

# *May 21, 2012*

## *Child Nutrition Update*



### *Program Overview*

1. Chartwells Partnership w/Spartanburg District Five on Childhood Obesity
2. The Facts about school breakfast & lunch in Spartanburg District Five
3. “New” USDA Regulations – How do your schools measure up?
4. Continuing the momentum?



# *Chartwells is a Committed Partner with Spartanburg District Five*



With one third of the nation's children overweight, Chartwells is always looking for ways to improve the nutritional value of the meals we serve to the students.

Education is *"KEY"* in achieving & maintaining a healthy life style. Providing students with the knowledge to make healthy life style choices is as important as the academic knowledge they are provided daily.



# *Chartwells is a Committed Partner in Fighting Childhood Obesity*

Before First Lady Michelle Obama issued a national challenge to schools across the nation to adapt the *HUSSC* (Healthier US School Challenge) menu criteria, in early 2009 Chartwells had already began the *HUSSC* application process in partnership with Spartanburg District Five for all elementary schools. After months of review by the South Carolina Office of Child Nutrition and USDA all District Five elementary schools were recognized in October 2010 by USDA Representatives from the Atlanta with the “*Bronze Level*” award. This award provided each elementary school with \$500, a plaque & a *HUSSC* banner to display in the cafeteria.



*Chartwells is a Committed Partner in  
Eliminating Childhood Obesity*



On October 17, 2011 your elementary schools were among many schools around the country that were honored with an afternoon reception on the south lawn of the White House by First Lady Michelle Obama.

Chartwells has partnered with Spartanburg School Districts 1, 2, 3, 5 & 7, Anderson District 4, & Chapel Hill Carrboro City Schools in achieving the “Bronze Level” award for all elementary Schools. Administrators from each district joined Chartwells at the White House reception.



# *The Facts about Breakfast & Lunch in Spartanburg District Five*



## *Breakfast.....*

- 99% of all bread products meet the requirements for “*Whole Grain*”
- All milk contains no more than 1% fat with flavored milk being offered as skim
- 50% of the cereal offered is reduced sugar
- Only 100% fruit juice is offered
- Only reduced fat cheese is used in our menus

## *Lunch.....*

- 99% of all bread, grains & pasta products meet the requirements for “*Whole Grain*”
- All milk contains not more than 1% fat with flavored milk being offered as skim
- Only 100% fruit juice is offered
- Only reduced fat cheese is used in our menus
- Dry beans instead of canned are used when possible



# *The Facts about Breakfast & Lunch in Spartanburg District Five*



## *Lunch continued.....*

- All salad offered to all grade levels is a special blend developed specifically for Chartwells containing romaine lettuce, leafy green lettuce, spinach, red cabbage & shredded carrots.
- Many entrée items served are made from scratch at each school
- Entrée recipes where possible have been developed using a 50/50 blend of ground turkey & ground beef to reduce the overall fat content
- Whole grain yeast rolls are made onsite in each school
- A variety of fresh fruits and vegetables are offered daily at all grade levels with (approx 25% of all produce purchased being locally grown)
- “Fresh from the Garden” offered in all elementary schools (allows for students that are still hungry to return and get additional fruits or vegetables after eating their entire lunch)



# *“NEW” USDA Regulations*

## *What do they mean to the students in Spartanburg District Five?*



### *Why were the regulations changed?*

USDA in collaboration with The Institute of Medicine developed new regulations that control minimum & maximums on total calories, bread/grain & protein consumptions over a week while allowing for a greater variety and consumption of fruits & vegetables for all students.

### *What changes will your students see and when will they see them?*

The implementation of the new regulations will be implemented over several years with the following items implemented July 1, 2012 .



# *NEW" USDA Breakfast Regulations*

*How do your schools measure up  
for the start of the 2012-2013 school year?*



Breakfast	2012-2013	Already in place
Milk	Offerings limited to non fat flavored, non fat white, low fat white	Implemented in the 2011-2012 school year
Saturated Fat	Must be <10% of total calories	Chartwells has been monitoring & ensuring compliance with saturated fat in breakfast in 2005

*There are additional breakfast regulations that will be implemented over the next 2 years*





# *NEW" USDA Lunch Regulations*

*How do your schools measure up  
for the start of the 2012-2013 school year?*



Lunch	2012-2013	Already in place
Milk	Offerings limited to non fat flavored, non fat white, low fat white	Implemented in the 2011-2012 school year
Saturated Fat	Must be <10% of total calories	Chartwells has been monitoring & ensuring compliance with saturated fat in lunch since 1996.
Trans Fat	Zero trans fat	Chartwells implemented a "zero trans fat" policy in 2006
Fruit	Must be offered daily & is now counted as a required component to be offered	Chartwells has been offering fresh and/or canned fruit daily at all grade levels since the beginning of the original contract in 1991



# *NEW" USDA Lunch Regulations*

*How do your schools measure up  
for the start of the 2012-2013 school year?*



Lunch	2012-2013	Already in place
Grains	50% of all grains served must be whole grain rich	Chartwells began a gradual transition to whole grain products in 2001 and we have continued transition bringing us to 99% of grain products served are whole grain.
Vegetables	Must be offered daily, is counted as a required component to be offered along with additional vegetable subgroups of (red/orange, dark green, starchy and other)	Chartwells has been making a transition in the vegetables offered.....moving from canned to frozen.....canned/frozen to fresh.....canned to dry beans. With the start of our local produce initiative in 2007 we have increased the weekly offerings of dark green vegetables.



# *“NEW” USDA Regulations*

## *What’s remains to be implemented?*



- Meeting the minimum & maximum range on calories while also . . . .
- Meeting the minimum & maximum range on the servings of protein offered daily & weekly
- Meeting the minimum & maximum range on the servings of bread/ grains offered daily & weekly

The last and a very important regulation to be implemented is.....

For a meal to be claimed for reimbursement “every” student in all grade levels will be required to take  $\frac{1}{2}$  cup of fruit or vegetable or combination of both totaling  $\frac{1}{2}$  cup .



# *Continuing the Momentum*



*Once the regulations for 2012-2013 are implemented we know that our job is not done and we cannot relax. We must continue to think outside the box to develop recipes & menus that will appeal to our customers while continuing to promote healthy eating habits.*

*Thank you for allowing Chartwells the continued opportunity to partner with Spartanburg District Five in managing your child nutrition programs.*





# Q & A



DISTRICT  
**Five**  
SCHOOLS  
Spartanburg County  
*Every child...every day.*