Making it Count with Offer vs Serve

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Speakers

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Professional Standards Code

• This session provides one (1) CEU
  – **Key Area**: Operations - 2220
  – **Key Topic**: Offer vs Serve
What is Offer Versus Serve?

- Offer Versus Serve (OVS) is a strategy that:
  - Allows students to decline some food components/items, and select foods they intend to eat
  - Reduces food waste and its impact on cost
- **Mandatory** in the NSLP for high schools
- **Optional** in SBP (all grades) and NSLP (except high school)
- Not available for snack service
Key OVS Concepts

**Food components** *(groups)*
- SBP: Milk, Fruits, Grains
- Schools must offer the amounts required daily/weekly

**Food item** *(specific food offered within each food component)*
- Schools may offer one food item within a component
  - Grains: Choose 1 – bagel, cold cereal, or muffin
- Schools may offer multiple food items within a component
  - Fruits: Choose up to 3 – ½ cup peaches, fresh orange, apple, ½ cup apple juice
OVS Success for SFAs

• Offer all food components in required quantities
• Indicate the food combinations students may choose for a reimbursable meal
• Use signs to guide students in selecting a reimbursable meal
• Train cashiers about reimbursable meal combinations
OVS Overview

• Students may decline any food component, except fruits and/or vegetables
• Must select at least:
  • NSLP: 3 food components
  • SBP: 3 food items
  • ½ cup of fruits and/or vegetables at each meal
• Must be allowed to select the full serving of fruits or vegetables, if desired
OVS Overview

• Except for fruits/vegetables, all food components/items selected must be the full planned serving size
• Meals with less than the required 3 components/items, or without fruits/vegetables, are not reimbursable:
  • May charge a la carte prices, or allow students to take the meal for free (*cannot claim for reimbursement*)
  • Notify households about such policy
• OVS does not affect the meal price
OVS in the School Breakfast Program (SBP)
OVS in the SBP

School
• Must offer at least 4 food items within 3 food components daily
  • Milk
  • Fruits
  • Grains

Student
• Must select at least 3 food items including: ½ cup of fruits
  (vegetables as substitute)
M/MA in Place of Grains (SBP)

• M/MA may be offered in place of grains at breakfast; counts as an item for OVS
  • School must also offer 1 oz. eq. grain daily
• M/MA offered as an “extra item” *(in addition to the reimbursable meal)* does not count as an item for OVS
  • Must count the “extra item” toward the dietary specifications
Grain Crediting in the SBP

- Menu planners may choose to count a 2 oz. eq. muffin as 1 or 2 food items
- 1.5 oz. eq. of cornbread counts as 1 grain item
- Grain item selected under OVS must be at least 1 oz. eq.
OVS in the National School Lunch Program (NSLP)
OVS in the NSLP

School
• Must offer 5 food components daily
  • Milk
  • Fruits
  • Vegetables
  • Grains
  • M/MA

Students
• Must select at least 3 food components, including: \( \frac{1}{2} \) cup of fruit and/or vegetable
Milk – Good; Water – Good
Milk Vs. Water?
Technical Assistance Resources

- Offer Versus Serve (OVS) Guidance
- Available online: http://www.fns.usda.gov/school-meals/guidance-and-resources
Best Practices Sharing Center

- Resources and tools State agencies and schools can use to serve healthy menus that meet USDA nutrition standards
Offer vs. Serve - Lunch

A reimbursable meal must have:

At least 3 of 5 components:
- Milk
- Meat / Meat Alternate
- Grains / Breads
- Vegetables
- Fruits

At least ½ cup serving:
- Fruit
- OR
- Vegetables
  (1 c leafy greens = ½ c)
  OR
  A combination of fruit and vegetables

Examples

**YES**

1. Fruit
2. Meat / Meat Alternate
3. Grains / Breads
4. Leafy Greens
5. Fruits

**NO**

1. Fruit
2. Meat / Meat Alternate
3. Fruits

Need:
At least ½ cup serving of fruit OR vegetables

Submitted by Leanne Eko; Washington Office of Superintendent of Public Instruction
https://healthymeals.fns.usda.gov/meal-pattern-resources
Let’s Play…

Meal or No Meal!
An Offer Vs Serve Game

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WI Dept. of Public Instruction
ANC Las Vegas, July 2018
<table>
<thead>
<tr>
<th>Requirement</th>
<th>Grades</th>
<th>Meal Type</th>
<th>Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required</td>
<td>9-12</td>
<td>Lunch</td>
<td>PK-12</td>
</tr>
<tr>
<td>Optional</td>
<td>PK-8</td>
<td>Lunch</td>
<td>Lunch</td>
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<tr>
<td>Encouraged</td>
<td>PK-12</td>
<td>Breakfast</td>
<td>Lunch and Breakfast</td>
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</tbody>
</table>

OvS
**Breakfast**

Offer 4 items

Student Selects 3

Includes ½ cup F/V

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**Lunch**

Offer 5 components

Student Selects 3

Includes ½ cup F/V
Just a reminder…

All Students

Including special needs

Field trips/detention
Let’s Play... Meal or No Meal!

A chance to Win!!

Fun! Excitement!

Fabulous Prizes!!
Breakfast Meal Pattern

Grades K-12

- **Fruit**: 1 cup
- **Milk**: 1 cup
- **Grain**: 1 oz. eq
  - *May offer meat/meat alternate after offering 1 oz grain eq

**Items**
- Offer 4
- Select 3
Breakfast Menu

- Milk 1 cup
- Kiwi ½ cup
- Juice ½ cup
- Muffin 1 oz eq.
- Yogurt 4 oz
Breakfast Menu

- Milk 1 cup
- Kiwi ½ cup
- Juice ½ cup
- Muffin 1 oz eq
- Yogurt 4 oz
Menu

Milk 1 cup
Apple 1 cup
Grapes ½ cup
Breakfast Sandwich
(2 grain, 1 meat/mt alternate, 2 extra)
Cereal Choice 1 Oz
Menu

Milk 1 cup
Apple 1 cup
Grapes ½ cup
Breakfast Sandwich
(2 grain, 1 meat/mt alternate, 2 extra)
Cereal Choice 1 Oz
Menu

- Milk 1 cup
- Apple 1 cup
- Grapes ½ cup
- Breakfast Sandwich (2 grain, 1 meat/mt alternate, 2 extra)
- Cereal Choice 1 Oz

Meal or no Meal?

Apple=2 items
Milk=1 item

Meal!
Now Let’s Play…

Whose Meal is it Anyway!
Lunch Meal Pattern
Grades 9-12

Components
Offer 5
Select 3
Menu

Milk 1 cup
Kiwi ½ cup
Orange ½ cup
Carrots/celery ½ cup
Green salad ½ cup
Hamburger/Whole Grain Bun
Meal!  

Who's meal is it anyway?

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Whose meal is it Anyway?

Menu

- Milk 1 cup
- Kiwi ½ cup
- Orange ½ cup
- Carrots/celery ½ cup
- Green salad ½ cup
- Hamburger/Whole Grain Bun
Offer Vs. Serve... It’s the Student’s Choice...
Offer Vs. Serve
It’s the Perfect Choice!
Offer vs. Serve Lunch

Training for Nutrition Service Staff
Objectives

• Identify the requirements for Offer vs. Serve in the NSLP
• Practice identifying meals that meet the requirements for a reimbursable meal
• Brainstorm strategies to encourage students to choose and enjoy fruits and vegetables
Offer vs. Serve

The **5 Meal Components** for School Lunch

1. Meat or Meat Alternate
2. Grain
3. Fruit
4. Vegetable
5. Milk

You choose **at least 3** including
- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**
Offer vs. Serve

• What’s required for a reimbursable lunch?
  – Must take at least 3 of 5 components
    Food Component = 1 of the 5 food groups that make up a reimbursable lunch

• Must take at least ½ cup serving of the fruit OR vegetable component
Offer vs. Serve

Super Fun Activity Time!
Is this a Reimbursable Meal?

½ cup

½ cup

½ cup
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve
Offer vs. Serve

How do we “encourage” students to take the required components?

- Advertise
- Accessibility
- Appearance
Advertise

Pick Me!
Every tray needs at least a 1/2 cup Fruit, Veggie OR Juice!

Don't 4 Get!
Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!
Accessibility
Appearance

Make your food SHINE!
Appearance
Appearance

Go the Extra Mile!

Fresh Produce!

Try Something New!
Offer vs. Serve

Remember why we are here

Thank you for all that you do!!
Thank you!