

HEALTHY HUNGER FREE KIDS ACT

What Farmers Should Know

INFORMATION

In the fall of 2012 the Healthy Hunger-Free Kids Act was put into place as schools around the country instituted new national nutrition standards. Details of the new standards were developed to increase nutrition; the changes included:

- Increased amounts of fruits and vegetables
- Reduced sodium in meals over 10 years
- Calorie maximums set for the first time
- Only 1 percent or fat-free milk served
- Increased whole grains use
- Increased meal reimbursement by 6 cents



The new nutrition standards provide an opportunity for farm to school programs to grow. Many schools now have salad bars to offer the increased amounts of produce. School food service and students are becoming more adventurous and trying new foods. There are 950 locations in Minnesota where people can buy directly from a farmer. Schools are one community institution that farmers can sell to knowing they are helping their community.

INCREASED FRUITS AND VEGETABLES

The change in nutrition standards for school food provides an increase in the amount of produce served to students, and diversifies the array of products.

Fruit & Vegetable Requirements

Fruit served to students at schools has increased to a $\frac{1}{2}$ cup per student per day for grades Kindergarten through 8. Grades 9-12 are served one cup per student per day. Vegetables offered in school lunches have increased based on the type of vegetable. See the table below for details.

Many of the vegetables listed in the table can be grown in Minnesota. If a farmer would like to sell fresh vegetables to a school, there are a few things to keep in mind. One, the required quantities of vegetables served may be higher than the amount students actually eat. Two, quantities listed are by EP (edible portion) while farmers sell in AP (as purchased) poundage. It is helpful to understand the quantities of food purchased for school meals; producers should ask for a list of vegetable purchases from a nearby school to see pricing and AP poundage. Three, quantities of produce purchased for school lunches are affected by student choice (i.e. quantities of sweet corn are higher than for radishes). Four, food service must vary the types of fruits and vegetables offered in the lunch program (i.e. potatoes cannot be served every day).

List of Vegetables by Color

Over the course of a week, schools must plan to serve vegetables that represent each of the five sub-groups. Below is a list of vegetables for each subgroup. Information is provided about the EP (edible portion) quantity of vegetables required for each child's serving; [Oklahoma's Produce Calculator](#) can be used to determine AP (as purchased) poundage.

Dark Green	Orange/Red	Beans/Peas	Starchy	Other
½ cup per week (all)	¾ cup per week (K-8) 1 ¼ cup per week (9-12)	½ cup per week (all)	½ cup per week (all)	½ cup per week (K-8) ¾ cup per week (9-12)
Bok Choy	Acorn Squash	Black Beans	Cassava	Artichokes
Broccoli	Butternut Squash	Black-eyed Peas	Corn	Asparagus
Chinese Cabbage	Carrots	Chickpeas	Cowpeas-fresh	Avocado
Collard Greens	Hubbard Squash	Edamame	Green Bananas	Bean Sprouts
Dark Green Lettuce	Pumpkin	Kidney Beans	Green Peas	Beets
Endive	Red Peppers	Lentils	Lima Beans	Brussels Sprouts
Kale	Sweet Potato	Lima Beans (dry)	Jicama	Cabbage
Mesclun	Tomatoes	Navy Beans	Plantains	Cauliflower
Mustard Greens		Pinto Beans	Potatoes	Celery
Romaine Lettuce		Soy Beans	Taro	Cucumber
Spinach		Split Peas	Water Chestnuts	Eggplant
Turnip Greens		White Beans		Green Peppers
Watercress				Iceberg Lettuce
				Kohlrabi
				Mushrooms
				Okra
				Onions
				Parsnips
				Summer Squash
				Snow/Snap Peas
				Turnips
				Wax Beans
				Zucchini



Additional notes about the vegetables served in school lunches:

- Schools need to offer an additional vegetable each week: 1 cup for K-8 and 1 ½ cup for 9-12 (any vegetable subgroup may be offered).
- Raw leafy greens credit as ½ the volume served; schools need to serve 1 cup to count as ½ cup of vegetable.
- The “other vegetables” category may be met with any additional amounts from the dark green, red/orange, and beans/peas vegetable subgroups.