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School Nutrition 101 and Proposition FF

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Objectives

- Learn how school lunch started
- Identify the 3 ways Free and Reduced Meals are determined
- Understand what is part of a school meal
- Hear from students how they feel when they are hungry
- Provide information on Prop FF
- Open forum w/ questions

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1946 National School Lunch Act


- Signed into Law by President Truman
- Why?
 - During Physical examinations for military service, many young men were malnourished.
 - An outlet was needed for agricultural commodities produced by flourishing farms after WWII.
 - Lunch at school promoted a better situation for learning to take place.



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What did lunch consist of?

- ½ pint of fluid whole milk
- 2 oz protein-rich food(meat, poultry, cheese, eggs, beans, or peanut butter)
- ¾ cup serving of two or more vegetables, or fruits or both
- 1 portion or serving bread made of whole grain or enriched meal or flour
- 2 teaspoons of butter or fortified margarine



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Child Nutrition Act of 1966

- In mid 1960s Congress took a greater interest in Nutrition and poverty in various parts of the country.
- As a result the Nutrition Act of 1966 was past into law.
- If provided first substantial funding for:
 - Meals for needy children
 - Guidelines for identifying the needy
 - A pilot breakfast program

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Free and Reduced Priced Meals

- The Nutrition Act set criteria for states to ensure that students qualified for meals on a fair basis.
- Household income less than 130 percent of federal income poverty guidelines qualifies students for free meals
- Household income less than 185 percent of poverty guidelines qualifies students for reduced meals



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3 methods used to qualify students for F/R meals

- Direct Certification- done 4 times per school year. Based on SNAP, TANF, and other programs.
- Annual Household Meal Applications- done by family filling out a meal application.
- Community Eligibility-determined by 40% of students in a school identified as directly certified for free meals as of April 1 of the preceding year.
- All of these services should be done by your School Food Authority

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Federally Subsidized School Nutrition Programs

- Schools get Federal Reimbursement for meals served based on student Free, Reduced, or Paid status.



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State Funding



- Start Smart Nutrition Program
 - Reimbursement for reduced-price breakfast for grades Pk-12.
 - Eliminates the \$.30 co-payment for reduced price breakfast paid for by families for students in all grades.
 - Participating students still have a reduced-price status.
- Child Nutrition School Lunch Protection Act
 - Reimbursement for reduced-price lunch for Grades Pk-12
 - Eliminates the \$.40 co-payment for reduced price lunch paid for by families for students in all grades.

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What do school meals consist of today?

- Breakfast
- Lunch

Breakfast Meal Pattern

Component	Grade K-2	Grade 3-5	Grade 6-8	Grade 9-12
Fluid Milk	5.0	5.0	5.0	5.0
Cereals	1.0	1.0	1.0	1.0
Fruit	0.5	0.5	0.5	0.5
Vegetables	0.5	0.5	0.5	0.5
Protein	0.5	0.5	0.5	0.5
Grains	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.5

Lunch Meal Pattern

Component	Grade K-2	Grade 3-5	Grade 6-8	Grade 9-12
Fluid Milk	1.0	1.0	1.0	1.0
Cereals	1.0	1.0	1.0	1.0
Fruit	0.5	0.5	0.5	0.5
Vegetables	0.5	0.5	0.5	0.5
Protein	0.5	0.5	0.5	0.5
Grains	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.5

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Changes to meal pattern for 22-23

SUMMARY OF CHANGES

- MILK:** Schools will still use products made of the Breakfast, Lunch and Dinner meal patterns, but the fat and sugar content will be reduced.
- SODIUM:** The weekly sodium level for school lunch and breakfast will decrease by 10% for school year 2022-2023. This reduction will help reduce the risk of high blood pressure and other health conditions.
- WHOLE GRAINS:** At least 80% of the grains served in school lunch and breakfast will now be whole grains.

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Proposed upcoming changes to School Meals


- The proposed rule would begin in Fall 2025 for items like breakfast cereal, flavored milks, grain-based desserts, and yogurt.
- In Fall 2027 the proposed rule would limit add sugars across the weekly menu to less than 10% of calories per meal.

Additional Changes:

- New rules for flavored milks, grain-based desserts, and yogurt.
- Limit on added sugars in school meals.

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Proposed upcoming changes to School Meals



- One proposal would limit flavored milk to grades 9-12.
- Another option would allow flavored milk for K-12.
- Both options would limit added sugars in flavored milk.

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Proposed upcoming changes to School Meals



- Proposed rule would include 2 sodium reductions for breakfast (10% each in fall 2025 and Fall 2027).
- And would include 3 sodium reductions for lunch (10% each in Fall 2025, Fall 2027, and Fall 2029).

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Proposed upcoming changes to School Meals



- One proposal is to leave rule which requires 80% of all grains offered in the school week to be whole grain rich.
- Another option would allow schools to serve non-whole grain enriched foods one day per school week.

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Hungry kids don't learn as well as kids that are not hungry.



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Proposition FF, Healthy School Meals for All



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Healthy Meals for All program

- Provides funding opportunities and access to Colorado School Food Authorities participating in National School Breakfast and National School Lunch Program.
- Each tier of this program is optional, but must be done as an entire SFA.

-  Reimbursement for Meals provided to Students that would otherwise pay full price for a meal.
-  Funding to purchase local food from Colorado.
-  Funding to increase wages or provide stipends to staff who prepare and serve meals.

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How to participate in 22-23

- SFA's must opt in annually to CDE Office of School Nutrition as a District.
- Participate in Community Eligibility Program (CEP) at qualifying schools.
- Provide free meals to all students enrolled in the SFA schools.

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What is CEP?

- CEP is a federal program
- allows schools to serve breakfast and lunch free to all students
- No Applications collected just Feeds forms
- Less paperwork for districts and families
- Higher participation
- No Point of Sale just total of kids counted
- Uses Identified Student percentage to determine if school qualifies
- 40% or higher ISP qualify for CEP

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Reimbursement

- The State will reimburse funding at the Federal Rate.
- Federal Reimbursement will still be at the Free, Reduced, and Paid Rates.
- Schools of SFA that opt in will get the difference of the Federal Free rate reimbursed by the state.

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Do we still need to collect meal applications?

- For schools that qualify for CEP program, you would collect Feds Forms.
- For schools that do not qualify for CEP, you would still collect meal applications.

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What are the Pros and Cons?

Pros	Cons
<ul style="list-style-type: none">• All kids eat free.• Better learning due to less kids being hungry.• Reimbursement will be at the free rate for all students.• Unpaid meal debt will not longer be accrued.	<ul style="list-style-type: none">• May need more staff/equipment due to increased participation.• Possible supply chain issues.• Difficulty getting families to fill out Feds form/meal application.

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- ➔ If you are not participating in CSI SFA but are interested in learning more:
Contact Ilene Agustin at ileneAgustin@csi.state.co.us
- ➔ If you are participating in another SFA, reach out to them and find out how Healthy School Meals for All will impact your contract and current practices.
- ➔ If you are not participating in any SFA and don't plan to, you will continue to collect FEDS forms and determine Free or Reduced priced lunch eligibility at the school level.

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Resources

[Frequently Asked Questions and one page flyer from CDE:](#)

- <https://www.cde.state.co.us/nutrition/healthymeatforallguide> Share this one-page flyer highlighting main talking points
- <https://www.cde.state.co.us/nutrition/healthymeatforallresource>

Opt into the CDE Office of School Nutrition DISH newsletter at:

- <https://state.us5.list-manage.com/subscribe?u=bee6c43ae6102530cf98cad19&id=68b648e283>

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Questions



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Contact Information

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