

RATIONALE FOR THE 2010 HEALTHY HUNGER FREE KIDS ACT

Over the past several years, national attention has focused on the health of our nation's children. The Centers for Disease Control and Prevention (CDC) has identified California as having an obesity rate of 24%. Approximately 17% (or 12.5 million) of children and adolescents in the United States aged 2-19 years are obese. In an attempt to curtail the obesity and overweight issues that plague our nation, the USDA has redesigned the National School Lunch Program and Breakfast Programs guidance for school-aged children. This initiative is designed to provide healthy food options for our children during the school day.

On December 13, 2010, President Obama signed into Public Law the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). This historic legislation marked the most comprehensive changes to the school nutrition environment in more than a generation. Beginning this Fall, meal items will change in your school. You will see more whole grain bread and grain products, more varieties of vegetables and fruits offered each week, and less processed food products on the cafeteria lines. Nutrition Services staff will be adjusting menus, food production methods, and delivery systems to market and promote healthy eating habits for all children in RUSD schools.

**COMPETITIVE FOODS RULE
TO BE PUBLISHED SOON.**

This brochure provides general information and is not all-inclusive

For specific requirements regarding the changes in Child Nutrition, please contact

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**Read about the USDA Changes in
the Child Nutrition Program for the
School Year 2012-13**



**NATIONAL SCHOOL LUNCH/
SCHOOL BREAKFAST**



MEAL PATTERN

The Healthy Hunger Free Kids Act of 2010 (HHFKA) required the United States Department of Agriculture (USDA) to update school meal nutrition standards to reflect the Dietary Guidelines. The regulations are based on recommendations from the Institute of Medicine. On January 26, 2012, Nutrition Standards in the National School Lunch and School Breakfast Program were published. These regulations became effective July 1, 2012.

School Breakfast Program

- Flavored milk must now be fat-free.

National School Lunch Program



FRUIT: A serving must be offered daily.



VEGETABLE: More specific servings must be offered weekly (dark green, red/orange, beans/peas, starchy, other).



GRAINS: Half of the grains offered must be whole grain rich. There is now a minimum and maximum weekly requirement for grains.



MEAT/MEAT ALTERNATE:

Daily serving size has decreased and there is now a minimum and maximum weekly requirement.



MILK: Fat-free flavored, unflavored, and 1% unflavored milk are offered.

- Nutrient standards to be met over a week:
 - Calorie ranges (minimum and maximum)
 - Saturated fat 10% of calories or less
 - Sodium targets to start school year 2014-2015
 - Zero grams trans fat per portion
- Single Food Based Menu Planning option with established age grade groups (K-5, 6-8, 9-12)
- Offer vs Serve: a reimbursable meal must contain a fruit or a vegetable (1/2 cup minimum)
- Monitoring will be conducted every 3 years beginning with school year 2013-2014 and a weighted nutrient analysis of one week of menus will be required.



CERTIFICATION

The HHFKA of 2010 requires an additional six cents per reimbursable lunch be provided to school food authorities (SFAs) certified by the state agency. To receive the additional six cents reimbursement, SFAs have to be in compliance with the new meal pattern requirements. The HHFKA explicitly states that SFAs found out of compliance will not receive the additional reimbursement.

The certification process for the six cents performance-based reimbursement is as follows:

1. SFA submits certification documentation to state agency.
2. State agency makes a certification determination within 60 days after October 1, 2012.
3. State agencies conduct validation reviews of 25 percent of certified SFAs in school year 2012-2013.
4. Certified SFAs must annually attest to ongoing compliance with the meal patterns through SY2014-2015.
5. Ongoing compliance with the meal pattern requirements is monitored during Administrative Reviews (currently known as Coordinated Review Effort).

On October 1, 2012, the additional six cents per lunch reimbursement becomes available to School Food Authorities certified by the state agency to be in compliance with the updated meal pattern requirements.

MEAL PRICE EQUITY

The HHFKA of 2010 requires SFAs participating in the National School Lunch Program to ensure that schools are providing the same level of support for lunches served to students who are not eligible for free or reduced priced lunches as they are for lunches served to students eligible for free lunches. This provision of the Act became active July 1, 2012.

The Act directs SFAs to:

SFAs must annually review their paid lunch revenue to assure compliance with the paid lunch equity requirement set for the by USDA. The Paid Lunch Equity Tool used for this calculation can be made available by the Child Nutrition Director yearly to determine if the paid student meal price should be increased.

All new sponsor paid student meal prices are required to be established at a minimum of the free federal reimbursement rate.

Adult meal prices will have to be adjusted for the increase in the paid student lunch price according to USDA regulations. Adult meal prices are based on the price of the paying child, plus federal reimbursement of the paying child, and plus the value of commodities.

