

New School Nutrition Information for the 2012-13 School Year

New School Meal Pattern and Nutrition Standards to Enhance Student Academics and Health

Schools participating in USDA's School Meal Programs will be changing the meal patterns to reflect the 2010 Healthy, Hunger-Free Kids Act (Public Law 111-296), which was signed into law by President Obama and is part of the First Lady's *Let's Move! Campaign* to improve the health of our nation.

The new meal pattern:

- Includes more fruits, vegetables, and whole grains
- Meets specific calorie ranges for children in grades K-5, 6-8, and 9-12
- Contains no trans fat

The GOOD News About the New Meal Pattern for:

- **School administrators, educators, and school board trustees:** The New Meal Pattern is consistent with the USDA's My Plate nutrition recommendations and serves as an academic support for students to learn and behave better.
- **Students:** Nutrient-rich foods and beverages provide the energy and nutrients necessary to grow, learn, and play.
- **Parents:** The meal pattern reinforces healthy eating habits necessary for adequate growth and good health.

Four Things School Administrators Need to Know About the New Meal Pattern and Nutrition Standards

1. Focus on the changes in the lunch meal pattern for SY 2012-13. Meals must meet grade specific portion sizes for grades K-5, 6-8, and 9-12, and a reimbursable lunch must include at least ½ cup serving of fruit or vegetable.
2. Support your Child Nutrition Program staff by educating the students about the importance of selecting and eating fruits and vegetables with their meals. Scheduling lunch periods by grade groups (K-5, 6-8 and 9-12) will ensure these students receive the correct portion sizes and ensure the lines move quickly.
3. Meal Schedules and Service. As more schools offer a wider variety of menu choices and salad or fruit/vegetable bars to students, it is important to ensure the meal schedule allows adequate time for children to *eat and enjoy* their meals.
4. Additional 6-Cent Meal Reimbursement from USDA for Meeting New Standards and Meal Pattern. The USDA will offer an additional 6-cent meal reimbursement to School Food Authorities (SFAs) that become certified by being in compliance with the new meal patterns and nutrition standards. The additional 6-cent reimbursement per lunch meal will be available to certified SFAs beginning October 1, 2012.