

Protecting Progress on School Meals



Meghan Maroney

Policy Associate

mmaroney@cspinet.org

www.cspinet.org

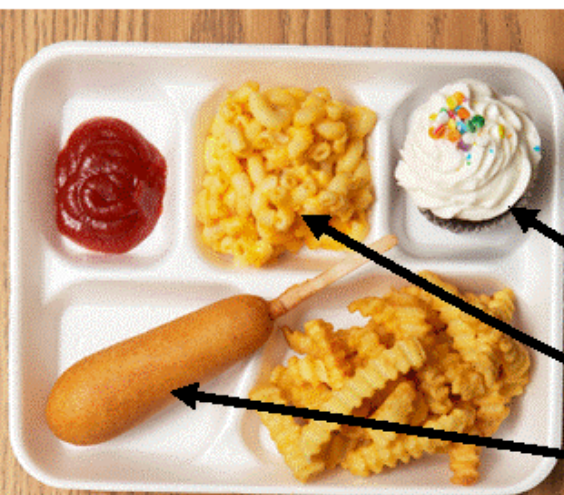
Strong school nutrition standards are important for low-income children



- ✓ Help to reduce disparities
- ✓ Help to reduce stigma
- ✓ Decrease obesity among low-income students

The School Day Just Got Healthier!

Before



Under the new nutrition standards,
school lunches have:

Less unhealthy fat

Less salt

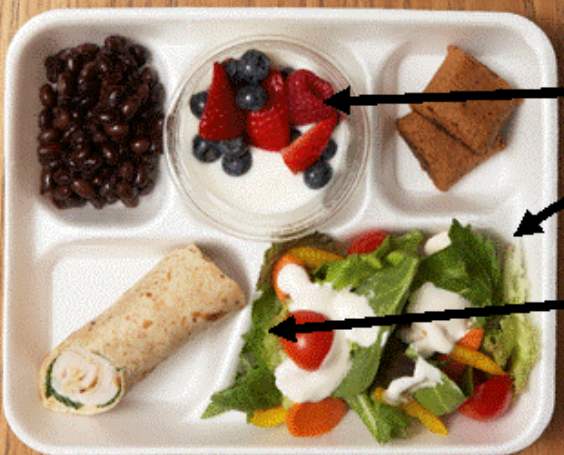
Fewer calories

Low and non fat dairy

Double fruits and veggies

More whole grains

After



2018 Final Rule

Sodium

Grade Group	Target 1 (mg) HHFKA Deadline: SY 2014-2015	Target 2 (mg) HHFKA Deadline: SY 2017-18 New Deadline: SY 2024-2025	Target 3 (mg) HHFKA Deadline: SY 2022-23 Eliminated
Breakfast			
K-5	≤ 540	≤ 485	≤ 430
6-8	≤ 600	≤ 535	≤ 470
9-12	≤ 640	≤ 570	≤ 500
Lunch			
K-5	≤ 1,230	≤ 935	≤ 640
6-8	≤ 1,360	≤ 1,035	≤ 710
9-12	≤ 1,420	≤ 1,080	≤ 740

Whole Grains



Monday
51%WG

Tuesday
51%WG

Wednesday
51%WG

Thursday
White flour

Friday
White flour

How can you support kids' health through school food?

- ✓ Serve 100% whole grain-rich
- ✓ Meet sodium Target 2 and continue to work towards Target 3
- ✓ Limit added sugars
- ✓ Speak positively about strong school nutrition standards
- ✓ Support strong nutrition standards in CNR
- ✓ Support passage of state and local policies

Thank you!

Meghan Maroney
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@CSPI

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