Reducing Sodium in School Meals

July 16, 2013
10:00 AM

Carol Chong, MA, RD, LD/N
OBJECTIVES

1. Participants will gain knowledge and skills to help them prepare to meet the USDA 2 year sodium limits for the 2014-15 school year.

2. Participants will be able to describe techniques for reducing sodium in school meals through menu planning, procurement and culinary techniques.
Memo of Understanding

The Agreement marks a key step in each organization’s respective efforts to advance and support the work of school nutrition directors to both elevate current best practices in school food service and introduce new tools and resources for school nutrition directors to purchase and prepare healthier school meals. The Agreement will initiate collaboration between the Alliance and SNA where each organization would educate resources, time and talent to meet mutual goals around healthier school meals and promote the joint activities to their core constituents.
Reduce childhood obesity and inspire young people to develop lifelong healthy habits.
Healthy Schools
AMERICANS
NINE out of 10
CONSUME
TOO MUCH SODIUM

ALLIANCE FOR A
HEALTHIER GENERATION
Dietary Guidelines

1500 mg or less

Less than 2300 mg
REDUCING SODIUM IN THE DIET – WHY???
Sources of Salt

Most Sodium Comes from Processed and Restaurant Foods

- Processed and restaurant foods: 77%
- Naturally occurring: 12%
- While eating: 6%
- Home cooking: 5%
Reducing Sodium In School Meals

- **2007** - IOM - Nutrition Standards for Foods in Schools
- **2010** – Healthy Hunger-free Kids Act
  - **2014/15** - Target levels begin
  - **2017/18** - Progressive reductions
  - **2022/23** - Final targets
Appealing To The Senses

5 Senses

- Sight
- Hearing
- Taste
- Touch
- Smell
School Meals

- Appetizing and appealing
- Healthy and nutritious
- Familiar
- Affordable
- Approved
# Federal Regulations Governing School Meals

## Sodium Levels

### Lunch/Breakfast

<table>
<thead>
<tr>
<th>Target 1</th>
<th>Target 2</th>
<th>Target – Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>SY 2014/15</td>
<td>SY 2017/18</td>
<td>SY 2022/23</td>
</tr>
<tr>
<td>K-5</td>
<td>1230/540mg</td>
<td>935/485mg</td>
</tr>
<tr>
<td>6-8</td>
<td>1360/600mg</td>
<td>1035/535mg</td>
</tr>
<tr>
<td>9-12</td>
<td>1420/640mg</td>
<td>1080/570mg</td>
</tr>
</tbody>
</table>
What Are The Most Common Food Sources Of Sodium In School Foods?
Do The Math

Nutrients -

• 1/4 RDA for breakfast
• 1/3 RDA for Lunch

Sodium 2300 mg/day

Average

• B = 575 mg
• L = 766 mg
Do The Math

1 tsp = 2000 mg sodium

1 tsp = 1100 mg sodium

8 oz = 103 – 130 mg sodium

1 oz = 406 mg sodium
- 1 oz Cheese 406
- 1 oz Turkey 185
- 1 oz T Ham 256
- Bread –Fr 156
- Total……….1003 mg
Challenges To Meet Regulations

✓ Finding Items That Are Accepted By Students
✓ Modifying Recipes
✓ Pre-made Products
Meeting The Challenges

• Finding Items *Accepted By Students*:
  
  - USDA Products- some products available
  
  - Manufacturers working to meet the regulations and student preferences
Modifying Recipes

✓ Increase use of spices

✓ Add fresh ingredients – herbs and vegetables – incorporate from school gardens

✓ Decrease/eliminate the quantity of salt - add salt at the END of cooking, flavor will be stronger

✓ Use lower sodium bases and sauces
"THE PATRONS AT TABLE FIVE WANT TO KNOW HOW YOU MANAGE TO GET SUCH A WONDERFUL TASTE IN YOUR SALT-FREE SOUP."
Pre-made Products – Commitment From Manufacturers

• AFHG has worked with several major food manufacturers to begin to reduce sodium within their products.

To view the full listing visit: www.healthiergeneration.org/productnavigator
Our Call to Action ….

- Be proactive rather than reactive
- Challenge manufacturers - the ASK is YOURS!
- Focus Groups with customers for product testing, evaluation and acceptance
- Start NOW ….gradual changes are more accepted and not detected (sleuth approach)
- Integrate NEW flavors - ethnic, spices, fresh

WE CAN DO THIS!
WHY??
Thank you!

Carol Chong, MA;RD;LD/N
National Nutrition Advisor
carol.chong@healthiergeneration.org