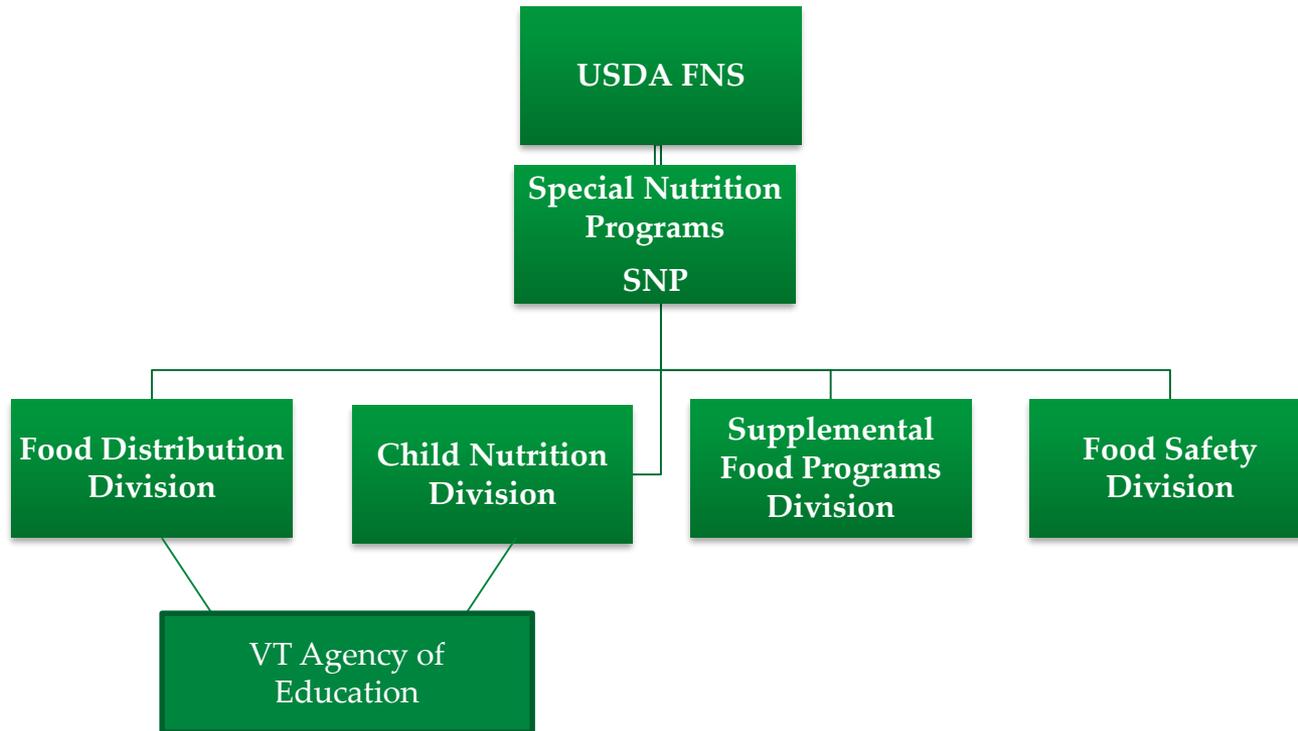


Child Nutrition Programs

Milk Commission

October 13, 2017

USDA

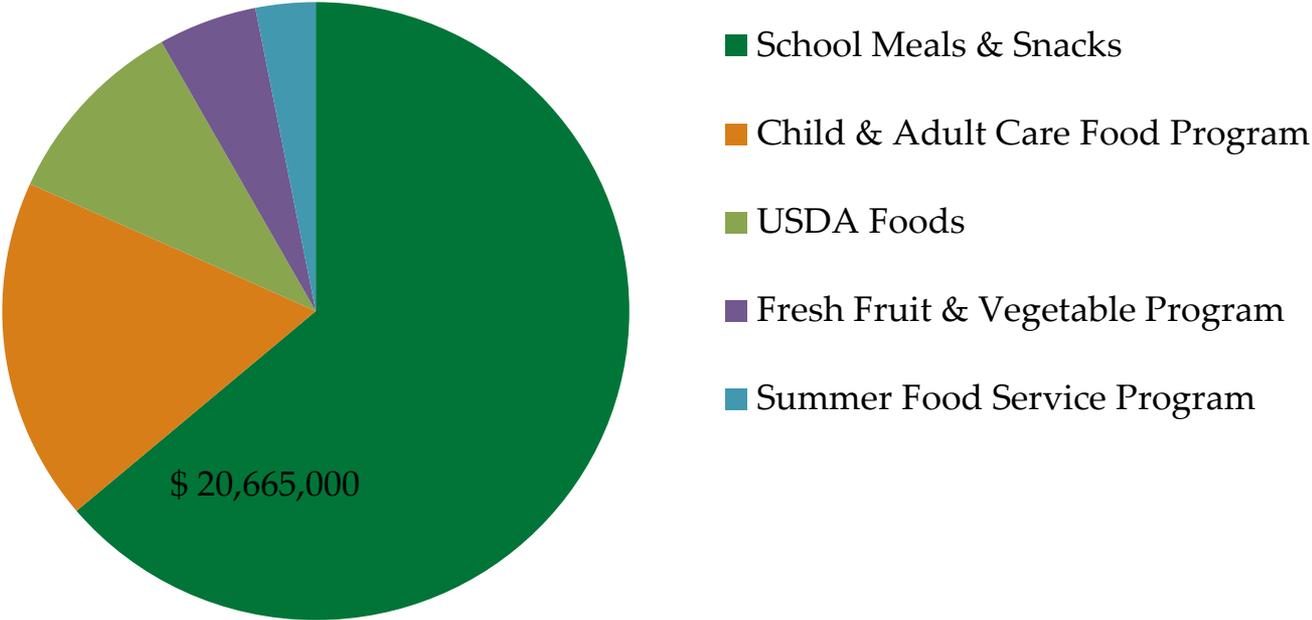


VT Child Nutrition Programs

- National School Lunch Program
- School Breakfast Program
- Child & Adult Care Food Program
- Summer Food Service Program
- After School Programs
- Special Milk Program
- USDA Foods Program
- TEFAP

Federal Funds per Program

Distribution of \$35,000,000



Healthy, Hunger Free Kids Act of 2010

- New Meal Pattern Standards for School Lunch & Breakfast
- Nutrition Standards
 - Calories
 - Saturated Fat
 - Sodium
 - Trans Fat
- Smart Snack Standards
- Child Care Meal Nutrition Standards

Meal Patterns

- Meal Components
 - Meat/Meat Alternate
 - Whole Grain Rich Item
 - Fruit
 - Vegetable
 - Milk

School Meals

- Pre-School
- Pre-K
- Grades 1 – 12
- Technical Centers
- Independent Schools
- Private Schools
- Residential Child Care Institutions

Meal Types

- Breakfast
- Lunch
- After School Snack



Offer vs Serve

- Students/children offered all meal components
- Breakfast
 - must take a fruit or vegetable
 - may decline 1 item
- Lunch
 - must take a fruit or vegetable
 - May decline 2 items
- Share Tables

Weekly Lunch Requirements

Minimum Weekly Requirements			
Food Components	Grades K – 5	Grades 6 – 8	Grades 9 - 12
Meat/Meat Alternate 	8 – 9	9 – 10	10 - 12
Grains 	8 – 9	8 – 10	10 - 12
Vegetables 	3 ¾	3 ¾	5
Fruits 	2 ½	2 ½	5
Milk 	5	5	5
*No maximum weekly limit			
** Includes 5 vegetable subgroups			

Nutrition Standards

- Lunch

Daily Amount Based on WEEKLY Average			
Nutrients	Grades K – 5	Grades 6 – 8	Grades 9 – 12
Calories	550 – 650	600 – 700	750 – 850
Saturated Fat	< 10%	<10%	<10%
Sodium	≤ 1230 mgs	≤ 1360 mgs	≤ 1420 mgs
Trans Fat	Nutritional label on manufacturer specifications must indicate zero grams of trans fat per serving		

Nutrition Standards

- Breakfast

Daily Amount Based on WEEKLY Average			
Nutrients	Grades K – 5	Grades 6 – 8	Grades 9 – 12
Calories	350 - 550	400 - 550	450 - 600
Saturated Fat	< 10%	<10%	<10%
Sodium	≤ 430 mgs	≤ 470 mgs	≤ 500 mgs
Trans Fat	Nutritional label on manufacturer specifications must indicate zero grams of trans fat per serving		

Milk Component

- 1 cup daily
- Breakfast
- Lunch
 - Low Fat Unflavored – 1%
 - Fat Free Unflavored
 - Fat Free Flavored
 - Milk Substitute – same nutrient contribution as cow's milk



Meat/Meat Alternates

- 1 – 2 oz.
- Alternates
 - Cheese
 - 2 – 4 Oz. Cottage Cheese
 - 4 – 8 Yogurt, commercially prepared

Smart Snack Standards

- Foods must also meet several nutrient requirements:
- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: zero grams
- Sugar limit:
 - $\leq 35\%$ of weight from total sugars in foods

Beverages

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions.

Middle schools and high schools may sell up to 12-ounce portions of milk and juice.

There is no portion size limit for plain water.

No & Low Calorie Beverages

High School Students

- No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Child & Adult Care Food Program

- Children
 - Ages 1 to 18



- Adults
 - In respite care
 - Mentally and Physically Disabled



Meals Served

- Breakfast
 - Lunch
 - Snack
 - Supper
-
- At-Risk Suppers – schools/child care programs

Fluid Milk

Cows Milk	12 – 24 months	2 – 5 years	6 years and older
Whole Unflavored	 		
1% Unflavored		 	 
Skim/ Fat Free Unflavored		 	 
Skim/ Fat Free Flavored			 

Meat/Meat Alternates

- Cheese
- Yogurt – No more than 23g sugar per 6 oz. serving

Summer Food Service Program

- June – August
- School is Out
- Disasters & Other Events

Meals Offered

- Breakfast
- Lunch
- Snack
- Supper

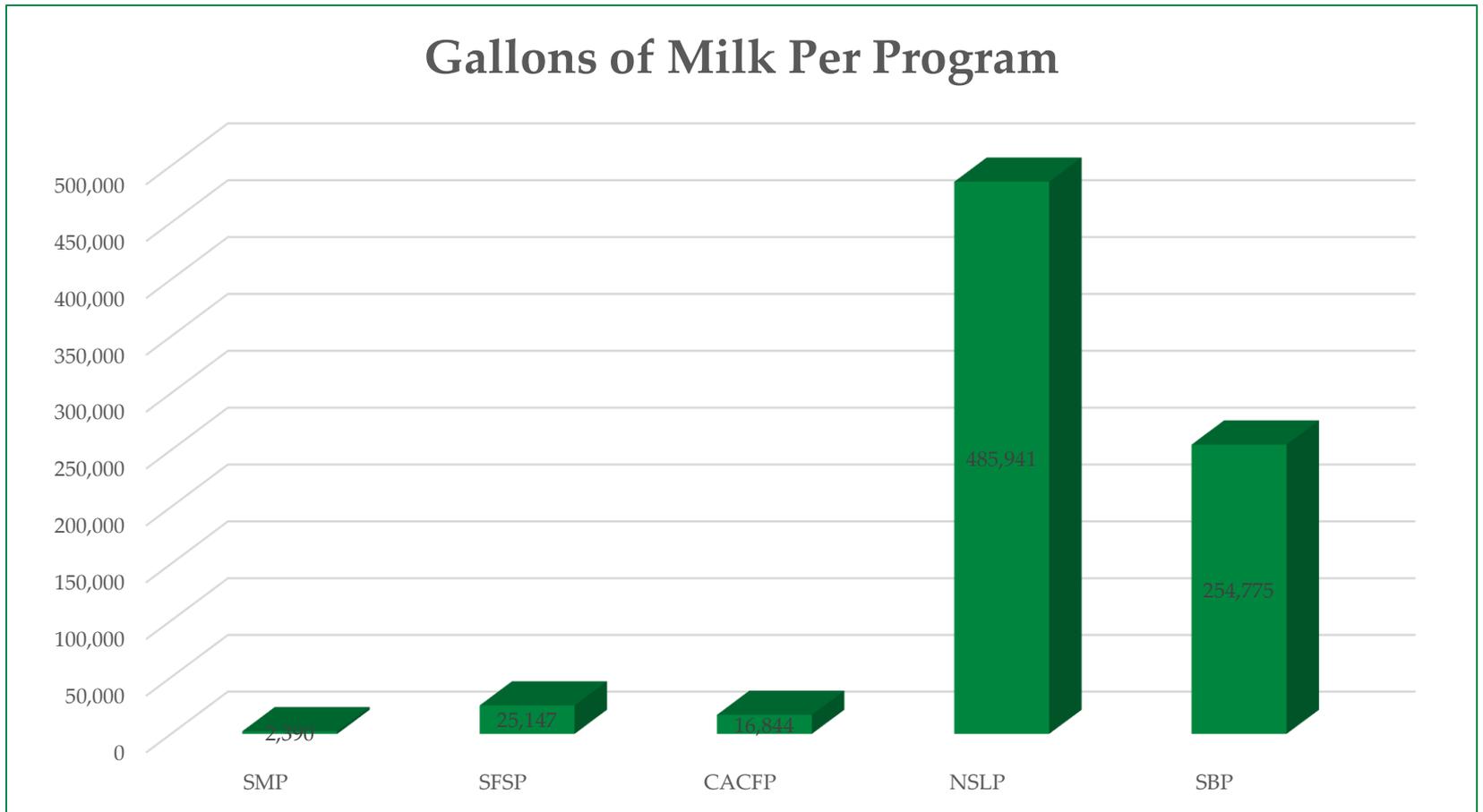
Fluid Milk

- Non-fat, Skim
- Low-fat
- Whole Milk
- Flavored Milk
- All 8 oz. portions

USDA Foods

- All Schools with Lunch Programs
- .2325 per lunch, plus .10 per meal provision
- Shredded Mozzarella, Reduced-Fat Cheddar, Processed Sliced American, Mozzarella Cheese Sticks, Yogurt
- TEFAP – UHT Milk, 32 oz. containers

Milk Volume



Challenges

- Storage – Walk in coolers, Milk Coolers
- Cows vs Cartons
- Share Tables
- Competitive Beverages
- Food Safety
- Flavored vs Non-Flavored Bias
- Milk vs Water

Cows vs Cartons

- Serving Sizes
- Portability
- Space in Serving Line
- Glasses > Labor & Dishwashing
- Storage
- Container Weight
- Meals in Classroom
- Cleaning
- Recycling Cartons
- Storage
- Milk Coolers
- Share Tables
- Maintaining Temperature
- Opening Cartons
- Convenient for Grab & Go/Meals in Classroom

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