

New Standards

HHFKA

(Healthy, Hunger- Free Kids Act of 2010)



December 2016

HHFKA: Changes for SY 2014-2015



Whole Grains: 100%? 51%? Huh?

- **Beginning in SY 2014-15, **all** grains offered must be **Whole Grain-Rich (WGR)****
- “Whole Grain-Rich” foods must contain at least 51 percent whole grain ingredients
- First ingredient must be a Whole Grain (ex. Whole wheat flour) vs an Enriched Grain

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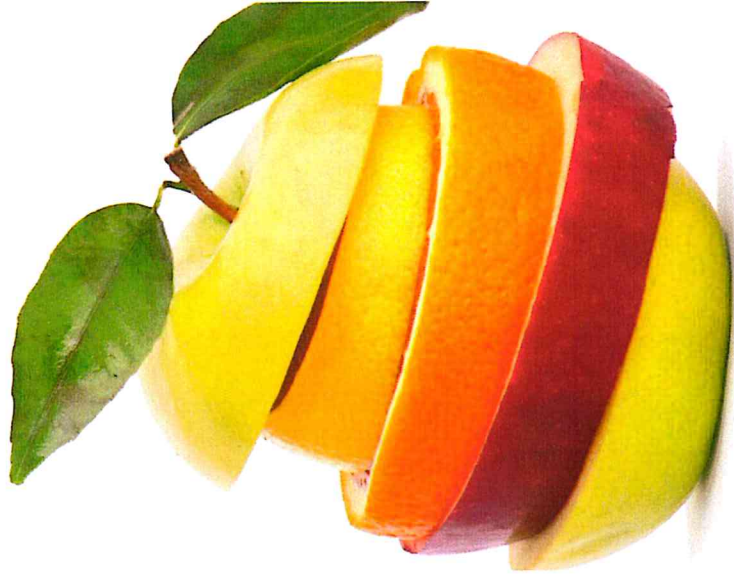
Breakfast:

- **Fruit/Vegetable now a required component for a reimbursable meal**

- 1 cup fruit must be offered to each student
- Students must choose at least ½ cup fruit or vegetable
- 100% juice may only count for half of the fruit offerings per week

- **Veggies at Breakfast**

- Vegetables may be substituted for fruit, but the first 2 cups per week of any substitution must be from the dark green, red/orange, legumes, or “other vegetables” categories
- So, no potatoes at breakfast unless the above is met



Key Points

Meal Requirements:

- **Separation of Fruit and Vegetable Group**
- **Students must take ½ cup fruit and/or vegetable at Lunch**
 - Must have vegetables of color-dark leafy greens, re/orange, & beans/legumes offered weekly
 - Whole grain-rich products must make up 100% of grain offered
 - No more than 1% unflavored or fat free flavored milk
 - Sodium on a 10 year reduction timeline

Key Points

Food Based Menu Planning:

- **Food Component:**
 - 1. Grains
 - 2. Meat/Meat Alternate
 - 3. Fruit
 - 4. Vegetable
 - 5. Milk
- **Lunch: Must offer 5 components, students must take 3 components and 1 must be a 1/2 cup fruit and/or vegetable**
- **Breakfast: Must offer 1,3,&5 component, student must take 3 items and 1 must be 1/2 cup fruit.**



Questions?