SWEEPING CHANGES TO YOUR SCHOOL LUNCH PROGRAM

The New Healthy, Hunger-Free Kids Act Requirements

Pomptonian has always and continues to pride itself on promoting nutritious and wholesome meals in the schools we have the privilege of serving. Beginning this September, the USDA's new regulations will take effect, restricting what may be offered within the Federal lunch and breakfast programs.

To summarize, some of the most dramatic changes being implemented will be smaller entrées, including smaller bread and smaller protein portions; the elimination of 1% flavored milk, to be replaced by flavored fat-free milk; and, for many districts, mandated price increases.

These new regulations are part of the Healthy, Hunger-Free Kids Act, signed by President Obama in December 2010, with the new guidelines having been recently announced. The districts served by Pomptonian have enjoyed a wide variety of offerings and increased participation has followed an increased variety. As always, we will work to make the program as appealing as possible within these new parameters.

Students that participate in programs with on-site kitchens will be able to make additional purchases to augment their meals. Students that are eligible for the free or reduced price programs can also make additional purchases, but they will not be included as part of the subsidized meal program. For this reason, we believe that the new regulations will have the most dramatic impact on needy students.

For your convenience, Pomptonian has made the regulations for the Healthy, Hunger-Free Kids Act, along with a detailed summary of these new regulations, available on our website at www.Pomptonian.com/Press & Awards. We will also be developing an information campaign for the students we serve to help them understand these new regulations and the impact they will have on the selections available in the cafeteria.

As always, we will strive to offer a nutritious and appealing variety. We truly appreciate you allowing your child to participate in your school's Nutrition program.

Pomptonian
FOOD SERVICE

Healthy Changes in Our School Cafeterias

Fall 2012

Special points of interest:

- Greater access to a wide variety of fruits and vegetables
- More healthy, whole grains
- Less salt
- Proper portion sizes for each age group
- Fat-free or 1% milk

Courtesy of the NJ Department of Education in collaboration with the NJ Department of Agriculture

Tough New Standards for School Cafeterias

Beginning in the fall of 2012, school cafeterias must meet tough new federal nutrition standards which include some of the biggest changes in 30 years. The new standards make sure that students receive well-balanced meals and all the nutrition they need to succeed in school.

School meals will include:

- A larger variety of fruits and vegetables
- Serving sizes for each age group
- More whole grains
- Less salt
- Fat-free or 1% milk (flavored milk must be fat-free)

Some school cafeterias have fruit and vegetable bars so students can serve themselves.

Fruits and Vegetables

More fruits and vegetables will be served in school cafeterias this year. A variety of vegetables from five different groups will be served each week. Some students will have an opportunity to taste fruits and vegetables they have never tried before! For a complete list of the five categories of vegetables, please visit the New Jersey Department of Agriculture's website: http://www.nj.gov/agriculture/divisions/fn/pdf/form138.pdf.

Fruits and vegetables will be featured in school lunches and breakfasts.

Whole Grains

Nutritious and tasty whole grain items will be added to cafeteria menus. "Whole" before a grain's name means that it includes all parts of the grain kernel. Some examples of whole grains are: wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, and rye. Whole grains even include popcorn!

Whole grains are part of a healthy diet and studies have shown they can help lessen a person's risk for chronic disease.

A Healthy Plate

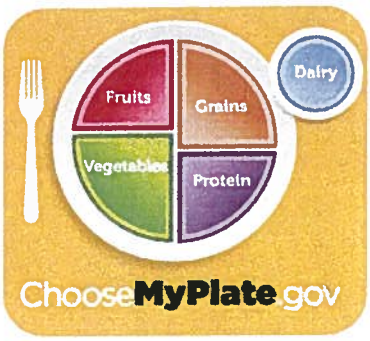
MyPlate is used as a guide for healthy eating. It shows sections for fruits, vegetables, grains, proteins and dairy. Families can:

- fill half their plates with vegetables and fruits
- make at least half the grains served whole grains, like oatmeal and brown rice
- serve fat-free or low-fat (1%) milk and water rather than sugary drinks
- choose pre-packaged foods that are low in sodium
- avoid serving oversized portions

Families can visit a local farmer's market to purchase fresh fruits and vegetables.

Healthy Eating Activities for Families

1. Try a new food each week. Choose a vegetable, fruit, or whole grain item.
2. Select several items from your kitchen and check the sodium content on the labels. The less sodium per serving the better.
3. Eat from the rainbow and try new colors of fruits and vegetables weekly. See how many colors you can try.
4. Cook together as a family.
5. Cut out drinks with added sugar and drink water and low-fat milk instead.

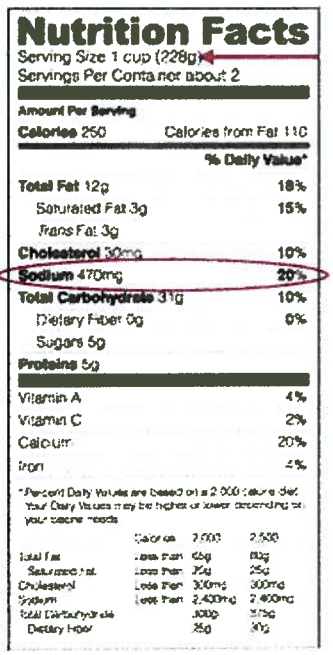


MyPlate was created to remind us to eat healthfully.

Salt

Many children eat foods with too much salt (sodium chloride). Too much salt can lead to high blood pressure. Over the next several years school lunch and breakfast programs will begin to serve foods with less salt. You can lessen the amount of salt your family eats by checking **Nutrition Facts** labels for sodium content. If a serving has 140 mg or less of sodium it is considered a low salt food.

Look at the label to the right. Is this a low salt food?



Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving
Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Questions? Email cshp@doe.state.nj.us

USDA United States Department of Agriculture
Food and Nutrition Service

Email Updates

Sign-up to receive free email updates

Related Links

- Best Practices Sharing Center
- Center for Nutrition Policy and Promotion
- Chefs Move to Schools
- Farm to School
- Fresh Fruit and Vegetable Program
- HealthierUS School Challenge
- Healthy, Hunger Free Kids Act
- Let's Move!
- Local School Wellness Policies
- MyPlate
- National Food Service Management Institute
- National School Lunch Program
- School Breakfast Program
- School Nutrition
- Team Nutrition
- USDA Foods

The School Day Just Got Healthier

Healthier school meals have More Fruit

Students can expect benefits from *healthier* and more *nutritious* food in school. Thanks to the Healthy, Hunger Free Kids Act, major improvements are being made across the country to transform school food and to promote *better nutrition* and *reduce obesity*. Learn more about the changes, take action within your schools and community, get onboard with this exciting time in school meals!"

Watch **First Lady Michelle Obama's Back to School Message**

Toolkit

The School Day Just Got Healthier Toolkit is a collection of resources including brochures, fact sheets, FAQs, fliers, school lessons, templates and much more, to help prepare everyone for the changes to school meals this school year. Download the campaign badges that you can use in your efforts to help spread the word!

Everyone plays an important and unique role within the changes to the school food environment. Understand the changes and messages, access the tools, and take action in your schools through these pages created just for you.

Events & Activities

The School Day Just Got Healthier Events and Activities! Find out what events are happening on a national level as well as local events around the country.

Partners

Check out some of The School Day Just Got Healthier Partners and see what they are doing!

For more information, contact Healthierschoolday@fns.usda.gov

Last modified: 09/13/2012

The School Day just got Healthier

Success Stories & Blogs

- *Healthier School Days for Students in West Virginia*
- *Making School Days Healthier in Miami*
- *Thanks for Making the #Ask USDA School Meals Chat a Success!*
- *New School Year Ushers in Healthier School Days for Kids*
- *Fruit and Veggie Tasting Prepares Students for Upcoming School Year*

Share your stories and ideas!

Download Campaign Badges

Stay Connected:

Join the Conversation: #schoolfoodsrule