

Don't Get Salty:

Resources for Meeting the New NSLP/SBP Sodium Targets

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How much sodium?

- Adequate intake for children = 1200-1500 mg.
- DGAs recommended less than 2,300 milligrams (mg) per day for most Americans above 2 years old
 - 1500 mg for persons who are 51 and older, African Americans, or those who have hypertension, diabetes, or chronic kidney disease.
- The estimated average intake of sodium for all Americans ages 2 years and older is approximately 3,400 mg per day
- Salty taste is acquired and can be changed over time

Sodium and Blood Pressure

- “...Evidence has documented that as sodium intake decreases, so does blood pressure in children, birth to 18 years of age.”
- 2010 Dietary Guidelines Advisory Committee Report

Role of Salt

- Adds flavor to foods
- Acts as a preservative in many processed items
- Aids in the control of the rate of yeast fermentation in bread making

2017-18 Sodium Reduction Targets Breakfast

Grade Group	SNDA IV	SY 2014-15	SY 2017-18
K-5	569 mg	≤540mg	≤485mg
6-8	687 mg	≤600mg	≤535mg
9-12	704 mg	≤640mg	≤570mg

*Average sodium amount per meal over one week.

2017-18 Sodium Reduction Targets Lunch

Grade Group	SNDA IV	SY 2014-15	SY 2017-18
K-5	1,324 mg	≤1,230mg	≤935mg
6-8	1392 mg	≤1,360mg	≤1,035mg
9-12	1,515 mg	≤1,420mg	≤1,080mg

*Average sodium amount per meal over one week.

Top 10 food contributors to dietary sodium intake among 2-19 year olds

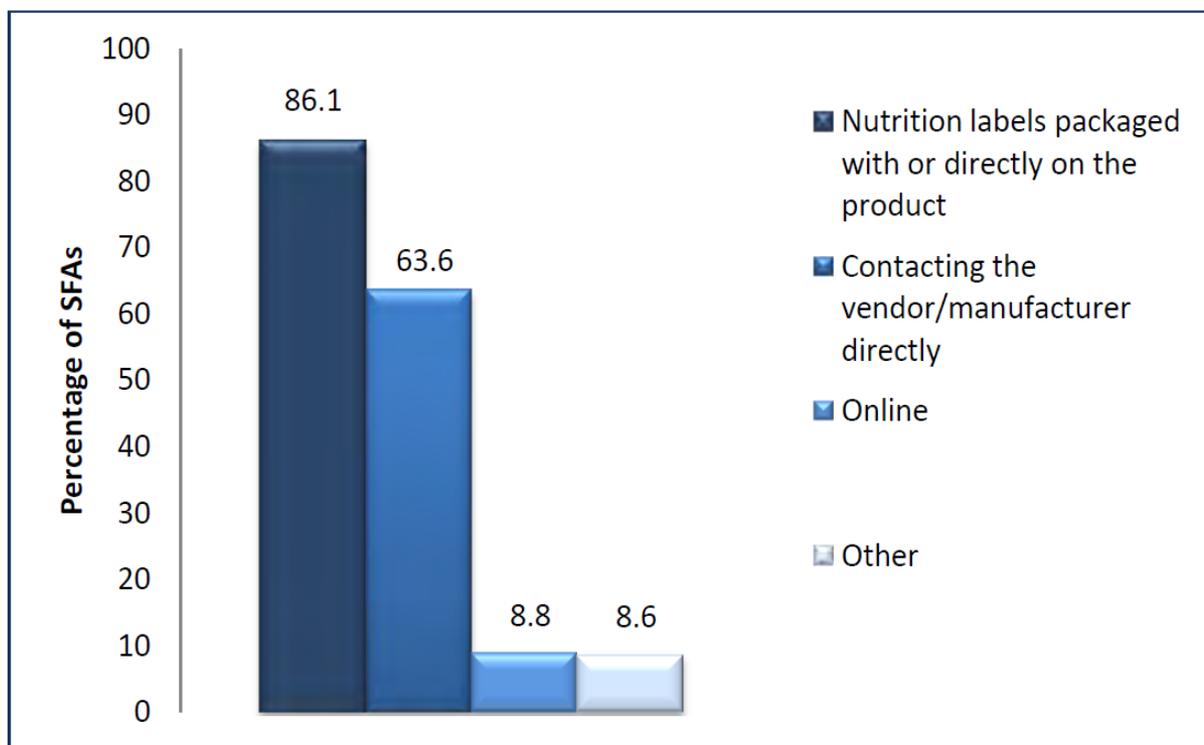
1. Pizza
2. Bread and rolls
3. Poultry
4. Cold cuts/cured meats
4. Sandwiches
4. Savory snacks
7. Soups
8. Cheese
8. Pasta mixed dishes
10. Meat mixed dishes

From Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008, Published by CDC in 2012

TIPS TO REDUCE SODIUM IN YOUR MEALS

Getting Sodium Information

Figure IV-4.1 Percentage of SFAs Obtaining Nutrition Information for Foods Via Various Methods, SY 2011-12



n is less than 1,401 due to item non-response. Percentages are based on a weighted item response of 14,454 (unweighted 1,387).
Data Source: SFA Director Survey 2011, question 10.5.

Labeling Terms

- Sodium Free: <5mg sodium mg/serving
- Very Low Sodium: < or = 35 mg/serving
- Low sodium: < or = 140 mg/serving
- Reduced sodium: <25% less sodium than usual
- No salt added

Read Nutrition Facts Labels

- Look for “low-sodium” or “No Salt Added” on the label
 - Low-sodium foods have <140mg sodium/serving
 - REMINDER: Reduced-sodium products are not necessarily low-sodium
- Compare the sodium content across similar products and choose the lower sodium option

Talk to Your Food Distributors

- Alert your food distributor to the new lower-sodium rules and regulations
 - Other institutional food service operations are also asking for lower-sodium options. By alerting your distributor, it helps create a greater demand for these products, making the distributor more likely to bring low-sodium products into stock.
- Ask your food distributor for a list of low-sodium products that are available
- Ask for a price comparison sheet for similar items, then compare the items' sodium contents

Offer Higher Sodium Foods Less Often

Or in smaller portions

- Bacon, ham, & sausage
- Biscuits, cornbread, & other “quick” breads prepared with baking soda
- Buttermilk
- Canned products that are NOT low-sodium
- Cheesy items like pizza or cheese-filled ravioli
- Hot dogs
- Luncheon meats
- Pickles, olives, & sauerkraut
- Potato chips
- Pre-made or canned chili and soup
- Salted snacks like pretzels and nuts

How Much Sodium is Added?

Regular (3/4 cup equiv)

- Chopped tomatoes– 7 mg
- Canned tomatoes– 230 mg
- Tomato sauce – 393 mg
- Marinara sauce – 553mg
- Tomato paste (3 Tbsp) – 378
- Catsup (1 Tbsp) – 154mg

No added salt or low sodium

- Canned tomatoes - 18 mg
- Tomato sauce – 18 mg
- Marinara sauce – 38 mg
- Tomato paste (3 Tbsp) – 27 mg
- Catsup (1 Tbsp) – 3 mg

Replace the Salt Shaker

- Remove the salt shaker from food service areas
 - 1 tsp salt = ~2,300mg sodium
- Replace the salt shaker with a pepper or herb shaker or with a herbs/spice bar
- Replace onion salt or garlic salt with onion powder or garlic powder in recipes

Spice Up Your Condiments Section

Replace high-sodium condiments
with lower-sodium alternatives:

- High Sodium
- Barbeque sauce
- Salt, sea salt, garlic salt
- Canned salsa
- Catsup
- Pickles, olives, relish
- Seasoning mixes containing salt
- Commercial salad dressings
- Soy sauce
- Worcestershire sauce
- Lower-Sodium
- Flavored vinegars
- Fresh or dried herbs
- Fresh salsa
- Lemon or lime juice
- Pepper sauce
- Salt-free seasoning mixes
- Seasoning powders (onion powder, garlic powder)
- Simple salad dressings (such as vinegar and oil)
- Spices

Use More Herbs & Spices

- Handout from Indiana Dept. of Education

Available at:

<http://www.doe.in.gov/sites/default/files/nutrition/nslp-idoeprogram-aids02sodium-fact-sheet-idoepdf>

Modify Your Recipes

- Eliminate salt from recipes that state “salt to taste” or “pinch of salt” (except recipes that contain yeast or that need to rise)
- Reduce salt in recipes by half, and conduct taste-tests to ensure acceptability
- Use of low sodium bouillon cubes, ham base, and chicken base
- Replace broths in recipes with low-sodium broth
- Add a little dry mustard or a dash of Tabasco sauce to egg dishes instead of salt
- Use less or no salt when cooking pasta, rice, beans, and hot cereals. Add lemon rind or juice, in place of salt, to water that is used to boil spaghetti.

K-5 Meal Pattern and Sodium

- Milk (1 c) – 105 mg plain; 150 mg flavored
- Fruit (1/2 c) – 2-10 mg
- Vegetables (.75) – fresh or frozen – 15-25 mg
 - Low sodium canned – <140 mg/serving
- Grains (1-2 oz eq) – 2 mg (rice or pasta); 130 -200 mg/oz eq (baked goods)
- Meat/meat alternate (plain, baked) (2 oz eq) – 50-70 mg
- Total minimums = ~ 450 mg; Standard = 935 mg

Practices to Reduce Sodium Intake

- Limit Cheese (all varieties) to $\frac{1}{2}$ - 1 oz per serving and not more than 1-2 oz per week for grades K-5 and 6-8 and 2-3 oz per week for grades 9-12. This includes cheese offered on salad bars.
- Purchase salad dressings with less than 300 mg sodium per serving and limit serving size to no more than 2 TBSP.
- Offer pickles, cheese, olives, packaged crackers and croutons on the service line and/or salad bar less often?
- Offer meats such as hot dogs, luncheon meats, ham, sausage, Canadian bacon and canned soups on the service line and/or salad bar less often?

Practices to Reduce Sodium Intake

- Control portion sizes for high sodium menu items including condiments by placing items in portion cups, portion controlled packaging or appropriate serving size utensils and limit the portion size allowed per meal.
- Use broths and soups reduced salt.
- Offer fresh, frozen, or unsalted canned vegetables.
- Substitute herbs and spices for salt.
- Offer salt to students only on request.

AVAILABLE RESOURCES



- Household Recipes
- Large Quantity Recipes
- SNAP Recipes
- Recetas en Español



Porcupine Sliders

GRAND PRIZE WINNER Recipes for Healthy Kids These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors.

Search Recipes

Stay Connected



— Cookbooks —



A Harvest of Recipes with USDA Foods



Cook it Fast!



Recipes for Healthy Kids



The 2013 Healthy Lunchtime Challenge Cookbook

— Recipe Tools —



MY COOKBOOK
Create and print your own cookbook



MENU BUILDER
COMING SOON!
Build healthy menus and get a shopping list



NUTRITION FOCUS
Browse recipes by nutrition themes



SNAP-ED RECIPE FINDER
Select "SNAP Recipes" for the Recipe Finder collection

— Spotlights —



Let's Move! Initiative



ChooseMyPlate



SuperTracker



Healthy Eating on a Budget

Tools for Schools

- <http://www.fns.usda.gov/healthierschoolday>
- Your one-stop guide to nutrition standards for school meals and snacks:
 - Free nutrition materials, training, and recipes for school food service
 - Smarter Lunchroom strategies
 - Tips for offering more fruits, vegetables, and whole grain-rich foods
 - Grant opportunities
 - Best practices from other schools
 - Regulations and policies

Related Links

- > [Healthier School Day](#)
- > [School Breakfast Toolkit](#)
- > [Smart Snacks Product Calculator](#)
- > [Best Practices Sharing Center](#)
- > [Chefs Move to School](#)
- > [Farm to School](#)
- > [Fresh Fruit and Vegetable Program](#)
- > [Healthy, Hunger Free Kids Act](#)
- > [Local School Wellness Policies](#)
- > [MyPlate](#)
- > [School Meals](#)
- > [Team Nutrition](#)
- > [USDA Foods](#)

Healthier School Day

Print

Tools for Schools: Reducing Sodium



Smart Snacks

Fruits & Vegetables

Sodium

Whole Grain-Rich

Sodium, also known as salt, is often added to foods during processing, cooking, or at the table. While the body needs some sodium, almost everyone eats more than the body needs. Too much sodium plays a role in high blood pressure, which makes it harder for the heart to do its job.

Schools are an important player in overall national efforts to reduce the amount of salt that people eat. As such, schools participating in the National School Lunch and School Breakfast Programs will continue to reduce the amount of salt in meals by choosing lower sodium versions of foods and flavoring foods with spices and herbs. See the resources below for information about sodium limits in school meals and guidance on selecting and preparing foods with less sodium.

Resource Materials

- [Just the Facts! Be Salt Savvy - Cut Back on Sodium for Healthier School Meals](#)
- [Reducing Sodium Intake \(National Food Service Management Institute\)](#)
- [Sodium Reduction \(USDA Healthy Meals Resource System\)](#)
- [USDA 10 Tips Nutrition Education Series: Salt and Sodium: 10 Tips to Help You Cut Back](#)

Policy Guidance

- [Sodium Reduction: Timeline and Amount](#)
- [Meal Pattern Rule: Sodium Standards & Timeline for Phased-in Sodium Reduction](#)

Last Modified: 06/05/2014



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- Recipes
 - Menu Planning
 - Best Practices
 - Nutrition Education
 - Resource Library
 - HealthierUS School Challenge Resources
 - Wellness Policy Resources
 - State Sharing Center
 - Professional Standards

[Menu Planning >](#)

Sodium Reduction

Be Salt Savvy - Cut Back on Sodium (PDF | 1.20 MB)

USDA. *FNS. Team Nutrition.*

Part of the [Fact Sheets for Healthier School Meals](#) set. The fact sheets for school foodservice professionals offer strategies for purchasing, preparing, and serving meals consistent with the *Dietary Guidelines for Americans*.

Under Pressure: Strategies for Sodium Reduction in the School Environment (PDF | 1.83 MB)

CDC. *National Center for Chronic Disease Prevention and Health Promotion; Division for Heart Disease and Stroke Prevention.*

Provides background on sodium in schools and offers a variety of approaches to reducing sodium in the school environment. Case examples accompany most approaches. Resources and references are available at the end of the document.

Salt and Sodium: 10 Tips to Help You Cut Back (PDF | 320 KB)

USDA. *Center for Nutrition Policy and Promotion.*

Ten general tips for reducing daily sodium intake. From the [MyPlate Ten Tips Nutrition Education Series](#).

Reduce Sodium in School Meals (PDF | 412 KB)

Indiana Department of Education.

This two-page handout provides suggestions for limiting high-sodium foods, tips for modifying recipes that use high-sodium ingredients, and a chart of common seasonings to use in place of salt.

Guide for Reducing Salt and Other Sodium Containing Additives in School Meals (PDF | 68 KB)

Wisconsin Department of Public Instruction.

Provides tips for a variety of approaches to reducing sodium in meals, including menu planning, purchasing, preparation, and recipe modification. Included information about using salt substitutes.

Menus that Move: Cycle Menus and Recipes

Ohio Department of Education; Ohio State University.

Cycle menus for Fall, Winter, Spring, and Summer featuring local foods in season. Each season contains 5 weekly menus for grades K-8 and 9-12 with meal components and nutrient standards. Menus meet the **Target 1 sodium levels**. Resource also contains **50 standardized recipes** that use USDA foods.

Culinary Techniques for Healthy School Meals

National Food Service Management Institute.

Menu Planning

- Beans
- Fruits and Vegetables
- Menu Planning Tools
- Sodium Reduction
- USDA Food (Commodity) Resources
- What's in Season?
- Whole Grains
- Nutrition Standards for School Meals



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Best Practices Sharing Center

Welcome to the Best Practices Sharing Center! This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy menus that meet school meal regulations.

Select from the options below to search for resources.

Topics

- Smart Snacks
- Sodium reduction**
- Fruits
- Vegetables
- Whole grains
- Meal pattern
- Fluid milk
- Meat / Meat alternatives
- Dietary specifications (calories, sat. fat, trans fat)
- Planning tools
- Monitoring tools
- Promotional materials

Hold the CTRL key to select multiple options.

Formats

- Menu**
- Success story / feedback
- Recipe
- Checklist
- Training material (video, webinar, etc.)
- Method of implementation
- Handout / Brochure / Poster

Hold the CTRL key to select multiple options.

Audiences

- School Food Authority
- State Agency

Hold the CTRL key to select multiple options.

Developers

- School Food Authority
- State Agency

Hold the CTRL key to select multiple options.

[Clear form](#)

New Materials

[Smart Snacks Food Show](#)

Submit a best practice

Materials may be submitted via email to hmrs@ars.usda.gov. In the body of the email, please provide the developer name as well as the subject areas, audiences, and format that the resource covers.



TEAM NUTRITION

Search HMRS

Search input field with 'Go' button

- Search all USDA
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Browse by Subject

- Recipes
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- Best Practices
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- Resource Library
- HealthierUS School Challenge Resources
- Wellness Policy Resources
- State Sharing Center
- Professional Standards

Best practices search: Sodium reduction, Menu

Displaying 1 - 10 of 15 records

Search the Best Practices Sharing Center

Whipping Up Wellness: Wisconsin Student Chef Competition Cookbook

Submitted by: Wisconsin Department of Public Instruction

Rating:

Select rating dropdown menu

No votes yet

Iowa Gold Star Lunch Menu and Recipes

Submitted by: Iowa Team Nutrition

Rating:

Give it 5/5 dropdown menu

Average: 5 (4 votes)

Iowa Gold Star Breakfast Menu

Submitted by: Iowa Team Nutrition

Rating:

Give it 5/5 dropdown menu

Average: 5 (2 votes)

Chef Designed School Meals

Submitted by: Idaho State Department of Education, Child Nutrition Programs

Rating:

Give it 5/5 dropdown menu

Average: 5 (1 vote)

Menu Planning Worksheets

Submitted by: Kelly Williams, RD, CD, Nutrition Education Consultant, Wisconsin Department of Public Instruction

Rating:

Give it 4/5 dropdown menu

Average: 3.3 (7 votes)

Oregon CNP Menu Planner

Submitted by: Marcia Moquin, SNS- Oregon Department of Education

Rating:

Give it 3/5 dropdown menu

Average: 2.3 (3 votes)

Menus that Move Cycle Menus

Submitted by: Susan Patton, MS RD LD: Ohio Department of Education

Rating:



QUICK LINKS

- » Child and Adult Care Food Program (CACFP)
- » CATS (Commodities Allocation Tracking System)
- » Ohio United States Department of Agriculture Foods Program
- » National School Lunch and Breakfast
- » Resources and Tools for Food and Nutrition

Data for Free and Reduced Price Meal Eligibility

6 Cents Certification/New Meal Pattern Resources

Child Nutrition Reauthorization 2010

Fresh Fruit and Vegetable Classroom Education Materials

Fresh Fruit and Vegetable Program

Community Eligibility Provision

CRE Review Resources

CRRS (Claims Reimbursement and Reporting System - Password Required)

Fact Sheets, Guidance, Manuals, NSLP

Food Allergy Policy Requirements and Guidance

Menus that Move

Menus that Move is a set of seasonal cycle menus to help schools serve tasty meals that fit within the United States Department of Agriculture's (USDA) new meal guidelines. Each seasonal cycle menu contains five weekly menus that have been entered into the USDA Menu Certification Worksheet and meet both the required meal components and also nutrient standards that have been entered into a USDA-approved software.

ABOUT MENUS THAT MOVE:

- » Seasonal for Fall, Winter, Spring, and Summer, featuring local foods in season with cultural flavors;
- » Each season contains five weekly menus for grades K-8 and 9-12 with meal components and nutrient standards;
- » Contains 50 standardized recipes that include:
 - » dark green and red/orange vegetables
 - » beans/legumes
 - » whole grain rich foods;
- » The recipes and menus include [USDA Foods](#) and [State Processed Foods](#);
- » The cycle menus meet the Target 1 sodium levels;
- » Provide guidance for schools that want to add meal components to fulfill the new criteria for the HealthierUS School Challenge (Bronze).

An advisory committee of foodservice directors from across Ohio was formed to review and evaluate the menus based on ease of preparation, cost considerations, equipment, and taste acceptance. The recipes have been standardized and taste-tested with students in five regional school districts.

We hope you'll enjoy Menus that Move. Please contact Susan Patton (Susan.Patton@education.ohio.gov) with any questions regarding the menus.



School Nutrition Programs

Child Nutrition & Wellness, KSDE

SNP Home What's New Administration Guidance Training Resources Recognition

Key Links

- ▶ Direct Certification
- ▶ Food Service Facts
- ▶ KN-CLAIM
- ▶ Regulations & Statutes
- ▶ Reimbursement Rates

you are here > School Nutrition Home > Resources > Healthier Kansas Menus > 8-Week Lunch Cycle

Healthier Kansas Menus

School-Tested Menus & Recipes that Meet the Challenge

All links on this page open in a new window.

HealthierUS School Challenge - The Healthier Kansas Menus are designed to help you meet the challenge of serving nutritious meals that will appeal to students. You can also use these menus to apply for the **HealthierUS School Challenge**.

8-Week Lunch Cycle (Meets Sodium Requirements for SY 2014-15)



Lunch Recipes

4-Week Fall Lunch Menu Calendar:



With Nutrient Analysis



Without Nutrient Analysis

4-Week Fall Lunch Preparation Instructions, Serving Tips, Production Records & Purchasing Guide:



Week 1



Week 2



Week 3



Week 4

4-Week Spring Lunch Menu Calendar:



With Nutrient Analysis

Best Practices Sharing Center

- <http://healthymeals.nal.usda.gov/best-practices>
- Materials may be submitted via email to hmrs@ars.usda.gov

10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Flexibilities

- Phased-in Breakfast implementation
- Option to offer a daily meat/meat Alternate at breakfast
- Allowed students to take just one-half cup of fruit or vegetables under OVS
- Removed the starchy vegetable limit
- Pushed out the second sodium target by an additional year
- Lifted the weekly maximums on grain and meat/meat alternates
- Allowed frozen fruit with added sugar
- Clarified allowable whole grain-rich corn products
- Provided two-year flexibility for schools that cannot obtain acceptable whole grain-rich pasta
- Provided Smart Snack exemption for grain-only entrees served at breakfast

TeamNutrition@fns.usda.gov

THANK YOU

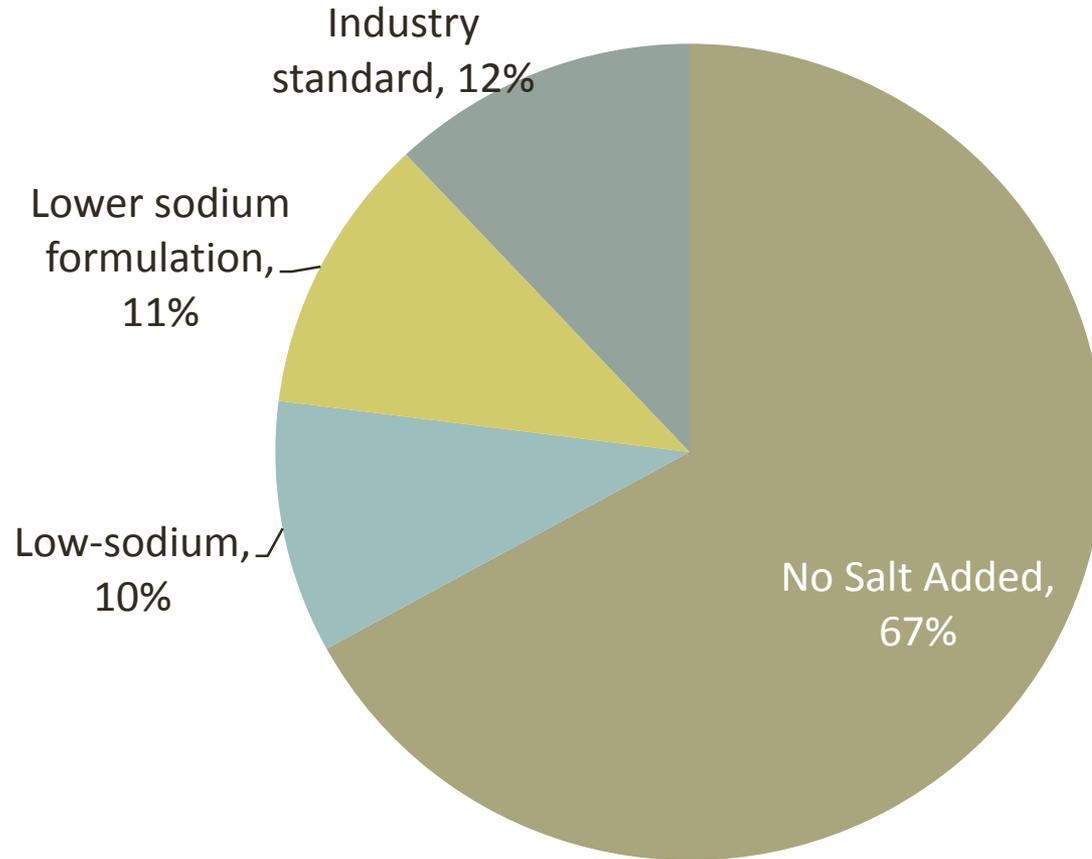
USDA Foods: Sodium Reduction Efforts

Christina Riley, MS, RD
Nutritionist
Food Distribution Division

USDA Foods For Schools

- 200+ product options provide flexibility to schools
- Healthy Choices- fruits, vegetables, whole grains, lean meats and cheese, nuts/seeds, oils
- 100% American grown/processed/packaged
- Stringent food safety, quality, nutrition standards
- Demand driven system- school districts select items they want to order with entitlement dollars

USDA Foods Sodium Statistics



USDA Foods Sodium Summary

- Vegetables/Beans: All products no salt added or low-sodium
 - 60% of products no salt added
 - 40% of products low-sodium canned (≤ 140 mg/serving)
- Fruits: All products naturally no salt added
- Grains
 - 94% of products no salt added
- Meat/Fish/Eggs
 - 48% of products no salt added
 - 29% of products lower sodium formulations
- Cheese
 - 52% of products lower sodium formulations
- Nuts/Seeds/Oils
 - 64% of products no salt added

Process for Sodium Reduction

- Identify product and review current specification/formulation
- Work with USDA food scientists and product experts to discuss possible reformulation, while still achieving optimal product performance
- Work with industry to discuss feasibility of proposed sodium targets and formulation changes
- Revise specification/post for public comments
- Finalize and implement new specification
- Next procurement cycle will incorporate new specifications

Sodium Reduction Examples

- Mozzarella cheese
 - Specification requires ≤ 185 mg sodium/ounce
 - Result: Up to 50% sodium reduction; products as low as 95 mg/ounce
- Whole grain breaded catfish strips
 - Specification requires ≤ 360 mg sodium/100 g (≤ 101 mg/ounce)
 - Result: Up to 23% sodium reduction; products as low as 66 mg/ounce
- Ham
 - Specification requires ≤ 700 mg sodium/100 g (≤ 196 mg/ounce)
 - Result: Up to 42% sodium reduction
 - Other similar products: 1314 mg/100 g
- American cheese
 - Specification requires 200-300 mg sodium/ounce
 - Result: Up to 23% sodium reduction; products as low as 230 mg/ounce
 - Other similar products: 428-501 mg/ounce

USDA Foods for Processing

- USDA defines the sodium specifications for direct purchased products → YOU define the requirements for foods processed using USDA Foods bulk products
- Encourage states and schools to define sodium limits in specifications for USDA Foods processed products
- Talk to your state agency for more information/guidance on writing product specifications

High School Sample Menu 1

- Roasted chicken*- 2 MMA
- Mashed sweet potatoes*- 1 cup
- Brown rice*- 1 cup
- Baked apples*- 1 cup
- Milk- 1 cup

*USDA Foods products

Sample Menu 1- Sodium

- High School Menu:
 - Roasted chicken- 200 mg
 - Mashed sweet potatoes- 192 mg
 - Brown rice- 10 mg
 - Baked apples- 6 mg
 - Milk- 107 mg

High School Sample Menu 2

- Make Your Own Burrito:
- Whole grain tortilla*- 1.5 oz eq.
- Brown rice*- ¼ cup
- Diced chicken*/turkey taco filling*- 2 MMA (choose one)
- Cheddar cheese*- ½ oz (optional)
- Refried beans*/black beans*- ¼ cup
- Lettuce- ¼ cup
- Tomato- ¼ cup
- Salsa*- ¼ cup
- Frozen peach cup*- ½ cup
- Fresh orange*- ½ cup
- Milk- 1 cup

Sample Menu 2- Sodium

- Make Your Own Burrito:
- Whole grain tortilla- 210 mg
- Brown rice- 2 mg
- Diced chicken/turkey taco filling- 88 mg/260 mg
- Cheddar cheese- 90 mg
- Refried beans/black beans- 70 mg
- Salsa- 70 mg
- Lettuce/tomato- 3 mg
- Frozen peach cup- 0 mg
- Fresh orange- 0 mg
- Milk- 107 mg

Summary

- USDA Foods offers a variety of no salt added and lower sodium options to help schools prepare healthy meals
- Schools using USDA Foods for processing should define sodium specifications to ensure you receive products that meet your needs
- Sodium reduction is feasible using USDA Foods!

Bonneville School District 93
Idaho Falls, Idaho

HEATHER PLAIN
CHILD NUTRITION DIRECTOR

January 2009

- SODIUM
- 2 mg per Calorie

NUTRIKIDS Menu Planning - Version: 15.0 - User plainh - [Menu Planning]

Ingredients Recipes Menus Production Costing Conversion Charts Tools Help

Close Save Prod Qty Grip Selection Defaults View Recipe Reim. Meal Groups

Search Open Up Down Insert Clear Delete Prev Day Next Day

Tue, Oct 31, 2006 **B - K-6 Lunch** Portion Size Weighted Values

	Recipe Name	Portion Size	Reim- burse	Ala Carte	CALS	mg Sodm	Tot Fat Grams	Tot Fat CAL5%
1	Must Choose Only One	1	0	0	0	0	0.0	0.0%
2	BSD Hamburger	SERVING	800	0	286	600	12.0	37.7%
3	BSD Condiment Bar:HHS	.5 cup	770	0	28	219	1.4	46.0%
4	LASAGNA W/ GARLIC BREAD	SERVINGS	680	0	471	882	7.8	15.0%
5	BSD Salad, Chef Ham:Elem	1 each	755	0	163	472	9.7	53.4%
6	May Choose Three	1	0	0	0	0	0.0	0.0%
7	MACARONI AND CHEESE	2/3 CUP	1320	0	350	1003	21.5	55.4%
8	Chocolate Pudding	1/2 Cup	2080	0	406	632	1.3	2.8%
9	FRUIT ASSORTED CANNED	.5 CUP	835	0	35	3	0.0	0.5%
10	May Choose	Desc.	0	0	0	0	0.0	0.0%
11	BSD Milk, 1 % White	HALF PINT	2235	0	100	125	2.5	22.5%
12								
13								
14								
15								
Meal Totals :			2235		1008	2025	26.8	24.0%

* - asterisk denotes nutrients with either missing or incomplete nutrient data.

N/A - denotes a nutrient that is missing or incomplete for an individual ingredient.

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NUM CAPS 7/2/2014 1:21 PM 7/2/2014

Where we began...

- Step 1
 - Make sure all ingredients are entered correctly and match what is actually being purchased / served.
- Step 2
 - Identify days and items that have high sodium.

Tricks we learned:

- Remove the dill pickle spear from the salad
 - Saved 320 mg sodium (1 oz serving size)
- Don't add margarine or salt to the veggies.
 - Saved 220 mg sodium per serving
- Hamburger instead of Cheeseburger
 - Saved 145 mg sodium per cheese slice
- Fresh or Frozen Veggies instead of processed: Fresh Broccoli w/Ranch instead of Tater Tots w/ketchup
 - Saved 225 mg sodium
- Baked beans made with USDA Vegetarian Beans
 - Saved 400 mg sodium
- Switched to a lite ranch pc instead of making our own
 - Saved 88 mg Sodium
- Salad dressing is choice instead of serving it with every salad.
 - Reduced consumption by 25%.

CHEF BRENDA THOMPSON

Before

Bonneville School District #93 K-6 Lunch

Page 1

Jul 2, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mon - 10/30/2006	Tue - 10/31/2006	Wed - 11/1/2006	Thu - 11/2/2006	Fri - 11/3/2006	Avg Nutrients Target Sodium. 1428 mg
Must Choose Only One Golden Chicken Nuggets W/ Hot Roll with BBQ sauce Chili Dog Ham Sandwich May Choose Three RAISINS Green Beans Fruit Ambrosia May Choose	Must Choose Only One Hamburger Condiment Bar Lasagna W/ GARLIC BREAD Chef's Ham Salad May Choose Three Macaroni and Cheese Chocolate Pudding Chilled Fruit May Choose	Must Choose Only One BURRITO, BEAN Soft Shell Taco PB & J Sandwich* May Choose Three Chilled Sliced Peaches SPANISH RICE Tater Tots May Choose	Must Choose Only One Grilled Cheese with Soup Sloppy Joe Chef's Turkey Salad May Choose Three Potato Wedges Pears Chocolate Cake May Choose		

After

Bonneville School District #93 K-6 Lunch

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Jul 2, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mon - 9/22/2014	Tue - 9/23/2014	Wed - 9/24/2014	Thu - 9/25/2014	Fri - 9/26/2014	Avg Nutrients Target Sodium. 1085 mg
Walkin' Taco Hamburger Refried Beans Cheesy Broccoli Fruit Cocktail	WG Cinnamon Pancakes French Toast Sticks Sausage Patty Baby Carrots, Raw Green Beans Fresh Strawberries	ChickenGravy w/mash pota Chicken Bites Green Peas Steamed Carrots Dinner Roll Pears Barbeque sauce, pc	Grilled Cheese with Soup Chicken Nuggets w/brdstk Corn Tater Tots Fresh Fruit Variety Rice Krispy Treat, I/W	Pepperoni Pizza Ham Sandwich Carrots & Celery Peaches Pudding variety	

Eat School Meals!

- We need to market our program more than ever before!

Bonneville School District Child Nutrition Department:
"Leaders of Child Nutrition committed to providing tools for
growth and learning."

**"GROWING TOGETHER, CREATING
QUALITY MEALS"**

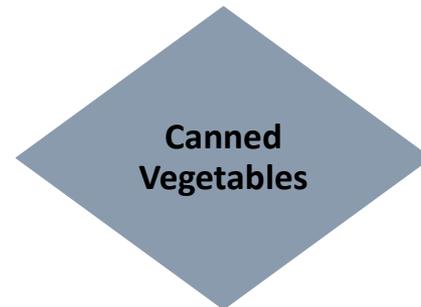
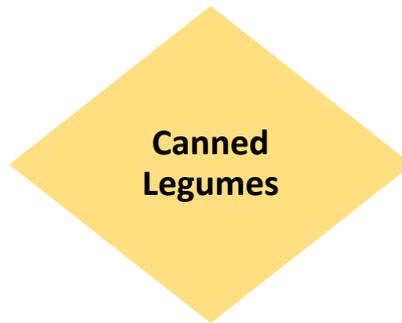
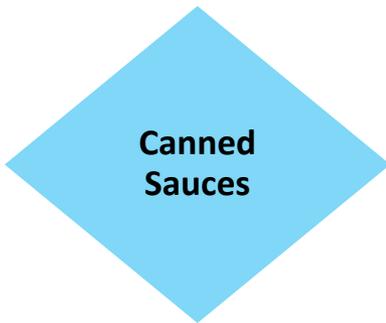
Dennis Barrett, Executive Director

NEW YORK CITY SCHOOLFOOD

New York City SchoolFood

- Through the Healthy, Hunger-Free Kids Act championed by the First Lady and signed by President Obama, USDA made the first major changes in school meals in 15 years.
- The new standards align school meals with the latest nutrition knowledge while taking into consideration how Americas schools operate
- The primary goal of these standards is to do what's right for children's health in a way that's achievable in schools across the nation
- Prior to the implementation of the UDSA standards, New York City SchoolFood has worked with current manufacturers and suppliers of our products to reduce the amount of sodium within each item.

Prior to the final USDA rule published, January 26, 2012, New York City SchoolFood began working with current manufacturers and suppliers of the following products to reduce the amount of sodium



- In conjunction with the USDA meal pattern guidelines, New York City SchoolFood must follow city sodium requirements which are outlined by the Mayor's coordinator of Food Policy.
- SchoolFood works with the New York City Department of health as well as the Food Policy Office to ensure all New York City sodium standards and requirements are met. Annual reviews are conducted to ensure compliance.

Current/Future UDSA Sodium Requirements

Sodium Reduction: Timeline & Amount				
Age/Grade Group	Baseline: Average Current Sodium Levels As Offered¹ (mg)	Target 1: July 1, 2014 SY 2014-2015 (mg)	Target 2: July 1, 2017 SY 2017-2018 (mg)	Final Target: July 1, 2022 SY 2022-2023 (mg)
School Breakfast Program				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
National School Lunch Program				
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740

New York City Sodium Requirements

- ***Entrée items*** $\leq 480\text{mg}$,
- ***Canned/Deli Meats*** $\leq 480\text{mg}$,
- ***Canned Vegetables*** $\leq 290\text{mg}$,
- ***Sliced Bread*** $\leq 180\text{mg}$,
- ***Ready to Eat Cereal*** $\leq 215\text{mg}$,
- ***Dressings*** $\leq 290\text{mg}$,
- ***Sauces*** $\leq 480\text{mg}$

Modified Research & Development Process

- To ensure that SchoolFood procures the best products that meet New York City and USDA Standards in regards to sodium, we incorporate sodium restrictions on all of our product outreaches
- An outreach is a document created for desired products that describes attributes and requirements for a specific product

SchoolFood Outreach Example

SchoolFood is currently accepting product submissions for Individually packaged Heat and Serve Breakfast items. Product suggestions are to include, but are not limited to:

- Breakfast Quiche
- Frittata (Crust Free)
- Breakfast Sandwiches

Each item to meet a minimum of 1 grain equivalent and 1 M/MA towards the Child Nutrition Meal Pattern

<u>Product</u>	<u>Wt/Volume/Size</u>	<u>Shape & Specifics</u>	<u>Serving Size Individual/Bulk</u>	<u>Special Restrictions</u>	<u>SKU</u>	<u>Delivered Sample(s)</u>
Individually Packaged Heat and Serve Breakfast Items	TBD	TBD	1 serving will be equivalent to 1 package/ product is to be bulk packed	Product must not exceed 480mg of sodium per serving/ product to be HFCS Free/ Product must meet a minimum of 1 Grain and 1 M/MA towards the Child Nutrition program/Must be HFCS Free	Bulk Frozen	Full case samples may be requested. Product must arrive in the same state as requested in the outreach.

Sodium and SchoolFood Today

- SchoolFood has made many accomplishments in reducing the amount of sodium within our products. Please see 3 examples below:

Breaded Mozzarella Sticks	870 mg
<i>1st Reformulation</i>	570 mg
<i>2nd Reformulation</i>	450 mg
Vegetable Egg Roll	588 mg
<i>1st Reformulation</i>	470 mg
<i>2nd Reformulation</i>	270 mg
Breaded Chicken Patty	642 mg
<i>Reformulated</i>	395 mg

Sodium and SchoolFood Today

- Currently SchoolFood products are not only meeting the required New York City Standards, but we are also meeting the USDA weekly standards on all of our menus

	Weekly Menu Sodium Target (USDA)	SchoolFood's Actual		
Breakfast	<i>** SchoolFood follows a citywide breakfast menu</i>			
K-5	< 540 mg	514 mg		
6-8	≤ 600 mg			
9-12	≤ 640 mg			
Lunch				
k-5	≤ 1,230 mg	944 mg		
6-8	≤ 1,360 mg	986 mg		
9-12	≤ 1,420 mg	1181 mg		

We want your feedback!

- Keep sharing your best practices, challenges, and concerns
- Share best practices at -
<http://healthymeals.nal.usda.gov/best-practices>