

# We're reinforcing our commitment to good nutrition for your kids.

Beginning this school year, we're putting in place some new USDA guidelines for even healthier meals for your kids.

We'll be using the message pictured here to remind kids of the basic change they need to be aware of -- **that they now must choose at least one fruit or vegetable among the three meal components they need to take for a complete lunch** -- but there's more to the changes that we want to share with parents. Here are the major differences:

- \* Previously, students didn't have to take a fruit or vegetable at all, as long as they took enough other items. Now, they must **choose at least one fruit or veggie serving**, and we encourage them to choose more if they like.
- \* Students will have a **greater selection and variety of fruits and veggies** to choose from, too. Instead of  $\frac{1}{2}$ - $\frac{3}{4}$  cup combined of fruits and veggies per day, now we'll be offering  $\frac{3}{4}$ -1 cup of veggies **PLUS**  $\frac{1}{2}$ -1 cup of fruit per day.
- \* We'll be **emphasizing the healthiest veggies** more often, with weekly offerings of healthy dark green and red/orange vegetables, as well as beans and other legumes.
- \* **Whole grains are up.** Beginning this year, at least 50% of all grain foods we serve will be whole-grain rich, and within two years, all of the grains we serve will be whole-grain rich.
- \* **Bad fats are down.** Meals will average less than 10% calories from saturated fat, and every item will contain zero grams per serving of trans fat.
- \* We'll be serving only **fat-free unflavored, 1% unflavored, and fat-free flavored milks.**
- \* We'll be meeting new standards for **limiting sodium** until we reach a final maximum of 740 mg sodium per meal on average.

These changes will require more work and careful planning on our part, especially as we get used to the new guidelines. And the new menus will no doubt take some getting used to for our customers, too. But the end result will be healthier meals for our kids -- and **well-nourished kids do better in school!**

Please visit [www.traytalk.org](http://www.traytalk.org) for more details



**DON'T GET!**

Take at least **ONE**

**FRUIT**

or

**VEGGIE**

and at least **THREE**  
items total so your meal  
counts as a complete lunch!



**School Meals**  
*We serve education every day™*

## ST. MARY'S COUNTY PUBLIC SCHOOLS FOOD & NUTRITION SERVICES

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