SCHOOL MEALS PROGRAMS:
CHANGES, CHALLENGES AND OPPORTUNITIES

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Overview

• Where we’ve been
• Where we are
• Where we’re going
The Importance of Establishing National Standards

1946

2010
The Dual Challenge of Childhood Hunger

.....and Obesity
A Committed Administration
Healthy Kids Are Smarter Kids

A healthy learning environment contributes to the success of our students.
We Must INVEST in Our Students

Nutrition education and physical activity help our students make healthy choices that become lifelong habits.
We serve more than just lunch.....

School Meals Programs
National Policy Standards
Fall 2012 and New Meal Pattern

- Initial nationwide participation drop has recovered
- Media is now positive
- Most kids have adjusted
- Kids are eating more fruits and vegetables
- Stress factor has decreased
- Perception of programs has improved
And Now Great New Menus...
Breakfast Implementation

- Food-based menu planning
- Minimum and maximum calories
- Increase whole grains
- Increase fruits
- Lower fat and saturated fat
- No *trans* fats
- Reduce sodium
- Milk 1% fat or less
Fresh Fruit and Vegetable Program
Summer Meals
Healthy Snacks in Schools
Professional Standards:
Farms, Agriculture and School Nutrition

- KYFKYF
- School Gardens
- Farm to School
- Local Procurement
- DOD
USDA Foods

Healthy Choice
American Grown

Harvest of the Month
September

M-M-M! Melons

Locally grown fruits and vegetables are fresh, tasty and good for you!

A project of

USDA FNS

School Nutrition Services
and Willamette Farm and Food Coalition
A Plug for Initiatives
HealthierUS School Challenge

You’ve Got the Power

Want to get your engine going? Eat your colors! Make half your plate fruits and veggies.
HUSSC Schools

- Participate in NSLP and SBP
- Offer reimbursable breakfasts and lunches that reflect Dietary Guidelines and meet USDA nutrition standards
- Complete all corrective actions
- Be certified by SFA for additional 6-Cents reimbursement
- Provide more nutritious competitive foods, if offered
- Submit local school wellness policy and describe ways school is meeting wellness goals
- Provide nutrition education, physical education, and opportunities for physical activity
- Self-selected activities to improve schools
Local Wellness Policies
Updated Materials

Just the Facts!
Serving School Meals That Meet the 2010 Dietary Guidelines for Americans and the School Meal Patterns

These fact sheets were developed by USDA’s Food and Nutrition Service (FNS) to help schools implement the nutrition recommendations from the 2010 Dietary Guidelines for Americans (DGA). The fact sheets are intended for use in school food service programs. Schools can use these fact sheets to incorporate the DGA into their meal preparation and selection standards. The following sheet addresses the following key topics:

- Low Fat Milk, Cheese, and Yogurt
- Choose Whole Grains
- Low Fat Vegetables
- Serve More Dry Beans and Peas
- MyPlate and the Fruits and Vegetables Guide

www.teamnutrition.usda.gov
Nutrition Education for Grades 1-6

Serving Up
MyPlate
A Yummy Curriculum

- Teacher’s Guides
- Original Songs
- Parent Handout (Now: English, Spanish) (Coming Soon: French, Chinese)

www.teamnutrition.usda.gov
Best Practices Sharing Center

Users can search by topic:

- Sodium reduction
- Fruits
- Vegetables
- Meal pattern
- Fluid milk
- Meat / Meat alternates
- Dietary specifications (calories, sat. fat, *trans* fat)
- Planning tools
- Monitoring tools

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Best Practices Sharing Center

Share your resources!

Materials may be submitted via email to hmrs@ars.usda.gov.

In the body of the email, please provide the developer name as well as the subject areas, audiences, and format that the resource covers.
All of America's Children have access to safe, nutritious, foods and well balanced meals.
Next Steps

- Acknowledge issues
- Continue dialogue
- Set goals—the “BIG” picture
- Encourage and push local, state, federal leaders
- Help others recognize the role they play
- COMMUNICATE!
We’re STILL in This TOGETHER!

- Breakfast implementation was postponed until 2013
- Protein/grains flexibility
- Administrative Review Flexibility
- Paid Meal Equity Flexibility
Communication

• National ➔ Regional ➔ State ➔ District ➔ School
• Ask help from others
• Involve entire school
• Involve community
• Share ideas
• Start small
And Going Forward...........

• Look for small changes
• Work together and share
• Don’t give up
• Share challenges AND recognize successes
• Stay POSITIVE
• Don’t forget why we’re all here
• Move up the ladder and watch your program GROW!
And never forget......

**YOU**

make the difference!
THANK YOU

Questions

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