

#### Dietary Guidelines for Americans, Food labels and Sustainability: The Changing Landscape of School Meals

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SADDLEBACK C O L L E G E



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## Objectives:

- Outline the connection of school meals to student health
- Describe how the 2015-20 Dietary Guidelines for Americans impact on the school meal program
- Recognize how sustainability is a growing factor in food choices
- Outline upcoming changes to the Nutrition Facts Panel
- Describe how these changes may impact the school meals environment









#### Did you know?

The National School Lunch Program was created in 1946 "as a measure of national security, to safeguard the health and well-being of the nation's children."

Source: National School Lunch Act, Section 2, Public Law 396, 79th Congress, June 4, 1946

#### Healthy Students = Academic Achievement

#### **Academic performance**

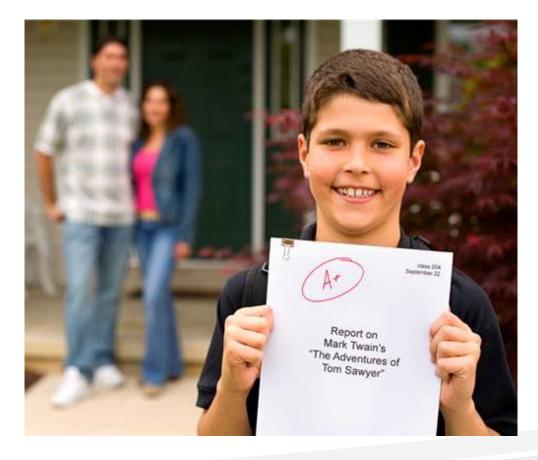
- Class grades
- Standardized tests
- Graduation rates

#### **Education behavior**

- Attendance
- Drop out rates
- Behavioral problems at school

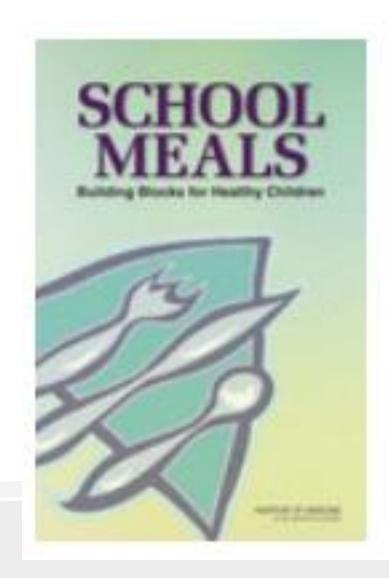
#### Students' cognitive skills and attitudes

- Concentration
- Memory
- Mood



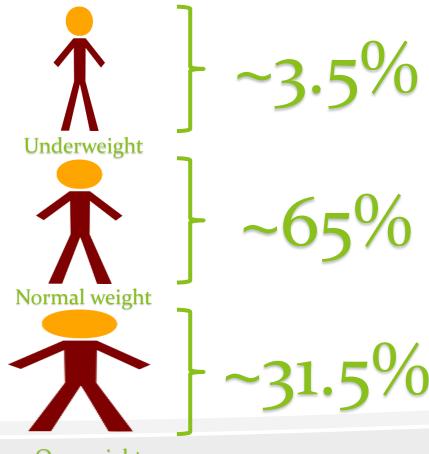
#### School Meals Building Blocks for Healthy Children





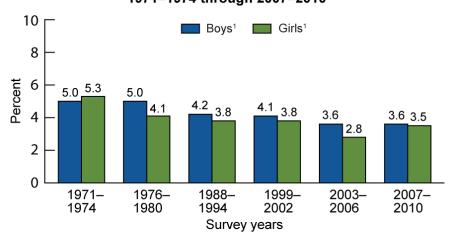
# Safeguard children's health Support growth and development

#### Averages for US Children



Overweight Or obese

#### Figure. Prevalence of underweight among children and adolescents aged 2-19 years, by sex: United States, 1971–1974 through 2007–2010



Statistically significant decreasing linear trend between 1971–1974 and 2007–2010.

NOTES: Underweight is body mass index (BMI) below the 5th percentile of the sex-specific 2000 CDC BMI-for-age growth charts. Pregnant females are excluded.

SOURCES: CDC/NCHS, National Health and Nutrition Examination Survey (NHANES) I, 1971–1974; NHANES II, 1976–1980; NHANES III, 1988–1994; and NHANES, 1999–2002, 2003–2006, and 2007–2010.

#### **CDC Childhood Obesity Facts**

•Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.<sup>1,</sup>

•The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to nearly 21% over the same period.<sup>1, 2</sup>

•In 2012, more than one third of children and adolescents were overweight or obese.<sup>1</sup>

# Foster healthy eating habits

#### **Report Conclusion:**

"...Other efforts will be needed to encourage more students to try the new fruit and vegetable offerings. Multiple strategies for encouraging consumption—such as in-class educational efforts and altering the food environment...are probably needed."





# Foster healthy eating habits

#### Teachers see connection of good nutrition + health with Common Core and school meals.

Teachers were recently surveyed to identify their perceptions of how nutrition education impacts students' food choices and relates to Common Core State Standards. Of 500 teachers, the survey completion rate was 38% (190 teachers).

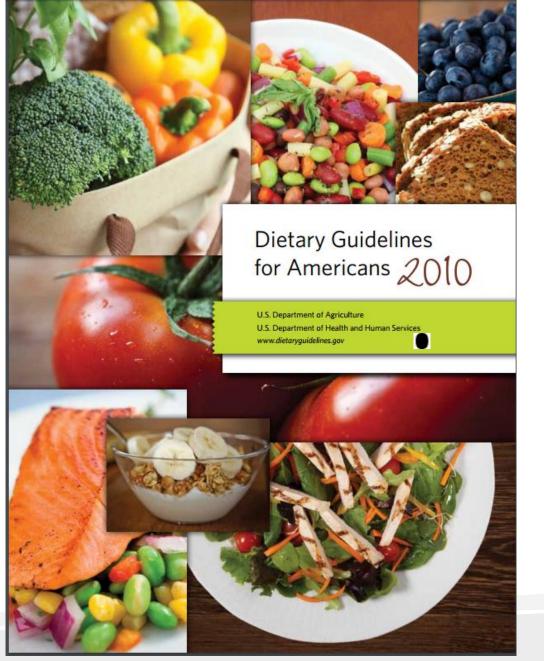
-Elk Grove Unified School District, CA. Survey May 2015.

73% observe students making healthier food choices in the school cafeteria after nutrition lessons. They (students) love making healthy choices when they have the knowledge!

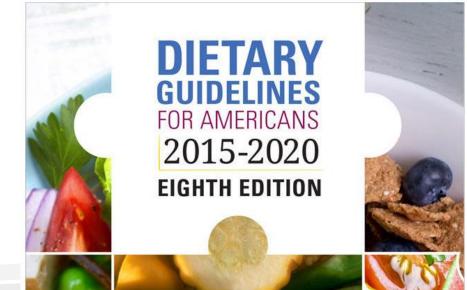
> Teacher, EGUSD SHAPE Program

Nearly **75%** state they are more likely to encourage students to eat school breakfast or lunch because of their participation in the district's nutrition education program (SHAPE).

#### Based on Dietary Guidelines for Americans



Current National School Lunch Program nutrition standards are based on the 2010 DGA. We are currently in a reauthorization period and anticipate potential changes based on the newly released DGAs.



#### The food and diet landscape is changing



### Purposes of Dietary Guidelines

- Guide the development of food, nutrition and health policies and programs
- Provide a cornerstone for federal nutrition policy in the U.S.
  - School meals
  - Military
  - Food assistance programs
- Provide evidence-based food and beverage recommendations for Americans ages 2 and older to:
  - Promote health
  - Prevent chronic disease
  - Help people reach and maintain a healthy weight

#### 2015-20 Dietary Guidelines: Overview

- 1. Follow a healthy eating pattern across the lifespan.
- 2. Focus on variety, nutrient density and amount.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.
- 4. Shift to healthier food and beverage choices.
- 5. Support healthy eating patterns for all.

#### Focus of the 2015-20 Dietary Guidelines

- Shortfall nutrients of public health concern:
  - calcium, vitamin D, fiber and potassium
  - also iron in adolescent girls and premenopausal women
- Sodium and saturated fat
- Sugar-sweetened beverages
- Regular physical activity
- Sufficient, nutritious and safe food

 $\rightarrow$  "These goals will require changes at all levels of the social-ecological model through coordinated efforts among health care and social and food systems from the national to the local level."

#### Focus of the 2015-20 Dietary Guidelines

- Prevention of chronic disease obesity, diabetes, heart disease
- A plant-based diet through 3 healthy dietary patterns:
  - Healthy U.S.-style Pattern
  - Healthy Mediterranean-style Pattern
  - Healthy Vegetarian Pattern

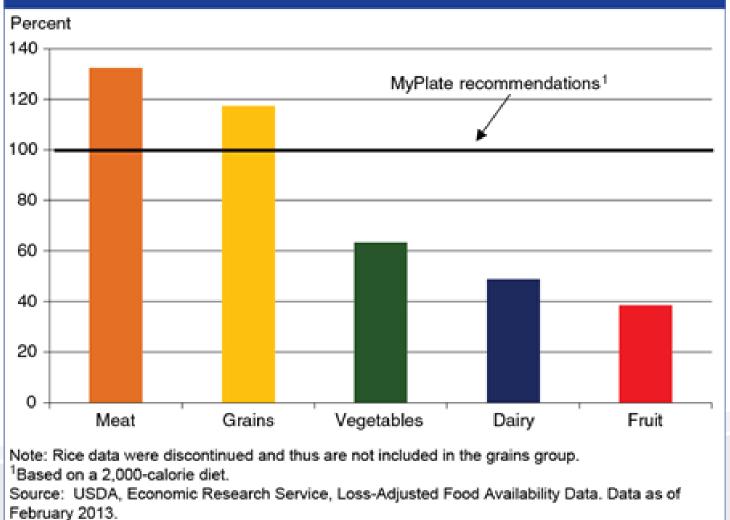
Fruits Vegetables Vegetables Protein Choose My Plate .gov

These patterns are rich in vegetables, fruit, whole grains, seafood, legumes, and nuts; moderate in low- and non-fat dairy products and alcohol; lower in red and processed meat; and low in sugar-sweetened foods and beverages and refined grains.



#### U.S. Consumption Compared to MyPlate

U.S. consumption in relation to MyPlate food group recommendations, 2011



#### What was NOT the focus in the 2010-15 DGAs?

- The role of *sustainability* in food choices
- Cholesterol intake
- Total fat intake



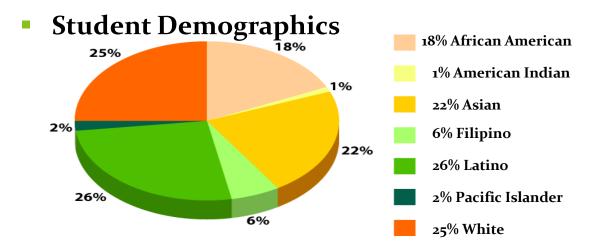
#### What does this mean to the SFS professional?



### EGUSD Snapshot

Schools = 65

40 elementary; 9 middle; 9 high; 5 alternative; 3 other



- Student Population = 62,000
- The district covers 320 square miles
- Additional Student Information:
  - 55% of students qualify for free/reduced meals
  - 15.6% have limited English proficiency
  - More than 81 languages are spoken

#### Focus of the 2015-20 Dietary Guidelines

- Shortfall nutrients of public health concern: *calcium*, *vitamin D*, *fiber and potassium*
- Sodium and saturated fat

• Added sugars

#### Sustainability Overview

- Focus on Plant-based diets
  - Modeling studies show plant-based diets are more environmentally-friendly than diets heavy in animal products
  - Need to consider nutrient intakes, health of the individual
  - Optimal diet from environmental perspective: ovo-lacto vegetarian dietary pattern



# Sustainability Overview

- Focus on minimizing waste
  - Packaging
  - Reducing plate waste by increasing appeal, taking only what will be eaten

A CLE

- Repurposing "imperfect" produce
- Donating unused/unsold food to food banks
- Standardizing 'sell-by,' 'use-by,' 'bestby' dates



consumption later in the school day • Using techniques listed on the Smarter Lundwoons

· Letting kids self-serve

- Self-Assessment Searce Card to help reduce load wate Setting up a table for kids to place items they are not going to consume speakaged or pre-portioned items.
  - Sign up for the U.S. Food Waste Challings to share your story on how you are reducing, recovering, or recycling food waste

food-scrap projects

· Collaborating with local farmers on composting or

# Sustainability

- Buying local
  - Farmer's markets
  - Movement to know the local farmer, where food comes from
  - Organic



#### Sustainability – Bottom Line

• Trust and transparency are critical.

"You are what you eat"

- Consumers want to feel like they are making a difference by helping the environment.
- They are looking beyond reducing greenhouse-gas emissions to reduce waste, minimize water use and use recyclable packaging materials.
- Buying local, organic products with minimal processing.

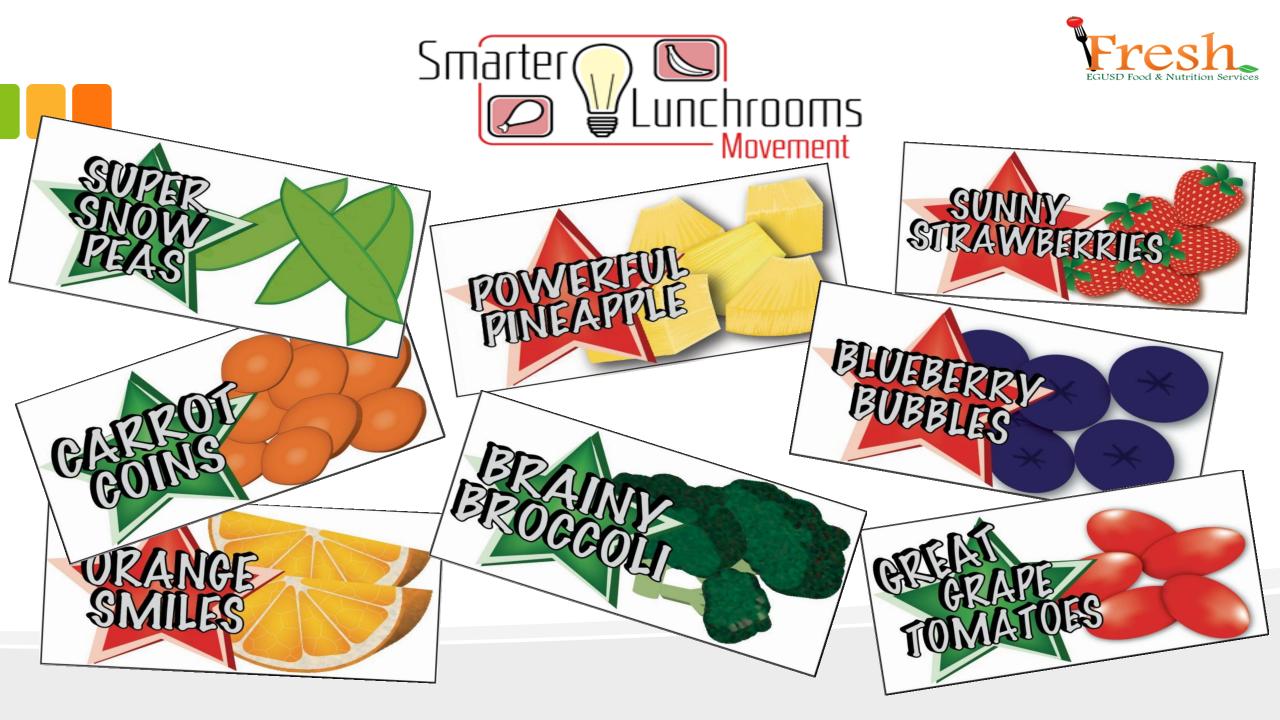
"What I eat communicates the kind of person I am"



# Focus on minimizing waste

- Focus on plant-based diets
- Buying local











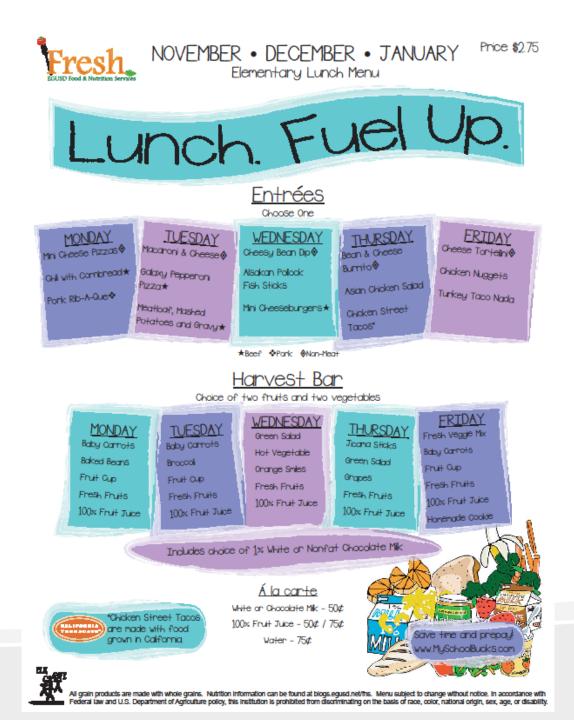


• Focus on minimizing waste

# Focus on plant-based diets

Fruits Vegetables Vegetables Protein Choose My Plate.gov

• Buying local



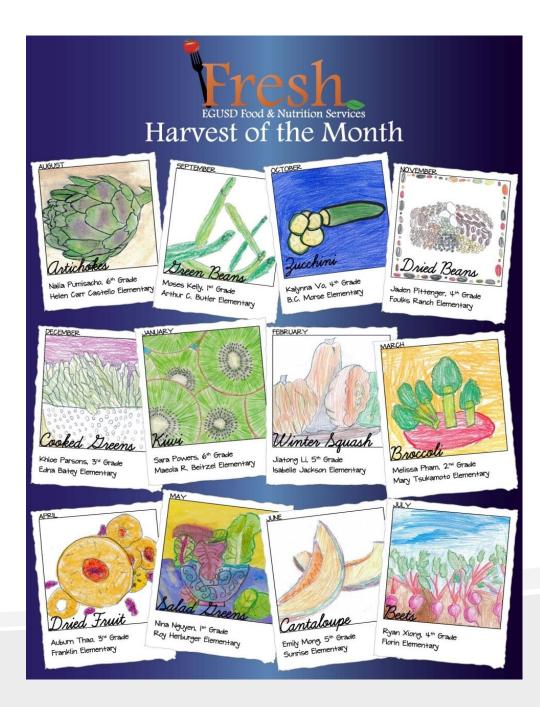
## Harvest of the Month

**Produce Kits** 

• 861 classrooms

 Avg. of 810 classrooms or 21,000 students per month







• Focus on minimizing waste

• Focus on plant-based diets

Buying local



#### Promoting Local Produce



#### Promoting Local Produce



#### Promoting Local Produce

#### Last year Elk Grove Unified 1 purchased 83,486 lbs of local navel oranges

13

12

10

IF YOU LAID THESE ORANGES SIDE-BY-SIDE THEY WOULD BE TALLER THAN 13 EMPIRE STATE BUILDINGS!!

5

8

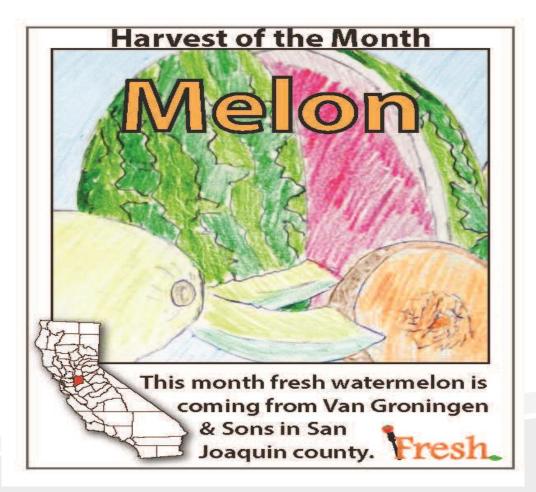
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#### **California Grown Peaches and Nectarines!**

Your peaches and nectarines are coming from Kingsburg Orchards in Fresno County. Kingsburg Orchards is family owned and operated. They grow, pack and ship California fresh fruit from May until February.



### Food Labels: Background

- FDA has revised the Nutrition Facts Panel for the first time in 25 years
- Focus on calories, added sugars and serving sizes
- Changes in nutrients of concern
- Less focus on fat and cholesterol

#### Food labels: What's New and Different?

#### Servings: larger, bolder type

New: added sugars

> Change in nutrients required

|                           | (55     |
|---------------------------|---------|
| Amount per serving 2      | 30      |
| % Dail                    | y Value |
| Total Fat 8g              | 10      |
| Saturated Fat 1g          | 5       |
| Trans Fat 0g              |         |
| Cholesterol Omg           | 0       |
| Sodium 160mg              | 7       |
| Total Carbohydrate 37g    | 13      |
| Dietary Fiber 4g          | 14      |
| Total Sugars 12g          |         |
| Includes 10g Added Sugars | 20      |
| Protein 3g                | 100400  |
| Vitamin D 2mcg            | 10      |
| Calcium 260mg             | 20      |
| Iron 8mg                  | 45      |
| Potassium 235mg           | 6       |

**NEW LABEL / WHAT'S DIFFERENT** 

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

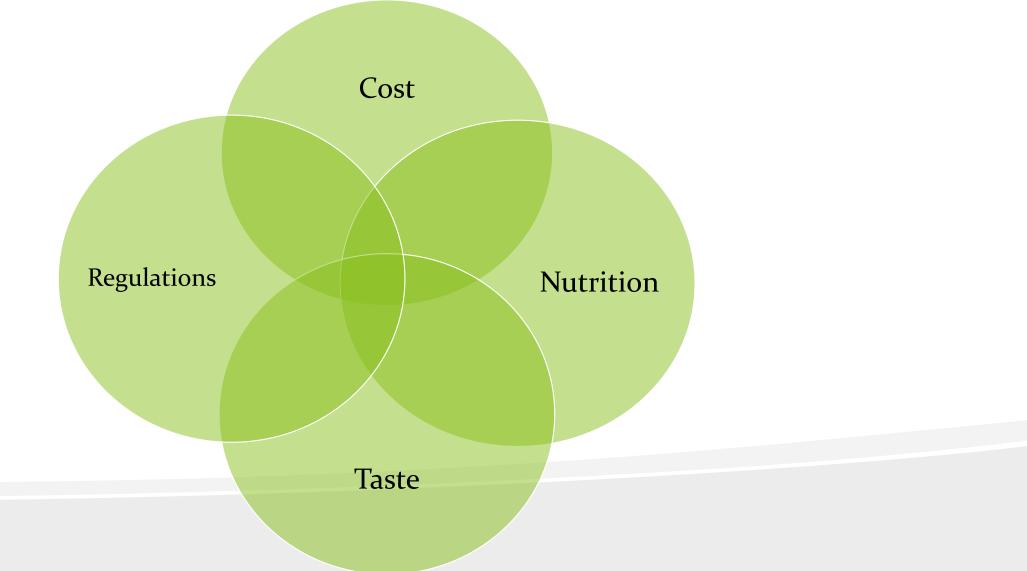
Serving sizes updated Calories: larger type

#### Updated daily values

Actual amounts declared New

footnote

## A Balancing Act: Considerations for the SFS Director





# Questions?

