

Dairy Products and School Nutrition

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Overview

- * Briefly review the context in which Local School Meals are being transformed to create healthy nutrition and wellness environments to halt the trends in childhood obesity
- * Discuss the “Before” verses “Now” of planning School Meals to meet the nutritional standards with particular attention to the complexity of meeting all food requirements

Overview Cont.

- * Review three scenarios that can impact School Food Revenue with implementation of the new nutrition standards
- * Examine four key factors that could impact the amount of dairy products that are purchased for use in school meals: 1) Offer versus Serve; 2) Low Fat/Fat Free Requirement; 3) Sodium Limits; and 4) Child Preferences
- * Offer a few “opportunities” that may assist schools in continuing to provide a wide array of dairy products

Creating Healthier School Meals

Global

- * **WHO's Global Strategy on Diet, Physical Activity, and Health** – Global action plan for the prevention and control of NCDs, 2013-2020
- * **Population Approaches to Childhood Obesity Prevention and Health, 2012** – Provides strategies that all nations can adopt to curb obesity trends
- * An agreement by all WHO member nations (2013) to **voluntarily lower population intake of salt/sodium by a 30% target by the year 2025**

National

- * **Institute of Medicine's (IOM) 2007 report, Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth**
- * **2010 Dietary Guidelines for Americans** – Evidence-based Recommendations for Health Promotion and Disease Prevention
- * **2010 Healthy, Hunger-Free Kids Act** – Required Implementation of Nutrition Standard for School Lunch and Breakfast Programs by 2012
- * **Smart Snacks in Schools, 2013** – USDA's “All Foods Sold in Schools” Standards

School Meals

Then...

All Schools were required to **serve** a nutritious lunch that met the recommended food groups to all students while providing approximately 1/3 of a child's nutritional needs per day.

Meeting all major food groups requirement was the main goal.

Healthy meals with higher fiber, whole grains, fresh fruits, and vegetables, was recommended but not required.

School Lunch Meal Pattern, K-12	Requirements
Milk, all types	8 ounces daily
Meat/Protein	1 ounce daily
Bread/Starch	2 serving daily
<u>Vegetable/Fruit</u>	<u>1 serving daily</u>
Deep Green and Deep Orange	3 servings per week, each
Calories	Not limited
Sodium	Not limited
Saturated fat	Not limited

School Meals Now...

Schools are required to meet nutritional standard for daily and weekly provisions using a Food Based Meal Planning Approach (FBMP)

Menu must also stay within limits set for (average per week) sodium, saturated fat, and calories

School Breakfast, snacks, and all other food sold during the school day (competitive foods) must also meet nutritional standards

Food requirements are tailored to three age/grade segments: K-5; 6-8; and 9-12 grades

School Lunch Meal Pattern, K-5	Requirement – Amount per Week (min./day)
Milk, cups	5 (1)
Protein, oz.	8-10 oz. (1 oz.)
Whole Grains, oz. eq.	8-9 (1)
<u>Vegetables, cups</u>	<u>3.75 (0.75)</u>
Dark Green	0.5
Red/Orange	0.75
Beans/Peas	0.5
Starchy	0.5
Others	0.5
(+to reach totals)	1.0
Fruits, cups	2.5 (0.5)
Calories (min/max; kcal)	550-650
Sodium, mg.	≤640
Saturated Fat, % of total calories	<10%

Effects on School Food Revenue

- * **Scenario One** – High acceptance of new Competitive Foods (CF) with high SLP revenue offset/high participation. Estimate: 4% increase CF; -0.03 % SLP revenue
- * **Scenario Two** – Lower acceptance of CP with partial SLP revenue offset/slightly lower participation. Estimate: 10%- 8% reduction CF sales; - 0.04% SLP revenue Note: High free and reduce meal reimbursement
- * **Scenario Three** – Lower acceptance of CP with lower SLP revenue offset/lower participation. Estimate: 20%-8% reduction in CP; -1.3 % SLP revenue. Note: low free and reduced meals (25-35%)

*Source: National School Lunch Program and School Breakfast Program- Nutrition Standard for All Foods Sold in School Required by the Healthy, Hunger-Free Kids Act of 2010 (RIN 0584-AE09)

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1.) Offer vs. Serve Food Service

- * Reimbursement for Breakfast is based on an Offer verses Serve Food Service
- * In an “Offer” Food Service the child gets the option to select the entire menu offered or can chose to select certain items from the list of choices to make up their minimum required number of items
- * A total of four choices must be offered on the menu, but the child only has to pick three items, which may or may not include milk
- * Starting in July 2014, a fruit or juice must be selected by the student as one of their choices to get reimbursed (1 cup fruit eq. must be offered)

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2.) Low Fat/Fat Free Dairy

- * Schools are now required to offer an option of milk choices between 1% low fat milk and fat free milk.
- * If flavored milk is offered, it must be fat free
- * However children, not used to drinking fat free milk, were not selecting the fat free flavored milk, so a lot of fat free milk was spoiling.
- * Food service opted to serve a 1% flavored milk, but this will put them out of compliance.
- * They are presently looking for another option for the fat free flavored or will just take it off the menu.

3.) Sodium Limits

In the fall of 2014, the average sodium limits goes into effect which will affect the variety of dairy products that can be planned into the menu

Cheeses vary in sodium, as well as saturated fat content, both of which has to be closely monitored to meet nutritional requirements

Other food sources that use dairy products include: casseroles, cream soups, salads, and sandwiches

Selected School Lunch Meal with Dairy	Sodium Content (max. 640 mg. daily average in Fall 2014)
Turkey and Cheese Sandwich, Seasoned Carrots, Green Beans, Pear, Low Fat Milk	1363 mg.
Taco Salad with Meat, Chips, Cheese, Lettuce, & Salsa, Refried Beans, Pineapple, Low Fat Milk	1346 mg.
Grilled Cheese on WW Bread, Potato Rounds w/ Catsup, Broccoli, Pear, Low Fat Milk	1422 mg
Cheeseburger on a WW Bun, Baby Carrots with Ranch Dressing, Corn, Apple, Low Fat Milk	1129 mg.

4.) Child Preferences

- * Children food preferences are influenced by what is served at home.
- * Although the school meals will be more nutritious, children will have to option to select from the various choices or even choose to not eat school meals altogether.
- * Promoting the importance of healthy eating and the healthier school meals to the parents and in the classrooms will be key.
- * Food service operations will be challenged to create a menu that children will eat while at the same time meeting the new nutritional requirements.

Opportunities for Maintaining School Food Service Dairy Revenue

- * Engage students in recipe development, taste testing, and health promotion
- * Formulate a variety of fat free flavored milk products that are low in sugar and kid approved.
- * Develop lower fat, lower sodium, natural shredded cheese blends that can be used in recipes.
- * Promote low sugar, fat free yogurt with granola and fresh fruit as snack and breakfast choice.

Opportunities Cont.

- * Cont. to develop marketing materials for school cafeterias (posters, table tents, tray liners) that promote the importance of drinking lower fat milk and dairy foods.
- * To assist School Menu Planners, provide nutritional breakdowns, educational materials, and recipes that utilize dairy products that meet the lower fat and sodium requirements.

References

WHO Global Strategy on Diet, Nutrition, and Health: Population Approaches to Childhood Obesity Prevention and Health

<http://www.who.int/dietphysicalactivity/childhood/approaches/en/>

Report on Salt Reduction and Iodine Fortification Strategies in Public Health

http://www.who.int/nutrition/publications/publichealth_saltreduc_iodine_fortification/en/

Institute of Medicine's (IOM) 2007 report, Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth

<http://www.iom.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx>

2010 Dietary Guidelines for Americans

<http://www.cnpp.usda.gov/DietaryGuidelines.htm>

National School Lunch Program and School Breakfast Program- Nutrition Standard for All Foods Sold in School (RIN 0584-AE09)

<http://www.regulations.gov/#!documentDetail;D=FNS-2011-0019-4716>

Healthier School Day (Healthy School Meals Resources/Tool Kit)

<http://www.fns.usda.gov/healthierschoolday>