



USDA Foods: Healthy Choices for our Schools

USDA Foods Overview

To help ensure that America's children receive the healthy food they deserve, the USDA Foods program provides approximately 15 to 20 percent of the food served in each school lunch offered through the National School Lunch Program. Schools rely on these foods to meet meal pattern requirements and stretch their food dollars. USDA Foods provides over 180 healthy food choices, including fruits, vegetables, whole grains, meat, fish, poultry, and dairy items- fresh, frozen, packaged, canned, dried, and bulk.

Back to School Improvements

Guided by the *Dietary Guidelines for Americans*, USDA has made sweeping changes in the nutritional quality of the 180 foods to further reduce fat, sodium, and added sugars.

NEW this school year 2011-2012:



Fruits

All canned fruits are now packed in extra light syrup, natural juice, or water. This change results in a 35-55% reduction in added sugars for popular choices like canned peaches and pears. All applesauce and 100% juices remain unsweetened; frozen fruit is either unsweetened or reduced in sugar.

Vegetables

No added salt canned kernel corn and canned diced tomatoes have replaced the low sodium versions of these foods.

Dairy

The sodium in processed cheeses has been reduced by nearly 50%.

Grains

A white whole wheat flour blend containing a minimum of 51% whole grain will be offered late Fall 2011. This adds to other whole grain options, including tortillas, pancakes, pastas, parboiled and regular brown rice, whole wheat flour, rolled oats, and dry kernel corn for processing.

NEW last school year—Spring 2011:

Protein

Oven roasted, glazed, bone-in, 8 piece cut-up chicken contains half the fat of the previous batter breaded chicken.



For more information visit:

<http://www.fns.usda.gov/USDAFoods>