

## Breaking Down the Vegetable Subgroups





SNP BACK TO SCHOOL CONFERENCE



Presented by:

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#### Today's Agenda

What are the vegetable subgroups?

SBP/NSLP meal pattern requirements

Break down the vegetable subgroups

Quiz

Available handouts

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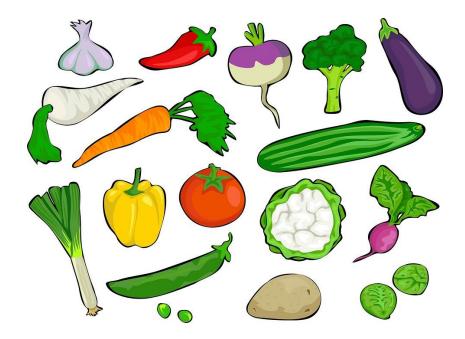
#### Why Are There Vegetable Subgroups?

Based on Dietary Guidelines for Americans

Organized into five subgroups based on their

nutrient profile

Variety is key!





Reduced Risk of Heart Disease

High Fiber

Importance of Vegetable Variety

Protective
Against Certain
Cancers

Low Calorie & Low Fat



# SBP & NSLP Vegetable Requirements





#### **SBP Vegetable Requirements**

Subgroup	K-5	6-8	9-12
Fruit	5 cups (1)	5 cups (1)	5 cups (1)
Vegetables	0	0	0



#### **SBP Vegetable Requirements**

#### **Prior Regulations**

At least two cups of vegetables from the dark green, red/orange, beans/peas, or "other" subgroups must be offered before starchy to credit a vegetable in place of a fruit

#### SY22-23 & SY23-24

Vegetables (including potatoes and other starchy vegetables) can be served in place of fruit WITHOUT including vegetables from other subgroups in weekly menu



#### **NSLP Vegetable Requirements**

Subgroup	K-5	6-8	9-12
Total Vegetables	3.75 cups (0.75)	3.75 cups (0.75)	5 cups (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans and Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5



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Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5



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Beans and Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5



#### **Offer Versus Serve**

Subgroup	K-5	6-8	9-12
Total Vegetables	3.75 cups	3.75 cups	5 cups
	(0.75)	(0.75)	(1)

 ½ cup serving of vegetable OR fruit is required for a reimbursable meal





#### **Crediting Information**

Fresh

Frozen

Canned

Dried/
Dehydrated

100% Juice



#### **Crediting Information**

- The minimum amount of a vegetable that is creditable = 1/8 cup
- Vegetable juice can only be used to meet up to 50% of the weekly vegetable requirement



#### **Multiple Serving Lines**

- All students must have access to the required quantities of all five vegetable subgroups each week on each serving line
- The daily and weekly requirements must be met in all serving lines
- It is not acceptable to post signs directing students to select the vegetable subgroup choice from a different serving line

Example: If a school has a hot lunch line, deli line, and grill line, all lines must meet the minimum daily serving size requirement (¾ cup for grades K-8; 1 cup for grades 9-12) and all 5 vegetable subgroups must be available on each serving line over the course of the week



#### **Crediting Vegetables**

- Food items that <u>cannot</u> be credited towards vegetable meal pattern requirements:
  - Snack-type foods made from vegetables, such as potato chips
  - Pickle relish, jam, or jelly
  - Tomato catsup and chili sauce (tomato paste in chili is creditable)
  - Home canned products
  - Dehydrated vegetables used for seasoning



#### **Food Buying Guide**

- Over 630 entries for vegetables (fresh, canned, frozen, and dehydrated) are listed alphabetically.
- Forecast purchase amounts
- Determine the specific contributions toward the meal pattern requirements.

https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs



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#### Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Red/Orange Vegetab	les - TOMAT	O PRODUCTS	S (continued)		
Tomato Products canned, Tomato Sauce Includes USDA Foods	Ne. 300 Can (15 oz)	6.85	1/4 cup vegetable	14.60	
	Pound	7.65	1/4 cup vegetable	13.10	
Tomato Products canned, Spaghetti Sauce, Meatless Includes USDA Foods (Low sodium)	No. 10 Can (106 oz)	47.90	1/4 cup heated vegetable	2.10	1 No. 10 can = about 12 cups heated spaghetti sauce
Red/Orange Vegetab	les - TOMAT	OES			
Tomatoes, fresh Cherry, Whole with stem	Pound	12.10	1/4 cup whole vegetable (about 3 whole cherry tomatoes)	8.30	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole, ready-to-serve cherry tomatoes



# BREAK DOWN THE VEGETABLE SUBGROUPS



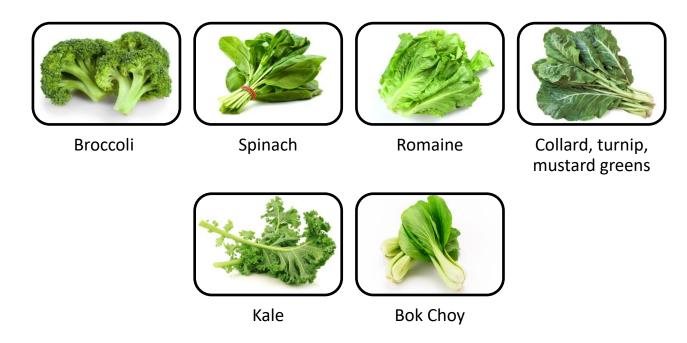


#### Dark Green Subgroup

Subgroup	K-5	6-8	9-12
Total Vegetables	3.75 cups (0.75)	3.75 cups (0.75)	5 cups (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5 <sup>3</sup>



#### Dark Green Subgroup



- Good sources of vitamins A, C, & K, folate, fiber, potassium, magnesium, and calcium
- Important for cell growth, protective against free radical damage, support circulatory system



#### Dark Green Subgroup

- Raw leafy green vegetables credit as half the volume served
  - $-(1 \% \text{ cups raw spinach} = \frac{3}{4} \text{ cup dark green vegetable})$
- Cooked leafy greens credit as volume served
  - (½ cup sautéed spinach = ½ cup dark green vegetable)



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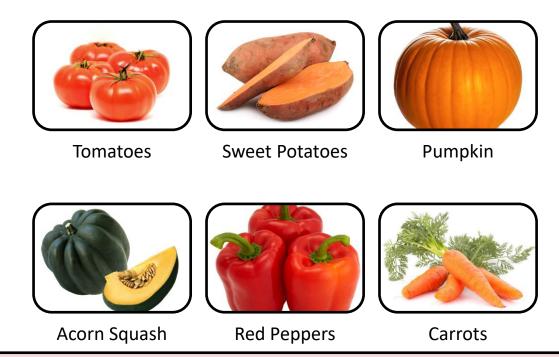


#### **Red/Orange Subgroup**

Subgroup	K-5	6-8	9-12
Total Vegetables	3.75 cups (0.75)	3.75 cups (0.75)	5 cups (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5 <sup>3</sup>



#### **Red/Orange Subgroup**



- Good sources of vitamin A, vitamin C, and potassium
- Important for healthy skin and teeth, immune function, and vision



#### **Red/Orange Subgroup**

- Tomato paste credits as double the volume used
  - –(Ex: ¼ cup tomato paste credits as ½ cup red/orange vegetable)



#### **Beans/Peas Subgroup**



- Good source of plant protein, fiber, zinc, potassium, and folate
- Important for cell development, heart health, preventing bone loss, and digestive health



#### Beans/Pea Subgroup - M/MA

- May be counted towards the meats/meat alternates or vegetables component, but not as both simultaneously.
- Measured in cups as vegetable; measured in oz equivalents as M/MA
  - 1/4 cup of beans, chickpeas, lentils, dry peas = 1 oz. meat/meat

alternate



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## Beans/Peas Subgroup – Vegetable Noodles

- Pasta made with 100% vegetable flour, such as chickpea flour or red lentil flour, may credit towards the vegetable category
- 1/2 cup cooked vegetable pasta = 1/2 cup beans/peas



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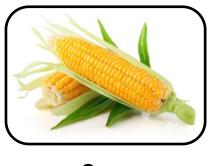


#### **Starchy Subgroup**

Subgroup	K-5	6-8	9-12
Total Vegetables	3.75 cups (0.75)	3.75 cups (0.75)	5 cups (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5 <sup>3</sup>



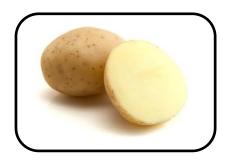
#### **Starchy Subgroup**



Corn



**Green Peas** 



White Potatoes



Green Lima Beans

- Good source of potassium, manganese, fiber & vitamin C
- Important for immune function, heart health, strong bones & digestive health

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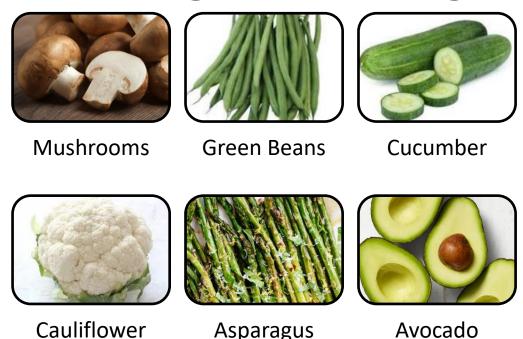


#### Other Vegetable Subgroup

Subgroup	K-5	6-8	9-12
Total Vegetables	3.75 cups (0.75)	3.75 cups (0.75)	5 cups (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5 <sup>3</sup>



#### Other Vegetable Subgroup



- Do not meet the classification standards to fall into the dark green, red/orange, beans/peas, or starchy subgroups
- Vary in their nutrient content and have unique dietary contributions



#### Other Vegetable Subgroup

- Additional vegetables from the following subgroups:
  - Dark Green
  - Red/Orange
  - Beans/Peas

 Starchy vegetables cannot be used to meet "other" vegetable requirements



#### Additional Vegetable Requirement

Subgroup	K-5	6-8	9-12
Total Vegetables	3.75 cups (0.75)	3.75 cups (0.75)	5 cups (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5 <sup>3</sup>



#### Additional Vegetable Requirements

- "Additional" vegetables refer to those that are needed to meet the total weekly vegetable requirements
- Between dark green, red/orange, beans/peas, starchy, and "other" vegetable weekly requirements for each grade group, that adds up to:
  - 2.75 cups for K-5 (3.75 total cups required)
  - 2.75 cups for 6-8 (3.75 total cups required)
  - 3.5 cups for 9-12 (5 total cups required)
- Any vegetable subgroup can be offered to meet the total weekly vegetable requirement



#### Mixed Vegetable Dishes

- Can only credit vegetable subgroups with adequate documentation
  - CN label, Product Formulation Statement,
     OR a standardized recipe are acceptable documentation
- If the amount of vegetable present in the mixed dish is unknown, the vegetable dish can count towards the additional vegetables needed to meet the weekly total requirement





#### Salad Bar

- Minimum portion sizes must be consistent with the meal pattern for the age/grade group
- Pre-portioning items, appropriate size serving utensils, and placing signs as a visual aid can help ensure proper portion sizes
- The point of sale (POS) must be stationed after the salad bar to ensure each student's selections meet the required portions for a reimbursable meal

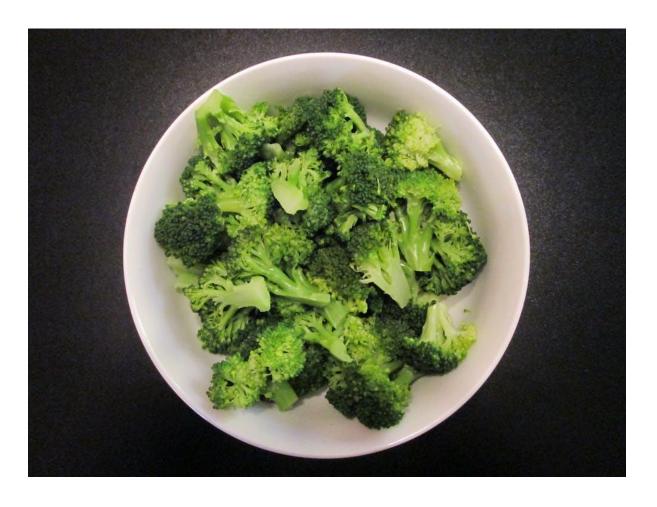


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## **Broccoli**



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## **Broccoli = Dark Green**



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## **Sweet Potato Fries**



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# **Sweet Potato Fries = Red/Orange**





## **Yellow Bell Pepper**



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# **Yellow Bell Pepper = Other**





## **Green Beans**



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## **Green Beans = Other**



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## **Mashed Potatoes**



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## **Mashed Potatoes = Starchy**





# **Kidney Beans**



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# **Kidney Beans = Beans/Peas**





## **Green Peas**



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## **Green Peas = Starchy**



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Production Record			
Site:	Menu:	Ι.	
			Vegetable Sub-groups:
Meal Date:			G=Green
Total # of Projected Reimbursable Meals:			RO=Red/orange
			BP=Beans/Peas
*It is recommended that a separate production record be completed for each			S= Starchy
meal service line, as it is a requirement that EACH service line must meet			O= Other

the n	neal pattern requireme	nts.														
	Food Item						Recipe	Grade group	Portion size	Student projected servings	Total projected servings	Amt food used (wt or quantity)	Actual student servings	Actual a la carte servings	Actual adult servings	leftovers
Meat ate:																
Meat/Meat Alternate:																
Grain:																
Fruit:																
		G RO BP S O														
Vegetable:		G	RO RO	BP BP	S	0										
Vege		G	RO	ВР	S	0										
Milk		G	RO	BP	S	0										
Condiments:																
Conc																

https://www.isbe.net/Documents/Sample-Prod-Record-Veg.pdf

## **Handouts Available – Vegetable Tip Sheet**



Crediting **Vegetables** in the

# **Child Nutrition Programs**

Tip Sheet



Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool Lunch Meal Pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP), and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

### **Vegetable Requirements**

https://fns-prod.azureedge.us/sites/default/files/resourcefiles/vegetables\_tipsheet.pdf



## **Handouts Available – Subgroups Chart**

#### Beans and Peas\*

- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- great northern
- kidney beans
- lentils
- mung beans
- navy beans
- pink beans
- pinto beans
- red beans
- soy beans
- split peas
- white beans

#### Dark Green Vegetables

- beet greens
- bok choy
- broccoli
- chicory
- collard greens
- dark green leafy lettuce
- endive or escarole
- grape leaves
- kale
- mesclun
- mustard greens
- parsley
- romaine lettuce
- spinach
- turnip greens
- watercress

### Red & Orange Vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pimentos (cherry pepper)
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

### Starchy Vegetables

- cassava
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green bananas
- green peas
- green lima beans
- jicama
- malanga or yautia (tannia, tannier)
- parsnips
- plantains
- poi (undiluted)
- potatoes
- taro
- water chestnuts

#### Other Vegetables

- artichokes
- asparagus
- avocado
- bamboo shoots
- bean sprouts
- beets
- breadfruit
- brussels sprouts
- cabbage
- cactus (nopales)
- cauliflower
- celery
- chayote (mirliton)
- cucumbers or pickles
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- kohlrabi
- mushrooms
- okra
- olives
- onions
- pepperoncini
- radishes
- turnips
- wax beans
- zucchini

https://www.isbe.net/Documents/vegetable-subgroups.pdf



# Thank you!

