Food service Article

The Changes of School Lunch Regulations

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The Healthy, Hunger-Free Kids Act of 2010 required changes to the nutrition standards for the National School Lunch Program and the School Breakfast Program (CDC). Schools were serving more fruits, vegetables, and whole grains, also reducing the sodium content of the meals as a result (CDC). The National School Lunch Program and the School Breakfast Program start in schools 2012 (Journal of the Academy of Nutrition and Dietetics. Safe and healthy eating is one of the CDC priorities, so they reinforce the policies that help to provide most of the population with safe and healthy food. The act requires sufficient time to receive and consume a meal, which would be at least 10 minutes for breakfast and at least 20 minutes for lunch this time dose not encloud waiting in line. The acts suggested that schools need to also provide nutrition education. They wanted to mandate that recess be before lunch to reduce plate waste, therefore, increasing student consumption of food. They wanted to provide access to healthy foods as well as creating a positive school environment of nutrition in schools (CDC).

The nutrition that is provided to our children in school have impact on their health and the future of the country. The national school lunch program uses almost 14 billion dollars to feed approximately 30 million children at public schools in the United States each school day (USDA). In 2019 Trump administration proposed new nutritional standards that are more flexible. The Trump administration wants to reduce food waste as well as empower schools to have more flexibility with what they put out for the kids. The new adjustment make by the Trump administration to the lunch program provided the child nutrition program flexibilities for milk, whole grains, and sodium requirements which became effective on February 11, 2019 (USDA)  Many schools have stated that the new regulations will not negatively affect the high nutritional quality of the meals provided, but will allow for more options and focus on the reduction of food waste. Schools and students have a variety of factors that can affect that such as socio-cultural and economic backgrounds. Additionally, it is essential that schools be able to cater to differences in taste preferences while ensuring the nutritional quality of their offerings.

The hungry-free kid's act of 2010 was applied to the National school lunch program to improve the nutritional value by serving more fruit, vegetables, milk, and whole grains and reducing the sodium, sugar, and fat contained in the school meals. After ten years of applying this act on the ground, little of not change was noticed in obesity among kids. These policies and acts are reinforcing the police to provide healthy food to our children. We need to increase nutrition education in order to increase the health outcome and reduce childhood obesity, eating disorders, and deficiencies, because there is a difference between providing a healthy meal and eating a healthy meal. We are providing our children with healthy meals; we need to engage them to eat them.

My rotation in Laude school restricts in the kitchen and cafeteria of the school. This article is related to school meals, so they helped me understand the new requirement in school meals. After reading these articles, I wanted to know more about the changes made in the schools' kitchen. I discussed this topic with my preceptor to know who made the new regulations that have been done by the Trump administration had affected the kid's meals. She mentioned that it did not affect their school much because she planned and chose healthier choices in any way. The more flexibility they will not make much difference for their school, the cut might affect other locations for a cure. This school district's parents increase healthier food choices, so the children are used to eat this way.

References

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