

SCHOOL LUNCH CHANGES

EFFECTIVE 2012 – 2013

The Healthy Hunger Free Kids Act (HHFKA) was signed into law by President Obama on December 2010. The Act makes many important improvements to the Child Nutrition Programs that serve millions of children across our country each day. The Act will enhance our understanding of the causes and consequences of hunger and food insecurity among children and will help inform future policy decisions on effective means of program delivery. Finally, The Act will help advance the goal of solving the problem of childhood obesity within a generation, which is at the heart of the First Lady's *Let's Move Initiative*.

1. How does this law (HHFKA) affect LTSD.

Answer: The new school lunch requirements are mandatory with an emphasis on serving more fruits, vegetables and whole grain rich foods that meet strict limits for saturated fat and portion size.

2. How will the Menus be different at the Elementary Center?

Answer: The menu will offer 3 different main menu selections every day labeled A,B, or C. This takes the place of last year's alternate selections that changed weekly. All 3 selections will be served with a variety of fruit and or 100% fruit juice, vegetables, and milk. In order to comply with the new USDA regulations for school lunch, all students at the high school and elementary center must take a 1/2cup serving of produce. This can be either fruit/fruit juice and or vegetable.

3. Where can I learn more about the new meal pattern requirements?

Answer: To get the facts about school meals visit www.TrayTalk.org

4. How can the LTSD community support the Healthy Hunger Free Kids Act of 2010.

Answer: This is a great opportunity for students at both schools, parents, faculty, and staff to be actively involved with the promotion of healthy eating habits and well-being through classroom education, extracurricular activities and community programs.

Let's Keep America Moving forward by starting each day with a positive attitude towards good nutrition and healthy habits.