

About the Healthy, Hunger-Free Kids Act of 2010

The HHFKA helps transform the school food environment in order to promote better nutrition and reduce obesity.

- HHFKA enabled the USDA to make major improvements to school meals and bring them in line with the latest nutritional science and the Dietary Guidelines for Americans.
- These programs are primarily designed to feed kids nutritious meals and to combat childhood hunger.
- These changes are important to the 32 million students who eat a school lunch and 12 million who eat a school breakfast each school day.
- The Act reauthorized our core Child Nutrition Programs – National School Lunch, School Breakfast, Child and Adult Care Food Program, and the Summer Food Service Programs – as well as Women Infants and Children (WIC).



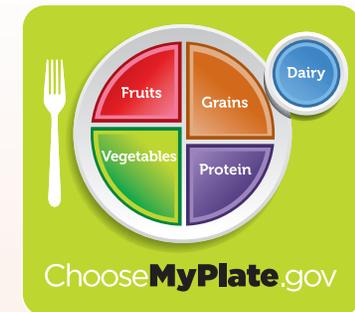
Contact Us

For questions or more information, please contact School Food Services at (573) 751-3526 or schoolfoodservices@dese.mo.gov.

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the
School Day
just got
Healthier
United States Department of Agriculture



Healthy school meals are a critical investment in our children's health and the future success of our nation.

Updated Standards for School Meals

In January 2012, the USDA issued updated standards for school meals. These were the first major changes to school nutrition standards in over 15 years.

○ Those standards, built upon recommendations from the Institute of Medicine:

1. Ensure students are offered both fruits and vegetables every day of the week;
2. Increase offerings of whole grain-rich foods;
3. Offer only fat-free or low-fat milk;
4. Limit calories based on the age of children being served to ensure proper portion size;
5. Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium.

○ Benefits to children with healthy eating habits and regular physical activity:

- Greater concentration
- Better attendance
- Better classroom behavior
- Lower obesity rates
- Better self-esteem



Do Missouri children need healthier meals?

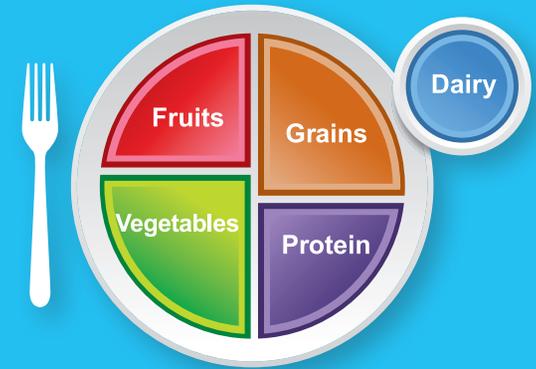
- In Missouri, 31% of children are considered overweight or obese, and Missouri ranks as the 11th most obese state in the nation.
- In Missouri, 69% of students eat a school lunch and 28% eat a school breakfast each day.
- Because children eat as many as half their calories in schools, school meals play a critical role in reinforcing what kids are already learning about nutrition and healthy foods at home.

Why were new standards for school meals needed?

- The previous school meal standards were developed 15 years ago and did not meet current nutritional guidelines.
- The updated, science-based nutrition standards provide flexibility for local schools to develop their own menus while reducing children's risks for obesity, diabetes, high blood pressure and other chronic diseases.
- Using the new guidelines, schools will be able to ensure children have the energy they need to learn and be physically active and healthy.
- School meals - funded by taxpayers - should offer the healthiest meals possible and not contribute to health issues or drive up health costs for Americans.



What's on your plate?



How are the school meals changing?

- The new school meals are high in nutrients and adequate in calories. The new school meals portions are “right sized” to reflect the proper balance between food groups.
- The new school meals include more fruits and vegetables at lunch than were previously offered, and the amount of fruits served at breakfast will double beginning with the 2014-15 school year.
- Because many students often do not take all the food offered in the cafeteria, they will be encouraged to choose more of the food available to them to get the most benefit from the meals they eat at school.
- Schools may allow additional servings of fruits and vegetables (depending on calorie limits), which are excellent sources for sustained energy and satisfying meals.

