

the School Day just got Healthier

Foodservice Update

This school year began with changes to the school breakfast program. As you know, the Healthy Hunger-Free Kids Act of 2010 directed the Department of Agriculture to update nutrition standards for the National School Lunch Program for the first time in over 15 years. The Department developed these updated standards based on the most up-to-date science and expert recommendations from sources such as the Institute of Medicine Report and the Dietary Guidelines for Americans. The new meal patterns are based on age-appropriate nutrition and physical activity habits of the average student.

The timing of this legislation and USDA's standards are critically needed to help combat the epidemic of childhood obesity as well as the urgent problem of childhood hunger. Nearly 1 in 3 children are at risk for preventable diseases like diabetes and heart disease due to overweight and obesity. If left unaddressed, health experts tell us that our current generation of children may well have a shorter lifespan than their parents.

