

New Meal Patterns: Preview of the Impacts

July 17, 2013
2:45pm

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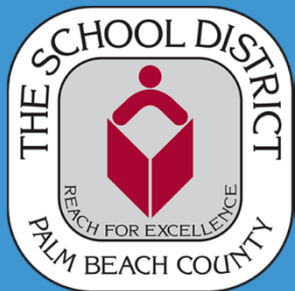
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HEALTHY NETWORKS DESIGN & RESEARCH

A NONPROFIT ORGANIZATION

New Meal Patterns: Preview of the Impacts

Objective 1: Participants will learn about the rigorous dietary protocol of the four-year Healthier Options for Public Schoolchildren (HOPS) study, which included many (and more) requirements in the New Meal Patterns for breakfast and lunch.

Objective 2: Participants will understand the nutritional impact of rigorous dietary guidelines for school meals, specifically their impact on fats, fiber, sodium, vitamins/minerals, and calories (based on nutrition analyses of HOPS Study intervention and control menus).

New Meal Patterns: Preview of the Impacts

Objective 3: Participants will gain skills to replicate the HOPS dietary intervention that will assist them in meeting the new meal pattern requirements, as well as how to encourage children to select nutrition foods offered in school cafeterias using fun, innovative marketing techniques, via a “case study” of implementation of the study model by a school district post-study.

HOPS Design 2008-9

53

Research Schools
(~23,951 Children)

80

Elementary Schools
(~34,724 Children)

27

Program Schools
(~10,773 Children)

Florida

Illinois

Indiana

Mississippi

New York

North Carolina

West Virginia

28

(including 16 elementary;
4,183 children)

After-School Sites

Florida only

Evidence-based Programming: Healthier Options for Public Schoolchildren (HOPS) Study

Dietary modifications to school-provided meals,
(Years 1-4; focus on the quality of foods, not reduction of calories)

Nutrition & healthy lifestyle education,
(Years 2-4, addressing NCDs)

Increased daily physical activity
(Years 2-4)

**Included Foodservice Staff Education, Teaching Staff
Education, and Parent outreach**

Nutrition, Healthy Living, and Physical Activity Programming

Cross-curricular

(Math, Language Arts, Science, Health)

Addresses many healthy lifestyle topics:

Good Nutrition

Physical Activity

Hygiene (Dental Health, Hand Washing)

Anti-tobacco

Materials in English and Spanish

The OrganWise Guys Club Rules

1. Eat low-fat foods
2. Eat high-fiber foods
3. Drink lots of water
4. Exercise daily



Evidence-based Programming: Healthier Options for Public Schoolchildren (HOPS) Study

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(Years 1-4; focus on the quality of foods, not reduction of calories)

Nutrition & healthy lifestyle education,
(Years 2-4, addressing NCDs)

Increased daily physical activity
(Years 2-4)

**Included Foodservice Staff Education, Teaching Staff
Education, and Parent outreach**

HOPS Nutrition Standards

- Meet age-appropriate nutrient standards based on Recommended Dietary Allowances (RDAs)
- Follow the USDA 2005 Dietary Guidelines for Americans that emphasize:
 - Fruits, vegetables, and whole grains
 - *Quality* of calories matters, not reduction of calories
 - Balancing calories in and calories out is key



Dietary Intervention Results: Fiber

Breakfast

- Daily servings of whole grain breads and cold cereals in place of white/refined flour breads and high-sugar/non-whole grain cereals
- Servings of whole grain-breaded chicken nuggets instead of white/refined flour-breaded chicken nuggets

Lunch

- Daily servings of whole grain breads
- Serving only whole grain pizza, corn dogs with whole grain coating, and chicken nuggets with whole grain breading
- More frequent servings of whole, fresh fruits instead of canned fruits
- More frequent servings of salads and vegetables

American Dietetic Association Food & Nutrition Conference & Expo, Sept. 2006, Honolulu, HI;
Annual Nutrition Conference of the **School Nutrition Association**, July 2006, Los Angeles, CA.

2007-2008 HOPS DIETARY GUIDELINES

All HOPS menus will be created by the [Department] with technical assistance from the Agatston Research Foundation.

GUIDANCE FOR INDIVIDUAL ITEM SELECTION

TRANSFATS	0 grams of trans fatty acids/transfats per serving
SATURATED FATS	≤ 10% of calories from saturated fat
TOTAL FAT	<p>≤ 30% of calories</p> <p><u>Additional Notes on Fats:</u></p> <ul style="list-style-type: none"> • Amounts to be averaged out per weekly analysis of menu • ≤ 6 grams or less/ounce for reduced fat cheese
CHOLESTEROL	60 mg. or less for entrees (excluding eggs)
FIBER	<p>≥ 3 grams per serving of bread products</p> <p>≥ 2.5 grams per serving of crackers</p> <p>≥ 3 grams of fiber per serving for cereals</p> <p><u>Additional Notes on Fiber:</u></p> <ul style="list-style-type: none"> • Ensure ingredient list on label includes words “whole” or “whole grain” before the grain ingredient’s name
SUGAR OR OTHER SWEETENERS	<p><u>In cereals:</u></p> <p>≤ 8 grams per serving</p> <p><u>In cereal bars, oatmeal cookies, and/or snack products:</u></p> <p>≤ 7 grams per 1 ounce serving; or</p> <p>≤ 25% sugar or other sweetener by weight</p> <p><u>In dairy (yogurt, puddings, etc.):</u></p> <p>≤ 5 grams per ounce (including added sugar and naturally occurring sugar found in dairy and fruit)</p> <p style="padding-left: 40px;">(calculation example: a 6 ounce container of yogurt can contain no more than 24 g total sugar)</p>
HIGH FRUCTOSE CORN SYRUP	No *higher* than 3 rd ingredient listed on label
SODIUM	<p>≤ 600 mg total during breakfast</p> <p>≤ 800 mg total during lunch</p>

2007-2008 HOPS DIETARY GUIDELINES (CONTINUED)

GENERAL GUIDELINES FOR WEEKLY HOPS MENU CREATION

MILK	Goals: <ul style="list-style-type: none"> • Provide only fat-free (skim) or 1% milk • Select flavored milks with least amount of added sugars, with the goal of added sugars being < 25% of calories. Defer to your Local Wellness Policy regarding inclusion of artificial sweeteners in flavored milk products.
JUICE	100% juice only, 6 ounces maximum size
WATER	If feasible, offer water with every lunch and snack
FRUITS	Goals: <ul style="list-style-type: none"> • Increase the offerings of whole fruits, but canned water-packed or juice-packed may be used when whole fruits are not available • Increase the variety of fruits offered • Focus on serving high-fiber fruits • Focus on selecting a wide array of colorful fruits • Increase the fruit portion sizes to meet USDA calorie requirements for reimbursable breakfasts and lunches • Offer vitamin A-rich fruits 3 to 4 times per week • Offer vitamin C-rich fruits 3 to 4 times per week
VEGETABLES	Goals: <ul style="list-style-type: none"> • Increase the offerings of fresh vegetables, but frozen and/or canned water-packed may be used when fresh vegetables are not available • Rinse canned vegetables to reduce amount of sodium before cooking/serving • Increase the variety of vegetables offered • Focus on serving high-fiber vegetables • Focus on selecting a wide array of colorful vegetables • Increase the vegetable portion sizes to meet USDA calorie requirements for reimbursable lunches • Offer vitamin A-rich vegetables 3 to 4 times per week • Offer vitamin C-rich vegetables 3 to 4 times per week
STARCHY FRUITS AND VEGETABLES	Goals: <ul style="list-style-type: none"> • Serve <u>sweet</u> potatoes (*fries,* wedges, mashed, or whole) in place of white potatoes and plantains
DRIED BEANS, PEAS AND LEGUMES	Goals: <ul style="list-style-type: none"> • Offer a minimum of 1 serving of dried beans, peas, or legumes each week, with the goal of 2-3 servings per week • Increase the dried beans, peas, or legume portion sizes to meet USDA calorie requirements for reimbursable lunches
WHOLE GRAINS	Goals: <ul style="list-style-type: none"> • Offer a minimum of 1 serving of whole grains at each meal • Increase offerings of whole grains to meet USDA calorie requirements for reimbursable lunches

2007-2008 HOPS DIETARY GUIDELINES (CONTINUED)

MEATS/ PROTEINS	<p>Goals:</p> <ul style="list-style-type: none">• Offer unbreaded, grilled meats (if breaded, select on whole grain coated items)• Offer low-fat, lower sodium prepared meats (hot dogs/corn dogs, etc.)• Offer healthy baked or grilled fish• Offer lean meats for breakfast and lunch (cold cuts and deli meats should be limited to ≤ 3 grams of fat per ounce, Canadian bacon, turkey sausage, etc. – avoid pork sausage and bacon)• Offer eggs at least two times per week during breakfast• Avoid serving sauces with sugar or other sweeteners (such as teriyaki, honey mustard, or BBQ sauce) on meats/proteins or as condiments.
DISCRETIONARY -CALORIE ITEMS	<p>Discretionary-calorie items should be minimized. Instead, larger portions of fruits and vegetables should comprise the additional calories needed to conform to USDA requirements for reimbursable meals and snacks.</p> <p>Goals:</p> <ul style="list-style-type: none">• Desserts should be offered in the form of fruits. Non-fruit desserts, such as an oatmeal cookie, should conform to sugar guidelines above and only be offered one time per month, even in months containing five weeks.
HOPS FOODS OF THE MONTH	<p>Goals:</p> <ul style="list-style-type: none">• HOPS Foods of the Month shall be offered on the first day of the month, the last day of the month, and at least one other day each week during the month.• Prior HOPS Foods of the Month shall be included on subsequent menus at least one time per month.



Month

Foods of the Month

September

Whole Grains

Tomatoes

October

Apples

Winter Squash

November

Lean Meats

Sweet Potatoes

December

Citrus

Root Vegetables

January

Cruciferous Vegetables

Legumes

February

Good Fats

Reduced Fat Dairy

March

Stems

Fish

April

Nuts

Fresh Beans

May

Eggs

Spinach

June

Berries

Peppers

July

Tropical Fruits

Corn

August

Stone Fruits

Summer Squash





School Foodservice Policy requires FoM items to be menued, and highlighted on menus

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Jackson Public Schools Elementary Lunch Menu September 2010



<p>Lunch Prices Full Price Student.....\$1.60 Reduced Price Student.....\$.40 Adult Price.....\$3.00</p> 	 THE ORGANWISE GUYS INCORPORATED <i>Foods of the Month:</i> Tomatoes and Whole Grains 	<p>A Complete Lunch Includes 5 Components: Choice of: 1 Entrée 2 Fruits and/or Veggies 1 Bread 1 Milk</p> 
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choice of One Entrée 30 Fish Filet on Wheat Bun Salad/Sandwich Combo (Light Ham) Choice of Side Dishes Crisp Green Salad Macaroni & Cheese English Peas Sliced Chilled Peaches Orange Dinner Roll</p>	<p>Choice of One Entrée 31 Turkey Roast w/Gravy Large Tuna Salad Choice of Side Dishes Whipped Potatoes Seasoned Green Beans Buttered Carrots Chilled Pear Halves Peach Wheat Rolls</p>	<p>Choice of One Entrée 1 Light Turkey on Wheat Bread Chef Salad Choice of Side Dishes Sandwich Trimmings Corn on the Cob Fresh Broccoli w/Ranch Dip Frozen Mixed Fruit Cup Apple Sherbet</p>	<p>Choice of One Entrée 2 WG Spaghetti w/ Meat Sauce Large Chicken Salad Choice of Side Dishes Crisp Green Salad Seasoned Lima Beans Mixed Vegetables Pineapple Tidbits Banana Garlic Bread</p>	<p>Choice of One Entrée 3 WG Corn Dog Grilled Chicken Salad Choice of Side Dishes Baked Beans Tater Tots Applesauce Fresh Mixed Fruit Salad Nectrine</p>
<p>6 Labor Day Holiday All Schools and Offices Closed</p>	<p>Choice of One Entrée 7 Breaded Chicken Fillet Patty Large Tuna Salad Choice of Side Dishes Crisp Green Salad Seasoned Field Peas Sliced Apples Plum Cornbread/ Wheat Roll Low Fat Ice Cream Cup</p>	<p>Choice of One Entrée 8 WG Pepperoni/Cheese Pizza Chef Salad Choice of Side Dishes Crisp Green Salad Steamed Broccoli Oven Baked French Fries English Peas Peach Orange Juice</p>	<p>Choice of One Entrée 9 Baked or Fried Chicken Salad/Sandwich Combo on Wheat Bread (Light Turkey) Choice of Side Dishes Fluffy Rice w/Gravy Baked Beans Turnip Greens Pineapple Tidbits Apple Cornbread</p>	<p>Choice of One Entrée 10 Smoked Sausage on Wheat Bun Grilled Chicken Salad Choice of Side Dishes Whole Kernel Corn Fresh Broccoli w/Dip Sweet Potato French Fries Fruited Jello Banana</p>
<p>13 Parent/Teacher Conference Day No School for Students</p>	<p>Choice of One Entrée 14 Steak Fingers Chicken Ceaser Salad Choice of Side Dishes Oven Baked French Fries Blackeye Peas Carrot Sticks w/Dip Frozen Mixed Fruit Cup Apple Cornbread/ Wheat Roll</p>	<p>Choice of One Entrée 15 WG Chicken Tetrazzini Chef Salad Choice of Side Dishes Crisp Green Romaine Salad Seasoned Green Beans Mixed Vegetables Applesauce Pear Garlic Bread</p>	<p>Choice of One Entrée 16 Cheeseburger on Wheat Bun Salad/Sandwich Combo (Light Ham) Choice of Side Dishes Tater Tots English Peas Pear Halves Orange Strawberry Frozen Fruit Juice Cup</p>	<p>Choice of One Entrée 17 WG Turkey Sausage Pizza Large Tuna Salad Choice of Side Dishes Crisp Green Salad Sliced Cucumbers w/Dip Whole Kernel Corn Chilled Fruit Cocktail Watermelon Chunks LF Ice Cream Cup</p>

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FOODS OF THE MONTH CLUB

MONTH	FOODS OF THE MONTH		USDA PRODUCT CODES
SEPTEMBER Whole Grains Month	Whole Grains Bread, flour, brown rice, pasta	Tomatoes	Whole Grain Pastas (B428, B836) Rice, Brown, Long-Grain Parboiled (B537, B538) Rice, Brown 25 (B545) Whole Wheat Flour (B351, B360) Oats 3, Rolled (B445) Oats 25, Rolled (B444) Oats 50, Rolled (B450) Tomato Paste, Canned (A252) Tomato Sauce, Canned (A239) Tomatoes, Canned, Diced (A241) Salsa, Canned (A237) Tomatoes ONLY For Processing Tomato Totes (A254) Tomato Paste, Drum (A249)
OCTOBER National School Lunch Month National Apple Month	Apple	Winter Squash Pumpkins, acorn, butternut	Apples, Fresh, Various Types (A343, Pilot A349) Apple Slices (Canned=A345, Frozen=A346) Applesauce, Canned (A350) Year 2010 Bonus: Processed Apple Products


Foods of the Month Cafeteria In Action!



OWG Foods of the Month Club Monthly Posters

THE ORGANWISE GUYS SEPTEMBER
Foods of the Month

WHOLE GRAINS!





There's a Whole in my Food!

The whole grain foods that we eat, like barley, rice, corn, oats and wheat, are good for you and so delicious – found in many cereals, crackers and pasta dishes. High-fiber keeps your body lean and sweeps the whole intestine clean.

- Peri Stolic
(the intestine)

High in Vitamins too!





Oatmeal

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THE ORGANWISE GUYS SEPTEMBER
Foods of the Month

TOMATOES!




Ode to Tomatoes


Brightly colored tomatoes grow on a vine, and I think they taste mighty fine! They're the red in my spaghetti sauce, and the wedge in the green salad I toss. With potassium and vitamins A, K and C, it's a smart food to eat, if you ask me!

- Sir Rebrum®
(the brain)

Salad with Tomatoes



Grow your own tomatoes in a garden or in a pot!



Try the different shapes and colors!

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The OrganWise Guys
Foods of the Month:
Sweet Potatoes

The OrganWise Guys
Cling Education Sheet

FOODS OF THE MONTH

SEPTEMBER

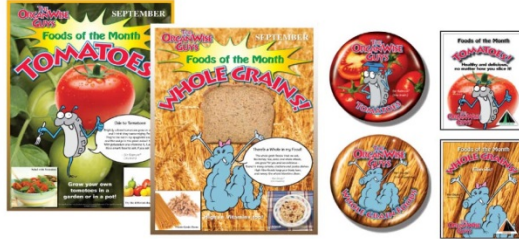


Tomatoes

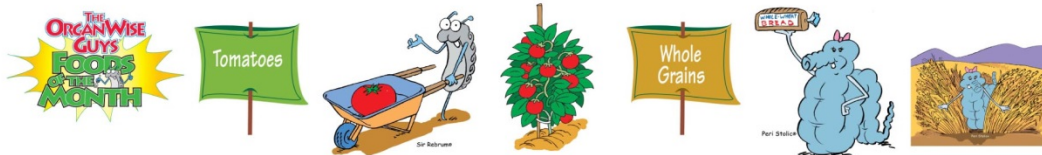


Whole Grains

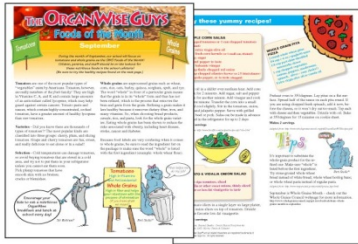
Use the posters, buttons and laminated cards from FoM Kit to market September foods:



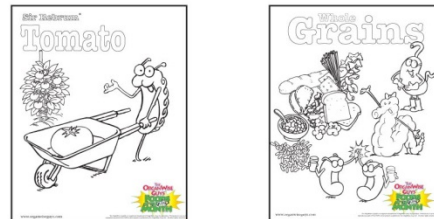
FoM clip art for menus and promotions - Click on picture to download:



FoM Newsletter - Click on newsletter to download
Optional: space available bottom right (page 2) for school logo



FoM Activity Sheets - Click on sheet to download



USDA companion materials:

USDA Team Nutrition Fact Sheet for FS- fiber (September).pdf

USDA Team Nutrition Fact Sheet for FS- sodium (September).pdf

Whole Grain Tips From MyPyramid gov (September).pdf

Be sure to visit www.MyPyramid.gov for more information.

Additional foodservice tools:
OWG FoM Calendar with USDA Product Codes 2010.pdf

Click on buttons for monthly materials



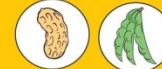
January



February



March



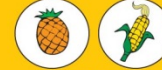
April



May



June



July



August



September



October



November



December

“Club Members Only” website!

OWG Foods of the Month Club

Website: FoM Adult Newsletters



Tomatoes are one of the most popular “vegetables” eaten by Americans. Tomatoes, however, are actually members of the fruit family, but most people consider them vegetables. They are high in vitamins C, A, and K. Tomatoes contain large amounts of an antioxidant called lycopene, which may help guard against certain cancers. Tomato paste and sauces, which contain highly-concentrated, cooked tomatoes, have a greater amount of healthy lycopene than raw tomatoes.

Varieties - Did you know there are thousands of types of tomatoes?! The most popular kinds are classified into three groups: cherry, plum, and slicing tomatoes. Grape and cherry tomatoes are fun, sweet, and really delicious to eat alone or in a salad!

Selection - Cold temperatures can damage tomatoes, so avoid buying ones that are stored in a cold area and do not to put them in your refrigerator unless you cannot eat them soon. Pick plump tomatoes that have smooth skin with no bruises, cracks or blemishes.

Encourage your kids to eat a nutritious OrganWise breakfast and lunch at school every day!

Whole grains are unprocessed grains such as wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, and rye. The word “whole” in front of a particular grain means that the grain is in its “whole” form and thus has not been refined, which is the process that removes the bran and germ from the grain. Refining a grain makes it less healthy because it removes dietary fiber, iron, and many vitamins. So, when choosing bread products, cereals, rice, and pasta, look for the whole grain varieties because eating whole grains has been shown to reduce the risks associated with obesity, including heart disease, stroke, cancer and diabetes.

Because food labels are very confusing when it comes to whole grains, be sure to read the ingredient list on the package to make sure the word “whole” is listed with the first ingredient (example: whole wheat flour).



Try these yummy recipes!

SIMPLE CORN SALSA

2 chopped tomatoes or 1 can chopped tomatoes (drained)
 2 tsp. extra virgin olive oil
 1 cup fresh corn kernels (or 1 small can, drained)
 1/8 tsp. sugar
 Salt and pepper to taste
 4 tsp. balsamic vinegar
 1/4 cup finely chopped red onion
 1/4 cup chopped cilantro leaves (or 2 T dried cilantro)
 1 jalapeño pepper, or to taste (chopped)

Heat the oil in a skillet over medium heat. Add corn and cook for 2 minutes. Add sugar, salt and pepper and cook for another minute. Add vinegar and cook for 1 more minute. Transfer the corn into a small bowl and cool slightly. Stir in the tomatoes, onion, cilantro and jalapeño pepper. Serve with grilled chicken, beef or pork. Salsa can be made in advance and stored in the refrigerator for up to 2 days.

Makes 4 servings

Adapted from: <http://www.foodfit.com/recipes/recipe.asp?rid=1641>



TOMATO & VIDALIA ONION SALAD

3 large ripe tomatoes, sliced
 2 Vidalia or other sweet onions, thinly sliced
 Vinegar or low-fat vinaigrette to taste

Place tomato slices in a single layer on large platter, then put onion slices on top of tomatoes. Drizzle with your favorite low-fat vinaigrette.

Makes 4 servings

Adapted from: *Beyond Gumbo: Creole Fusion Food from the Atlantic Rim*, 2003, Harris, Simon & Schuster.

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WHOLE GRAIN PITA PIZZA

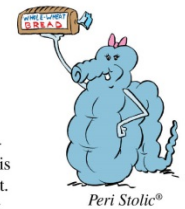
2 round whole wheat pitas
 3/4 cup (~6 oz.) spaghetti sauce
 1/4 cup part-skim shredded mozzarella cheese
 1 cup chopped vegetables (onions, peppers, mushrooms, spinach, olives – your choice!)
 Extra virgin olive oil or canola oil

Preheat oven to 350degrees. Lay pitas on a flat surface. Spread half of the sauce on each pita round. If you are using chopped fresh spinach, add it now, before the cheese, so it won't dry out too much. Top each with cheese and then vegetables. Drizzle with oil. Bake at 350degrees for 15 minutes on cookie sheet.

Makes 2 servings

Adapted from: <http://www.wholegrainscouncil.org/pdf/DozenEasyWGRecipes.pdf>

Tips



It's important to substitute the whole-grain product for the refined one. Make sure “whole” is listed before the first ingredient. Try stone-ground whole wheat bread instead of white bread; whole wheat hotdog buns; or whole wheat pasta instead of regular pasta.

Adapted from: http://www.myspyramid.gov/pyramid/grains_tips.html

September is Whole Grains Month – check out the Whole Grains Council webpage for more information. <http://www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september>

OWG Foods of the Week Club

Website: FoM Student Activity Packets

Whole Grains

THE ORGANWISE GUYS
FOODS OF THE MONTH

www.organwiseguys.com

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The OrganWise Guys are having a *whole grain* party! As you can see, some of the food has already been eaten. Answer the questions below to determine the fraction that has been EATEN, represented by the BLANK portion of the whole grain item. Reduce all fractions to the lowest term!

Whole Grain Pizza

Total number of slices EATEN? _____

Total number of slices (eaten + non eaten)? _____

What fraction was eaten? _____

Whole Wheat Bread

Total number of slices EATEN? _____

Total number of slices (eaten + non eaten)? _____

What fraction was eaten? _____

Whole Grain Cereal

Total number of bowls EATEN? _____

Total number of bowls (eaten + non eaten)? _____

What fraction was eaten? _____

Brown Rice

Total number of plates of rice EATEN? _____

Total number of plates of rice (eaten + non eaten)? _____

What fraction was eaten? _____

www.organwiseguys.com

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OWG Foods of the Month Club

Website: Links to USDA Nutrition Materials for Child Nutrition Professionals



Fact Sheet

Include Fiber-Rich Foods for Healthier School Meals

KEY ISSUES:

- Most Americans eat only half the recommended amount of dietary fiber each day.
- Foods that are good sources of fiber, such as whole grains, dry beans, fruits, vegetables, nuts, and seeds, also tend to be rich in vitamins, minerals, and antioxidants.
- Eating more fiber-rich foods as part of a low-fat, low-cholesterol diet can help lower blood cholesterol, which reduces the risk of heart disease.
- The 2005 Dietary Guidelines for Americans recommend a dietary fiber intake of 14 grams per 1,000 calories per day. This translates to about 7-12 grams of fiber at lunch.
- Schools can help students get more fiber every day by offering more whole grains, fruits, vegetables, and dry beans and peas in their menus.

Diets rich in foods containing fiber such as fruits, vegetables, and whole grains may reduce the risk of heart disease. So, getting enough dietary fiber is important for lasting health benefits!

Help students choose fiber-rich fruits, whole grains, vegetables, and dry beans by gradually adding more of these foods to your menus. About 85 percent of dietary fiber comes from these sources, so you don't need to buy foods with added fiber to get the recommended amount each day. Compare Nutrition Facts labels for similar products and look for the amount of dietary fiber per serving. A "good source" of fiber provides between 3 and 5 grams per serving. A "high fiber" source contains 5 grams or more.

Easy ways to follow the 2005 Dietary Guidelines for Americans

Recipe for Success

- Find creative ways to add more dry beans to your menus.** Thicken soups by adding pureed beans, sprinkle beans on salads, and consider adding beans to stews and spaghetti sauce. Or, choose main courses that showcase beans, such as tacos, chili, bean soup, and bean salads.
- Replace high-fat ranch dips with hummus** (pureed garbanzo beans)! Serve hummus with fresh crisp vegetables such as carrots, broccoli, and cucumber sticks, or with whole-grain pita bread for a delicious high-fiber treat.
- Be a "stealth health" promoter!** Boost the fiber in favorite entrées such as pizza by adding colorful vegetables on a whole-wheat pizza crust. Make the healthy choice an easy choice!
- Top salads with dried fruits or nuts!** Toss them into coleslaw and lettuce mix.



USDA Commodity Food Program

Schools can order a variety of fiber-rich foods like canned dry beans (including pinto, black-eyed peas, refried and kidney beans), whole grains, and canned, fresh or frozen fruits and vegetables through the commodity program. Check the list of available foods at: www.fns.usda.gov/fdd/programs/schcnp/.

- Offer plenty of whole-grain breads,** pasta, and brown rice. Get unconventional with meatloaf or meat ball recipes...simply add oatmeal to increase fiber.
- Serve fruits and vegetables with the peel** for extra fiber. Cutting the fruits and vegetables into smaller pieces will help younger students enjoy them.
- Go for the Gold and take the Healthier US School Challenge!** Showcase your fiber-rich menus and offer plenty of whole fruit or veggies and whole grains every day. And be sure to include beans at least once per week!

Fiber Facts: Which Should I Choose?

3.73 grams	1 medium whole apple with peel
2.09 grams	1 medium whole apple without peel
1.50 grams	1/2 cup applesauce
.26 grams	1 cup apple juice

(Source: USDA Nutrient Database for Standard Reference, Release 14)

Did You Know?

Fiber helps us feel full without adding calories, so it may help people control the amount of food they eat to lose weight or or maintain healthy weight.



Messages for Students

- Make a colorful parfait layered with fruit and low-fat yogurt topped with nuts or granola.
- Try whole-grain pita bread with hummus or bean dip!
- Start your day with a heart-healthy breakfast! Try hot or cold whole-grain cereals topped with fruit such as bananas, blueberries, strawberries, raisins, or dried cranberries.



For more information:

www.MyPyramid.gov
www.fns.usda.gov/tn/HealthierUS/index.html



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Food and Nutrition Service



Department of Nutrition Services

Collier County Public Schools



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[Wellness Newsletter](#)

[Growing Your Farm to School Program](#)

Foods of the Month Newsletters
August: English - Spanish
September: English - Spanish
October: English - Spanish
November: English - Spanish



Foods of the Month Tasting Events



Whole grain bread, olive oil, broccoli, and black bean and tomato tasting event at The Cushman School in Miami, FL



Farmer's Market at Cushman
 Friday, January 23
 11:00 am

Organic and locally grown items that will be available for purchase:

Bok Choy	Cucumbers
Peppers	Radishes
Broccoli Rabe	Zucchini
(HOPS food of the January)	Assorted Herbs
Eggplant Varieties	Apples
Carrots	Oranges
Baby Head Lettuce	Strawberries

And more...
 Thank you
 for choosing healthy foods!

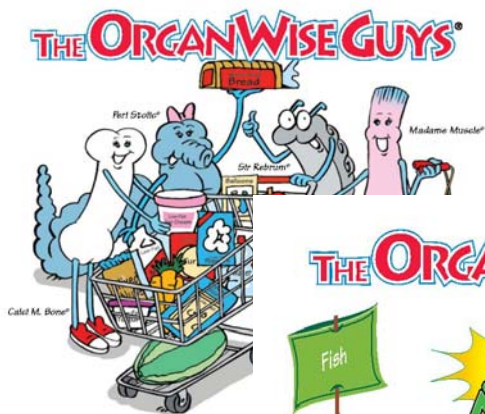


Foods of the Month for sale at Cushman School Farmer's Market

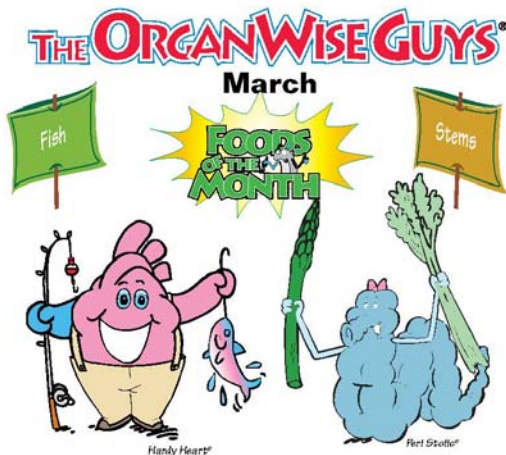


School Gardens Highlight Foods of the Month

Foods of the Month Education in Supermarkets: Partnerships between Schools & Publix (Brevard, FL) and Winn Dixie (FL Keys)



Coming to Publix!
Store: _____
Date: _____
Children's Educational Scavenger Hunt
It's all about... being sm



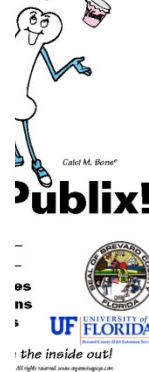
Coming to Publix!
Store: _____
Date: _____



Children's Activities Educational Lessons Scavenger Hunts



It's all about... being smart, from the inside out!



Dietary Intervention Results

Intervention Breakfast v. Control Breakfast

Fats: 26.2% less total fat
20.7% less saturated fat

Dietary Fiber: 2.8 times more dietary fiber

Intervention Lunch v. Control Lunch

Fats: 29.9% less total fat
21.8% less saturated fat

Dietary Fiber: 15% more dietary fiber

American Dietetic Association Food & Nutrition Conference & Expo, Sept. 2006, Honolulu, HI;
Annual Nutrition Conference of the School Nutrition Association, July 2006, Los Angeles, CA.

HOPS Dietary Protocol v. New USDA Meal Pattern Guidance

	HOPS Dietary Protocol	New USDA Meal Pattern Guidance
TRANS FATS	0 grams of trans fatty acids/trans fats per serving	0 grams of trans fat per serving
SATURATED FATS	≤ 10% of calories from saturated fat	< 10 % calories from saturated fat
TOTAL FAT	≤ 30% of calories <u>Additional Notes on Fats:</u> <ul style="list-style-type: none"> • Amounts to be averaged out per weekly analysis of menu • ≤ 6 grams or less/ounce for reduced fat cheese 	Not addressed
CHOLESTEROL	60 mg or less for entrees (excluding eggs)	Not addressed

HOPS Dietary Protocol v. New USDA Meal Pattern Guidance

FIBER	<p> ≥ 3 grams per serving of bread products ≥ 2.5 grams per serving of crackers ≥ 3 grams of fiber per serving for cereals <u>Additional Notes on Fiber:</u> <ul style="list-style-type: none"> • Ensure ingredient list on label includes words “whole” or “whole grain” before the grain ingredient’s name </p>	Not addressed
SUGAR OR OTHER SWEETENERS	<p> <u>In cereals:</u> ≤ 8 grams per serving <u>In cereal bars, oatmeal cookies, and/or snack products:</u> ≤ 7 grams per 1 ounce serving; or $\leq 25\%$ sugar or other sweetener by weight <u>In dairy (yogurt, puddings, etc.):</u> ≤ 5 grams per ounce (including added sugar and naturally occurring sugar found in dairy and fruit) (calculation example: a 6 ounce container of yogurt can contain no more than 24 grams total sugar) </p>	Not addressed
HIGH FRUCTOSE CORN SYRUP	No *higher* than 3 rd ingredient listed on label	Not addressed

HOPS Dietary Protocol v. New USDA Meal Pattern Guidance

SODIUM	<p>≤ 600 mg total during breakfast</p> <p>≤ 800 mg total during lunch</p>	<p>Target 1: SY 2014-15 Breakfast ≤ 540 mg (k-5) Lunch ≤ 1230 mg (k-5)</p> <p>Target 2: SY 2017-18 Breakfast ≤ 485 mg Lunch ≤ 935 mg</p> <p>Target 3: SY 2022-23 Breakfast ≤ 430 mg Lunch ≤ 640 mg</p>
MILK	<p>Goals:</p> <ul style="list-style-type: none"> • Provide only fat-free (skim) or 1% milk • Select flavored milks with least amount of added sugars, with the goal of added sugars being < 25% of calories. Defer to your Local Wellness Policy regarding inclusion of artificial sweeteners in flavored milk products. 	<p>Low-fat (1 % milk fat or less, unflavored) or fat-free (unflavored or flavored)</p>
JUICE	<p>100% juice only, 6 ounces maximum size</p>	<p>100% full-strength juice only</p>
WATER	<p>If feasible, offer water with every lunch and snack</p>	<p>Not addressed</p>

HOPS Dietary Protocol v. New USDA

Meal Pattern Guidance

FRUITS	<p>Goals:</p> <ul style="list-style-type: none"> • Increase the offerings of whole fruits, but canned water-packed or juice-packed may be used when whole fruits are not available • Increase the variety of fruits offered • Focus on serving high-fiber fruits • Focus on selecting a wide array of colorful fruits • Increase the fruit portion sizes to meet USDA calorie requirements for reimbursable breakfasts and lunches • Offer vitamin A-rich fruits 3 to 4 times per week • Offer vitamin C-rich fruits 3 to 4 times per week 	<p>Increases in fruit servings:</p> <p>Breakfast: 1 cup per day (with vegetable substitute allowed)</p> <p>Lunch: ½ cup fruit per day; 2 times per week</p> <p>No more than half the fruit offerings may be in the form of juice</p>
VEGETABLES	<p>Goals:</p> <ul style="list-style-type: none"> • Increase the offerings of fresh vegetables, but frozen and/or canned water-packed may be used when fresh vegetables are not available • Rinse canned vegetables to reduce amount of sodium before cooking/serving • Increase the variety of vegetables offered • Focus on serving high-fiber vegetables • Focus on selecting a wide array of colorful vegetables • Increase the vegetable portion sizes to meet USDA calorie requirements for reimbursable lunches • Offer vitamin A-rich vegetables 3 to 4 times per week • Offer vitamin C-rich vegetables 3 to 4 times per week 	<p>Increases in vegetable servings:</p> <p>Lunch: ¾ cup of vegetables per day</p> <p>Vegetable subgroup weekly requirements:</p> <ul style="list-style-type: none"> – Dark Green (e.g., broccoli, collard greens, spinach) – ½ cup per week – Red/Orange (e.g., carrots, sweet potatoes) – ¾ cup per week – Beans/Peas (Legumes) (e.g., kidney beans, lentils) ½ cup per week – Starchy (e.g., corn, green peas, white potatoes) – ½ cup per week – Other (e.g., onions, green beans, cucumbers) – ½ cup per week – Additional vegetables to meet 5 cup weekly total – 1 cup per week
STARCHY FRUITS AND VEGETABLES	<p>Goals:</p> <ul style="list-style-type: none"> • Serve <u>sweet</u> potatoes (*fries,* wedges, mashed, or whole) in place of white potatoes and plantains 	Not addressed

Striking Gold in MS:

Jackson Public Schools

All 39 Elementary Schools Won Gold!!

Ms. Mary A. Hill

Executive Director

Food Service Department

Former SNA President

Cindy Hormell, RD, MS

Director

USDA Office of Nutrition

Advocacy and Education



Case Study: A Foods of the Month
(FoM) Program in Elementary Schools
Supports the New Meal Pattern

Introduction to the Program

- Florida Department of Education received a USDA Team Nutrition Grant as well as a grant from the Blue Foundation of FL to secure nutrition education kits
 - Palm Beach County requested 110 kits
- During 2011-12, Palm Beach County began a methodical, district-wide implementation of the Foods of the Month program at all elementary schools

Program Roll-Out

- At the beginning of the year, all elementary schools were equipped with a complete FoM kit including:
 - Monthly Posters
 - Staff Buttons
 - Window Clings
 - Laminated Cards
 - Access to FoM website with newsletters, coloring sheets, etc.

Program Roll-Out

- Members of Nutrition Services Team hosted an assembly training for all elementary managers interested in learning more about the program.
 - Over **75** managers attended the two trainings
 - Goal \sim **10%** of attendees host a classroom or school-wide activity – results to come...
- Securing Principal Buy-in
 - Presented the FoM program during an elementary principal meeting

Infusing the Marketing of FoM

- The material provided in the FoM kits were simple to implement. Each month staff would change up the FoM material to keep the information fresh and fun
- Menus provided an excellent avenue of marketing

Have you met Hardy Heart and Pepto the Stomach? This month we focus on lean meats and sweet potatoes as the OWG Foods of the Month!

The School District of Palm Beach County
www.palmbeachschools.org/sfs

**Elementary Lunch Menu
November 2011**



Parents are encouraged to prepay online for students meals. The link is provided on our website.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Offerings Monday/Wednesday/Friday PB & J & Cheese Stick Tuesday/Thursday Muffin, Yogurt, & Cheese	1 Traditional or Fiesta Beefaroni w/Breadstick Corn dog Mini-Mandarin Chicken Salad Muffin Platter Spinach with Cheese	2 Barbecued Chicken Hot Ham & Cheese Sandwich PB & J & Cheese Stick Cornbread Sweet Potato Bake	3 Cuban Pork w/Roll Chicken Patty Sandwich Muffin Platter Black Beans Mixed with Rice* Combread Sliced Sweet Plantains Garden Salad	4 "Fresh From the Farm" Fiesta Pizza Fish Sticks w/Roll PB & J & Cheese Stick Corn-on-the-Cob	
7 Cheeseburger Hot Dog PB & J & Cheese Stick Potato Stix Baked Beans	8 Penne Pasta & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Muffin Platter Broccoli Garden Salad	9 Chicken Tenders w/Roll Sloppy Joe Sandwich PB & J & Cheese Stick Sweet Potato Wedges	10 Turkey Lasagna w/Roll Hamburger Chef Garden Salad Muffin Platter Sliced Carrots	 To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!	
14 Macaroni & Cheese w/Roll Meatball Sub PB & J & Cheese Stick Broccoli	15 Meatless Lasagna or Stuffed Shells w/Breadstick Corn dog Chef Garden Salad Muffin Platter Zucchini	16 Oven Roast Chicken w/Roll Cheesy Burrito PB & J & Cheese Stick Brown Rice* Collard Greens	17 Turkey Roast w/Roll Gravy Chicken Patty Sandwich Muffin Platter Homestyle Stuffing* Mashed Potatoes	18 "Fresh From the Farm" Soft Taco Stuffed Crust Pizza PB & J & Cheese Stick Brown Rice* Corn-on-the-Cob	
21 Chicken Nuggets w/Roll Vegetarian Chili w/Corn Chips PB & J & Cheese Stick Brown Rice* Caribbean Blend	22 Spaghetti & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Muffin Platter Sweet Peas Garden Salad		Happy Thanksgiving! November is a great time to meet with family, eat good foods and play football. You can find lots of healthy foods to eat. Sweet potatoes are packed with fiber, vitamins A and C and they outweigh yams nutritional value by a lot... so remember to eat your share!		

Infusing the Marketing of FoM

- School Food Service Managers enhanced relationships with school staff by providing nutrition education to the students in various forms:
 - Hosting school-wide grade-appropriate assemblies
 - Organizing taste-tests of fruits, vegetables, low-fat dairy, and whole grain items
 - Presenting ideas for classroom learning through lesson plans and activity sheets
 - Participating in school-wide announcements

Infusing the Marketing of FoM into the New Meal Patterns

- School Food Service Managers show OrganWise Guys Public Service Announcements to children to emphasize fruits, vegetables, whole grains, and low fat dairy items
- Managers visited classrooms to share nutrition information, including information on the new meal patterns in a kid-friendly way to encourage consumption of these nutritious foods

FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



FoM Programming in Action



Schools Infusing the Program

- Morning and afternoon announcements were utilized to educate students about health while also promoting the breakfast and lunch menus!
- Videos and music CDs were played in the cafeteria during lunch
- Health fairs and parent nights highlighted the program and its direct coloration on the school meal program
- Partnered with local farmers to set up a display of locally grown produce and sample vegetables with kids and staff

One school dedicated their Spring Performance around The OrganWise Guys!

Program in Action



Program in Action



Program in Action



Program in Action



Program in Action



Program in Action



Program in Action



Year-end Evaluations

2011-2012 School Year

- Foods of the Month kit - full roll-out to all elementary schools
- 12 elementary managers coordinated classroom activities or school-wide events (goal was 10% - achieved 16%)

2012-2013 School Year

- Continued to implement the Foods of the Month program at the elementary level
- 22 elementary managers and 2 high school managers coordinated events in their schools

Success Guaranteed

- Easy to implement
 - So many different ways to approach
- Simple messages
 - Students, teachers, administrators, parents love it
- Attractive to kids
 - The characters are colorful, unique, educational

Testimonials

- “After going into the classroom and teaching the students about the OWG, they have a better understanding of why we encourage them to eat lots of fruits and vegetables. My students are taking more of these healthy options everyday!”

Testimonials

- 3rd grade students at Jupiter Elementary School ask the School Food Service Manager if Annie (the OWG Doll) join them for lunch!
- “My students keep chanting the clubhouse rules – Low Fat, High Fiber, Lots of Water, and Exercise.”

Testimonials

- “Every time I hold a cooking lesson with the students in after care, I take the opportunity to infuse messages from the OrganWise Guys. Thank you for providing us with such a wonderful program!”

Testimonials

- “After hosting two assemblies, the teachers were lining up to borrow my OWG doll and lesson book. How awesome they all want to see the little organs up close and personal.”

New Meal Patterns: Preview of the Impacts

Questions & Answers