



The Five W's of the New Nutrition Standards

What? On July 1, 2012, new federal nutrition standards took effect and meals served through the National School Lunch Program and School Breakfast Program must now meet these science-based requirements. The Texas Department of Agriculture provides training and technical assistance to support school nutrition professionals so the meals they serve can meet these new federal mandates.

Who? More than 3 million Texas children eat meals through the National School Lunch Program every day. They may see new foods and serving sizes offered in the cafeteria, as the lunches are aligned with the 2010 Dietary Guidelines for Americans and recommendations from the Institute of Medicine.

When? The new nutrition standards took effect July 1, 2012. Most of the National School Lunch Program changes are in effect for the 2012-13 school year. Most of the School Breakfast Program changes occur beginning in the 2013-14 school year. For both programs, beginning in the 2014-15 school year, all grains must be whole grain-rich, and initial sodium targets will take effect. All sodium targets must be reached by the 2022-23 school year.

Why? In 2010, Congress passed the Healthy, Hunger-Free Kids Act, requiring school meals to meet new nutrition standards. The U.S. Department of Agriculture wrote the rule outlining the necessary requirements, and the regulations went into effect in 2012.

Where? The new standards will be implemented nationwide at schools that participate in the National School Lunch Program and School Breakfast Program.

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