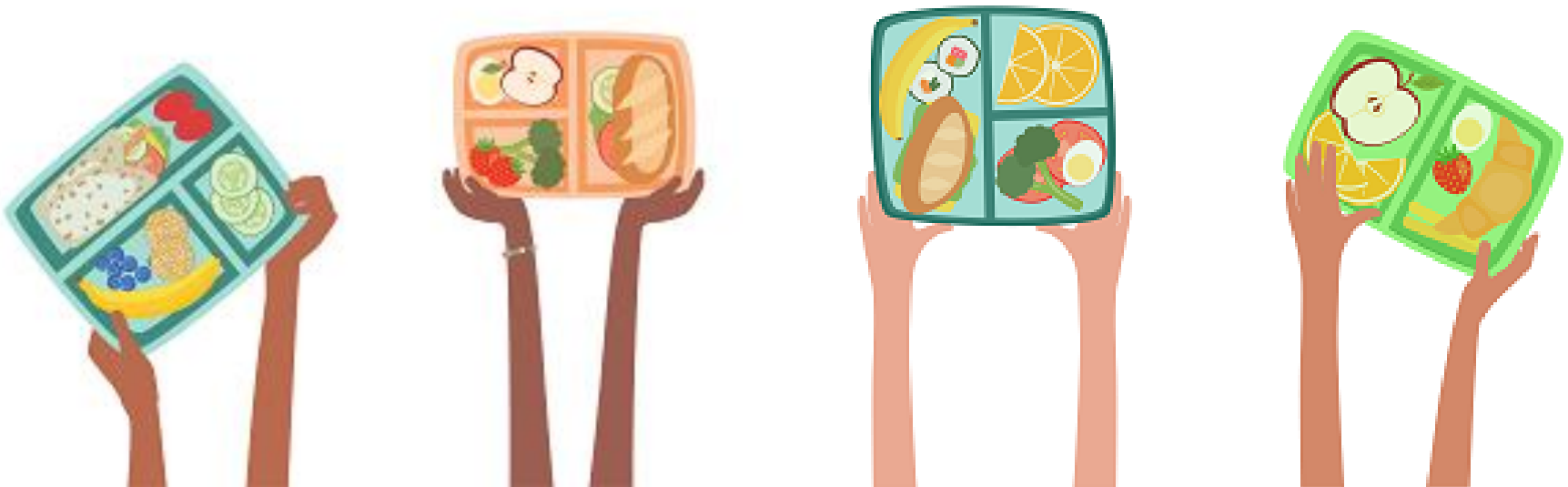




Transitional Standards

For Milk, Whole Grains, and Sodium

Nutrition Department--Illinois State Board of Education





Transitional Standards for Milk, Whole Grains, and Sodium

Purpose: This final rule provides immediate relief to schools during the return to traditional school meal service following extended use of COVID-19 meal pattern flexibilities

Effective Date: July 1, 2022

Timeframe: Intended to be transitional and in effect for only two school years (SY 2022-23 & SY 2023-24)



Transitional Standards - Milk Overview



NSLP/SBP

Flavored, low-fat (1%) milk can be offered as part of a reimbursable meal for grades K-12 in the NSLP & SBP

Smart Snacks

Flavored, low-fat (1%) milk can be offered as a Smart Snack

SMP & CACFP

Flavored, low-fat (1%) milk can be offered in the SMP and CACFP for children ages 6+

Equity • Quality • Collaboration • Community



NSLP & SBP Milk Requirements - Overview

National School Lunch Program & School Breakfast Program

- May offer fat-free and low-fat (1%), flavored and unflavored
 - Also applies to competitive beverages for sale
- Must offer at least 2 varieties
 - One variety must be unflavored

Grade Group	School Breakfast Program	National School Lunch Program
Kindergarten – 5 th grade	5 cups weekly 1 cup daily	5 cups weekly 1 cup daily
6 th – 8 th grade	5 cups weekly 1 cup daily	5 cups weekly 1 cup daily
9 th – 12 th grade	5 cups weekly 1 cup daily	5 cups weekly 1 cup daily



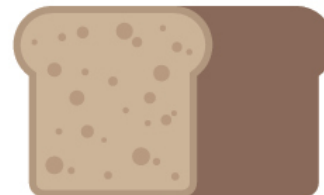
Transitional Standards – Whole Grains Overview

NSLP/SBP

- At least 80% of weekly grains in the NSLP and SBP must be whole grain-rich

Smart Snacks

- No changes to grains requirements for Smart Snacks in School Standards



Equity • Quality • Collaboration • Community



NSLP & SBP Grain Requirements - Overview

National School Lunch Program and School Breakfast Program

- At least 80% of grain items must be whole grain-rich
- Any remaining grain items must be enriched
- Whole grain-rich: term designated by USDA to indicate that the grains components in a product are at least 50 percent whole grain with any remaining grains being enriched

Grade Group	School Breakfast Program	National School Lunch Program
Kindergarten – 5 th grade	7 oz eq weekly 1 oz eq daily	8 oz eq weekly 1 oz eq daily
6 th – 8 th grade	8 oz eq weekly 1 oz eq daily	8 oz eq weekly 1 oz eq daily
9 th – 12 th grade	9 oz eq weekly 1 oz eq daily	10 oz eq weekly 2 oz eq daily



Transitional Standards – Sodium Overview

SBP

- Sodium Target 1 will be the sodium limit for the SBP in SY 22-23 & 23-24

NSLP

- Sodium Target 1 will be the sodium limit for the NSLP for SY 22-23
- Implements Sodium Interim Target 1A for the NSLP during SY 23-24

Smart Snacks

- No changes to sodium requirements for Smart Snacks in Schools Standards



NSLP & SBP Sodium Requirements - Overview

Transitional Sodium Timeline & Limits

School Breakfast Program		
Grade Group	Target 1 Effective July 1, 2022 through SY 23-24	
K - 5 th	≤ 540 mg	
6 th - 8 th	≤ 600 mg	
9 th - 12 th	≤ 640 mg	

National School Lunch Program		
Grade Group	Target 1 Effective July 1, 2022	Interim Target 1A Effective July 1, 2023
K - 5 th	≤ 1,230 mg	≤ 1,110 mg
6 th - 8 th	≤ 1,360 mg	≤ 1,225 mg
9 th - 12 th	≤ 1,420 mg	≤ 1,280 mg



Smart Snacks in Schools Standards

Smart Snacks in Schools standards apply to food and beverage items for sale outside of the reimbursable meal on the *school campus* during the *school day*

Milk as a competitive beverage is the only item impacted by the *Transitional Standards for Milk, Whole Grains, and Sodium*

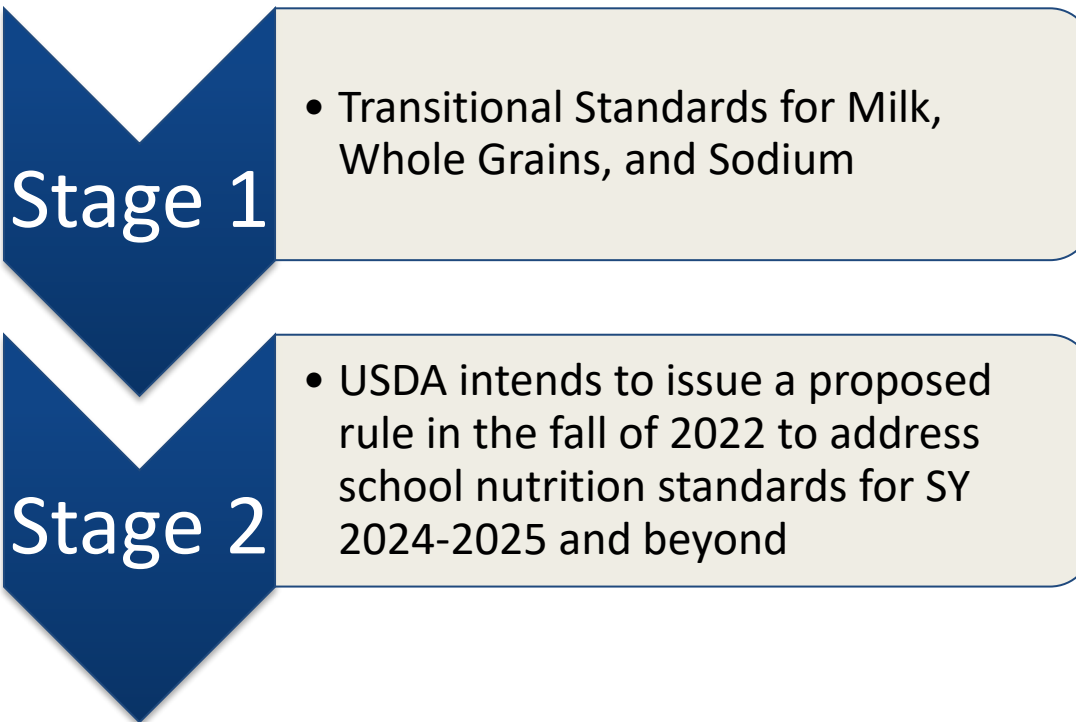
Flavored, low-fat (1%) milk can be sold à la carte





Looking Ahead

USDA's long-term goal is to establish regulations that align school nutrition standards with the *2020-2025 Dietary Guidelines for Americans*. These transitional standards are part of USDA's two-stage approach to updating school nutrition standards:





Contact Information

Nutrition Department

Illinois State Board of Education

100 N. First St., W-270

Springfield, IL 62777-0001

Telephone: (217) 782-2491

Email: cnp@isbe.net

Web: www.isbe.net/nutrition