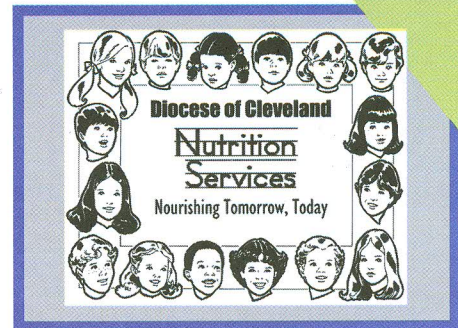


# New Nutritional Standards

## Diocese of Cleveland Nutrition Services

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## Did you know...

It has always been Nutrition Services' mission to strive to serve students food that is both nutritious and delicious. In the past year, state and federal regulations have been passed (*including Senate Bill 210*), or are in the process of passing, that regulate what foods and beverages can and cannot be sold in schools. These new changes will be taking place over the next few years and the regulations will affect the entire school environment, including the cafeteria.

Below is a list of the main changes that will be occurring for the 2011-2012 school year.

- ✓ Juice, water, and milk are the only beverages that may be sold in elementary schools. Serving size and caloric restrictions affect high schools.
- ✓ More whole grain products will be offered on the menu.
- ✓ All milk offered will be 1%, skim, or fat free.
- ✓ A la Carte items offered will not exceed 35% total calories from fat, 10% of calories from saturated fat, and 0% trans fat.
- ✓ A la Carte items served anywhere in the school buildings are affected by the new federal (*Healthy, Hunger-Free Children Act*) and state (*Healthy Choices for Healthy Children Act*) guidelines when the item is not being served as part of a National School Lunch Program reimbursable meal. A la Carte items will be restricted to healthier items served in smaller portion sizes. Therefore, many of the students' favorite items may no longer be offered, as determined in consult with Alliance for a Healthier Generation software.

As the new regulations come into effect we at Nutrition Services believe that we will be able to better serve the students by giving them some healthier choices. Rest assured, however, we will continue to search for acceptable alternative a la carte items that will meet the new guidelines.