

Smooth Sailing Through CNR

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The University of Mississippi



- **Mission:** To provide information and services that promote the continuous improvement of child nutrition programs
- **Vision:** To be the leader in providing education, research, and resources to promote excellence in child nutrition programs

The Captain's Office

- One food-based menu planning approach
- Fruits/vegetables are separated
- Standards for sodium, calories , sat fat
- Zero grams trans fat (less than 0.5 gm)

Captain's Office

- Identify content of reimbursable meal
- No 100% snack type fruit/vegetable
- Tomato paste and puree credited based on volume served
- No formulated grain-fruit products

Captain's Office

- No nutrient analysis required in district
- Daily serving of fruit at breakfast/lunch
- Daily serving of vegetable at lunch
- Weekly requirement of vegetable subgroups

Captain's Office

Sodium

Grade	Current	2 Years	4 Years	10 Years
Breakfast				
K-5	573	≤ 540	≤ 485	≤ 430
6-8	629	≤ 600	≤ 535	≤ 470
9-12	686	≤ 640	≤ 570	≤ 500
Lunch				
K-5	1377	≤ 1230	≤ 935	≤ 640
6-8	1520	≤ 1360	≤ 1035	≤ 710
9-12	1588	≤ 1420	≤ 1080	≤ 740

Captain's Office

Calorie Ranges

Grades	Breakfast (kcal)	Lunch (kcal)
K-5	350-500	550-650
6-8	400-550	600-700
9-12	450-600	750-850



In the Galley

Fruits

- No more than half of offerings in form of juice
- 100% juice only
- $\frac{1}{4}$ dried fruit = $\frac{1}{2}$ cup fruit
- 1 cup/ breakfast $\frac{1}{2}$ cup – 1 cup/lunch

Galley

Vegetables

- Weekly subgroups
 - 1/2 cup dark green (1 cup leafy)
 - 1/2 cup orange
 - 1/2 cup legumes
 - 1 cup max corn, peas, white potatoes
 - 1 1/4 - 2 1/2 other vegetables

Galley

Grains

- ½ of grains must be whole grain-rich
- All whole grains in 2 years

Milk

- Fat –free flavored and unflavored
- Lo –fat unflavored
- At least two choices

Galley

Meat/Meat Alternate

- 1 oz daily for breakfast
- 1 oz Grades K – 8
- 2 oz Grades 9-12

Rules for Wave Riding

- All components in breakfast and lunch meal pattern must be offered daily
- Students must select a fruit or vegetable for breakfast and lunch
- Implementation 2012- 2013

.White Cap Wave

Section 201

Performance based reimbursement rate of
6 cents per meal for lunch for schools
certified to be in compliance

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Section 203

Requires schools to make free potable water available where meals are served

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Section 205

Equity in school lunch pricing.

Effective July 1, 2011

Full paying students required to pay a price
that is equal to
free reimbursement – paid reimbursement

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Section 206

Revenue from non-program food

Requires all non-reimbursable meal foods
sold by CNP to equal to their cost

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Section 208

Nutrition Standards

Requires USDA to establish standards for all food sold and served in schools at any time during the school day.

Fundraisers exempt if approved by school and are infrequent

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Section 209

Inform the Public

Requires schools to report food safety inspections, wellness policies, program participation, and nutritional quality to public and USDA

White Cap Wave

Section 306

Professional Development

Requires USDA to establish a program of required education and training for managers, directors and state agency directors

Boat Safety Features

- Expands categorical eligibility for free meals to a foster child who is the responsibility of the state or placed by the court
- Only last 4 digits of social security number required on application of individual signing the free and reduced application

Ship and Crew Inspection

- Combine CRE and SMI
- Reviewed every 3 years/2 weeks worth of menus
- Error prone districts required to conduct second level independent review of all applications prior to household notification

Ship and Crew Inspections

- Immediate fiscal action if food component is missing
- Fiscal action if repeat violations of vegetable subgroup and milk type requirements are not met
- State agency has discretion for fiscal action if other requirements not met

Prepare for the Journey



Beacon of Light

You cannot change your destination overnight but you can change your direction immediately.

Jim Rohn

This training is conducted by the



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www.nfsmi.org

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