Simplifying the Child Nutrition Programs

School Nutrition Association
2019 Annual National Conference

Policy & Program Development Division

Tina Namian
Branch Chief
School Programs Branch
Today’s Presentation

• Meal pattern flexibilities
• Professional Standards flexibilities
• Newly creditable foods
• Team Nutrition resources
• Questions
Meal Pattern Flexibilities

- Provides menu planning flexibilities for milk, whole grains, and sodium requirements
- Primarily for schools
May 2017: USDA issues School Meals Proclamation; FNS grants menu planning flexibilities through SY 2017-2018

November 2017: FNS interim final rule extends flexibilities through SY 2018-2019

December 2018: Final rule provides long-term flexibility for Program operators
Children will continue to have access to fruit, an array of vegetables, whole grains, and fat-free and low-fat milk.
Milk Flexibility

- Allows flavored, low-fat milk in schools (lunch, breakfast, a la carte)
- Also allowed in:
  - Special Milk Program (ages 6+)
  - Child and Adult Care Food Program (ages 6+)
- No exemption request required
Milk Variety Requirement

- Milk variety in the school meal programs must not be limited to flavored milk
- Must offer unflavored milk at each meal service
Whole Grain-Rich Flexibility

• At least half of the weekly grains offered in the school meal programs must be whole grain-rich
• Other grains offered must be enriched
• Exemption requests are no longer required
Whole Grain-Rich Criteria

• No change to the whole grain-rich criteria:
  
  *Must contain at least 50% whole grains and the remaining grains must be enriched*
Sodium Flexibility

• Retains Target 1 through SY 2023-2024
• Moves Target 2 to SY 2024-2025
• Removes Final Target
Expected Impact

• More flexibility to meet student preferences
• More local and regional favorites
• Increased consumption of wholesome meals
## Professional Standards: State Director Flexibilities

<table>
<thead>
<tr>
<th>Prior Regulation</th>
<th>Final Regulation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required <em>bachelor's degree</em> with an academic major in a specific, relevant field.</td>
<td>Requires <em>bachelor's, master’s, or doctorate degree</em> with an academic major in a specific, relevant field.</td>
</tr>
</tbody>
</table>

**Relevant fields:** food and nutrition, food service management, dietetics, family and consumer sciences, nutrition education, culinary arts, business, or a related field.
### School Nutrition Director of LEA with 2,499 Students or Fewer

<table>
<thead>
<tr>
<th>Prior Regulation</th>
<th>Final Regulation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required <em>school nutrition program</em> experience for certain educational degrees; amount required varied by degree type.</td>
<td>Requires relevant <em>food service</em> experience. At the discretion of the State, on an individual basis, <em>documented volunteer or unpaid work</em> can be counted as relevant food service experience.</td>
</tr>
</tbody>
</table>
# School Nutrition Director of LEA with Fewer than 500 Students

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Prior Regulation</th>
<th>Final Regulation</th>
</tr>
</thead>
<tbody>
<tr>
<td>High School or GED</td>
<td>State discretion to approve hiring of director that meets minimum educational requirement but has less than the required relevant <em>school nutrition program</em> experience.</td>
<td>State discretion to approve hiring of director that meets minimum educational requirement but has less than the required relevant <em>food service</em> experience.</td>
</tr>
<tr>
<td>Associate’s Degree</td>
<td>No provision.</td>
<td></td>
</tr>
<tr>
<td>Bachelor’s Degree</td>
<td>No provision.</td>
<td></td>
</tr>
</tbody>
</table>
Looking Ahead

• Guidance, resources, and training
• Reviews will assess compliance with the updated requirements
• Simplifying Meal Service and Monitoring Requirements
  • Proposed rule expected in 2019
Newly Creditable Foods

Published April 17, 2019
Food Crediting Overview

• Guidelines specify how food items contribute to the meal patterns
• Expanding options simplifies menu planning and may encourage participation
Public Engagement

• Sought input through a Request for Information
• Received 437 comments
• Used feedback to expand crediting to new products
Newly Creditable Foods

- Tempeh
- Popcorn
- Coconut
- Hominy
- Corn masa
- Surimi seafood
- Dried meat, poultry & seafood
- Pasta made from vegetable flours
Tempeh

- 1 oz. tempeh credits as 1 oz. meat alternate
- CN Label or Product Formulation Statement (PFS) required to credit tempeh with ingredients such as grains or seeds
- New vegetarian option
### Popcorn

<table>
<thead>
<tr>
<th>Amount of Popped Popcorn</th>
<th>Oz. Equivalent of Whole Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup (0.25 oz.) (7 grams)</td>
<td>¼ oz. equivalent</td>
</tr>
<tr>
<td>1 ½ cups (0.5 oz.) (14 grams)</td>
<td>½ oz. equivalent</td>
</tr>
<tr>
<td>3 cups (1.0 oz.) (28 grams)</td>
<td>1 oz. equivalent</td>
</tr>
</tbody>
</table>
Coconut

• Fresh or frozen coconut credits as a fruit, based on volume served
• Minimum of 1/8 cup must be served
• Coconut flour and coconut oil are not creditable
## Hominy

<table>
<thead>
<tr>
<th>Canned, Drained Hominy</th>
<th>Hominy Grits</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ¼ cup of canned, drained hominy credits as ¼ cup vegetable</td>
<td>• ½ cup cooked or 1 oz. dry hominy grits credits as 1 oz. equivalent towards the whole grain-rich requirements</td>
</tr>
<tr>
<td>• Starchy vegetable for the school meal programs</td>
<td></td>
</tr>
</tbody>
</table>
### Surimi Seafood

<table>
<thead>
<tr>
<th>Amount of Surimi Seafood</th>
<th>Oz. Equivalent of Meat/Meat Alternate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz.</td>
<td>0.25 oz. equivalent</td>
</tr>
<tr>
<td>3 oz.</td>
<td>1.0 oz. equivalent</td>
</tr>
<tr>
<td>4.4 oz.</td>
<td>1.5 oz. equivalent</td>
</tr>
</tbody>
</table>

*CN Label or PFS can be used to credit products containing higher quantities of fish or other creditable ingredients*
Shelf-Stable, Dried & Semi-Dried Meat, Poultry, & Seafood Products

- Follow crediting principles used for meat, poultry, or seafood products
- CN Label or PFS can be used to document meal contributions
- Portable, shelf-stable product
Pasta Made From Vegetable Flour

- Pasta made from vegetable flour credits as a vegetable, even if the pasta is not served with another recognizable vegetable.
- No change to visual recognition requirements for legume pasta crediting as a meat alternate.
Hands-on practice and examples!
- Dried, Shelf-stable, Meat Snacks
- Coconut
- Hominy, Corn Masa, and Corn Flour
- Popcorn
- Surimi Seafood
- Tempeh
- Pasta Products made of Vegetable Flour

Register for upcoming webinars!

The first three webinar recordings are now posted!

Team Nutrition SNA Session

No Prep Required: Ready-To-Go Resources from Team Nutrition

Sunday, July 14, 2019
1:00 PM – 2:00 PM
WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

- Food Items Search
- Exhibit A Grains Tool
- FBG Calculator
- Product Formulation Statement (PFS)
- Download Food Buying Guide
- Recipe Analysis Workbook (RAW)

**OFFER VERSUS SERVE (OVS)**

**Tip Sheet for School Food Service Managers**

**School Breakfast Program**

**What is Offer versus Serve (OVS)?**

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, breakfast lines move smoothly, allowing students to make the most of meal time and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS at breakfast, schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk).

- A **food component** is one of three required food groups in a reimbursable breakfast. These are fruits, grains, and fluid milk.
- A **food item** is a specific food offered within the food components. For example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because three food components and four food items are offered.

Students must select at least three of the four offered food items under OVS at breakfast, including at least ½ cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

**Required Components at Breakfast**

- **Fruit**
  - 1 cup

- **Grains**
  - 1 ounce equivalent (oz eq)

- **Fluid Milk**
  - 1 cup

**Optional Components at Breakfast**

- **Vegetable**

- **Meats/Meat Alternates**

  - A meat/meat alternate may be selected to meet the weekly grain requirement, as long as at least 1 oz eq of grain is offered daily.

  - A meat/meat alternate may also be offered as an "extra" food (not credited toward meal pattern requirements) if a reimbursable meal is selected.

**Sample OVS breakfast menu:**

- Variety of milk, fat free or low-fat (1 cup milk)
- Slice of whole grain-rich bread (1.5 oz eq grain)
- Whole grain-rich cereal (0.5 oz eq grain)
- Orange slices (1 cup fruit)

**National School Lunch Program**

**What is OVS?**

The goal of OVS is to reduce food waste and allow students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, lunch lines move smoothly, allowing students to make the most of the lunch break and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Schools must offer all three food components in at least the minimum required quantities:

- A **food component** is one of five required food groups in reimbursable lunches. These are meats/meat alternates, grains, fruits, vegetables, and fluid milk.
- A **food item** is a specific food offered within the five food components. For example, spaghetti (whole grain-rich pasta with tomato sauce) is one food item that contains a grain and a vegetable component.

Students may select three meal components to ensure they get the nutritional benefits of a meal. School lunches served in high schools, but is optional in middle and elementary schools. OVS is not always offered as part of field trips or for any other meals served away from the school campus.

Food components must be included in the school lunch. Students must select at least three of the five required food components, including at least ½ cup of fruit and/or vegetable to have a reimbursable lunch. See the Required Food Components table for a listing of required food components and their minimum quantities that must be offered. Meats/meat alternates and grains are measured in ounce equivalents (oz eq) and considered the amount of food product that is equal to one ounce.

**Is it Reimbursable?**

Use this simple checklist to determine if student lunches are reimbursable under OVS:

- Does the meal offered to students include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?

- Does the meal selected by the student contain at least three components, including at least ½ cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.*
Offer versus Serve Breakfast Posters

COMING SOON!

BUILD A **POWER FUELED** BREAKFAST

Choose at least 3 items
Take 1/2 cup fruit or vegetable

FUEL UP @ Breakfast

Choose at least 3 items (4 for maximum fuel)
Take 1/2 cup fruit and/or vegetable
Visit the Team Nutrition Booth!

BOOTH 2551

- Browse through resources
- Demonstration of digital resources
  - Food Buying Guide
  - Professional Standards Training Tracker Tool
  - Fueling My Healthy Life
- Question & Answers
Looking Ahead

We welcome your input on future changes to improve the Child Nutrition Programs!
Discussion Question:
What feedback do you have for FNS? What else can we do to improve our programs?
Questions?