

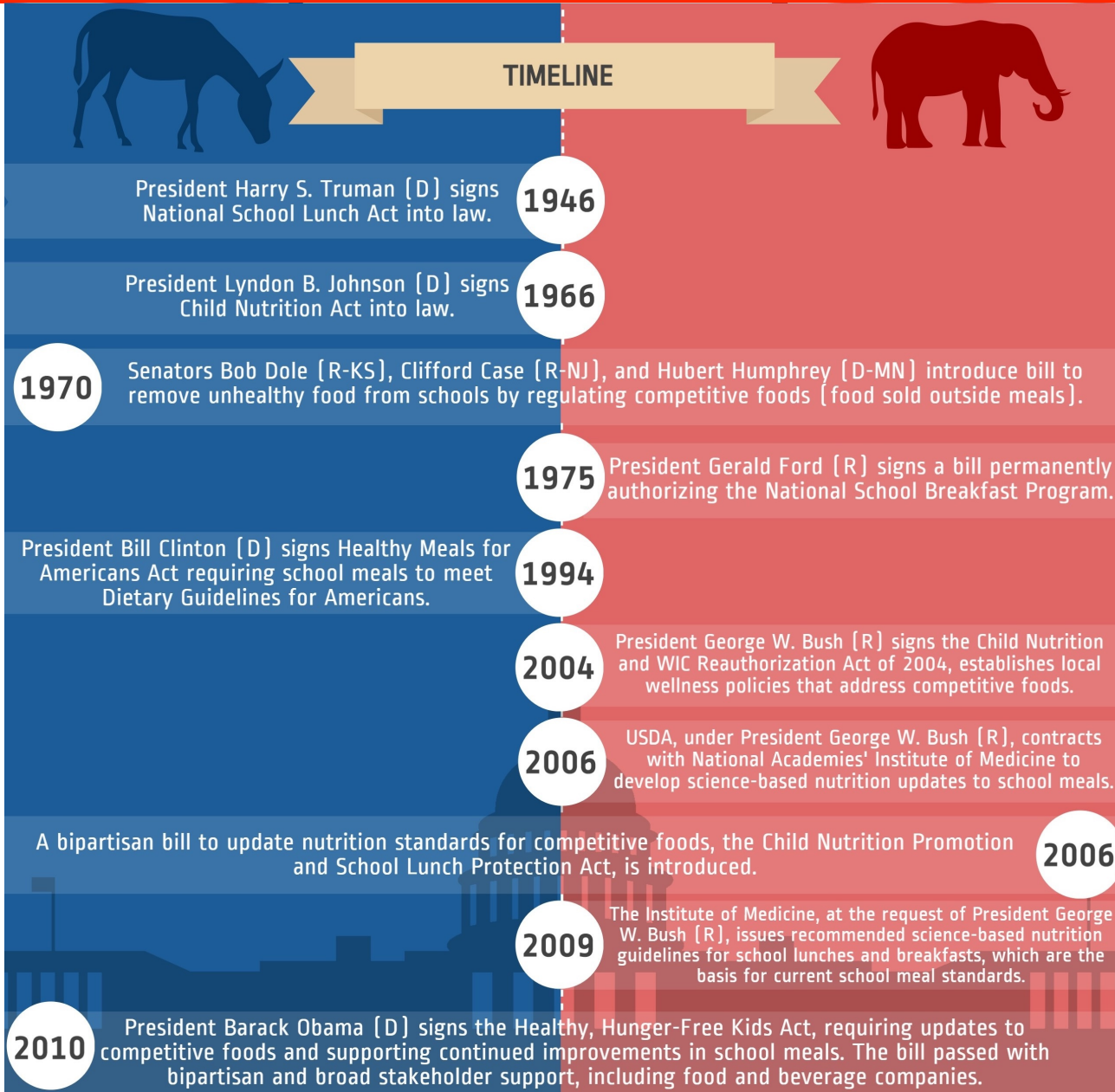


CHILD NUTRITION 101

KRISTY ANDERSON
SENIOR GOVERNMENT RELATIONS ADVISOR
AMERICAN HEART ASSOCIATION

July 2022

History of School Meals





101 Briefing on Child Nutrition Policy

Colin Schwartz, MPP
Deputy Director of Federal Affairs
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

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1½
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c,d}	½	½	¾
Additional Vegetables to Reach Total ^e	1	1	1½
Grains (oz eq) ^f	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) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg) ^{h,i}	≤1,230	≤1,360	≤1,420
Trans fat ^{h,j}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

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

SCHOOL MEALS HELP MILLIONS OF KIDS GROW UP HEALTHY

BIG CHANGES

99% of U.S. schools meet USDA's healthier meals standards that took effect in 2012

Breakfasts are 44% healthier

Lunches are 41% healthier

Schools with the healthiest meals have highest student participation rate

Kids like and eat more of their meals:



More students are choosing fruit in the lunch line
2012: 54% | 2014: 66%



Students are eating more of the vegetables they choose at school
2012: 46% | 2014: 64%



Students are eating more of their school meal entrees
2012: 71% | 2014: 84%



Healthy Eating Index scores show lunches offer more key nutrients:

Whole Grains



Fruits



Greens / Green Beans



BIG IMPACT

28.2M students participate in school lunch, and benefit from:

A healthier diet

- + fruit
- + vegetables
- + milk

(at breakfast and lunch)



Better academic performance

- + attendance
- + test scores
- + grades
- + classroom behavior



Reduced health risks

- obesity
- hunger
- food insecurity



BRIGHT FUTURE

According to Harvard researchers, over the next 10 years, the healthier standards will:

Prevent 2+ million cases of childhood obesity



Save up to \$792 million in health care costs

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"))

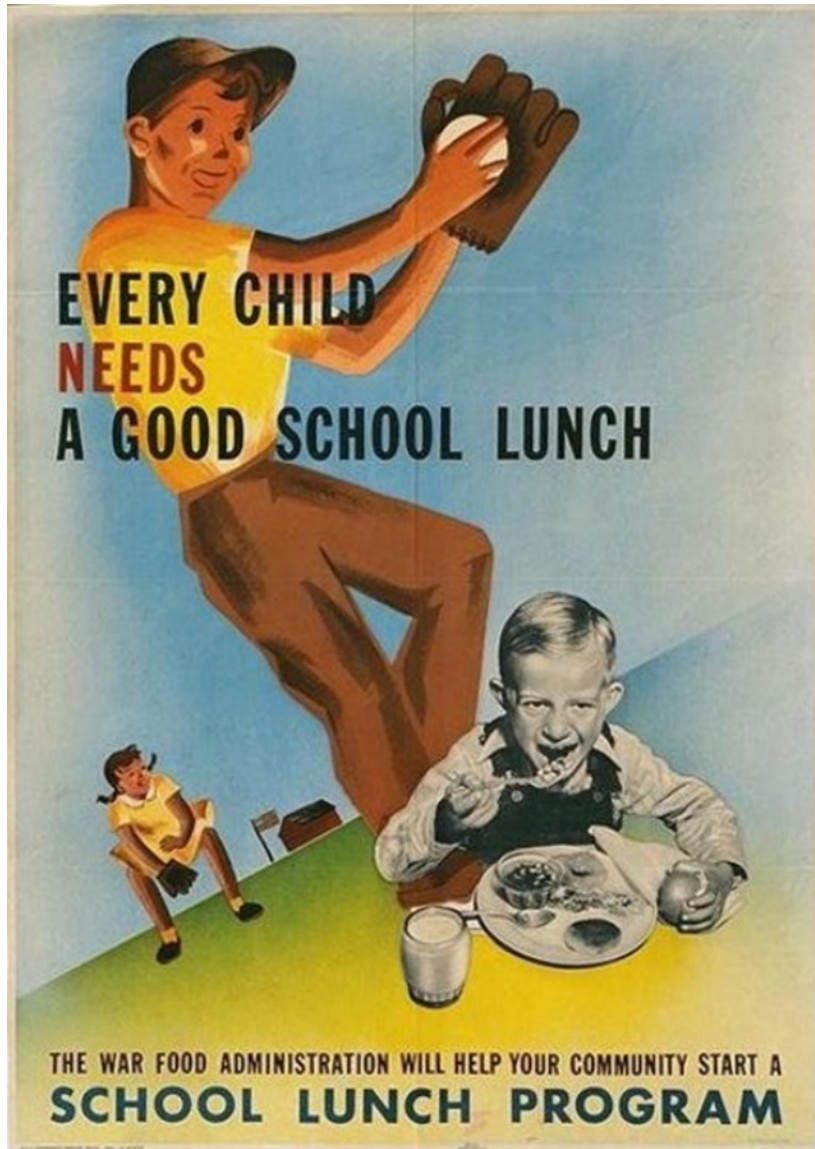
Milk	Whole Grains	Sodium
<ul style="list-style-type: none">• Fat-free and low-fat flavored and plain milk allowed• Previously low-fat flavored milk not allowed• If flavored milk offered, unflavored must also be offered	<ul style="list-style-type: none">• Previously 100-percent whole grain-rich (51% whole grain)• Now only 80-percent of grains be whole grain-rich	<ul style="list-style-type: none">• Previously sodium reduction phased in three targets over 10 years• Eliminates Targets 2 and 3, sets an Interim Target 1A (for lunch only), and commits to addressing long-term sodium reduction in future rulemaking.

- Appropriations rider allows more potatoes served in breakfast

Current status of the nutrition standards: Sodium

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

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!

Kristy Anderson

kristy.Anderson@heart.org

Colin Schwartz

cschwartz@cspinet.org