

SCHOOL NUTRITION IN THE UNITED STATES

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Utah

- ❑ Western United States
- ❑ Rocky Mountains
- ❑ Utah
- ❑ Salt Lake City



Outline

- History of school meals in United States
- Recent policies
- Current meal patterns
- Monitoring
- Successes
- On-going issues
- Future



History

Malnourished soldiers- 1946

Child nutrition act-1966

Breakfast added-1975

Fast food influence-1990

School wellness- 2004

Healthy and Hunger Free
Kids Act- 2010

-change in meal
requirements

-change in all foods
sold at schools



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Beginning of School Meal Program

- ❑ Military screenings discovered malnourished young men presenting at medical exams.
- ❑ Programs started at schools to nourish children and young people, especially in rural areas.
- ❑ Local school effort with funding from federal government.



School Lunch 1946



Child Nutrition Act- 1964

- ❑ Senator from South Dakota- George McGovern- becomes school nutrition advocate.
- ❑ Congress funds school lunch program to address poverty.
- ❑ Commodity foods such as dairy foods, meats, fruits and vegetables provided to schools at low cost or free.
- ❑ Variable pricing for students based on income.



Traditional 5-Component Meal



Fast Food Nation- 1990's

- ❑ To encourage participation, schools began to mimic fast food style meals.
- ❑ Still had nutrition guidelines but focus turned to pleasing students and offering familiar foods.
- ❑ Increasing number of vending machines offering foods outside the cafeteria.



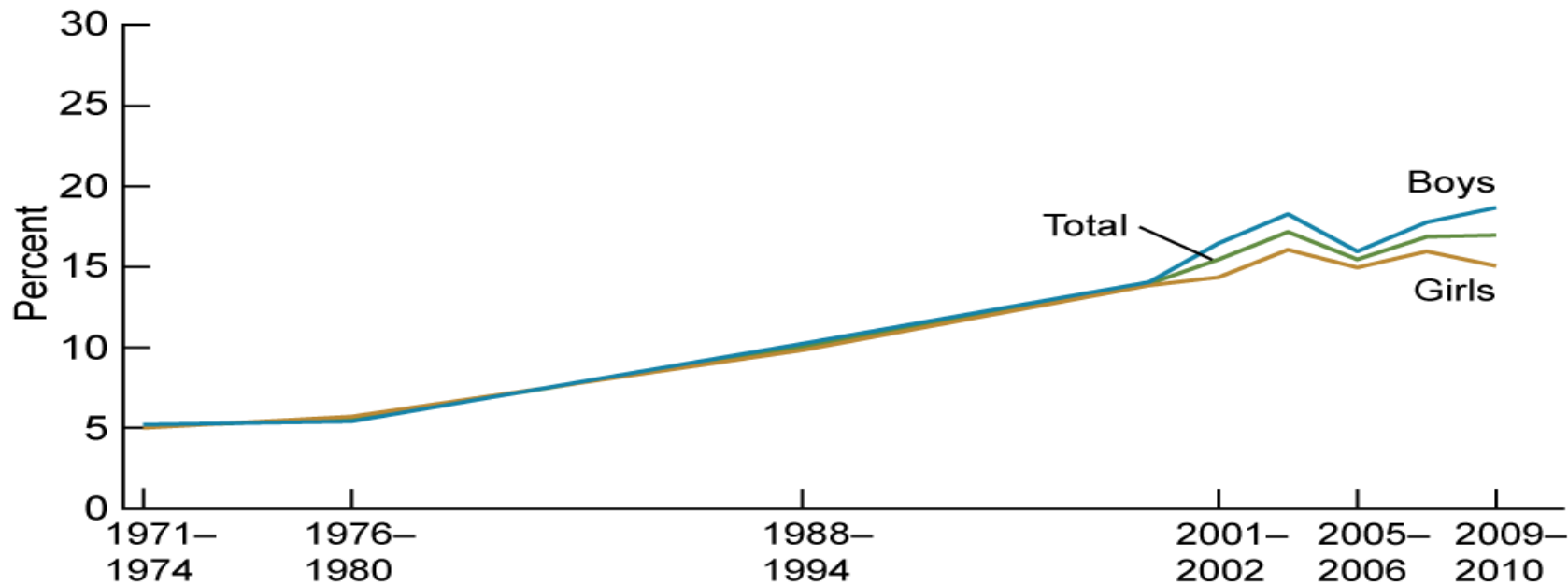
1990 Typical School Lunch



1990 Typical School Lunch



Figure 1: Trends in obesity among children and adolescents aged 2–19 years, by sex: United States, 1971–1974 through 2009–2010



NOTE: Obesity is body mass index greater than or equal to the 95th percentile of the sex- and age-specific 2000 CDC growth charts.
SOURCES: CDC/NCHS, National Health and Nutrition Examination Surveys (NHANES) I–III; and NHANES, 1999–2000, 2001–2002, 2003–2004, 2005–2006, 2007–2008, and 2009–2010.

Childhood Obesity in United States

- ❑ Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- ❑ The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to nearly 21% over the same period.
- ❑ In 2012, more than one third of children and adolescents were overweight or obese.



2004- Wellness Policies

- ❑ United States Congress passes bill that instructs each school district to write a wellness policy addressing:
 - ❑ School meals must follow Dietary Guidelines for Americans.
 - ❑ Policy to address: nutrition education, physical education, other food provided at school.
 - ❑ To be written by a committee of stakeholders: parents, students, health professionals, teachers, school administrators.



Support of First Lady Michelle Obama



- ❑ White House garden
- ❑ Let's Move program
- ❑ Support for new school meal standards



2010 Healthy and Hunger Free Kids Act

- ❑ Mandated changes in school meal programs
- ❑ Increased financial support modestly
- ❑ Restrictions on other foods sold at school
 - ▣ fund raising
 - ▣ vending machines
 - ▣ Rewards



School Lunch 2015

TODAY'S SCHOOL LUNCH



↑ Fruits, Vegetables,
Whole-Grain Foods

↓ Fried Foods, High Fat
Milk, Sodium, Trans Fat



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Lunch Meal Pattern: United States								
				Grades K-5		Grades 6-8		Grades 9-12
Meal Pattern				Amount of Food Per Week (Minimum Per Day)				
Fruits (cups)				2.5 (0.5)		2.5 (0.5)		5 (1)
Vegetables (cups)				3.75 (0.75)		3.75 (0.75)		5 (1)
	Dark green			0.5		0.5		0.5
	Red/Orange			0.75		0.75		1.25
	Legumes			0.5		0.5		0.5
	Starchy			0.5		0.5		0.5
	Other			0.5		0.5		0.75
Additional Vegetable to Reach Total				1		1		1.5
Grains (ounce equivalent)				8-9 (1)		8-10 (1)		10-12 (2)
Meats/Meat Alternatives (ounce)				8-10 (1)		9-10 (1)		10-12 (2)
Fluid Milk (cups)				5 (1)		5 (1)		5 (1)
Other Specification: Daily Amount Based on the Average for a 5-Day Week								
Minimum-maximum calories (kcal)				550-650		600-700		750-850
Saturated fat (% of calories)				<10		<10		<10
Sodium (mg)				<640		<710		<740
Trans fat				0 grams of trans fat per serving				

School Lunch 2015



Breakfast Meal Pattern: United States							
				Grades K-5	Grades 6-8		Grades 9-12
Meal Pattern			Amount of Food Per Week (Minimum Per Day)				
Fruits (cups)			5 (1)		5 (1)		5 (1)
Vegetables (cups)			0		0		0
	Dark green		0		0		0
	Red/Orange		0		0		0
	Legumes		0		0		0.5
	Starchy		0		0		0
	Other		0		0		0
Additional Vegetable to Reach Total			0		0		0
Grains (ounce equivalent)			7-10 (1)		8-10 (1)		9-10 (1)
Meats/Meat Alternatives (ounce)			0		0		0
Fluid Milk (cups)			5 (1)		5 (1)		5 (1)
Other Specification: Daily Amount Based on the Average for a 5-Day Week							
Minimum-maximum calories (kcal)			350-500		400-500		450-600
Saturated fat (% of calories)			<10		<10		<10
Sodium (mg)			<430		<470		<500
Trans fat			0 grams of trans fat per serving				
Source: USDA. New Meal Pattern Requirements. 2012							

Source: USDA. New Meal Pattern Requirements. 2012

Breakfast



Food Group Samples

Pancakes



Cereal



Milk



1/2 cup
Juice



Sample Breakfast

½ cup fruit or juice **plus** a minimum of
2 full servings from other food groups are
required for a reimbursable meal.

Sample Elementary School Lunch



1. Savory Chicken and Rice
 - or
 2. Veggie Salad with Bread
 - or
 3. Turkey and Cheese Sandwich
- And*
- Green Beans or
Zucchini Sticks
- And*
- Red Grapes or
Applesauce Cup
- And*
- Milk (1% fat)



Sample Middle School Lunch



- ❑ Spaghetti and Meatballs
 - ❑ Salad Cup
 - ❑ Fresh Apple
- or*
- ❑ Peaches
- and*
- ❑ Milk



Sample High School Lunch Choices

- ❑ Baked Chicken
- ❑ Mashed Potatoes
- ❑ Chicken Gravy
- ❑ Whole Wheat Roll
- ❑ Steamed Broccoli
- ❑ Applesauce

Or “Grab and Go”

- Chef Salad with Bread
- Southwest Salad with Bread
- Club Sandwich

And

- Salad Cup or Cauliflower
- Applesauce
- Milk



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National School Meals Program

- ❑ 100,000 public and private schools participate
- ❑ 31 million school children per day
- ❑ School districts that take part in the program get cash subsidies and USDA foods from the Department of Agriculture for each meal they serve.
- ❑ In return, they must serve meals that meet the requirements.
- ❑ Children from families with incomes below 130% of the poverty line are eligible for free meals.
 - ▣ 130-185% of poverty line are eligible for reduced price meals (40 cents)
 - ▣ >185% of poverty line pay full price for lunch (\$2-\$3)



Payment to School District

Breakfast

- ❑ Paid Breakfast- 0.29
- ❑ Reduced Price Breakfast- \$1.36
- ❑ Free Breakfast- \$1.66

Lunch

- ❑ Paid Lunch- 0.29 per lunch
- ❑ Reduced Price- \$2.69 per lunch
- ❑ Free Lunch - \$3.07
 - ▣ Extra 6 cents for each lunch if requirements are met.

Nutrition Standards for Snack Foods

- Any food sold in schools must:
 - ▣ Be a whole grain-rich grain product; or
 - ▣ Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - ▣ Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable; or
 - ▣ Contain 10% of the Daily Value (DV) of one the nutrients of public health concern in the Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
 - ▣ < 200 calories; <230 mg sodium; <35% total fat; zero grams *trans* fat; <35% of weight from sugars

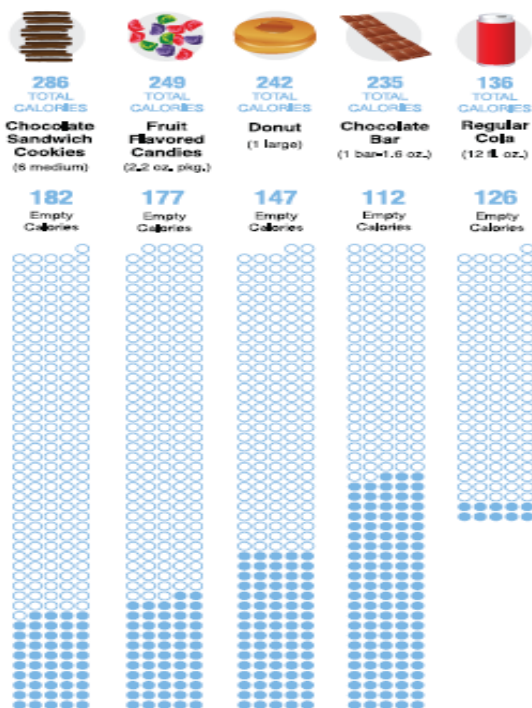


SMART SNACKS IN SCHOOL

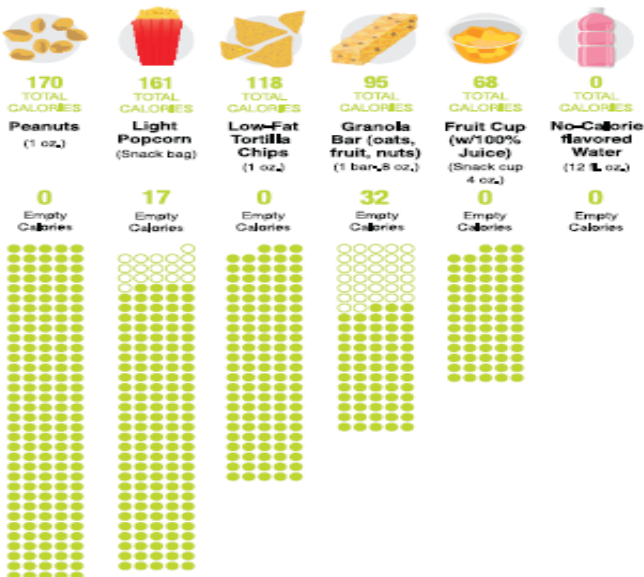
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



After the New Standards



*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

Monitoring Compliance

- ❑ State Office of Education monitors compliance at schools.
- ❑ School District submits one week menus and nutrient analysis or assessment for meals served.
- ❑ Funding is provided if requirements are met.
- ❑ Training is provided for schools to be successful.
- ❑ If compliant, school district receives 6 cents more per meal served.
- ❑ If not compliant, do not receive additional funds.
- ❑ School meal program can be removed from district if serious problems occur over a long period of time.



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Browse by Subject

- [Tools for Schools](#)
- [The School Day Just Got Healthier](#)

Other Useful Links

- [School Breakfast Toolkit](#)
- [Smart Snacks Product Calculator](#)
- [Best Practices Sharing Center](#)
- [Chefs Move to School](#)
- [Farm to School](#)
- [Fresh Fruit and Vegetable Program](#)
- [Local School Wellness Policies](#)
- [MyPlate](#)
- [School Meals](#)
- [Team Nutrition](#)
- [USDA Foods](#)
- [Healthy Meals Resource System](#)

Healthier School Day

[Print](#)

Tools for Schools



[Smart Snacks](#)

[Fruits & Vegetables](#)

[Sodium](#)

[Whole Grain-Rich](#)

Tools for Schools offers topic-specific policy and resource materials to assist schools in meeting the new nutrition standards. Refer to the latest regulations, find free nutrition education curricula, or get ideas for adding tasty, kid-friendly foods to enhance your school meals program.

- [Nutrition Education and Promotion](#)
- [Recipes and Culinary Techniques for Schools](#)
- [Procurement](#)
- [School Nutrition Improvement](#)
- [Policy Guidance](#)

Research on outcomes of new program

- Elementary children consuming more fruits and vegetables
- Continues to address food insecurity
- Evidence of decreasing body mass index
- Parents supportive
- Changing look of school kitchens
 - ▣ No deep-fryers
 - ▣ More storage, cooking equipment
 - ▣ Larger cafeterias in new schools



Success stories: taste tests and breakfast in classrooms



Challenges

- ❑ Achieving low sodium content of foods
- ❑ Acceptance of whole-grain products
- ❑ Allotting time to eat in school schedule
- ❑ Some personnel do not like changes and advocate politically against them
- ❑ Some parents dislike program for own children
- ❑ Stigma of program for older children
- ❑ Off-campus options for older children weaken program



Future Work

- Home cooking at schools instead of pre-made foods
- Including nutrition education in the cafeteria
- Including teachers and staff in eating together with children family-style
- Encouraging older children to participate in program
- Improving school breakfast choices





Thank you!

I am happy to answer any questions you may have