



Feeding Bodies. Fueling Minds.™

## Dietary Guidelines for Americans Talking Points

Schools must follow federal nutrition standards based on the Dietary Guidelines for Americans created specifically for school operations and with our students' needs in mind.

Under current rules, school meals are required to meet calorie, sodium and added-sugar limits and offer students fruits, vegetables, milk, whole grains and protein.

USDA will update school nutrition standards based on the new Guidelines. We won't know the exact impact on our lunch trays until that happens, but we do know that many of these efforts are already underway:

- We offer many fresh fruits and vegetables and source local foods where we can
- More schools are working to expand scratch cooking and reduce reliance on pre-packaged foods
- The foods we serve are different than grocery store versions *[share examples]*
- We're already working to meet additional limits on added sugars that go into effect in July 2027

Schools are ahead of the curve in mirroring many of the new Guidelines but meal programs will need increased funding to keep the positive momentum.