The School Meal Tray has a new look

It features:

- An increased variety of fruits and vegetables
- More whole grains
- Grade-appropriate meat/protein servings
- A variety of low-fat dairy products
- Calories that follow the Recommended Dietary Allowance/Intake (RDA/RDI)

Why make this change?

Your school is on the National School Lunch Program (NSLP), a federal program run through USDA/FNS (Food Nutrition Services). The NSLP is a fiscally sound operation that uses federal funds to provide students a variety of healthy foods.

To join America in its fight against childhood obesity, USDA/FNS has updated its requirements for the school meals it provides. These changes are reflected in the new school meal tray.

Be a role model:

Encourage students to choose a well-balanced meal so they can be healthy and ready to learn. SMART meals don't stop at school. Students learn from watching adults. They take their lead from you. Model eating a well-balanced diet, and your student will eat well too.

SMART SCHOOL MEALS enhance learning

Studies prove the importance of child nutrition programs:

"Consumption of school meals is positively related to children's intakes of key food groups at lunch and breakfast. Offering more fresh fruit, whole grains and a greater variety of vegetables could lead to additional health benefits."

School Meals: Types of Foods Offered to and Consumed by Children at Lunch and Breakfast. JADA, Vol. 109, Issue 2, Supplement pages S67-S78 (Feb 2009)

The Dietary Guidelines recommend that whole grains make up at least half of the grains you eat each day.

"Only 7% of children ages 2-19 years meet the Dietary Guidelines recommendation for whole grains."

M.K. Crepinsek, et al. The Third School Nutrition Dietary Assessment Study: Findings and Policy Implications. JADA, Vol. 109. Supplement pages S7-S17 (Feb 2009)

School meal participation is important to student health and academic success.

"School lunch participants consumed more nutrients; protein, vitamin A, vitamin B-12, riboflavin, calcium, phosphorus, potassium, and zinc at lunch than non-participants."

M.K. Crepinsek, et al. The Third School Nutrition Dietary Assessment Study: Findings and Policy Implications. JADA, Vol. 109. Supplement pages S7-S17 (Feb 2009)

SMART SCHOOL MEALS

SCHOOL MEALS ARE REDEFINING TRAYS

MyIdahoPlate

IDAHO CNP CHILD NUTRITION PROGRAMS

Idaho State Department of Education/Child Nutrition Programs (SY 2015-2016)

Make Half Your Grains Whole

- For healthy
  - Heart
  - Digestion
  - Weight
- Fuels kids to stay alert and concentrate at school

Go Lean with Protein

- A variety of lean meat/ meat alternative choices
- Grade-appropriate portion sizes & calories for optimal health

Milk

- Nutrient rich
- Low fat and fat-free varieties

MAKE HALF YOUR TRAY FRUITS & VEGGIES

Focus on Fruits

- Critical for health
- Important for disease prevention
- Provides key nutrients

Vary Your Vegetables

- Healthy and lower calorie alternative for snacks
- Eat a variety
  - Red/Orange (sweet potatoes, red peppers)
  - Dark Green (romaine, broccoli)
  - Legumes (lentils, kidney beans)
  - Starchy (peas, corn)
  - Other (green beans, asparagus)

SMART SCHOOL MEALS

This institution is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs.

MyIdahoPlate

IDAHO CNP CHILD NUTRITION PROGRAMS

DEPARTMENT OF EDUCATION STATE OF IDAHO