

## **Recently I attended the Legislative Action Conference for the School Nutrition Association:**

Many things are changing in the world of nutrition and the school nutrition program. My biggest takeaway is the [USDA changes for whole grain, sodium, and milk](#). Regulations on these three commodities will become a bit looser as only half of students' weekly grains will now be whole grain-rich, sodium will retain target 1 through 2023-24, and milk regulations will now allow flavored, low fat 1%. Our school districts will stay on target with the previous requirements because the menus are created and products are already bid for the school year, but they have the option to adjust to the new requirements immediately. There are a few items that have been hard to source in whole grain so this is the only time we will loosen these requirements. We will also continue to serve skim flavored milk and we will not be moving toward 1% flavored milk.

Districts are turning to new foods and options like roasted vegetables instead of steaming them, and adding seafood snacks, popcorn. This trend has been a very successful way to serve vegetables to our students and they seem to really enjoy them.

There continues to be a big emphasis on farm to school from the USDA. Buying farm fresh local food has been a huge asset to our local farmers and our students. Milton School Food Service will continue to always source local and sustainable food whenever possible.

The [2019 Position Paper](#) that districts used as their platform in Washington DC when speaking to Congress included the following requests:

- Increase USDA Foods (commodities) support for the School Breakfast Program. At the present time we do not receive any USDA food for our breakfast programs
- Support USDA's ongoing effort to simplify child nutrition programs
- Encourage USDA to modify the Smart Snacks in School rule to allow all menu items that are permitted to be served a part of a reimbursable meal to be sold at any time a la carte
- Urge USDA and the US Department of Education, in collaboration with School Food Authorities, to develop best practices and guidance to ensure school schedules provide students with adequate time to eat healthy school meals
- Oppose any effort to block grant school meal programs
- Encourage USDA to return to the five-year Administrative Review Cycle for School Food Authorities that consistently operate in compliance

I was honored to be a part of LAC this year and have the opportunity to advocate for school nutrition policy changes alongside my fellow SNA members.

Sincerely,

Jacqueline Morgan