



the
School Day
just got
Healthier

United States Department of
Agriculture

The Basics

Objective: to promote better nutrition and reduce obesity

The **Healthy, Hunger-Free Kids (HHFK) Act of 2010** transformed school food environment

The School Day Just Got Healthier

Affects the core **Child Nutrition Programs:**

- National School Lunch
- School Breakfast
- Child and Adult Care Food Program
- Summer Food Service Programs

Updated Standards for School Meals

One to two ounces of whole grains

One oz. =

- 1 slice bread
- 1/2 cup cooked rice or pasta
- 1 flour/corn tortilla (6" diameter)

Healthier
school meals have
More
Whole Grains



Updated Standards for School Meals

Healthier
school meals have

More
Vegetables



3/4 to one cup
vegetables

One cup =

- 1 cup raw veg.
- 1 cup cooked veg.
- 1 cup veg. juice
- 2 cups raw leafy greens

Updated Standards for School Meals

1/2 to one cup fruit

One cup =

- 1 medium fresh fruit
- 1 cup canned fruit
- 1 cup 100% fruit juice
- 1/2 cup dried fruit



Updated Standards for School Meals

Healthier
school meals have
Fat-Free &
Low-Fat **Milk**



8 ounces of low-fat or
fat-free white or
flavored milk

Updated Standards for School Meals

One to two ounces of meat/meat alternatives



Overall: reducing amounts of saturated fat, trans fat, added sugars, and sodium

Healthier school meals have **Less** Sodium & Trans Fats



For more information:

- <http://www.fns.usda.gov/cnd/healthierschoolday/default.htm>
- http://www.fns.usda.gov/cnd/healthierschoolday/pdf/HHFKA_080112.pdf