



## Child Nutrition Reauthorization

### *The American Heart Association's Position*

#### *National School Lunch and Breakfast Programs (NSLP)*

- Keeping robust school nutrition standards in place to ensure the health and wellbeing for all children and the success of the programs.
- USDA's recent sodium, whole grain, and milk rollbacks should be reversed to ensure the nutrition standards are aligned with the Dietary Guidelines for Americans as required by law, as well as the updated Dietary Reference Intake for sodium.
- Increase investments in kitchen equipment and infrastructure that can help schools serve healthier meals.
- Increase investments in Farm-to-School programs.
- Increase the commodities allowance for school breakfast.
- Report on the technical assistance being provided to schools for sodium reduction.
- Release information on implementation of the sodium standards.
- Include added sugars in the nutrition standards for breakfast, lunch, and Smart Snacks.

#### **Fast Facts:**

1. As of 2016, more than 99 percent of schools that participate in the NSLP were meeting the nutrition standards, up from 14 percent in 2009-2010.<sup>1,2</sup>
2. Children who participate in the NSLP eat greater amounts of healthy foods and have an overall better-quality diet.<sup>3</sup>
3. More than 90 percent of school-age children consume too much sodium, a risk factor for high blood pressure and many other health problems.<sup>4</sup> Children who eat school meals consume 26 percent of their sodium from cafeteria foods.<sup>5</sup>
4. WIC served about 7.3 million participants per month in 2017, including almost half of all infants born in the United States.<sup>6</sup>
5. FFVP provides a fresh fruit or vegetable snack to the county's lowest-income elementary schools. Each student receives \$50 - \$75 worth of fresh produce during the school year and for some, this is the only exposure to fresh produce.<sup>7</sup>

#### *Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*

- Address a crucial gap in nutrition assistance for young children by extending WIC eligibility through age six.
- Permit states the option to certify infants for two years instead of one year, eliminating duplicative paperwork and encouraging families to continue to connect their children with WIC's nutrition supports
- Extend eligibility for postpartum women to two years, building upon the program's nutrition support and efforts to improve diets.

#### *Fresh Fruit and Vegetable Program (FFVP)*

- Maintain the integrity of the FFVP by only allowing only fresh fruits and vegetables to be offered.

#### *Child and Adult Care Food Program*

- Continue to support implementation of the updated standards/meal pattern.
- Support more technical assistance through targeted CACFP grants through Team Nutrition.
- Invest in CACFP to increase participation.

#### *Summer Feeding Program*

- Update nutrition standards to align with the Dietary Guidelines for Americans.

For more information and resources from the American Heart Association's policy research department and nutrition policy positions please visit: <https://www.heart.org/en/about-us/policy-research>.

<sup>1</sup> U.S. Department of Agriculture. Percent of School Food Authorities (SFA) certified for the performance-based reimbursement as of June 2016. 2016. Retrieved from: [https://fns-prod.azureedge.net/sites/default/files/cn/SFAcert\\_FY16Q4.pdf](https://fns-prod.azureedge.net/sites/default/files/cn/SFAcert_FY16Q4.pdf). Accessed February 2019.

<sup>2</sup> U.S. Department of Agriculture. School Nutrition Dietary Assessment Study IV. 2012. Available at <http://www.fns.usda.gov/school-nutrition-dietary-assessment-study-iv>. Accessed on February 2019.

<sup>3</sup> Farris, AR et al. (2014). Nutritional comparisons of Packed and School Lunches in Pre-Kindergarten and Kindergarten Children Following Implementation of 2012-2013 National School Lunch Program. *Journal of Nutrition Education and Behavior*. 46(6): 621-626.

<sup>4</sup> Appel et al. (2015). Reducing Sodium Intake in Children: A Public Health Investment. *Journal of Clinical Hypertension*. 17:9; 657-662. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5034752/pdf/JCH-17-657.pdf>

<sup>5</sup> Cogswell M, et al. (2014). Vital signs: sodium intake among U.S. school-aged children - 2009-2010. *Morbidity and Mortality Weekly Report*. 63(36):789-797. Retrieved from: <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6336a3.htm>

<sup>6</sup> U.S. Department of Agriculture. (2018). WIC Program. Retrieved from: <https://www.ers.usda.gov/topics/food-nutrition-assistance/wic-program/>. Accessed February 2019.

<sup>7</sup> U.S. Department of Agriculture. The Fresh Fruit and Vegetable Program. (2017). Retrieved from: <https://fns-prod.azureedge.net/sites/default/files/cn/FFVPFactSheet.pdf>