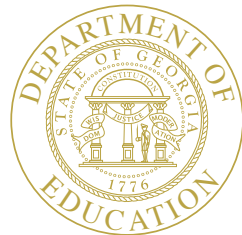


Make the Most of Georgia's School Nutrition Program

- 1 Encourage your child to eat School Breakfast and School Lunch. Good nutrition provides fuel for learning.
- 2 Know what's on the school's menu and talk to your child about healthy choice that can be made at school meals.
- 3 Encourage your child to choose all five food groups for best nutrition. Talk about fruits, vegetables, whole-grains, lean protein, and milk that will be offered everyday at school.
- 4 Have lunch at your child's school so that you may see first-hand, the nutritious options that are being offered on a daily basis.
- 5 **You are your child's best role model. Try implementing healthy habits at home by:**
 - Grilling and baking, instead of frying foods
 - Seasoning with herbs
 - Eating at the dinner table as a family
 - Serving fruit as a desert
 - Having a vegetable or two at every meal
 - Limiting high calorie and sugary beverages
 - Choosing low-fat/fat-free milk
 - Trying whole-grain bread, pasta, rice etc.



Dr. John D. Barge, State School Superintendent
"Making Education Work for All Georgians"

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A Closer LOOK AT

Nutrition Standards in Georgia Schools

Understanding the USDA New Meal Pattern



**Georgia School
Nutrition
Program**

What is the New Meal Pattern?

The New Meal Pattern raises nutrition standards in schools across the nation and is expected to play a key part of improving the health and nutrition of more than 32 million students nationwide, including the 1.59 million students statewide in Georgia.

It is the result of the United States Department of Agriculture's new rule (Code of Federal Regulations: 7 CFR Parts 210 and 220) which were compiled from the Institute of Medicine's extensive research and recommendations from its panel of health and nutrition experts.

These standards also reflect the nutrition requirements as defined by the 2010 Dietary Guidelines for Americans, the Federal government's benchmark for nutrition and is a key component of the Healthy, Hunger-Free Kids Act of 2010.

How are School Meals Effected?

School Meals Will Have MORE:

Whole grain rich-foods

There are many benefits to the consumption of whole grain rich-foods including the reduction of cardiovascular disease, cancer and diabetes, while also supporting weight management.

Fruits and vegetables

Fruits and vegetables are a great source of vitamins, minerals and fiber. Eating a colorful variety of fruits and vegetables can lower cholesterol, decrease blood pressure and assists in weight management to reduce the risk of obesity.

Fat-free or low-fat milk

Milk is high in calcium and vitamins A and D, which are essential to building strong bones and can prevent osteoporosis. Fat-free and low-fat milk have all of these nutrients while eliminating extra calories and reducing saturated fat that is in whole milk.

School Meals Will Have LESS:

Saturated fats and trans fats

Saturated fat and trans fat, also known as solid fat, contain a high level of cholesterol; which increase the chances of having heart disease. Fatty meat, many baked goods, and fried foods are examples of items that contain solid fat.

Sodium

Sodium is a chemical element that is naturally found in some foods. Excessive amounts of sodium, however, can cause fluid retention and increased blood pressure. It can also lead to heart disease, stroke, kidney disease and congestive heart failure.

School Meals Will MAINTAIN:

Portion sizes

Portion sizes are a key to maintain good health and nutrition. Portion sizes of the Five Meal Components (food groups) will reflect those recommended for students by their age grade group.

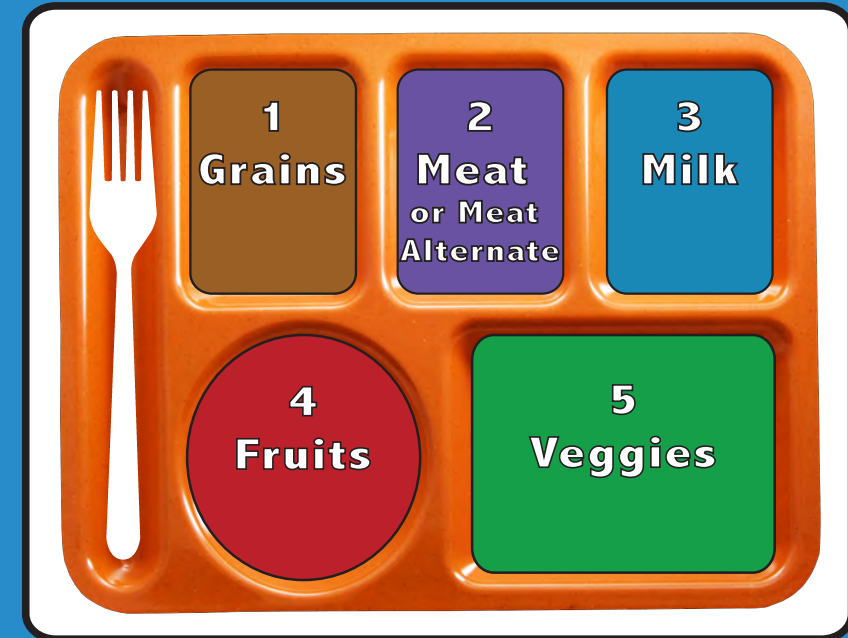
Why Change School Meals?

The New Meal Pattern is expected to foster the kind of healthy changes at school that many parents are already trying to encourage at home to help students make healthy choices.

When Will School Meals Change?

Starting in School Year 2012-2013, the New Meal Pattern will be phased into school lunch and breakfast over the next three years.

What are the Five Meal Components for School Lunch?



Effects to Free & Reduced Meals:

The New Meal Pattern requires students to select at least three of the five **Food Components** for School Lunch when participating in offer versus serve including:

- ½ Cup of Fruits or Vegetables
- At Least 2 Other Food Groups
- For best nutrition, students may choose all five

