



Muscofee County School District

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For Immediate Release

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MEDIA RELEASE

School Nutrition Program Implements New Standards for School Meals

(Columbus, GA)-Muscofee County School District increases healthy meal options served in school cafeterias. As part of the United States Department of Agriculture's (USDA) New Meal Pattern, school meals will offer foods and portion sizes recommended by the 2010 Dietary Guidelines for Americans, which are a key component of the Healthy, Hunger-Free Kids Act of 2010. Healthier meal options will continue to improve over the next three years.

Changes include:

- Low-fat and fat-free milk choices
- More whole grain rich-foods
- More fruits and increased varieties of vegetables
- No trans-fats
- Age-appropriate portion sizes
(Minimum and Maximum for **lunch** meals)
- Age-appropriate portion sizes
(Minimum and Maximum for **breakfast** meals)
- Sodium reductions

Implementation Schedule

2011-2012
2012-2013
2012-2013
2012-2013
2012-2013
2013-2014
2014-2015

"As a Registered Dietician, I am excited about the new school year and what we are doing in School Nutrition," said Marian Bone, School Nutrition Program Director. "Every day children will be served nutritious menu options that promote the maximum health and well-being and our cafeterias will continue to serve as learning laboratories for how to make healthy lifestyle choices.

The New Meal Pattern raises nutrition standards in schools across the nation and is expected to play a key part of improving the health and nutrition of more than 32 million students nationwide, including the 1.59 million students statewide in Georgia.

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“We are working diligently to ensure that school nutrition professionals are ready to start applying these positive changes to school meals this year” said Georgia School Nutrition Division Director, Nancy Rice. “Our state has successfully trained School Nutrition Directors for each local school district. We will also continue to provide resourceful materials so that the implementation of healthier meals will also foster a conversation about healthy food choices at school and at home.”

For more information, or media interviews, contact Valerie Fuller, Director of Communications, (706) 748-2034, communications@muscogee.k12.ga.us.

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