

Updated Nutrition Standards Posed Challenges but Achieved Underlying Goals

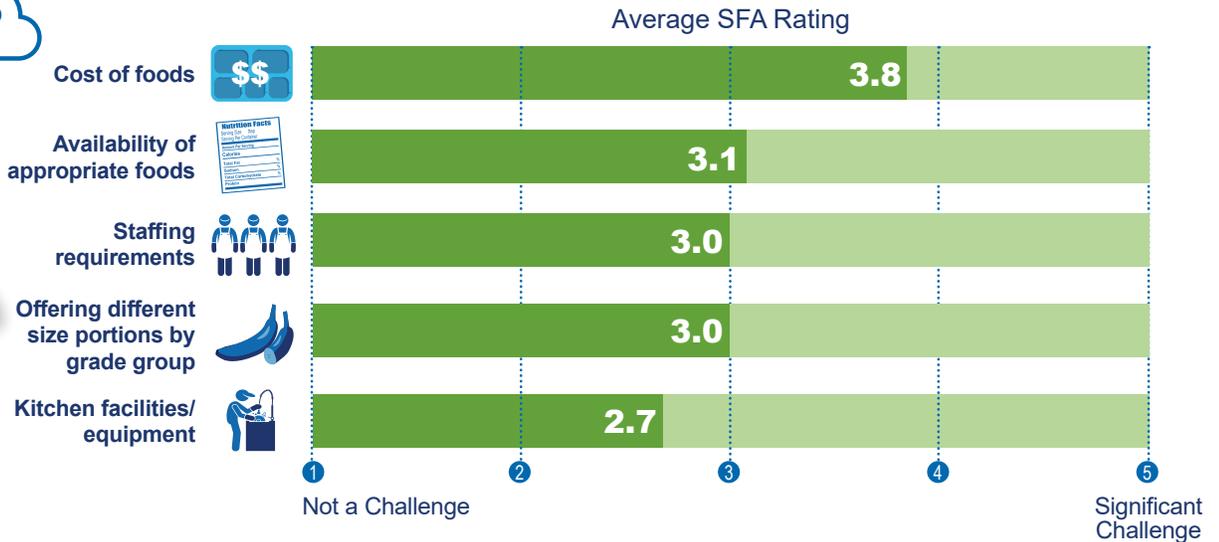


In school year (SY) 2012-2013, school food authorities (SFAs) began using updated nutrition standards.

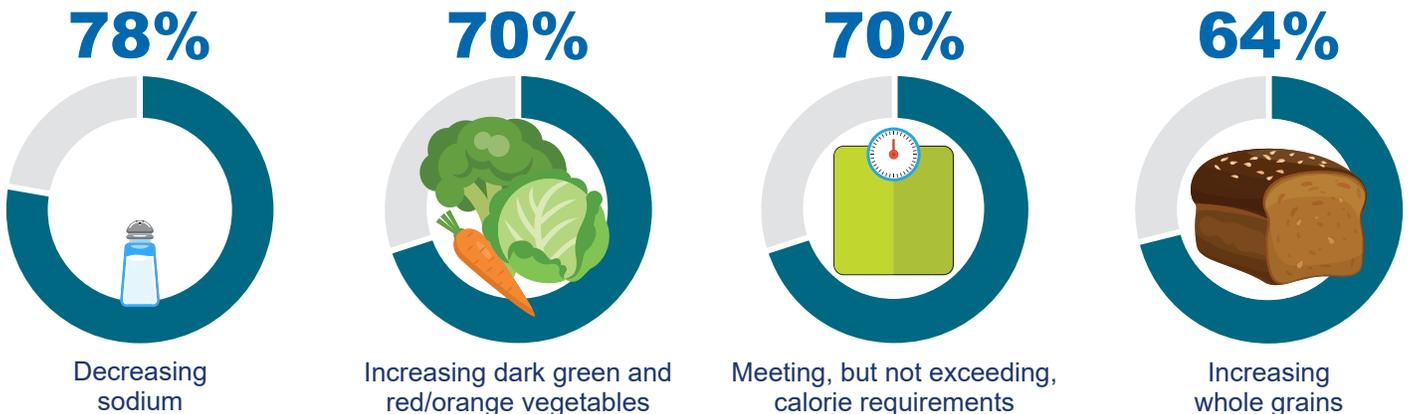
The updated standards increased fruit, vegetable, and whole grain requirements, and established targets for sodium and calories.



In SY 2014-2015, SFAs faced some challenges in implementing the updated standards.



Despite these challenges, the majority of SFA directors reported that the updated standards were helpful in meeting the underlying nutrition goals for children.



Findings are from the School Nutrition and Meal Cost Study, which was conducted by Mathematica. The study provides information about a broad array of topics, including the food and nutrient content of school meals, the costs of school meals, the food environments in schools, and the contribution of school meals to children's overall diets. Detailed reports, other infographics, webinars, and a video of key study findings are available at: <https://www.fns.usda.gov/school-nutrition-and-meal-cost-study>.