



# Past, Present, and Future of the Front Line

Lynette Rock, RD, SNS

Torrance Unified School District





# What is Change?

- To make or become different or to alter
- To take or use instead of
- The act or instance of making or becoming different



## Change – Is it good or is it Bad?

- Type A Lunch
- Butter Requirement
- Whole Milk Requirement
- Nutrient Based vs Food Based



## Changes to the Lunch Program – 2012/13

- Fruit and vegetables are now separate groups
- Students required to take  $\frac{1}{2}$  cup
- Vegetable subgroups
- Whole grain requirement
- Minimum and Maximums on grains and proteins
- Limit on types of milk
- Calorie range by grade level; separate serving sizes by grade level
- Zero grams trans fat



Changes – Are they good?



# History Lesson

- 1946 - National School Lunch Act passed
- 1966 - Child Nutrition Act passes
- 1980 - Funding for programs decreased; 15% drop in participation, 5,000 schools dropped out of the program
- 1990 - Healthy Meals for Healthy Americans Act
  - Required to follow Dietary Guidelines



# 1995 Dietary Guidelines

- Eat a variety of foods
- Balance the food you eat with physical activity
- Choose a diet with plenty of grain products, vegetables and fruit
- Choose a diet low in fat, saturated fat and cholesterol
- Choose a diet moderate in sugar
- Choose a diet moderate in salt and sodium
- If you drink alcohol, do so in moderation



# 2005 Dietary Guidelines

- Consume a variety of nutrient- dense foods – limit intake of saturated and trans fat, cholesterol, added sugar and salt
- Maintain a healthy body weight
- Engage in physical activity
- Consume a sufficient amount of fruits and vegetables
- Choose a variety of fruit and vegetables – vegetable subgroups
- Consume 3 or more servings of whole grain products
- Consume 3 cups per day low-fat or non-fat milk





## 2005 Dietary Guidelines (cont.)

- Consume less than 10% of calories from saturated fat
- Keep fat intake between 20-35% of calories
- Select and prepare lean, low-fat, and fat-free meat
- Choose foods with little added sugar or sweeteners
- Consume less than 2300 mg of sodium per day
- Choose and prepare foods with little salt



# Child Nutrition

# Reauthorization - 2015

The next changes are up to you!



## How Can You Get Your Voice Heard?

- Invite your legislator to visit your school cafeteria
- Visit your legislator at their District office
- Attend town hall meetings
- When it's time to make comments – take the time



# Crystal Ball Predictions

- Probably not much room for change with the new meal patterns with the exception of whole grains
- 2010 Guidelines are recommending seafood and beans as a source of protein
- Reauthorization probably won't happen in 2015



Change is going to happen

– it is part of life