

Note to Viewers

This PowerPoint presentation includes preliminary findings from the School Nutrition Dietary Assessment Study-III (SNDA-3). These findings are subject to revision when the final SNDA-3 findings are published.

FNS School Meals...



Do They Measure Up?

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**ANC 06
Los Angeles, California
July 16, 2006**

School Nutrition Dietary Assessment Study-3 (SNDA-3)

History in the Making

*The School Nutrition
Dietary Assessment Study*

SUMMARY OF FINDINGS



Prepared by Mathematica Policy Research, Inc., Princeton, NJ,
under Contract with the
Food and Nutrition Service, U.S. Department of Agriculture

**SNDA-I
1993**

**Data from
School year
1991-92**

School Nutrition Dietary Assessment Study-II

SUMMARY OF FINDINGS

April 2001



SNDA-2 2001

Data from School year 1998-99

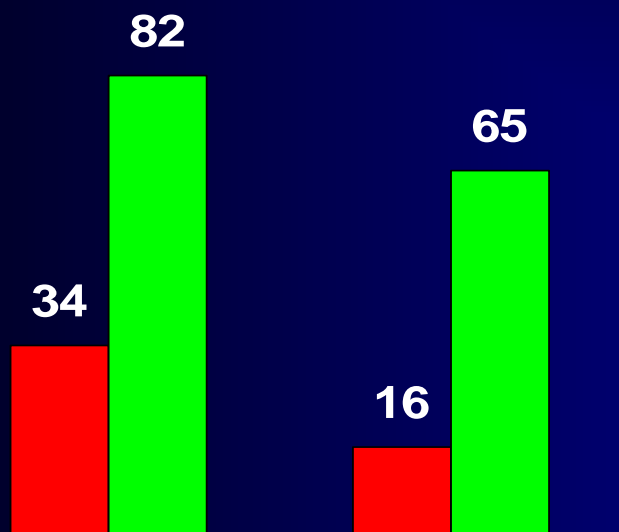
A few things that we learned from SNDA-1 and SNDA-2

- ✓ Schools had made significant progress
 - Average meals offered were lower in total fat and saturated fat
 - More schools offered the opportunity to select meals that met the total fat and saturated fat targets
- ✓ *Surprise*...students selections are not often those most consistent with the Dietary Guidelines for Americans
- ✓ There remained significant room for improvement in the nutritional quality of meals offered and selected

In 1998-99 More Schools Offered Students the Opportunity to Select a Low Fat Lunch

...but even a dietitian couldn't select a low fat NSLP meal at 10 to 35% of schools

Elementary Schools



Fat

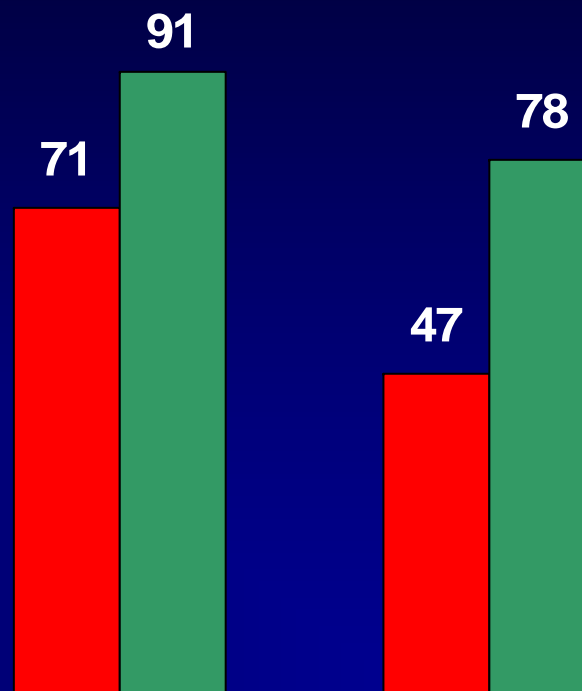
Saturated Fat



School Year 1991-92



Secondary Schools



Fat

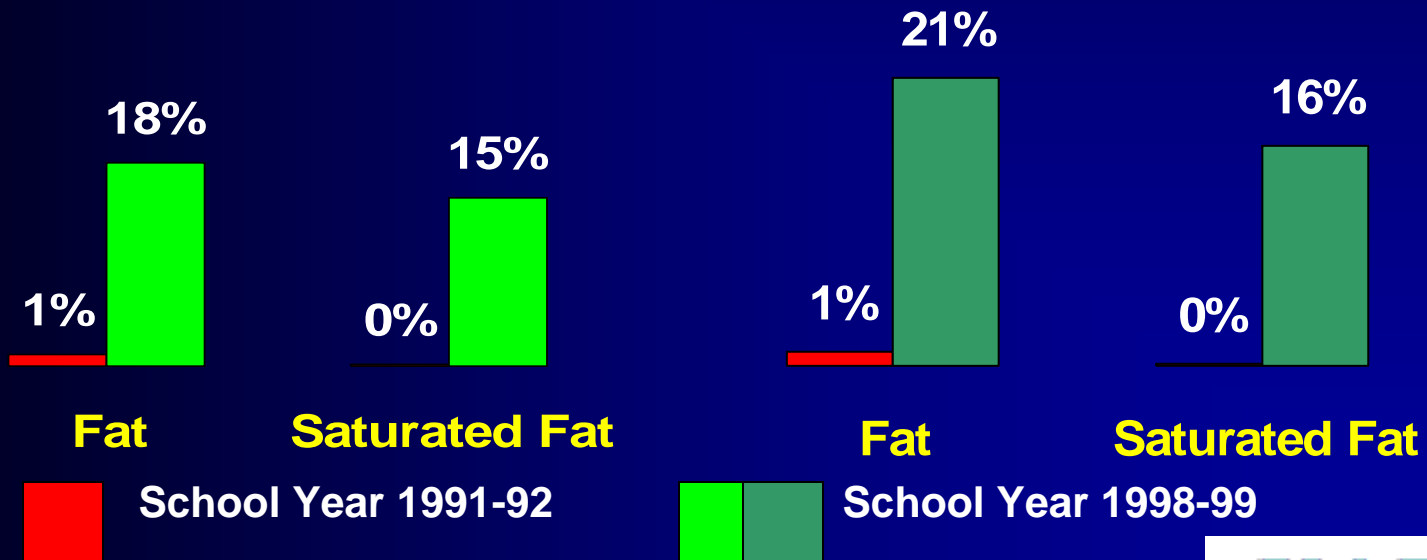
Saturated Fat

In 1998-99, More Schools Met the Fat and Saturated Fat Standards for Lunches Offered on Average...

but most schools were not "there" yet

Elementary Schools

Secondary Schools

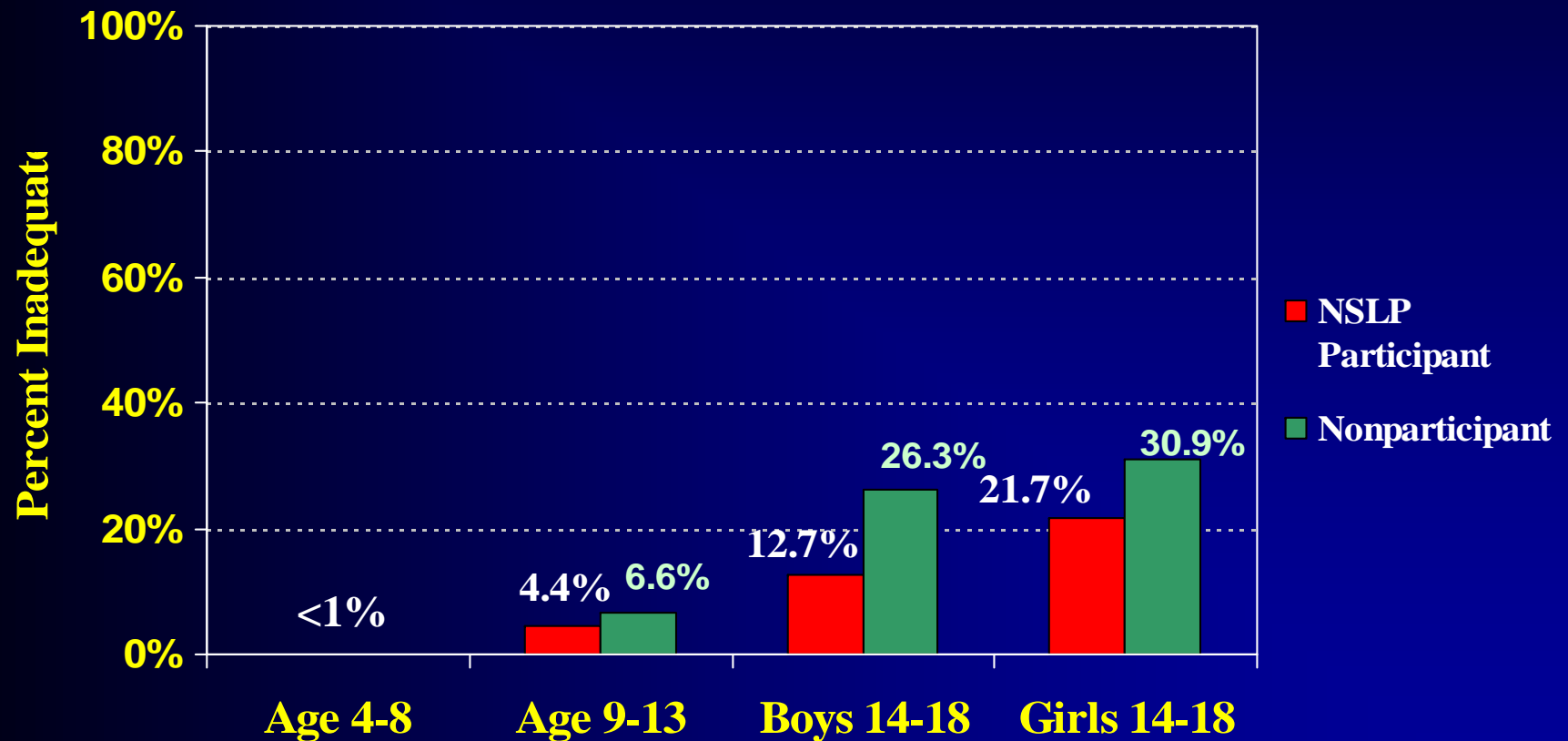


DRI Paradigm Shift

Assessing *Percent Inadequate or Excessive* Not Just Mean Intake

Vitamin C 1994-96 + 1998 by NSLP Participation

Percent of School-Aged Children With Inadequate Usual Intake of Vitamin C



CSFII 1994-96 + 1998. Devaney et al, Oct 2005

SNDA-3

Design

- **Nationally representative of all public schools participating in the NSLP**
- **Data on meals offered and meals served as well as student's 24-hour dietary intake**
- **129 SFAs in 36 States**
- **395 Schools**
- **2300 Students in those schools**
- **Data collected in Spring 2005**

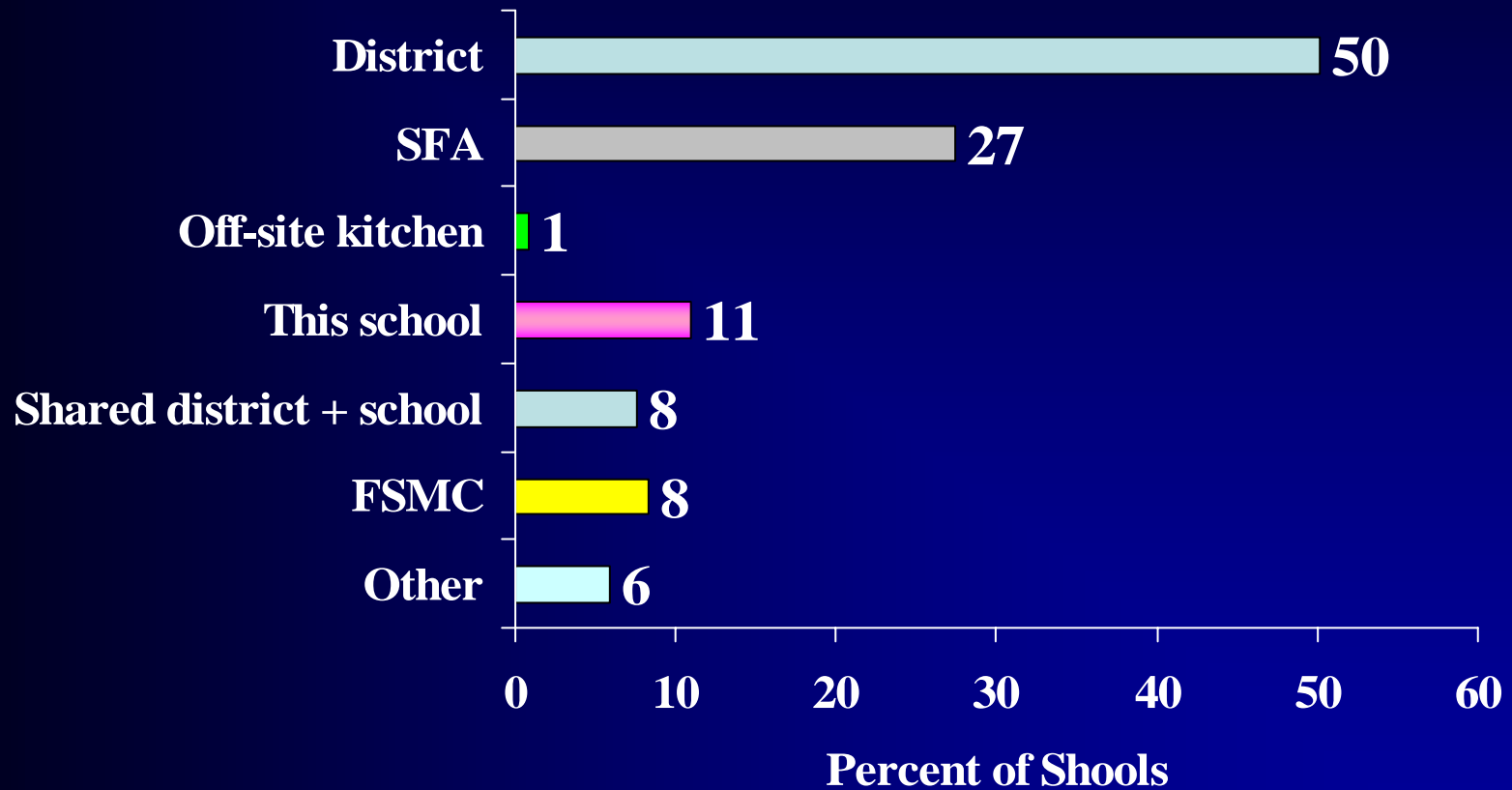
Thank you

Alabama
Arizona
California
Colorado
Connecticut
Florida
Georgia
Illinois
Iowa
Kansas
Kentucky
Louisiana

Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Nebraska
New Jersey
New Mexico
New York
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South Carolina
Tennessee
Texas
Utah
Vermont
Virginia
Washington
Wisconsin
Wyoming

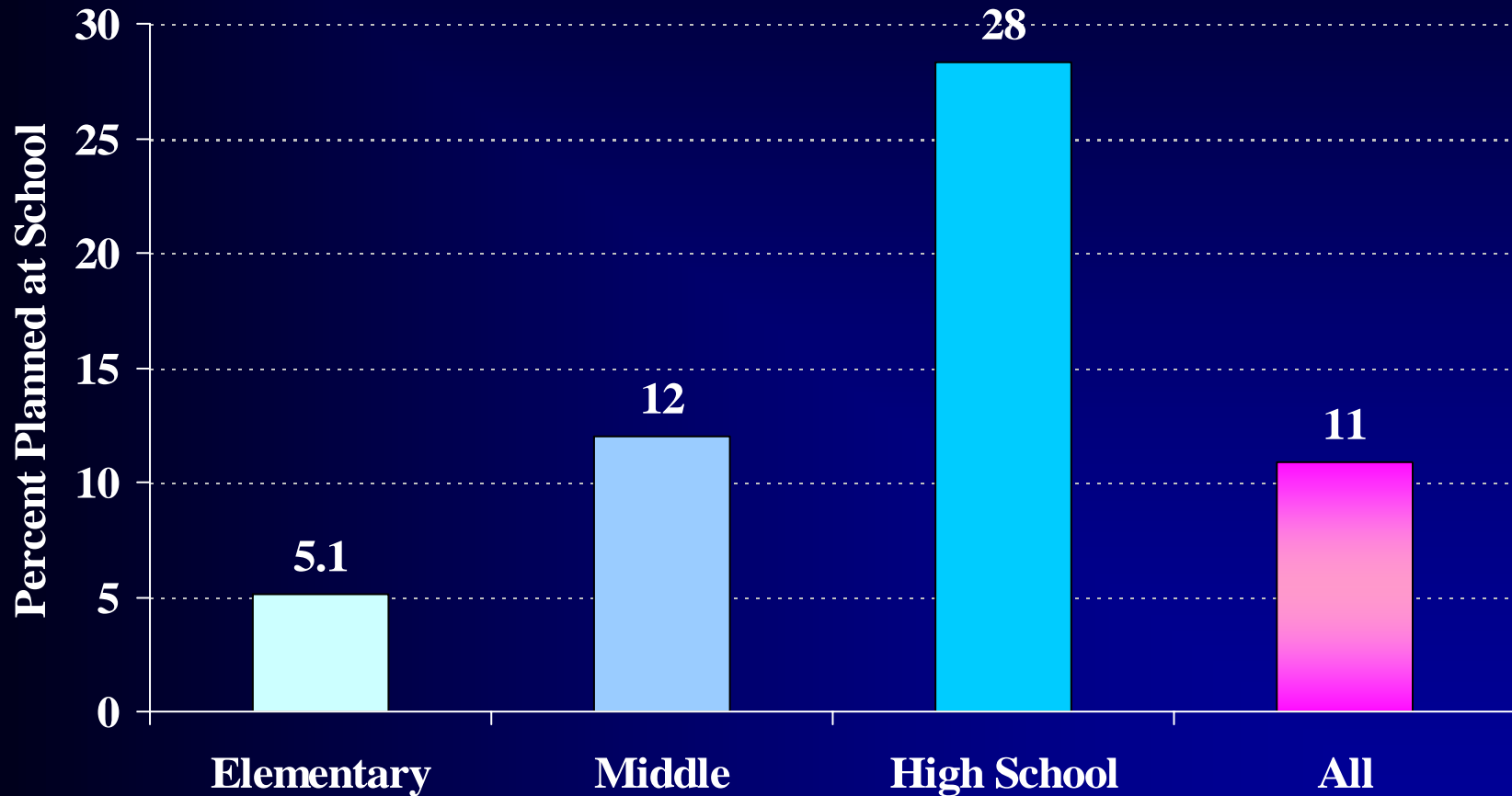
Who Plans the School Meals?



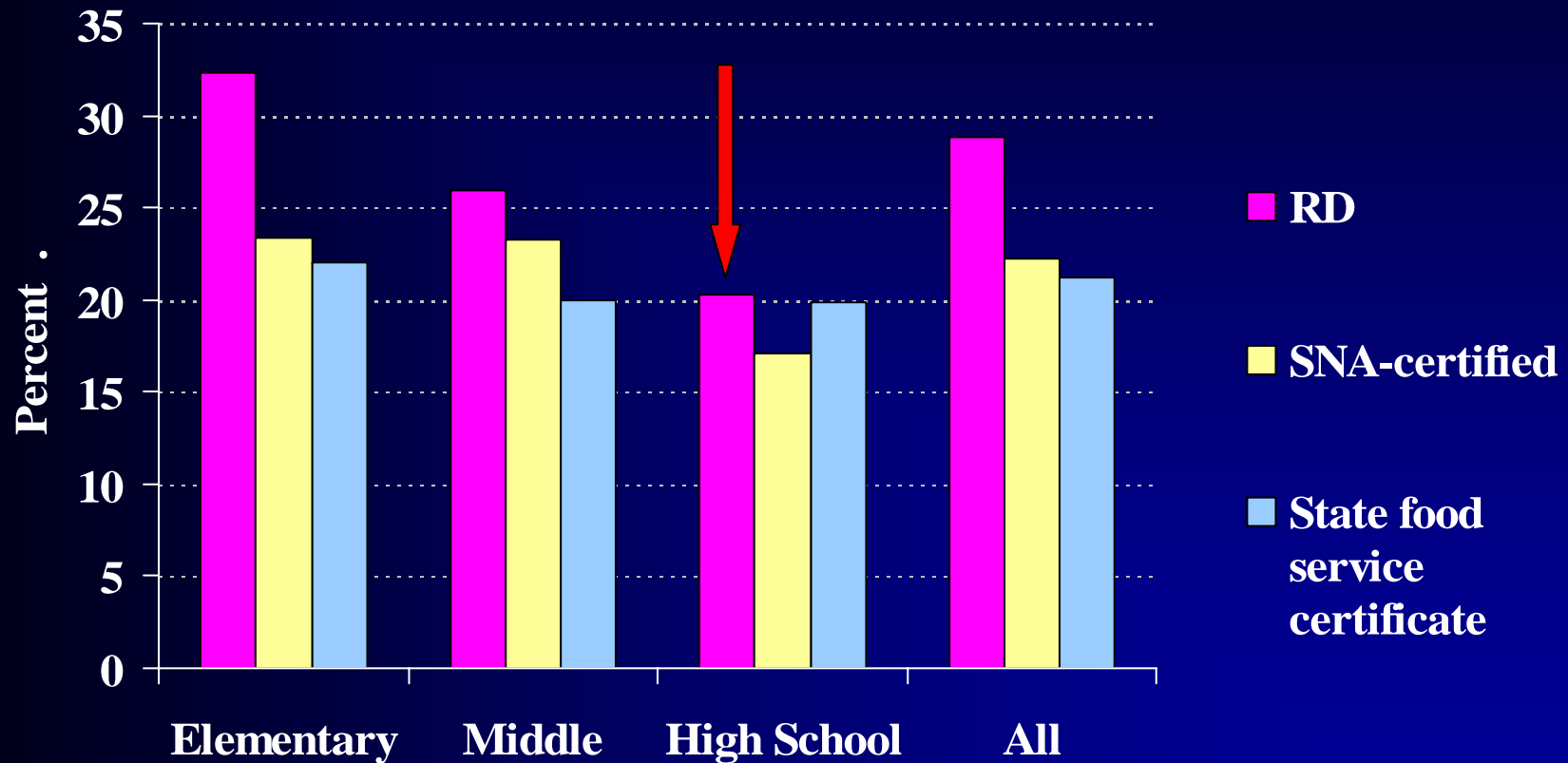
Multiple responses OK

High Schools are More Likely to Plan Their Own Menus

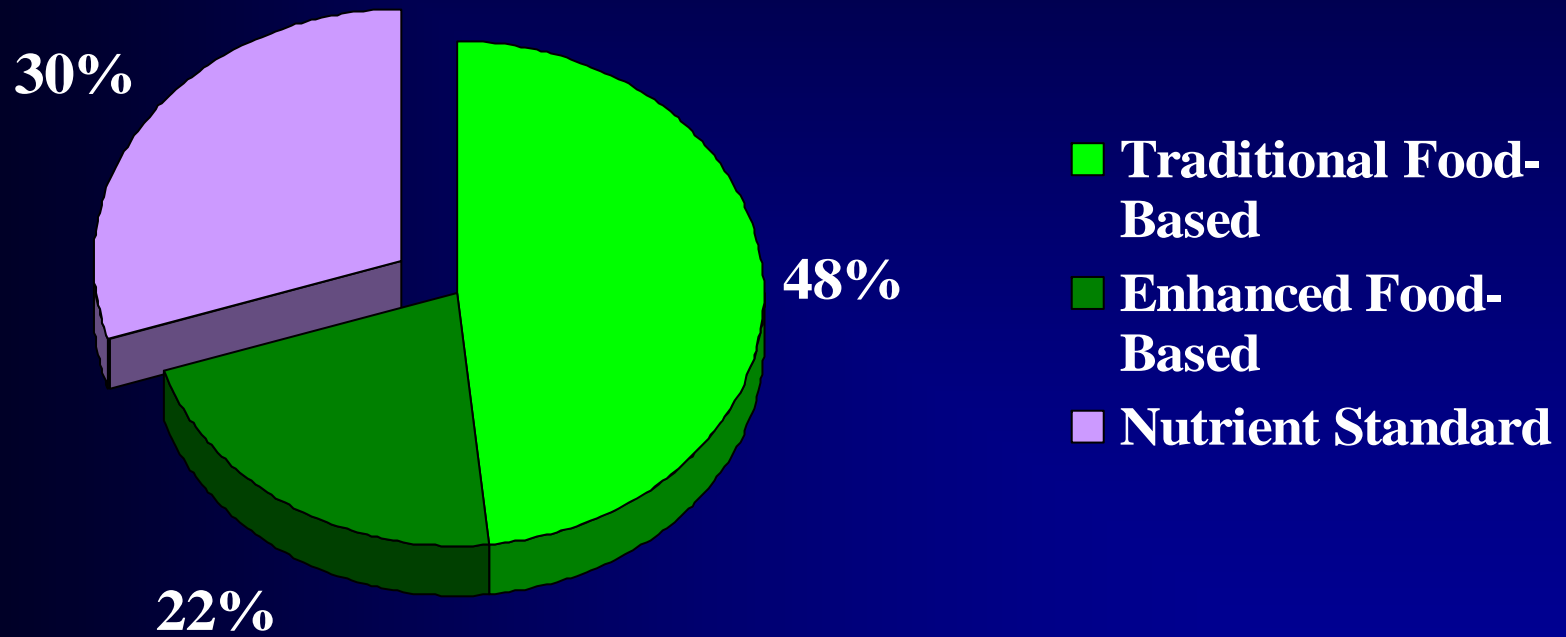
Rather than use District Level Planning



Fewer High Schools Have Registered Dietitians Planning Menus



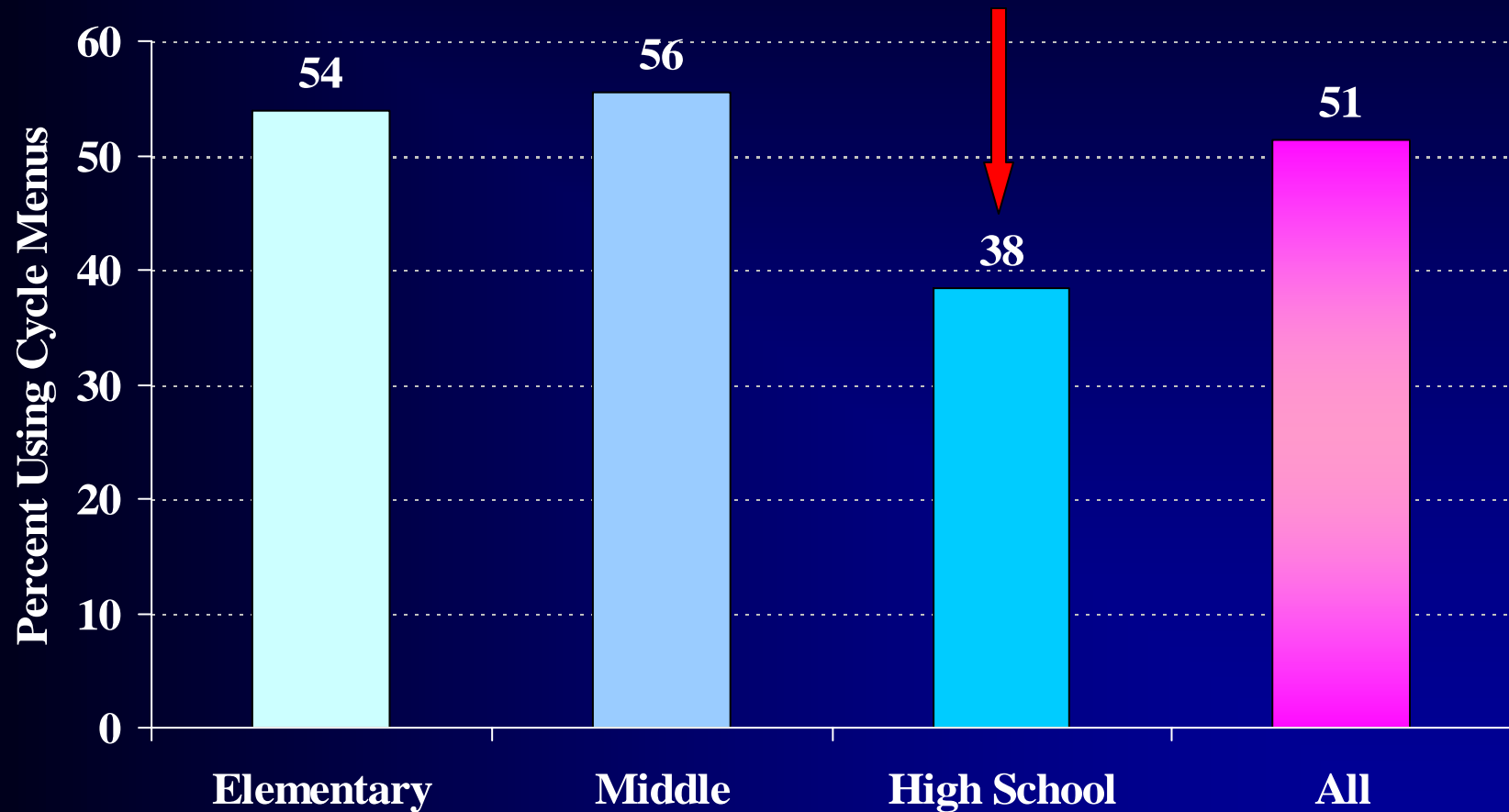
70% Of Schools Use Food-Based Menu Planning



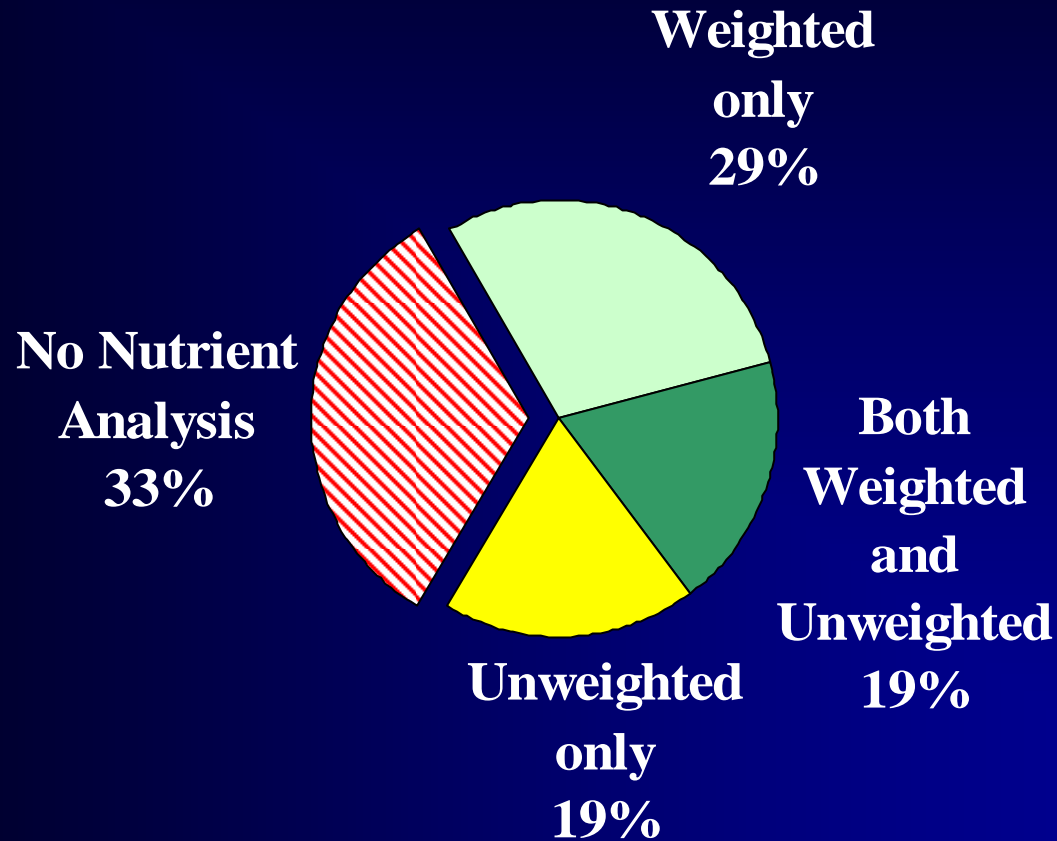
At Least Half of Schools Use These USDA Materials to Assist in Menu Planning

USDA Tool	Percent Using
<i>Food Buying Guide for Child Nutrition Programs</i>	78%
<i>Serve It Safe: A Tool Kit (2nd edition)</i>	52%
<i>Menu Planner for Healthy School Meals</i>	52%
<i>Healthy School Meals Training Program</i>	51%
<i>Fruits and Vegetables Galore</i>	50%

High Schools Are Less Likely to Use Cycle Menus

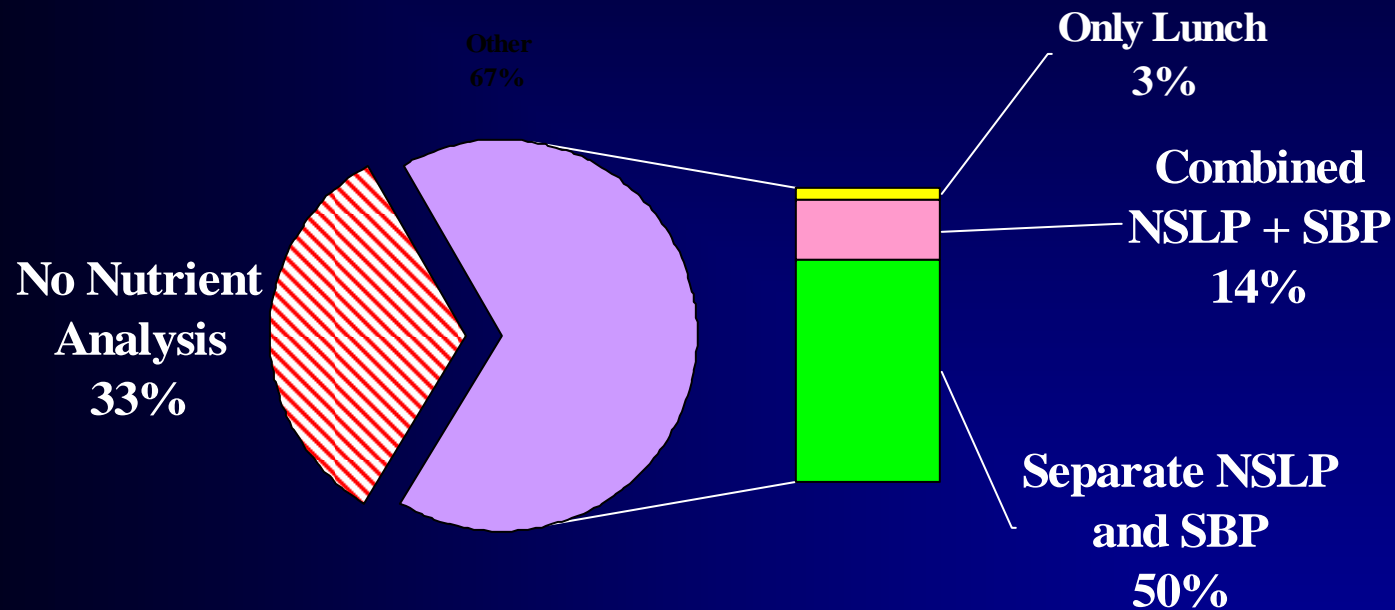


2/3 of Schools do Nutrient Analysis SY2004-05

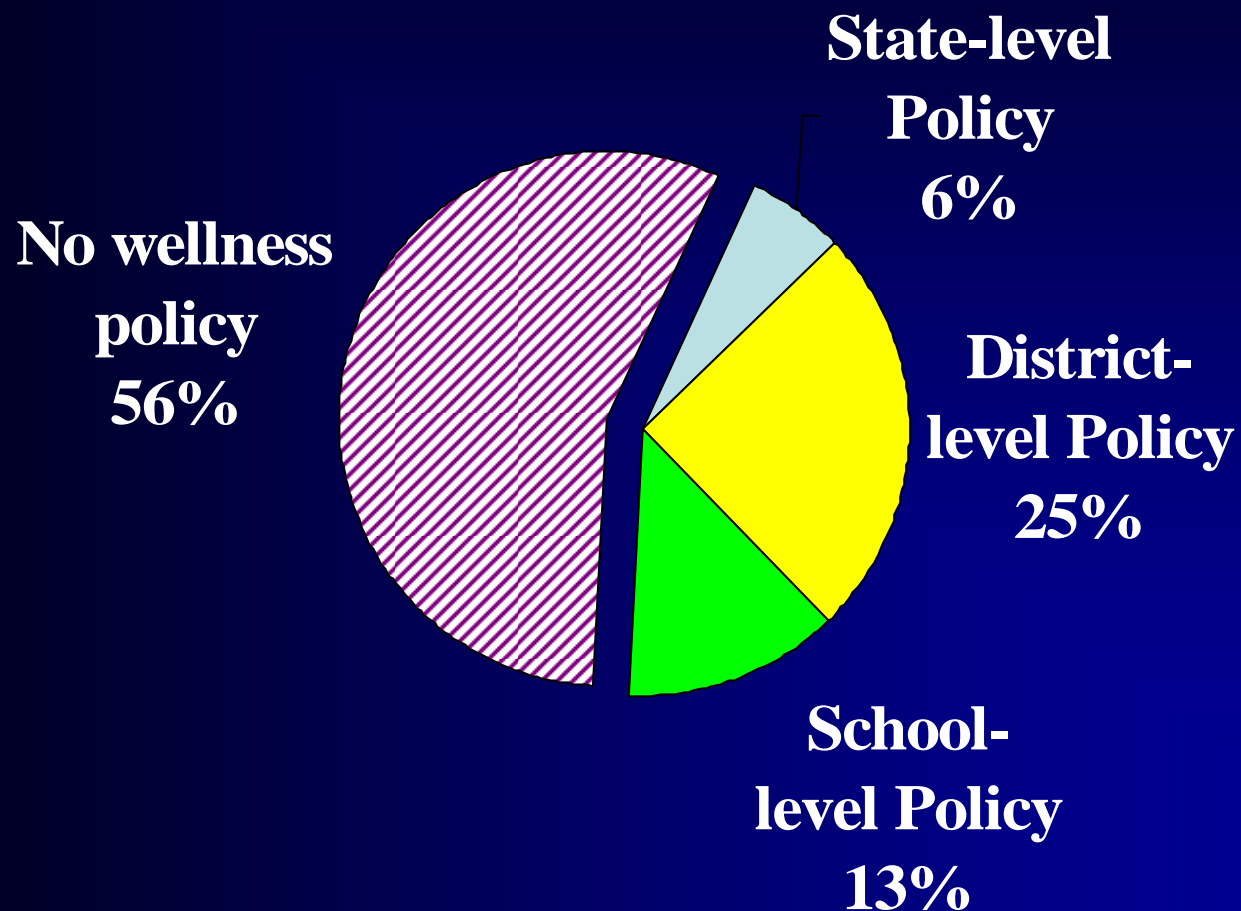


2/3 of Schools do Nutrient Analysis

Most of these separate Lunch and Breakfast

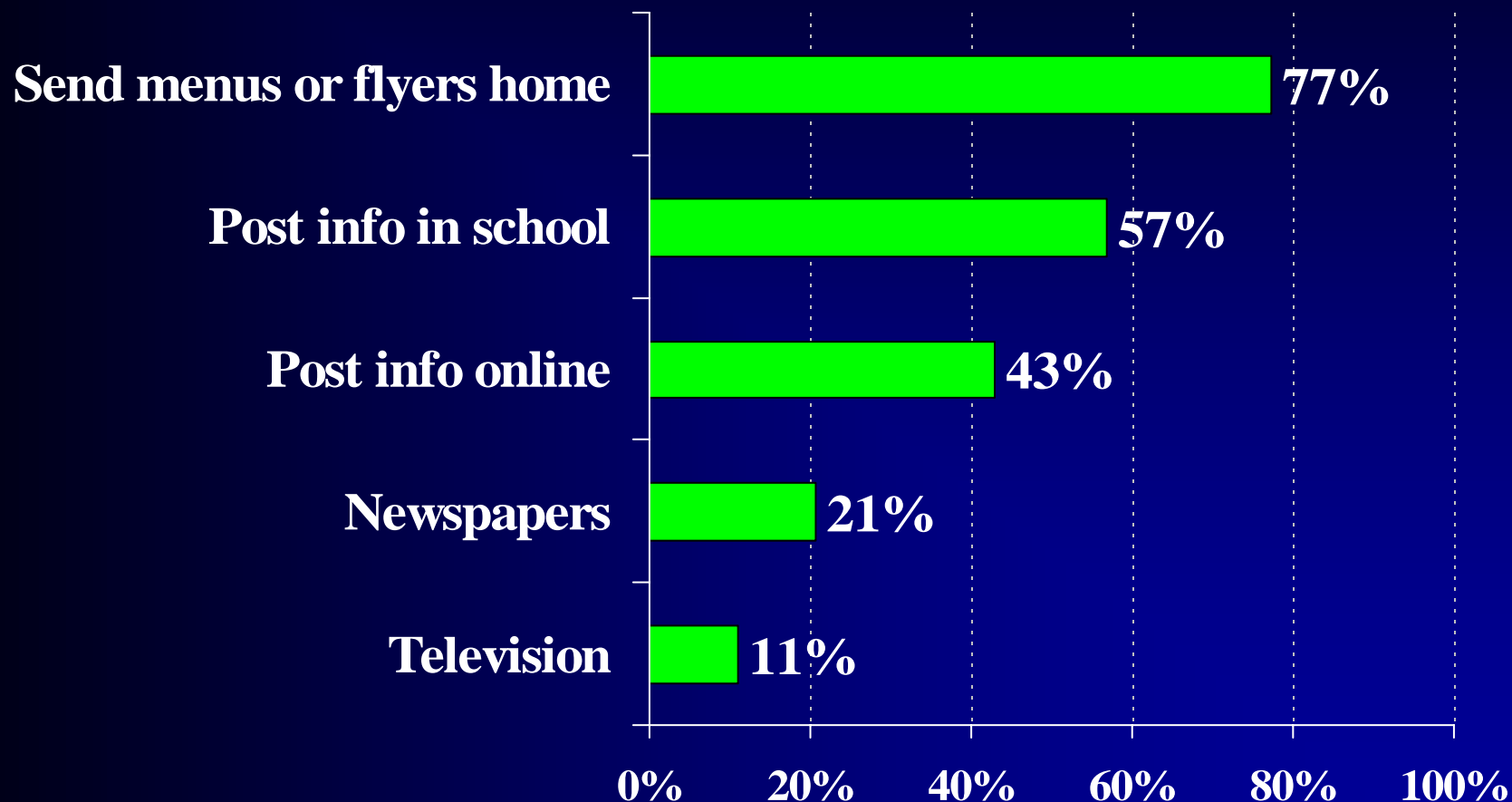


In Spring 2005, Almost Half of Schools Had a State, District or Local Wellness Policy Addressing Student Nutrition and Physical Activity



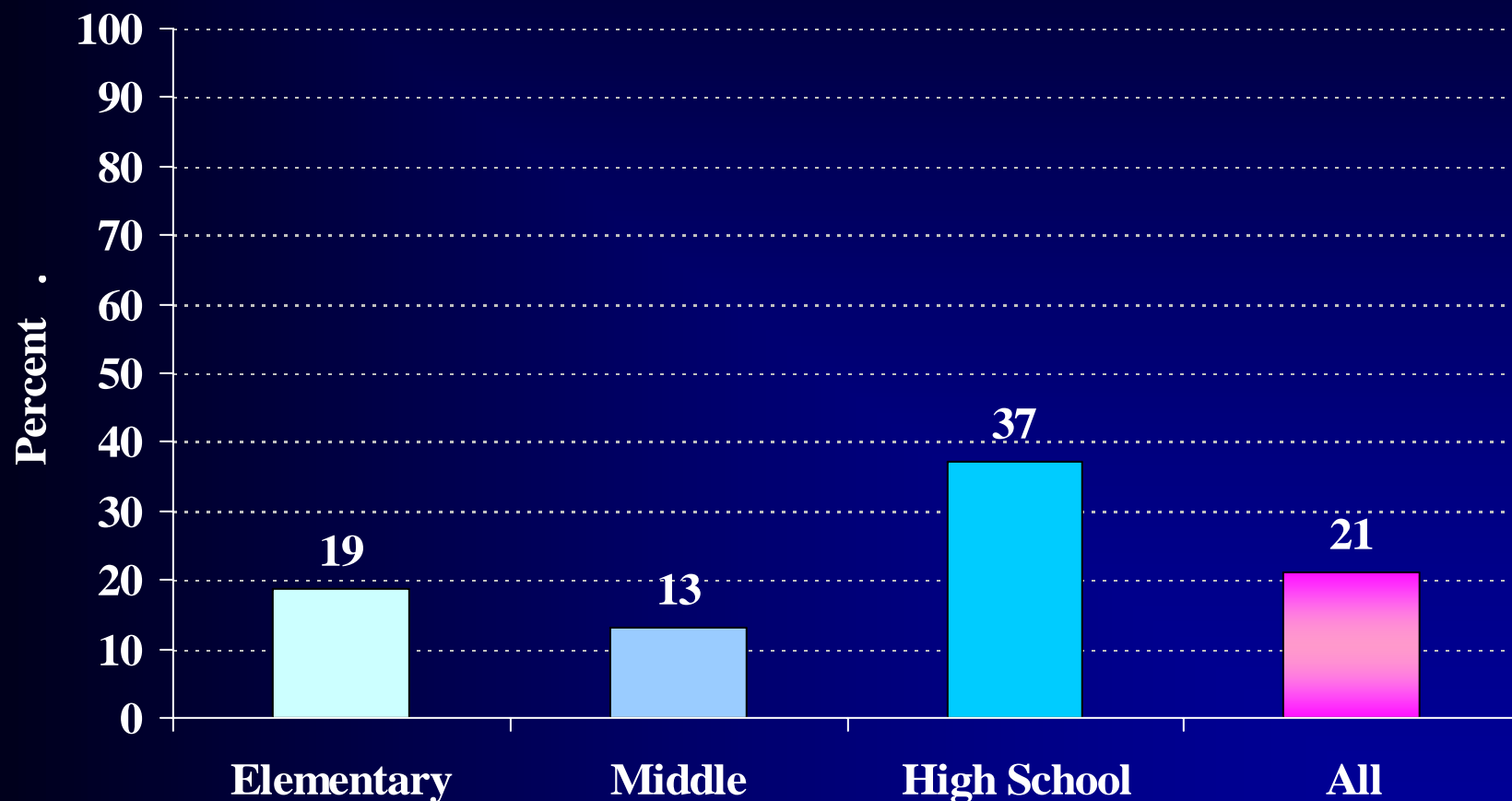
61% of Schools Routinely Make Meal Nutrient Information Available

Here's how this 61% share this information:



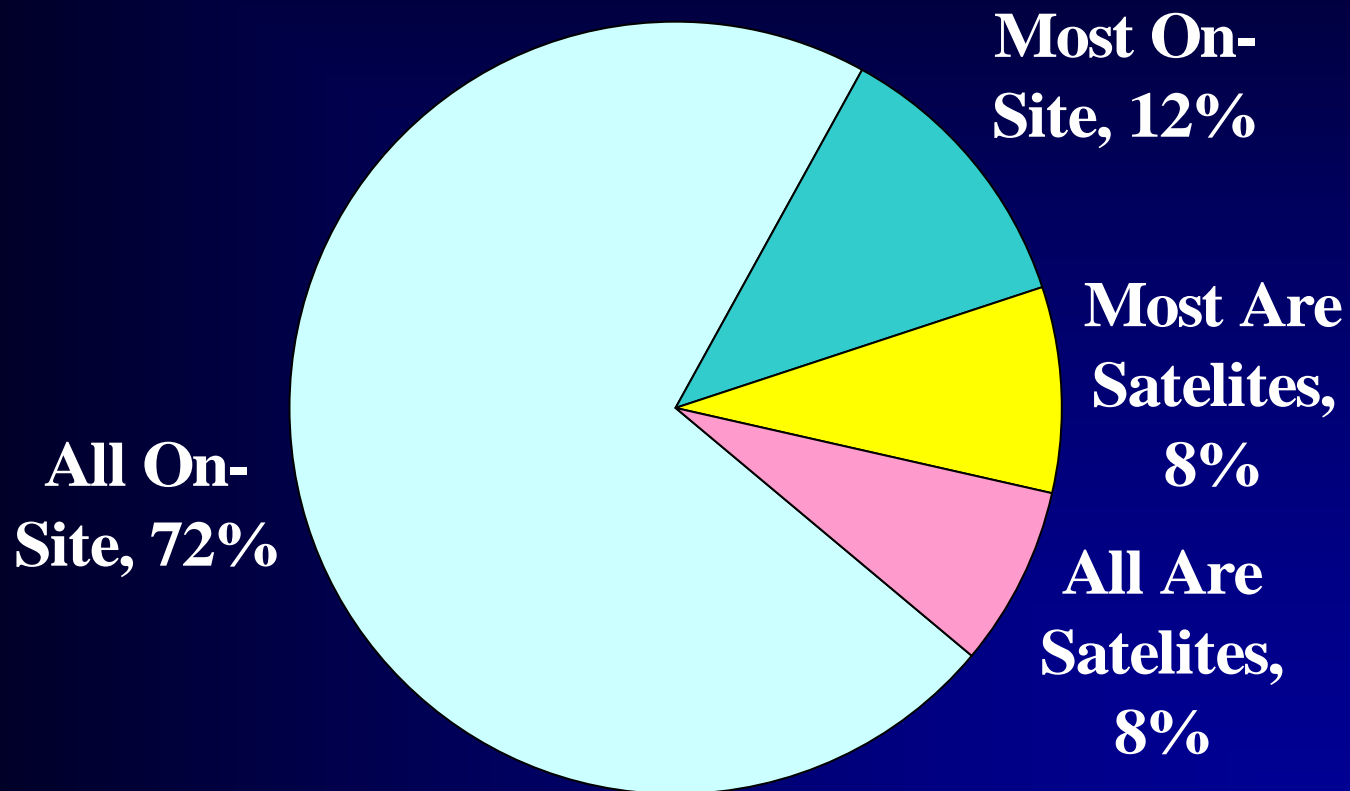
Top 5 responses shown

Percent of Schools with a Nutrition or Health Advisory Council SY2004-05

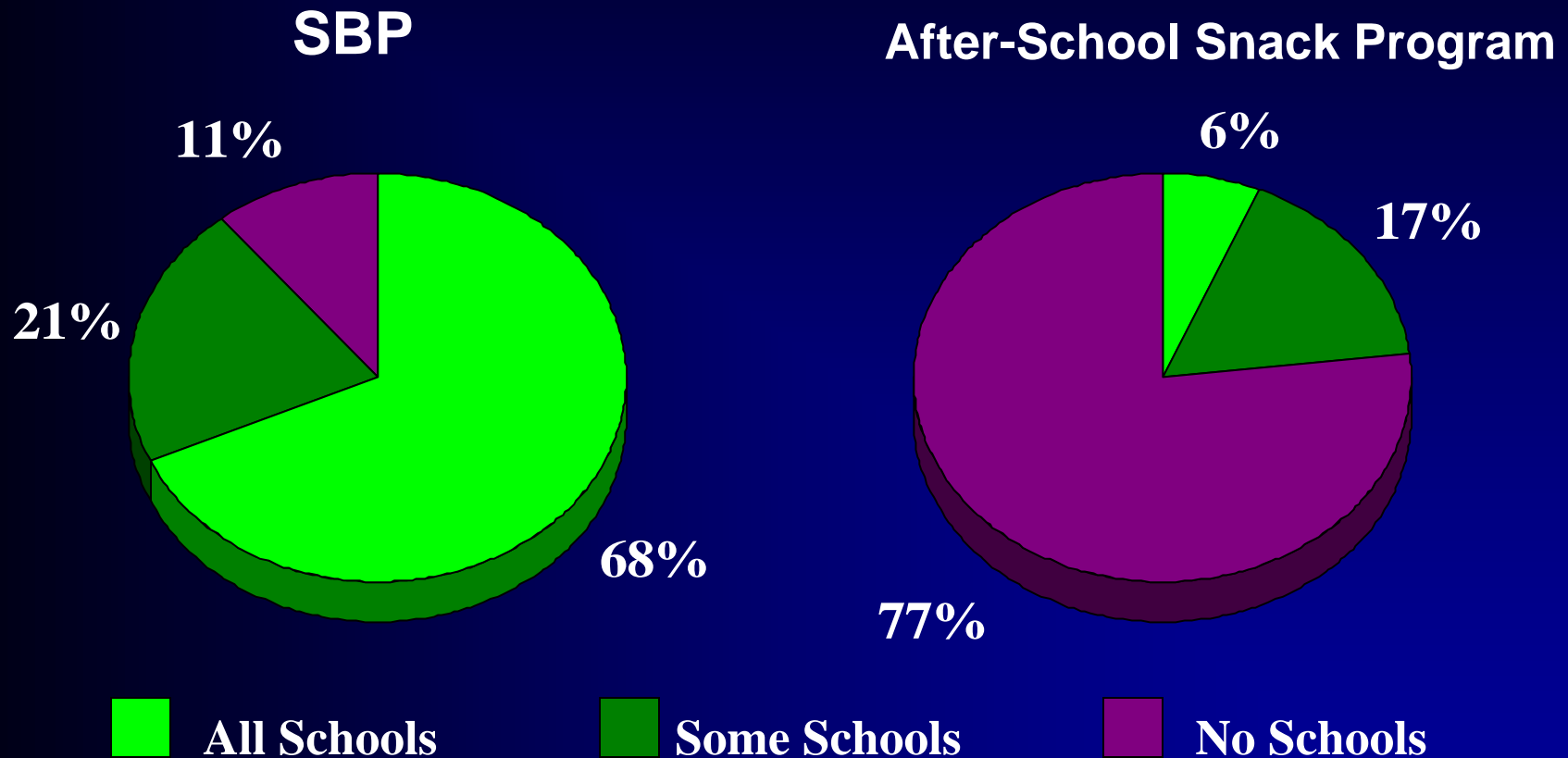


Where Are the Meals Prepared?

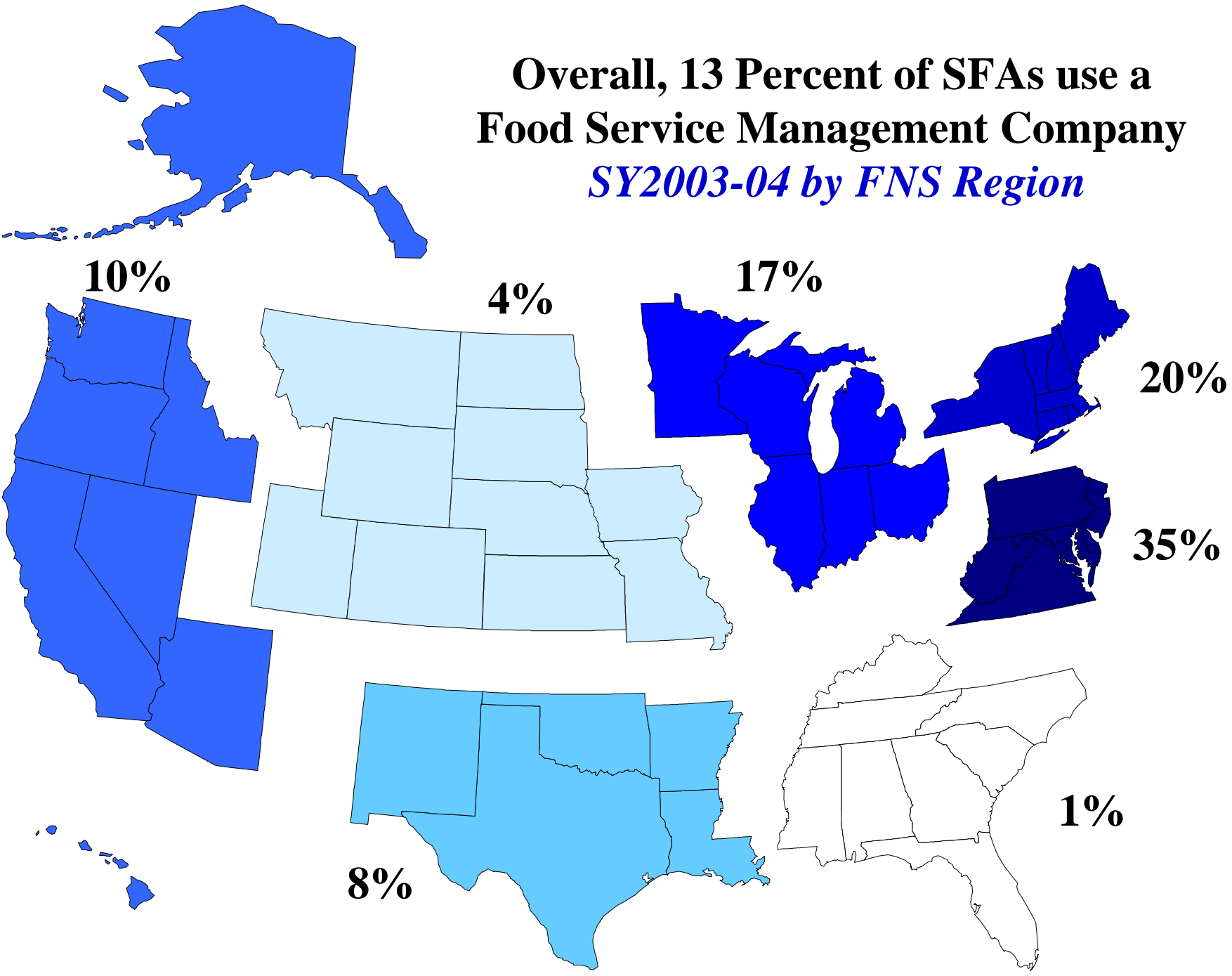
SY 2003-2004



Are SBP and After-School Snacks Available in All Schools in the SFA?

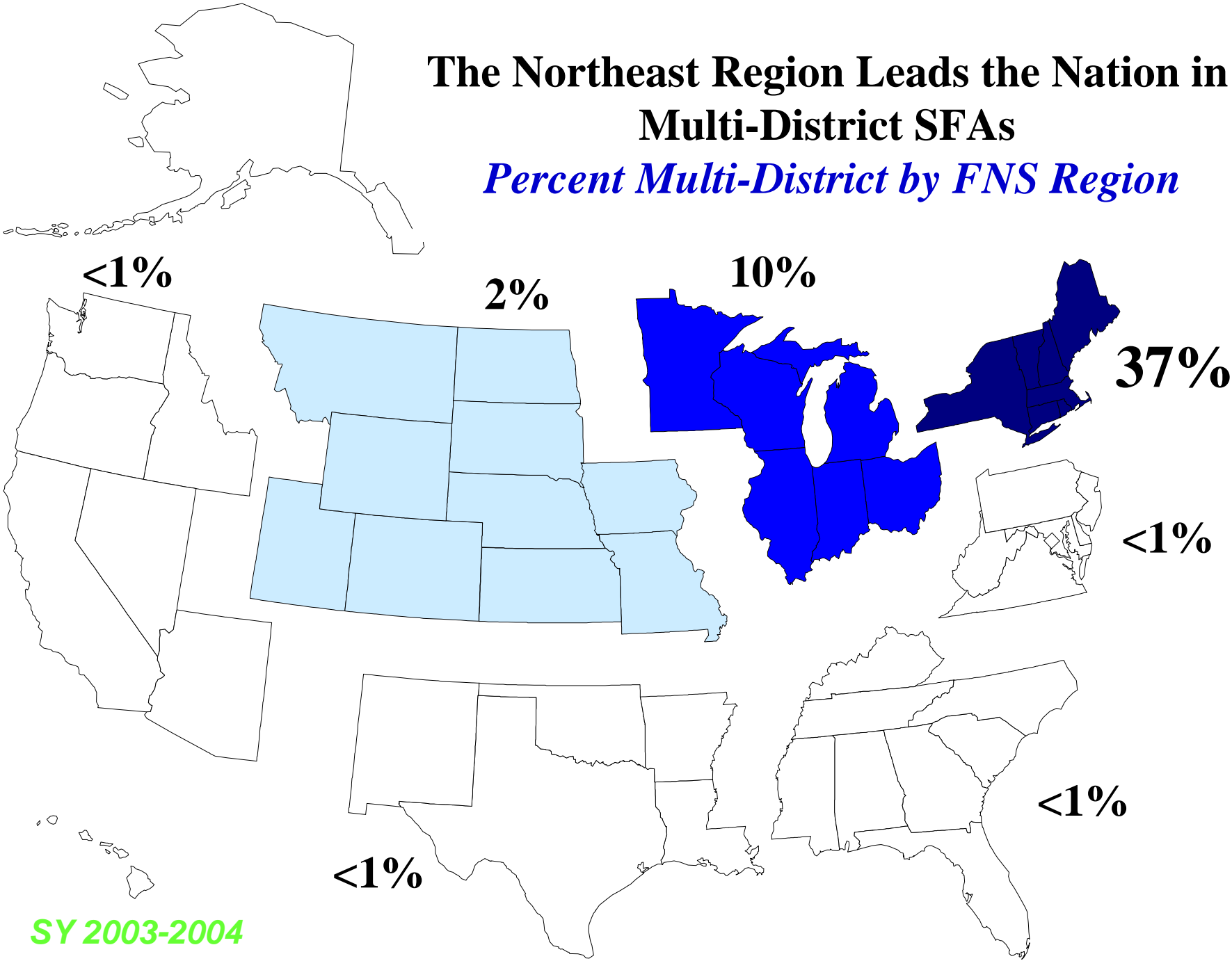


**Overall, 13 Percent of SFAs use a
Food Service Management Company
*SY2003-04 by FNS Region***



The Northeast Region Leads the Nation in Multi-District SFAs

Percent Multi-District by FNS Region

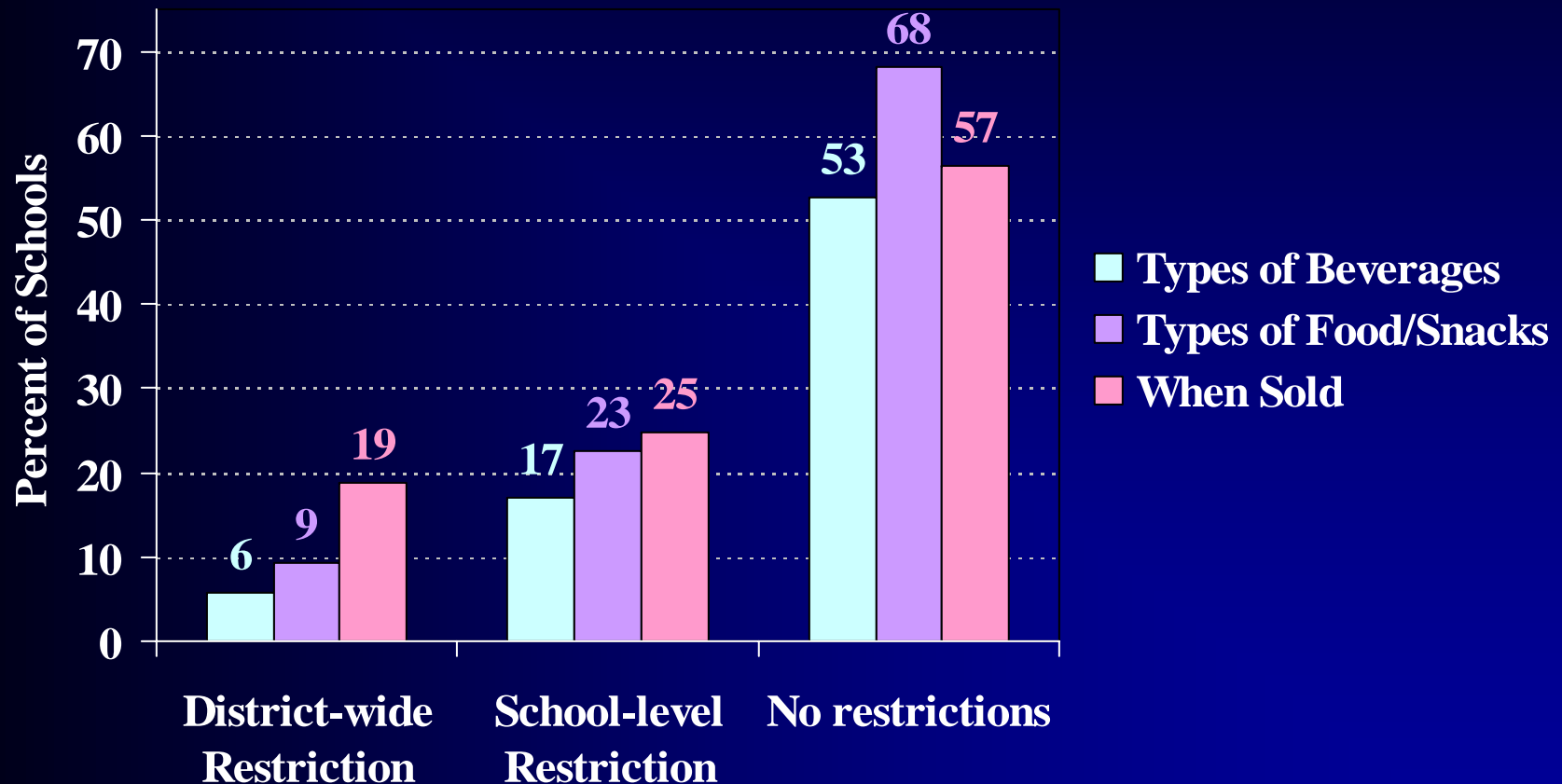


SY 2003-2004

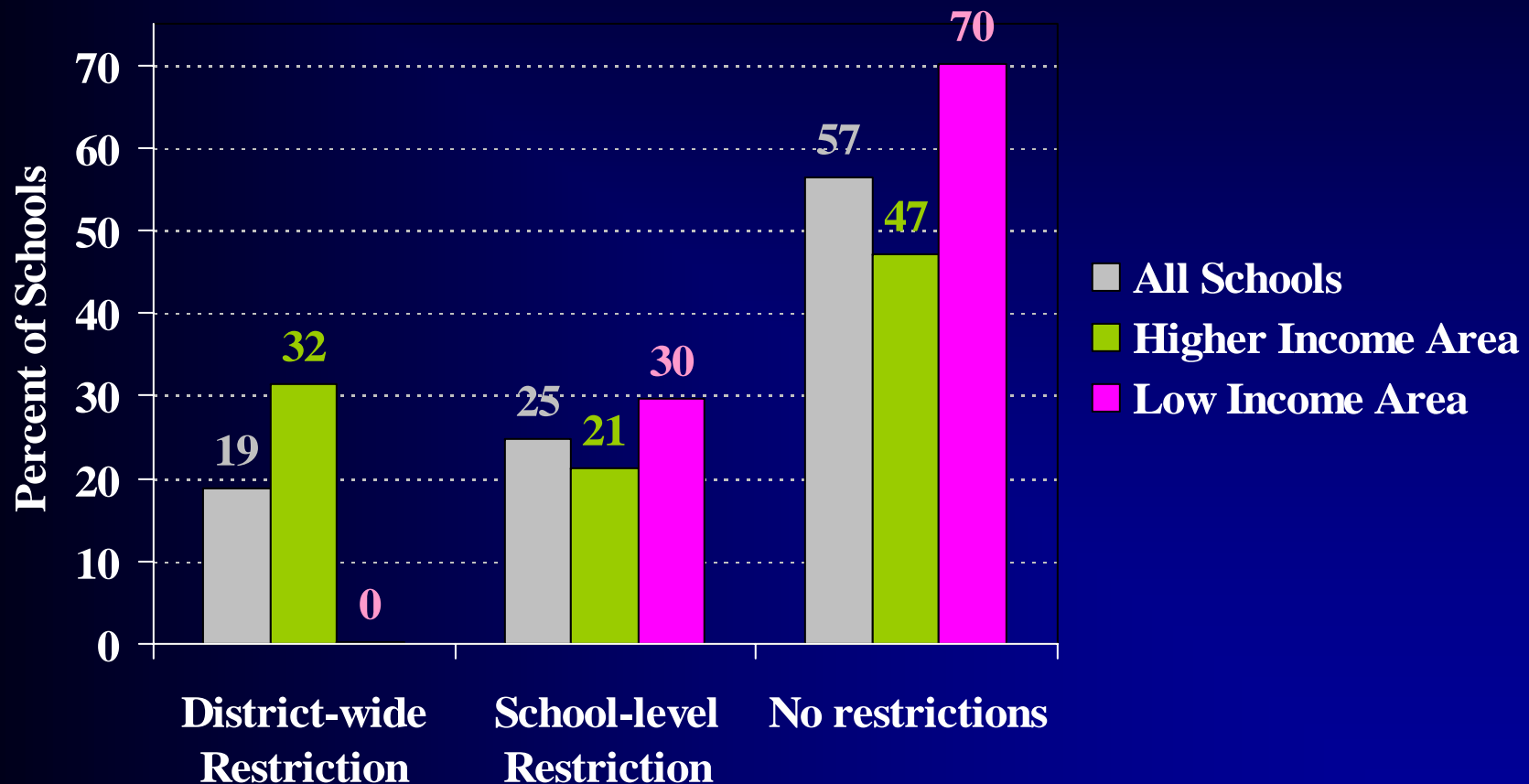
SNDA-3 Preliminary Findings on Competitive Foods

In Spring 2005, Less Than Half of SFAs Reported Restrictions on Competitive Food

Beverage Types, Foods, Time When Sold



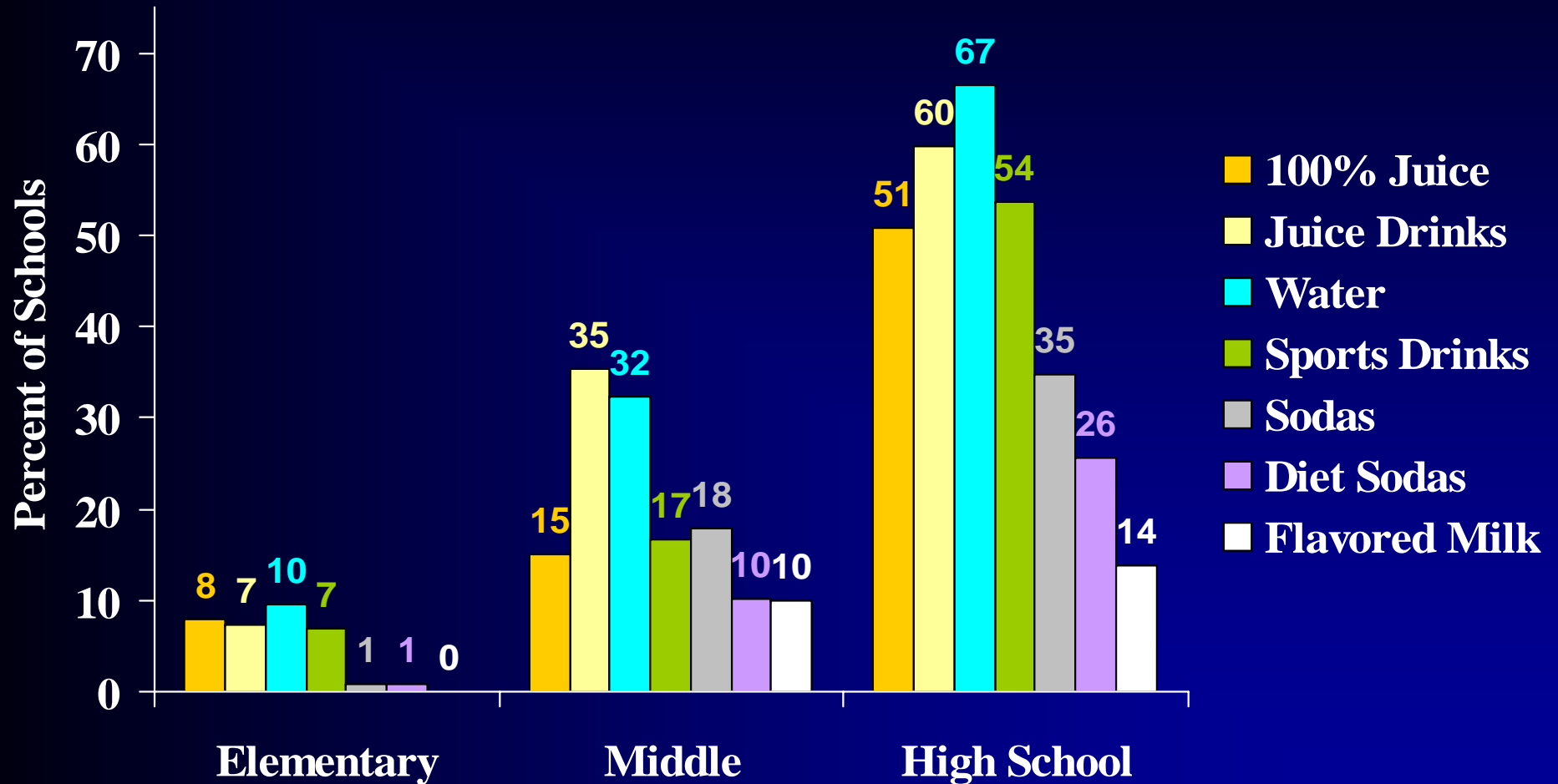
Schools in Low Income Areas are Less Likely to Restrict the Time When Sweetened Beverages Can be Sold



34% of Schools have vending machines in or near the cafeteria.

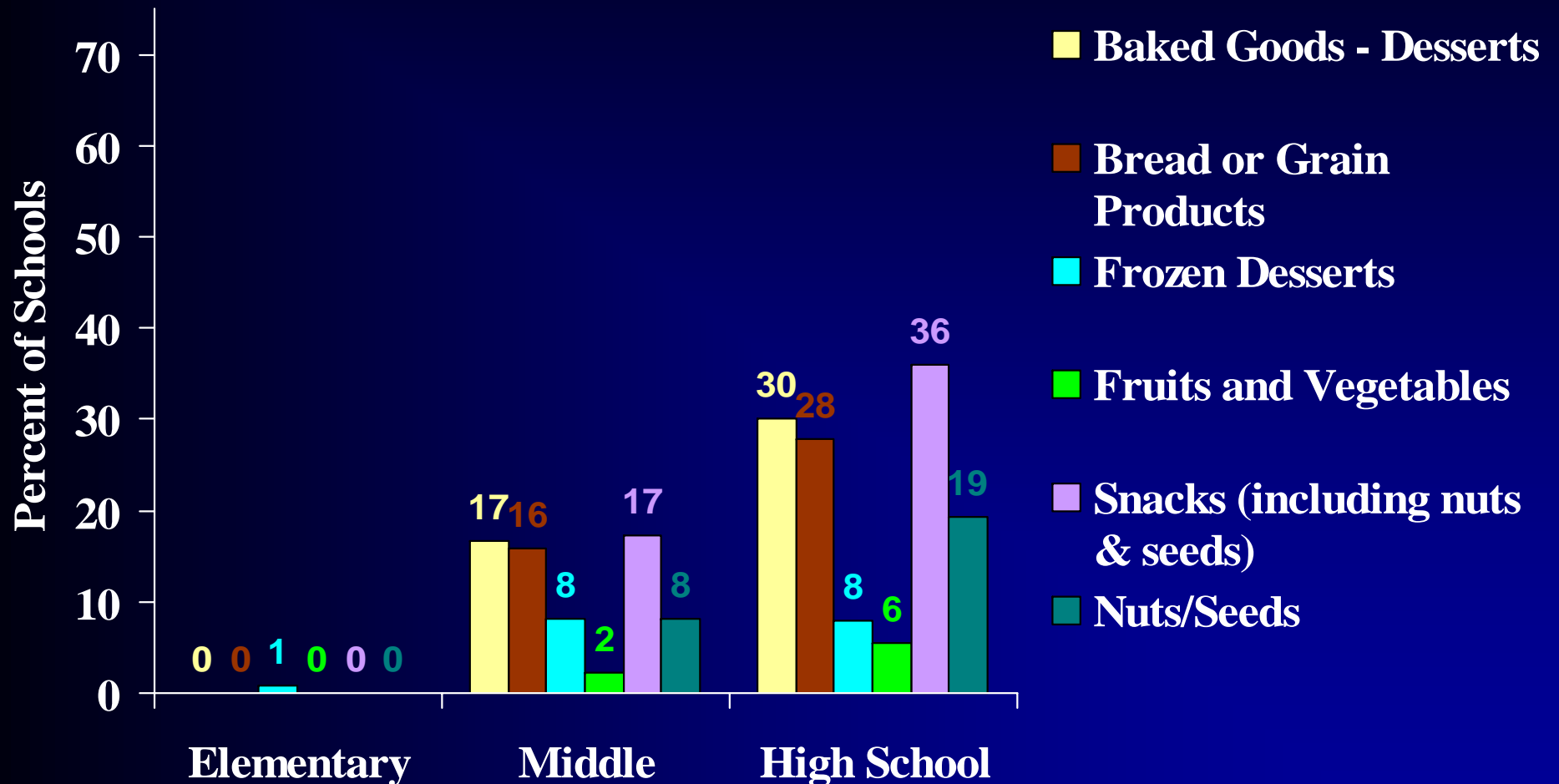
What's in these vending machines in or near the cafeteria?

1. Beverages

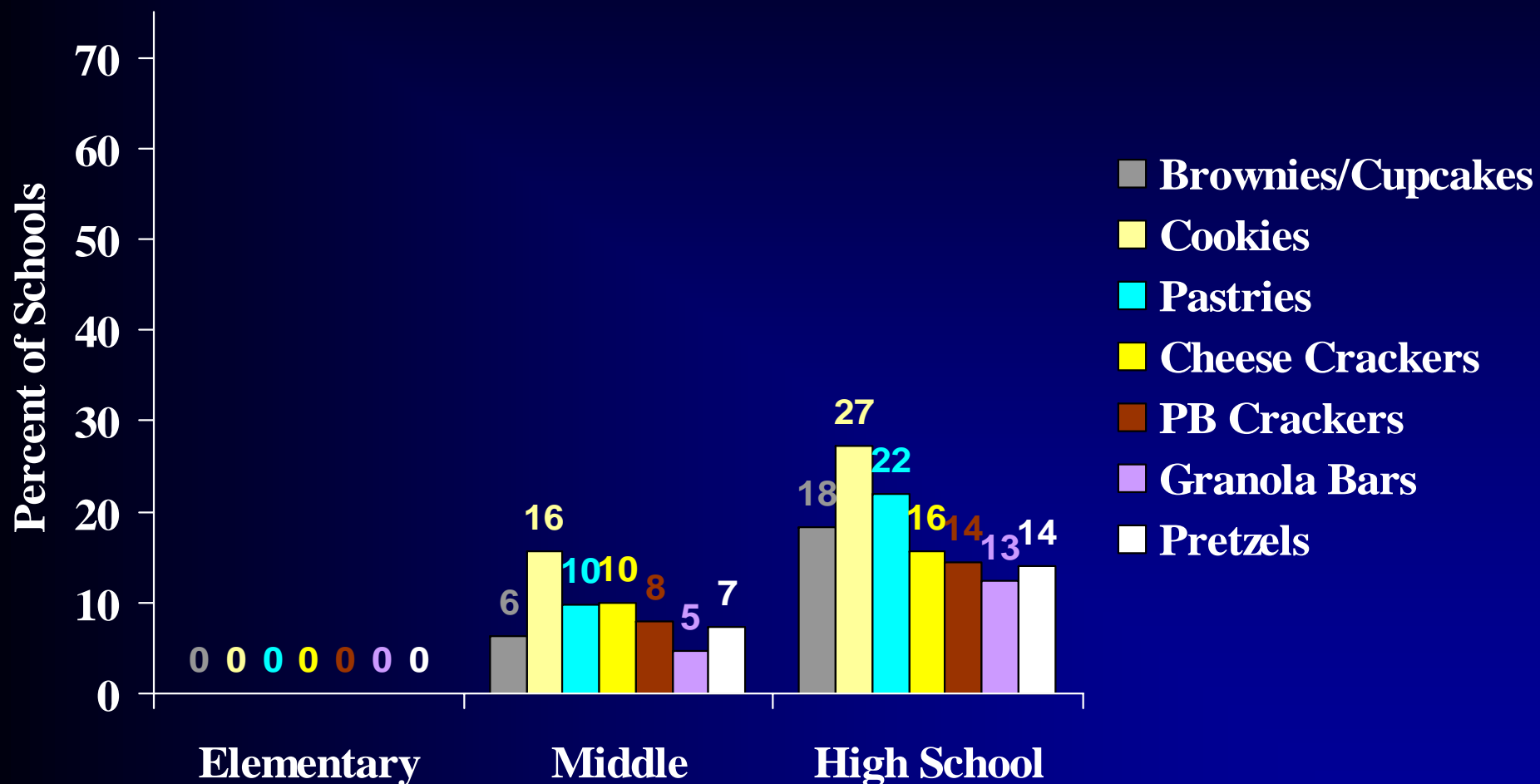


What's in the vending machines in or near the cafeteria?

2. Foods other than Beverages

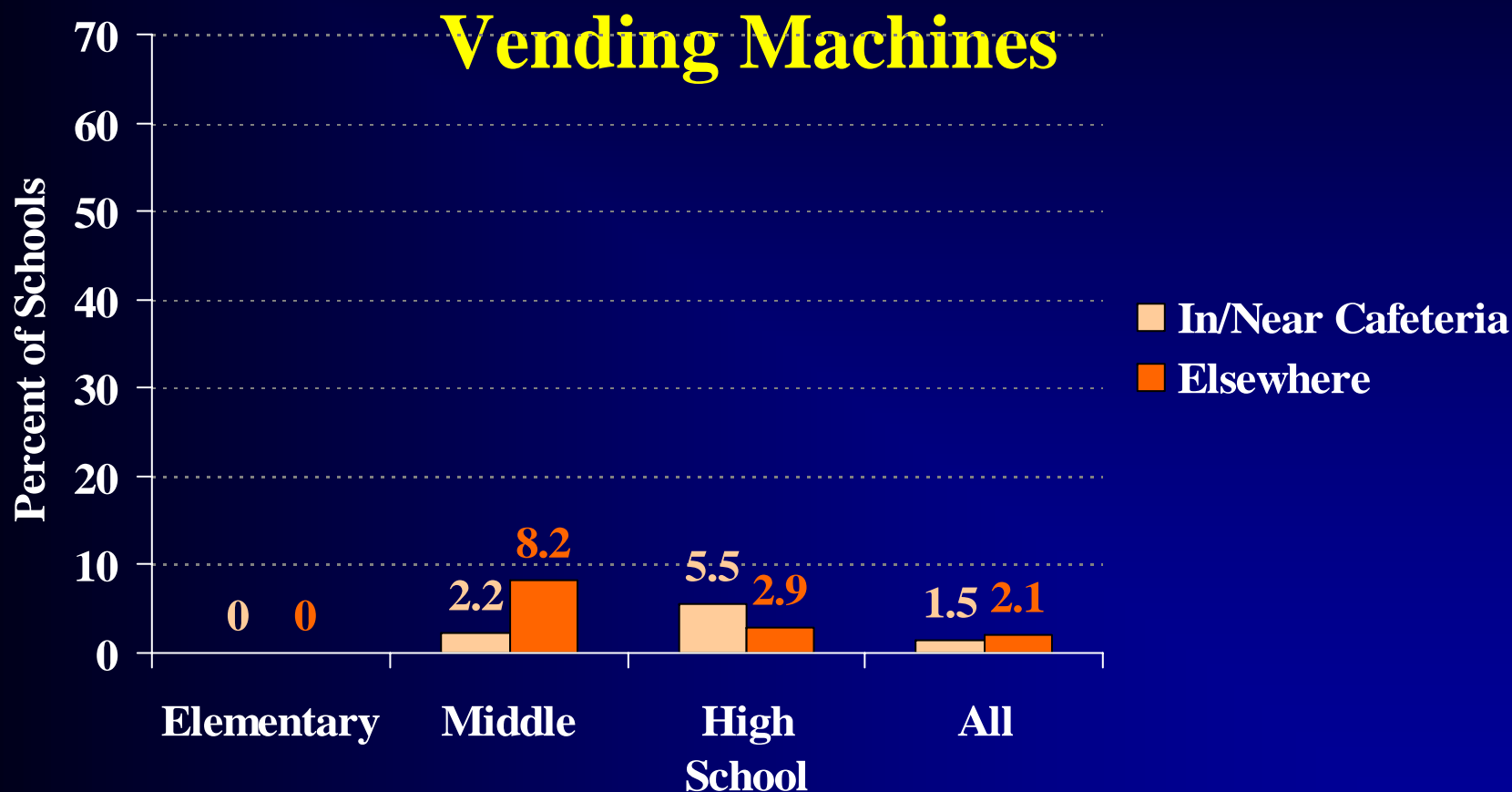


What's in the vending machines in or near the cafeteria? Baked Goods (Desserts) and Grains





Fruits and Vegetables Are Not Commonly Available in School

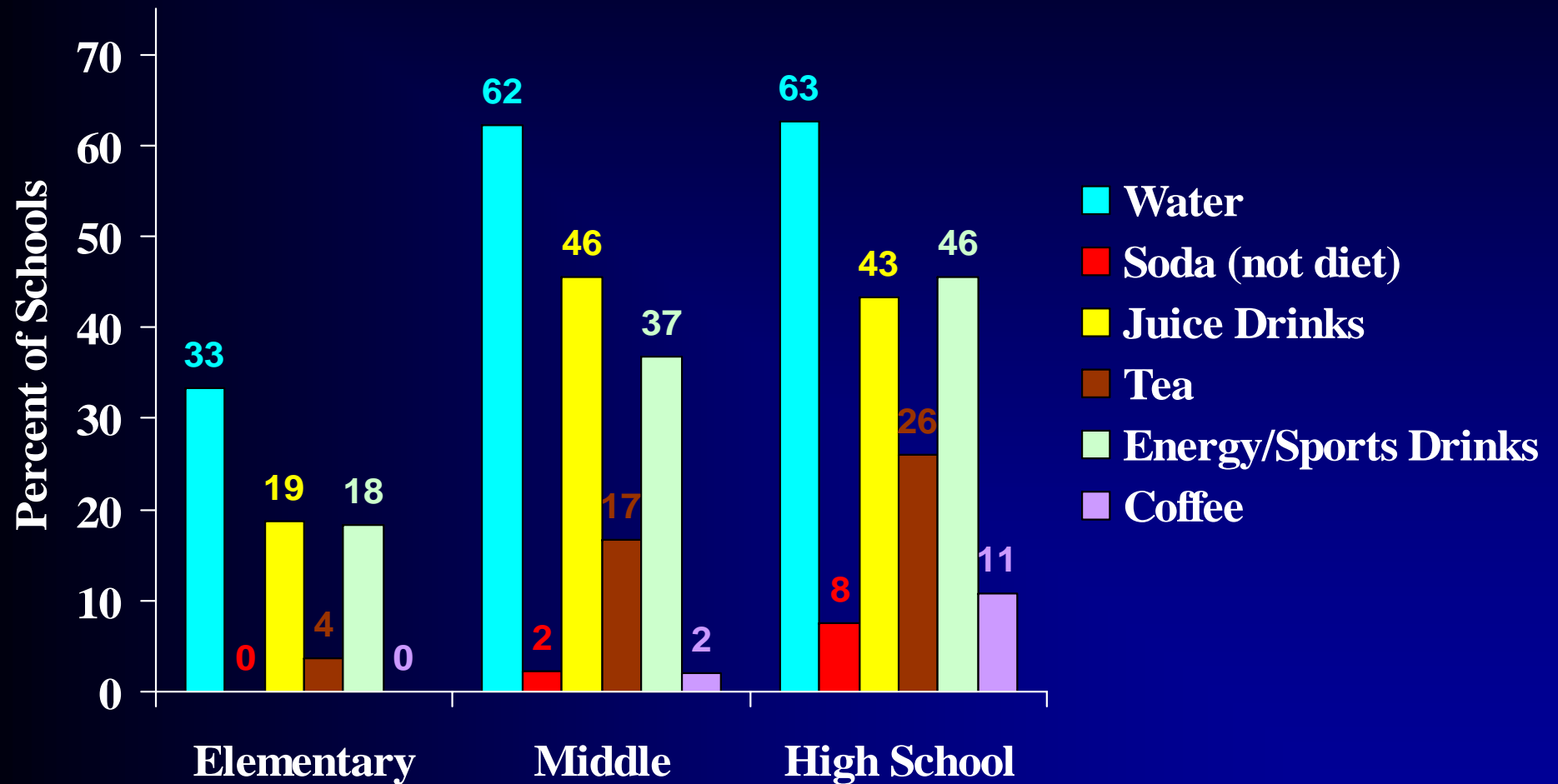


34% of schools have vending machines in or near the cafeteria

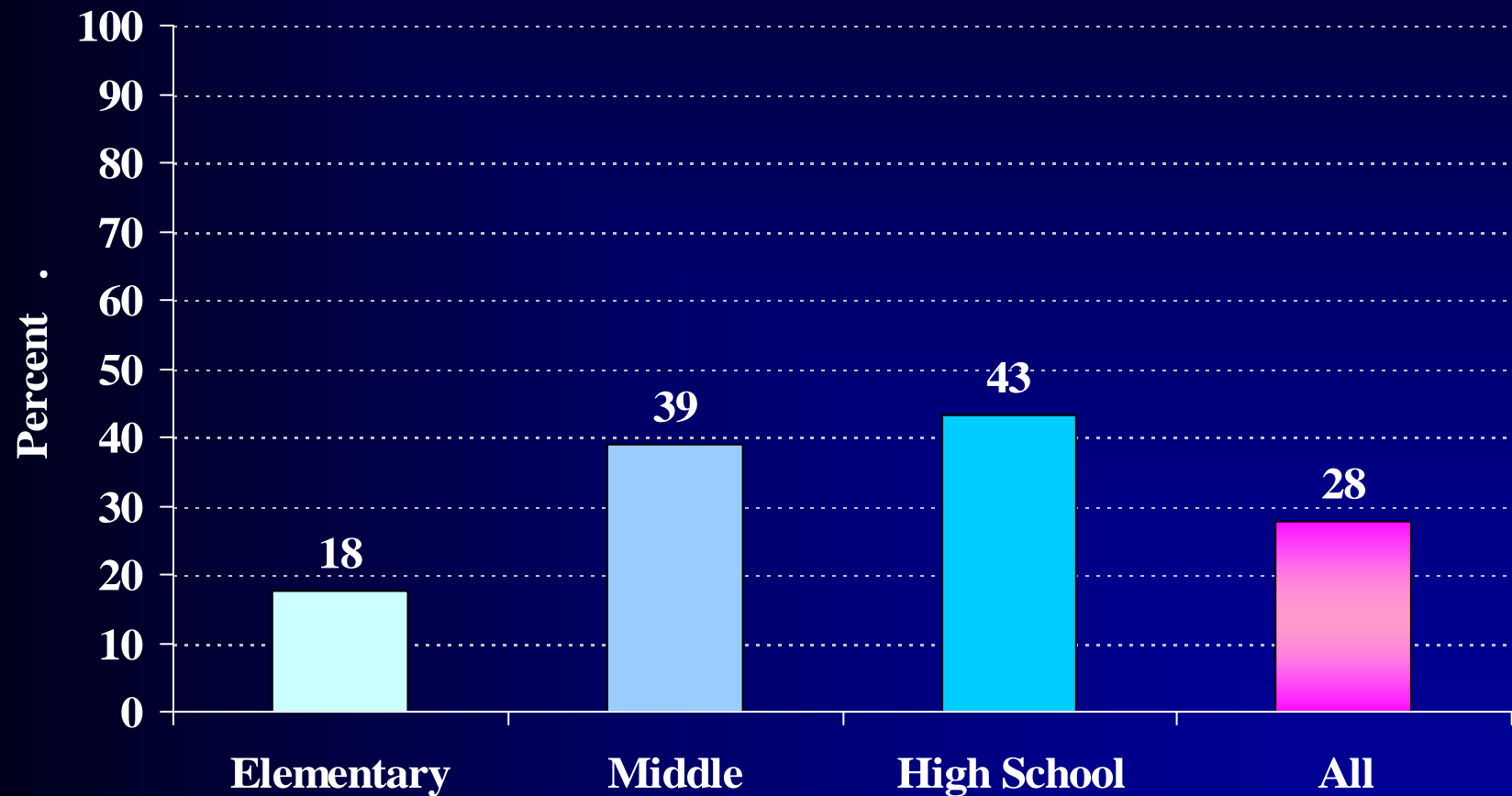
44% have vending machines elsewhere in school or on school grounds

Examples of A La Carte Items Offered at Lunch

1. Beverages



What Percent of Schools Sell Fried Potatoes *A La Carte*?



Many Pre-Prepared Foods are Being Served in School Meals

- Approximately 1300 unique “school foods” were reported at breakfast and/or lunch
- These foods represented 14 percent of total menu items at lunch and 9 percent at breakfast
- 43 percent of entrees or meat/meat alternates at lunch and 34 percent at breakfast were pre-prepared foods.
- Vendors did not have complete nutrients for these foods or were unwilling to provide them to the contractor

What Do SFAs Charge Students for Paid Meals?



SY 2003-2004

Next Steps for SNDA-3

- **Data analyses are underway**
- **Menu and student dietary intake findings will be available early winter**
- **We will publish a summary version of the report and a series of short topic reports**
- **Full reports will be available only on the FNS website.**

School Meal Cost Study: *A Work in Progress*

- Design – nationally representative
 - 120 SFAs
 - 354 schools
- Data Collection
- Next Steps
- *Thank you participants!*

**For additional information, please
visit the FNS web site:**

General: www.fns.usda.gov/fns

Research/Studies: www.fns.usda.gov/OANE

