</td>
<td>≤ 710 mg</td>
<td>&lt; 1,225 mg</td>
</tr>
<tr>
<td>9-12</td>
<td>≤ 1,420 mg</td>
<td>≤ 1,080 mg</td>
<td>≤ 740 mg</td>
<td>&lt; 1,280 mg</td>
</tr>
</tbody>
</table>
Congressional Opportunities

- Keep Kids Healthy Act
- Reconciliation
- Child nutrition reauthorization
- Appropriations
What can the Biden administration do?

**Protect and strengthen school meal nutrition standards**
- Committed to rulemaking next year to update standards
  - Restore and strengthen sodium-reduction targets, restore whole grain-rich, establish added sugars standard
  - Robust technical assistance
    - Appropriations: FY22 $2 million
    - CNR: $3 million annually
    - Restore recognition and peer-to-peer training programs
- Publish compliance data
- USDA’s nutrition security commitment: $100 million Healthy Food Incentive Fund
- White House conference

**Protect and strengthen WIC food package**
Thank You!

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