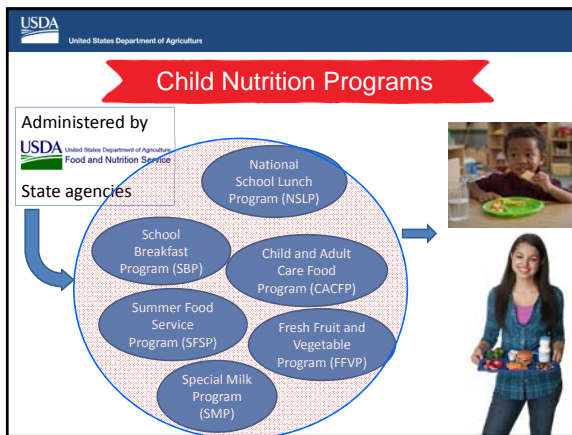




Objectives

By the end of this webinar, you will be able to:

1. Explain how the sodium guidelines in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) were developed.
2. Discuss the *What's Shaking?* initiative, including its:
 - Purpose
 - Target audience
 - Major action steps
3. Identify sodium reduction resources, materials, strategies, and tools for schools.



Team Nutrition

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Programs

Provides free curricula, resource guides, posters, parent handouts, and other resources

Aims to improve children's lifelong eating and physical activity habits

<http://teamnutrition.usda.gov> @TeamNutrition

HHFKA & Revision of NSLP/SBP Meal Standards

December 2010

- HHFKA - Required USDA to set nutritional standards for the NSLP & SBP

January 2012

- NSLP & SBP nutrition standards released

2012-2014

- Changes in school meals phased-in (e.g., fruit & vegetable offerings, whole-grain requirements, calorie & sodium restrictions)

SY 2014-2015

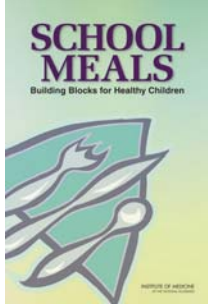
- Target 1 Sodium went into effect

School Meals

- Have more whole grains, fruits, and vegetables
- Include only fat-free and low-fat types of milk
- Have less sodium (salt) and saturated fats
- Are balanced meals with "right-size" portions for children

Development of Sodium Targets

- Initial recommendations put forth in National Academy of Medicine Report
- Targets based on age-appropriate limits for sodium




Dietary Reference Intakes: ULs for Sodium

Tolerable Upper Intake Levels:
The highest level of daily nutrient intake that is likely to pose no risk of adverse health effects to almost all individuals in the general population.

Age Group (years)	UL (mg/day)
1-3	1,500
4-8	1,900
9-13	2,200
14+	2,300

SOURCE: Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. This report may be accessed via www.nap.edu. Copyright 2004 by The National Academies. All rights reserved.



Sodium Requirements Breakfast

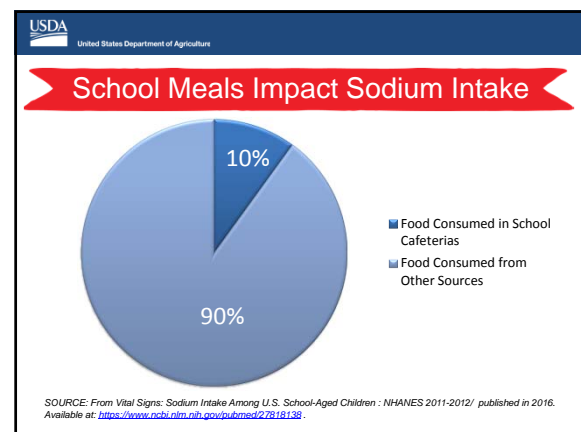
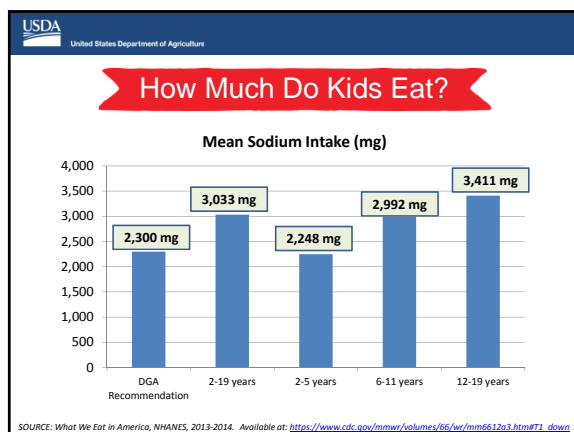
Grade Group	Baseline*	SY 2014-15*	SY 2017-18*
K-5	573mg	≤540mg	≤485mg
6-8	629mg	≤600mg	≤535mg
9-12	686mg	≤640mg	≤570mg

*Average sodium amount per meal over one week. - SNDA-IV study

Sodium Requirements Lunch


Grade Group	Baseline*	SY 2014-15*	SY 2017-18*
K-5	1,377mg	≤1,230mg	≤935mg
6-8	1,520mg	≤1,360mg	≤1,035mg
9-12	1,588mg	≤1,420mg	≤1,080mg

*Average sodium amount per meal over one week. - SNDA-IV study



Top 10 contributors to sodium among US schoolchildren:


1. Pizza
2. Mexican-mixed dishes
3. Sandwiches
4. Breads
5. Cold Cuts
6. Soups
7. Savory snacks
8. Cheese
9. Plain Milk
10. Poultry



Source: Sodium Intake Among US School-Aged Children: National Health and Nutrition Examination Survey, 2011-2012, JAND, 2016.

What's Shaking? Creative Ways to Boost Flavor With Less Sodium!

- Nation-wide sodium reduction in school meals initiative
- Webinars, menus, best practice strategies, resources
- Partners supportive of sodium reduction in school meals
- Working with food industry

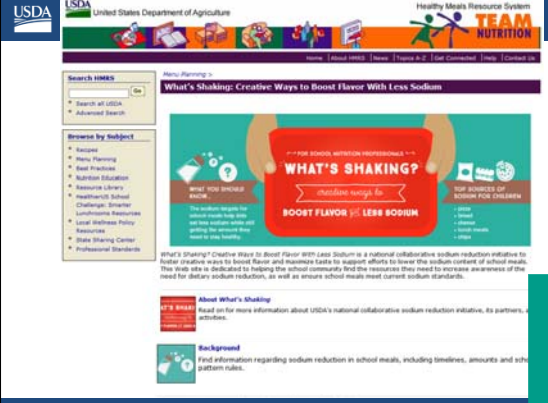


<http://healthymeals.nal.usda.gov/whatsshaking>

What's Shaking? Partners



What's Shaking? Creative Ways to Boost Flavor With Less Sodium



<http://healthymeals.fns.usda.gov/whatsshaking>

What's Shaking? Creative Ways to Boost Flavor With Less Sodium

Sodium Reduction Infographic for School Nutrition Professionals (PDF | 346 KB)
USDA, Food and Nutrition Service.
This infographic visually depicts the public health importance of sodium reduction as well as practical tips for schools that are already making great strides on preparing and serving healthy school meals.

Background
Find information regarding sodium reduction in school meals, including timelines, amounts and school meal pattern rules.

Resources for School Nutrition Professionals
Find handouts, infographics, recipes, menus, culinary techniques, and other resources to support sodium reduction.

Resources for School Administrators, Teachers and Staff
Get information and new ideas on how to support sodium reduction and a healthy school environment.

Community Connection
Perfect for parents, other caregivers, youth engagement and others searching for resources on sodium reduction, including infographics, tip sheets, recipes and more!

Sodium Reports and Studies
Review research related to levels of sodium intake in children and adults.

NEW! Calendar of Events
Stay updated on upcoming webinars, conferences, presentations and more related to sodium reduction.

<http://healthymeals.nal.usda.gov/whatsshaking>

What's Shaking? Creative Ways to Boost Flavor With Less Sodium

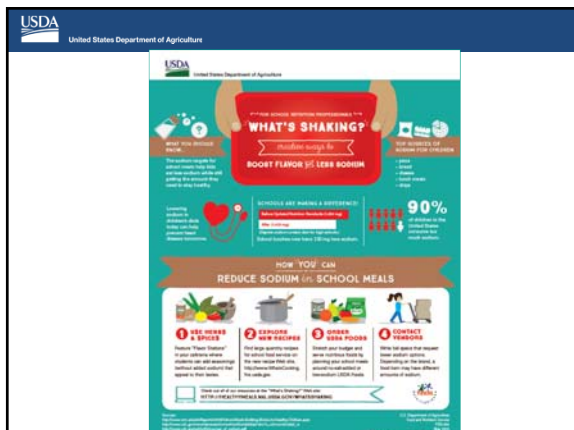
Resources for School Nutrition Professionals


Find handouts, infographics, recipes, menus, culinary techniques, and other resources to support sodium reduction, including timelines, amounts and school meal pattern rules.

Information on this page:

- At a Glance: Handouts and Tip Sheets**
All About Sodium
In the Kitchen: Meal Planning, Cooking and Recipes
- Reduce Sodium in School Meals (2013) (PDF | 412 KB)**
U.S. Department of Education.
This two-page handout provides suggestions for finding high-sodium foods, tips for modifying recipes that use high-sodium ingredients, and a chart of common seasonings to use in place of salt.
- Sodium Reduction Infographic for School Nutrition Professionals (May 2015) (PDF | 346 KB)**
USDA, FNS.
This infographic visually depicts the public health importance of sodium reduction as well as practical tips for schools that are already making great strides on preparing and serving healthy school meals.
- Just the Facts: Be the Salt Detective (October 2016) (PDF | 1.2 MB)**
USDA, FNS, Team Nutrition.
Part of the Fact Sheets for Healthier School Meals™ set, the fact sheets for school foodservice professionals offer strategies for purchasing, preparing, and serving meals consistent with the Dietary Guidelines for Americans.
- Flavor Shakers (PDF | 389 KB)**

<http://healthymeals.nal.usda.gov/whatsshaking>





1 USE HERBS & SPICES

Feature "Flavor Stations" in your cafeteria where students can add seasonings (without added sodium) that appeal to their tastes.

Lower-Sodium Flavorings

- Spices & Herbs
- Flavored vinegars
- Fresh salsa
- Lemon or lime juice
- Pepper sauce
- Salt-free seasoning mixes
- Seasoning powders (onion powder, garlic powder)
- Simple salad dressings (such as vinegar and oil)

Cincinnati Public Schools

FRESH VEGETABLES, TOPPINGS & SPICES






Add a Side of Veggies • Create a Chef Salad • Add Deluxe Toppings • Sprinkle on the Spice

Photos courtesy of Jessica Shelly, MBS, SNS, REHS,
Food Services Director, Cincinnati Public Schools
(Shellyj@cpsboe.k12.oh.us)

**Empowering Choice,
Respecting Preferences**

"Spice Station" at the Salad Bar ...




No sodium spices allow the students to become the chef



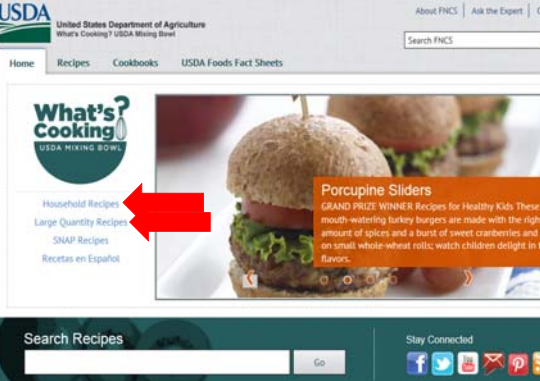
Photos courtesy of Jessica Shelly, MBS, SNS, REHS,
Food Services Director, Cincinnati Public Schools
(Shellyj@cpsboe.k12.oh.us)

- Reduce salt in recipes by half and conduct taste-tests
- Low sodium bouillon cubes, ham base, and chicken base
- Low-sodium broths
- Use less or no salt when cooking pasta, rice, beans, and hot cereals.

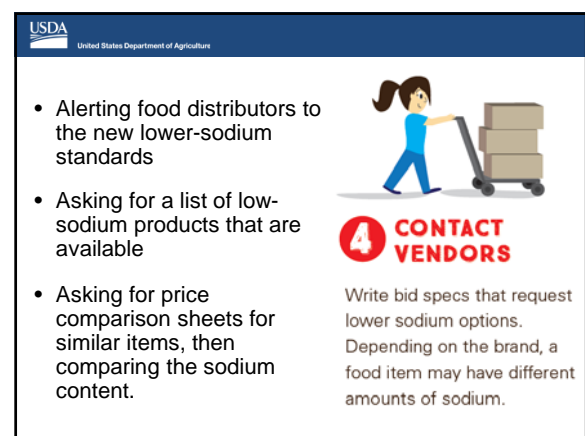
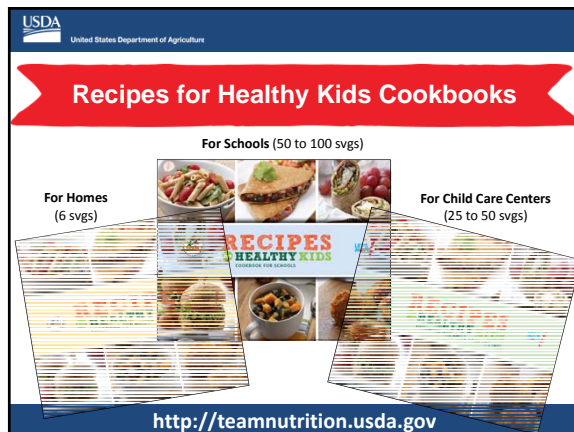


2 EXPLORE NEW RECIPES

Find large quantity recipes for school food service on the new recipe Web site, <http://www.WhatsCooking.fns.usda.gov>.



<http://whatscooking.fns.usda.gov>



USDA
United States Department of Agriculture

More tips from successful schools

- Conduct culinary trainings for staff
- Utilize scratch cooking techniques; reformulate recipes and add spices
- Use reduced sodium versions of dressings, soups, cheese, sauces
- Attend food shows; work with vendors
- Reduce sodium levels of food items over time
- Taste-test products with students



USDA
United States Department of Agriculture

Turlock Unified School District



Photos courtesy of Scott Soiseith, Director,
Turlock Unified School District (ssoiseith@turlock.k12.ca.us)

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Turlock Unified School District




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USDA
United States Department of Agriculture

What's Next for *What's Shaking?*

- Tip Sheets for School Nutrition Professionals
- Collaborate with established partners
- Focus on success stories, best practices, and actionable strategies!
- Continued conversations with food industry
- Presentations at conferences.



<http://healthymeals.nal.usda.gov/whatsshaking>

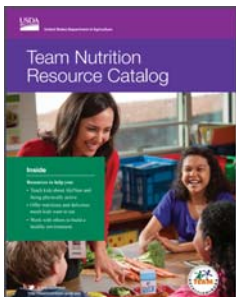
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<http://teamnutrition.usda.gov>

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Team Nutrition Resource Catalog



<http://teamnutrition.usda.gov>

