

Information for Parents

Idaho schools have offered healthy school meals to students for years. Now, we are working to provide more healthy choices for your children while they are in school through the New Nutrition Standards for Idaho. In addition to the current federal requirements for school meals, Idaho is implementing 14 new nutrition standards in Fall 2009. Our new standards will put Idaho schools a step ahead of the nation.

Overview of New Idaho Nutrition Standards

Idaho schools are encouraged to serve:

MORE

- Whole grains
- Fruits
- Vegetables
- Beans
- Low-fat milk
- Lean protein

FEWER

- Foods with added fat
- Salt/sodium rich foods
- Foods high in sugar

School are asked to discontinue:

- Salt shakers
- Sugar packets
- Deep-fat fried foods
- Foods with *trans* fats

The [Idaho nutrition standards](#) for school nutrition are good ideas for the entire family. The standards are based on the [Dietary Guidelines for Americans, 2005](#).