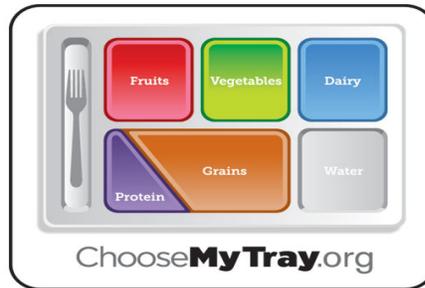


Metro-Nashville Public Schools Nutrition Services Department



At the present time our School Nutrition Services department plans menus that are consistent with the New Meal Pattern set in place by the United States Department of Agriculture and the Dietary Guidelines for all Americans to offer foods low in fat, lower calories, reduced sugars or without added sugars. Fresh fruits, 100% fruit juices, fresh vegetables, various types of beans, and whole grains have been added to the menu to increase fiber in our meals. Non-fat and 1% low fat dairy foods and potable water are available to all students. In August 2012 we began offering 0% low fat, reduced sugar chocolate milk. However, in August 2013 a newly reformulated 0% fat, reduced sugar strawberry milk returned to our menu. The chocolate milk was reduced from 25 grams to 21 grams of sugar which is below the Institute of Medicine recommendation, as they recommend 22 grams of sugar per 8 oz. serving. The reduction of 1 teaspoon of sugar per 8 ounces of chocolate milk reduces the sugar calories of the milk by 15 fewer calories per 8 ounce serving. 6 million cartons of chocolate milk are sold in Metro schools in one year. The amount of sugar saved is equivalent to 10,538 / 5 pound bags of sugar.

When looking at 3500 calories per pound, one carton a day with the reduction of sugar prevents a 1 pound weight gain per student during the school year. Additionally, whole milk, 2% milk, white bread, sugar packets and salt have been removed from the menu. Deep fat fried items are not an option in an effort to continue to lower fat intake in student intake. Portion control does not exceed the recommended serving size as we do not super-size any portions. All a la carte snacks sold in the K-8 cafeterias meet the nutritional standards of no more than 35% fat, 10% saturated fat and 35% sugar as required by the state regulations. When students enter the cafeteria they should see educational posters promoting good nutrition that contain nutrition messages encouraging them to make healthy food choices. Complete Metro-Nashville School Nutrition Services program description, menus and nutritional analysis as well as other information can be found on the www.mnps.org website. Go to Breakfast and Lunch Menus and click on menus and then click on School Nutrition Services to review other information.

Efforts are being made by our department to coordinate the program to help prevent and decrease obesity among our student population. The food products that are currently being

used are looked at very closely by our dietitian who works with Food Industry representatives to assure products tried and tested in our schools meet the Child Nutrition standards. Commodity foods supplied by USDA are being processed into heat and serve items that meet the child nutrition standards and food safety requirements. We are also in contact with our school nurses to help meet the individual nutrition requirement of our special needs students and those on prescribed special diets. We work and collaborate with the school districts Coordinated School Health Program, School Gardens committee, Alignment Nashville HEAL committee, Community Food Advocates and the Alignment Nashville School Nutrition Working committee. All of these collaborative partners provide support to bring about healthier changes in our schools' food environment. As a department we continue to seek the support of our Board in strengthening the competitive foods policy (competitive foods are defined as foods sold in schools in competition with the USDA school meal program--school breakfast, school lunch and after-school snack programs). Vendors in our local schools can offer students more nutritious foods by placing healthier foods that students can choose from in our vending machines that meet the healthy smart snacks standard.

Breakfast is the most important meal of the day. In an effort to increase our breakfast program participation we are now offering breakfast in the classroom. This has had great success and more children are eating breakfast at their specified locations.

We have several schools that offer fruits and vegetables between breakfast and lunch and after lunch through the USDA Vegetables and Fruits Program. This program has been a great success with students consuming more fresh fruits and vegetables. Fruit and vegetable nutrition education materials have been provided to the schools for the students.

Through the American Recovery and Reinvestment Act (ARRA) (equipment grant) one school has received funding to add a cold section for a serving line to hold pre-made salads.

The School Nutrition Services Department is working closely with local universities and the community to provide field experience for students in the dietetic internship programs. These students are given the opportunity to observe the program and how it relates to the school district. Our department registered dietitian participates by providing nutrition lectures for teachers as well as community program request. In the summer 2010 the Nutrition Walk that was developed by the district dietitian was recognized as one of 13 Best Practices in the United States by the National School Nutrition Association. The Nutrition Walk is an exhibit that provides 19 nutrition messages for K-12 students as well as adults and is used widely throughout the school district. The walk has been updated to reflect the new ChooseMyPlate guide, which replaces the old My Pyramid guide. We have 2 schools that received the Gold award, 5 schools have been recognized with the Silver award, and 38 schools were given the Bronze award for meeting the nutritional, physical activities and creating a culture of wellness within these schools for the Healthier US Challenge Award given by the USDA. Summer 2011 brought 2 Silver awards for the Nutrient, Nutrient, Know Your Nutrients curriculum and the Nutrition Awareness newsletter for creating a Healthier School Environment. In summer 2012 we received the 2012 USDA Best Practice Award from the United States Department of Agriculture for "Translating the Menu to Achieve Healthier Food Choices". Notably in summer 2013 we received 2nd Place in the Produce Culinary competition which was held by the Tennessee State Department of

Nutrition at our state conference. In summer 2014 we received the 2014 USDA Best Practice Award from the United States Department of Agriculture for Promoting a Healthy School Environment- Partnership with Alignment Nashville and the Community to Bring about a Change in the School Cafés Environment! Additionally all schools have joined the USDA TEAM Nutrition Program and schools will receive nutrition education posters and nutrition education curriculums.

This department provides on-going nutrition services training for all employees and works closely with the Metro Health department to meet required food safety standards. Cafeteria managers completed a 10 hour ServSafe course and are all ServSafe Certified. Fall 2015 all employees will be required to meet Learning Codes for Professional Standards.

The Nutrition Services department continues to move forward in the new computerized point of sale system. Currently all schools are operating under that point of sale system which allows students to place a pin number into to the pad to access their meal account. Parents may contact their child's cafeteria manager to better understand the new system. Through the Community Eligibility Program (CEP) this year all students enrolled in our schools are provided breakfast and lunch at no cost.

We will continue to make improvements to the meal services as The New Meal Pattern has been implemented. According to the maximum calorie levels, school lunches must not exceed 650 calories for students in grades K-5 (our current average is 634 calories) 700 calories for grades 6-8, (our current average is 681 calories) and 850 calories for grades 9-12 (our current average is 763 calories). Calorie maximums were also set for school breakfast. In grades K-5, the breakfast should not exceed 500 calories (our current average is 475 calories), 550 calories for grades 6-8 (our current average is 475 calories), and 600 calories for grades 9-12 (our current average is 500 calories). Sodium levels have been decreased significantly for grades K-12. We are already using the traditional Food Based Menu Planning. Fruit at breakfast is 1 cup per day. At lunch fruit will remain from ½ cup to 1 cup per day for grades 9-12 and no more than half the fruit schools provide should be in the form of 100% fruit juice. Vegetables would increase from ½ cup to 1 cup per day and the servings of starchy vegetables will not be limited. All grains served are whole grains and enriched. Additionally, MNPS Nutrition Services is very focused on providing the very best for our students in researching out “cleaner food label” products that are cost effective and satisfy student tastes. In the 2015-2016 school years, we will for the first time offer “No Antibiotic Ever Chicken Legs” to students.

As you can see, the New Meal pattern regulations are many and we have a lot of work at hand. There is a large elephant to move so we have to move him a little bit at a time. We hope that you will always make the school cafeteria the first choice for your child's breakfast and lunch everyday.

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2. Request for auxiliary aids at a school building statement: Individuals who need aids and services are to make their request known to the building principal or department head prior to the date it is needed. (Interpreters for the deaf or hard of hearing must be requested Forty-eight (48) hours prior to the event.)

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