

Providing Healthy Food Choices: Keeping Food Programs Current with Dietary Guidelines

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Overview

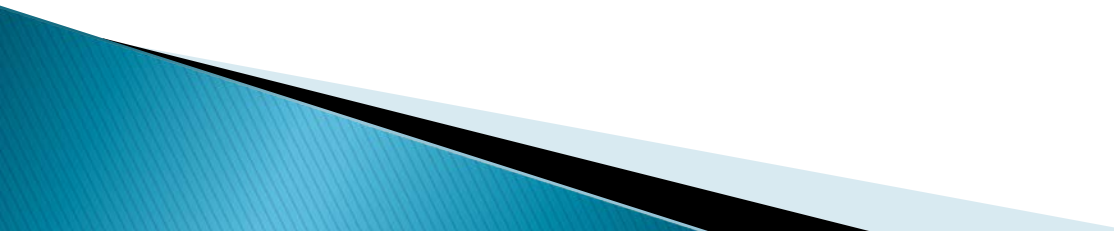
- ▶ USDA's food programs
- ▶ Recent revisions and changes
 - Scientific Food Program Reviews by the Institute of Medicine and Recommendations
- ▶ School meals
 - New standards and scientific support
 - Challenges for schools
- ▶ Discussion



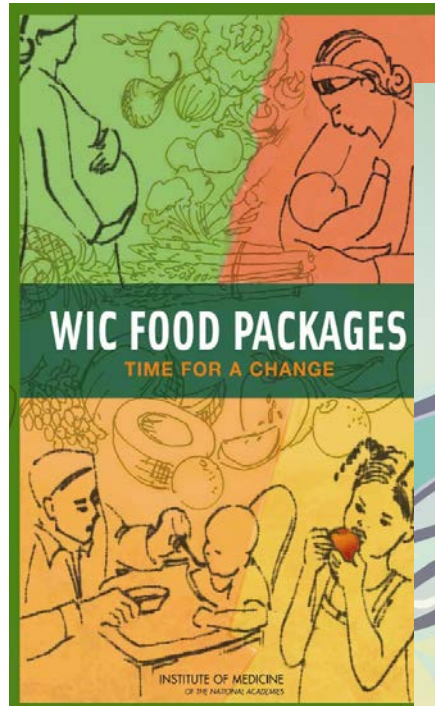
Major Federal Nutrition Assistance Programs

| Program | Established | Recent Participation | Recent Funding Level |
|--|--|-------------------------------|------------------------------------|
| Supplemental Nutrition Assistance | 1964 (Food Stamp Act) | 43.6 million (Sept 2011) | \$75 billion (2010 FY) |
| National School Lunch Program | 1946 (Nat'l School Lunch Act) | 46.3 million (Sept 2011) | \$9.7 billion cash costs (2010 FY) |
| School Breakfast Program | 1975 (School Lunch and Child Nutrition Amendments) | 11.7 million (2010 school yr) | \$2.9 billion cash costs (2010 FY) |
| Special Nutrition for Women, Infants, Children | 1975 | 9.2 million (2010) | \$6.7 billion (2010 FY) |
| Child & Adult Care Food Program | 1978 (Child Nutrition Amendments) | 3.3 million | \$2.7 million (FY2011) |

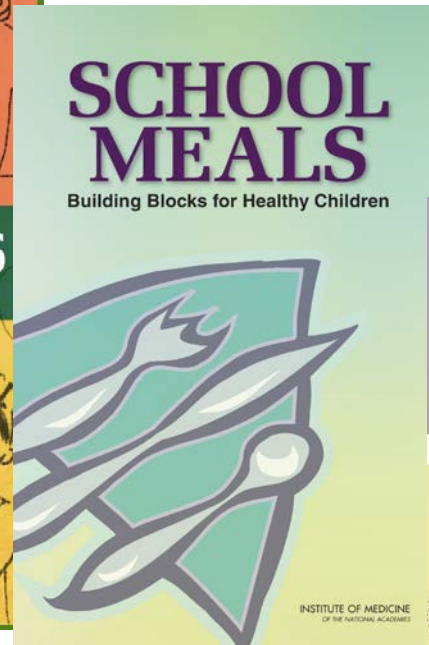
The Diverse Effects of Food Assistance Programs

- ▶ Provide resources to buy more food
 - SNAP, WIC, School Meals
 - ▶ Place limits on what foods can be purchased
 - ▶ Provide nutrition education and promote healthy eating
 - ▶ Affect food prices and agricultural markets
 - ▶ Reduce food insecurity and hunger
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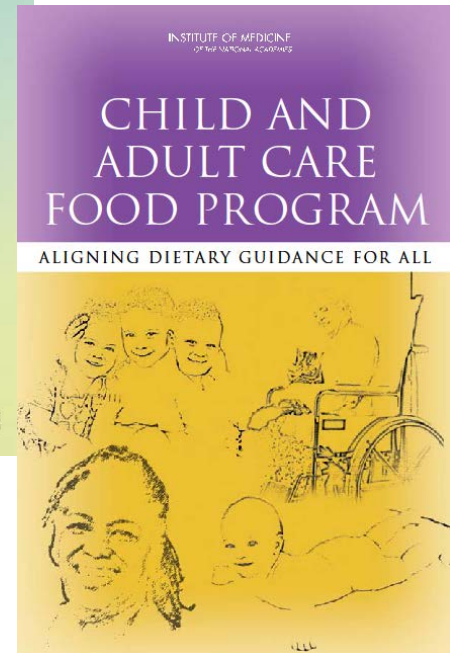
Institute of Medicine's Review of USDA's Food Programs



2006



2010



2011

School meals and Healthy Children

- Dietary Guidelines for Americans 2005, 2010
- Changes to address
 - Rising problems of obesity
 - Follow current dietary guidance
 - Whole grains, more fruits and vegetables
 - Lower sodium
 - Lower saturated fat, no transfat
 - Simplify meal and menu planning
 - Keep cost increases and administrative burden low

School meals changes in menus & meals

- ▶ Publication in Federal Register
 - Proposed rule January 2011
 - Final rule January 2012
- ▶ Set calorie range (min, max)
- ▶ Offer fruits & vegetables as separate meal components
- ▶ Offer fruit & vegetables daily (minimum variety)
- ▶ Offer whole grains – half of grains
- ▶ Fluid milk that is fat-free or low fat
 - flavored as fat-free
- ▶ Reduce sodium (over time)
- ▶ Require fruit or vegetable as part of meal

School meals: Benefits of changes

- ▶ Improve the diets of children for long term health
 - 31.7% of children ages 2–19 are overweight or obese
 - Save \$3 billion in direct medical costs for childhood overweight or obesity
 - Adult obesity attributed to \$147 billion medical spending
- ▶ Improved school meals will contribute to healthier eating

School meals: Costs of changes

- ▶ Estimated changes in cost
 - Breakfast little change initially
 - Food costs for lunch to increase 2.5 cents per lunch
- ▶ Food cost component of preparing and serving meals will increase
 - More vegetables and fruit
 - Replacing refined grains with whole grains
 - Labor costs increase tied to more on-site preparation
 - Less reliance on prepared foods
- ▶ Phase in has costs increasing over time
 - 2–2.5% first three years
 - 8 % years 4–5
 - Overall 5.2%

Meal Reimbursement 2011–2012

| National School Lunch | Less than 60% free and reduced meals | 60% or more free and reduced meals |
|-----------------------|--------------------------------------|------------------------------------|
| Paid | \$0.26 | \$0.28 |
| Reduced price | \$2.37 | \$2.39 |
| Free | \$2.77 | \$2.79 |

School meals: Costs of changes

- ▶ Issues for costs
 - Costs vary by state, bid-pricing and purchasing power, distributor costs, district/distributor location
- ▶ Other costs to consider
 - New equipment, additional storage
- ▶ Training, menu planning
- ▶ Student acceptance is key to success!



Research on helping children make healthier food choices

- ▶ Reduce competitive foods
- ▶ Nudge toward healthier choices
 - Lighting
 - Lunch lines
 - Default choices (“...carrots with that?”)
 - Pre-selection
 - Incentives

