

## Press Release

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# Colquitt County School Nutrition Rolls Out New Nutrition Standards for School Meals

**August 6, 2012** – The Colquitt County Board of Education School Nutrition Program is updating meals served in school cafeterias. As a 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; and are a key component of the Healthy, Hunger-Free Kids Act of 2010. Most changes start this school year.

Changes include:

- More whole grain rich-foods
- More fruits and increased varieties of vegetables
- Low-fat and fat-free milk choices
- Sodium reductions and trans-fats removed
- Age-appropriate portion sizes



“The New Meal Pattern requirements are designed to offer a balanced diet; as well, as limit caloric and sodium intake for all age groups. We are working to implement changes in our schools, some of which were implemented ahead of required Federal deadlines. It is the desire of the Colquitt County School Nutrition Program to continue operating at the highest level of productivity while maintaining strong nutritional standards. We ask that students, parents, and school staff embrace the changes in a positive manner and trust that changes are being made to improve the overall health of our youth. It is equally important that students engage in daily physical activity,” commented Monika W. Griner, School Nutrition Director.

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

“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.”

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