

Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs
TALKING POINTS

Chartwells School Dining Services and Holyoke School District are fully committed to providing nutritious, quality school meals that meet the USDA's school meal regulations and comply with the Dietary Guidelines for Americans.

New Regulations

- The USDA is required to update school meals regulations to bring them in line with the most recent Dietary Guidelines for Americans.
- These new school meal regulations will start in the 2012-2013 school year.
- Further changes to both breakfast and lunch will be required in following years (2013-2014 and 2014-2015).
- In July 2010, Chartwells proactively established our own food and nutrition guidelines with the objectives of promoting student health through our ingredients, menus, and practices.
- Chartwells has already incorporated many of the new regulations into our current menus.

Increase In Fruits and Vegetables

- Fruits and vegetables are now separate meal components and each must be offered at each lunch at all grade levels.
- The new regulations require schools to offer a variety of nutrient-dense vegetables over the course of the week, including dark green, orange, starchy vegetables and legumes (beans).
- Students will now be required to take 1/2 cup of fruit or vegetable for their meal to be reimbursable.
- Requiring a greater quantity and variety of fruits and vegetables will expose students to more nutrient-dense foods that are a part of a healthy diet.
- Colorful fruits and vegetables provide essential vitamins and minerals important for growth and development during childhood.

Allowable Grains and Proteins

- Menus must offer specific amounts of whole grains and proteins throughout the week, but cannot exceed maximum amounts defined for each grade group.
- This means we are now limited in the amount of grains and proteins we offer at each meal.
- These changes are intended to make sure students are receiving age-appropriate, nutritionally-adequate meals that provide the right amount of energy from healthful food sources.
- Half of the grains offered at lunch each week must be whole grain rich.
- This requirement will apply to breakfast in school year 2013-2014, and by school year 2014-2015
- Only whole grain rich foods will be allowable in both the breakfast and lunch programs.
- Chartwells has already made great strides in increasing the variety of whole grains on our menus, serving items like whole grain pizza crust, rolls, muffins, pancakes, waffles and cereal.
- Whole grain foods are part of a healthy diet and recommended by the Dietary Guidelines for Americans.
- Whole grains provide fiber, energy, vitamins, and minerals – all of which are necessary for maintaining health and preventing chronic disease.

Lower Sodium

- We have already identified several products for use next year and will continue working with food manufacturers to lower sodium in products.
- Chartwells chefs and registered dietitians have worked to modify and develop creative new recipes using non-salt seasonings, herbs and tasty fresh foods.

Reduction of Saturated Fats and Elimination of Trans Fats

- Saturated fat levels under the new final rule remain consistent with the previous requirement.
- School breakfasts and lunches offered to all age/grade groups must, on average over the school week, provide less than 10 percent of total calories from saturated fat.
- Under the new final rule, schools can only use food products and ingredients that contain zero grams of trans fat per serving, as indicated on the nutrition label, beginning in 2012 for lunch and 2013 for breakfast.
- Unhealthy fats such as saturated and trans fat can lead to heart disease and high cholesterol, as well as other chronic diseases.

Menus by Age Groups

- The regulations established new grade groups for menu planning, aimed at ensuring students receive age-appropriate portions and nutrients. The groups include:
 - Grades K-5 (ages 5-10 years)
 - Grades 6-8 (ages 11-13 years)
 - Grades 9-12 (ages 14-18 years)
- New calorie requirements were also developed to align with the newly established grade groups.
- Menus must provide adequate, but not excessive, calories for the various age groups.

Meal Price Increase for 2012-13

These new school meal requirements incorporate many changes which will directly impact our school meal prices. We have seen a dramatic rise in food prices and will continue to do so over the next several years due to increasing transportation costs and the continued rollout of the new meal legislative requirements. Meal prices are determined by Holyoke School District leadership.

2012 - 2013 School Year Full Meal Prices

\$1.35 Elementary Breakfast **\$1.35** Secondary Breakfast **\$1.35** High School Breakfast

\$1.85 Elementary Lunch **\$2.10** Secondary Lunch **\$2.10** High School Lunch

Chartwells continues to be dedicated to providing quality nutritious meals that the students enjoy. If you have questions or concerns, please feel free to contact us at 970-854-3411 or via email at Shannon.lippitt@compass-usa.com.