

# Nutrition Foundations

## For Alaska School Meals



### A Nutrition Guide for the National School Lunch Program and School Breakfast Program

Alaska Department of Education & Early Development  
Child Nutrition Programs

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# Introduction

Children's food choices and eating habits are shaped by many sources, but one of the significant influences is the school they attend. The school environment plays a large role in teaching and modeling eating and health behaviors. For many children, foods consumed at school provide a major portion of their daily nutrient intake.

*Schools have a responsibility to model and reinforce healthy eating habits by teaching and modeling appropriate health behaviors.*

As a result of the 2010 Healthy, Hunger Free Kids Act, USDA has revised the school meal patterns and nutrition requirements for Child Nutrition Programs based on recommendations from the 2010 Dietary Guidelines for Americans. Alaska Child Nutrition Programs developed this Guidebook to School Nutrition in support of the USDA regulations and as part of a USDA Team Nutrition grant.

Nutrition Foundations for Alaska School Meals was developed to support healthier foods offered in schools and residential child care institutions. This nutrition information will help every school instill healthy eating habits in students by reducing sugar, sodium, and high-fat foods and increasing healthy food items like whole grains and fruits and vegetables.

Federally reimbursable meals provided through the School Breakfast Program (SBP) and the National School Lunch Program (NSLP) should meet all current Federal meal requirements.

Nutrition Foundations for Alaska School Meals is conducive to regulatory requirements found in 7 CFR Parts 210 and 220.