

# The Realities of USDA Foods

- ✓ **Healthy Choices**
- ✓ **100% American Grown**
- ✓ **Food safety standards are set high**
- ✓ **Account for 15-20% of school food purchases**
- ✓ **School districts are never required to accept items they do not want.**





# The Realities of USDA Foods

## Reflect the IOM Report Recommendations:

- ✓ Less sodium
- ✓ Less sugar
- ✓ Less fat
- ✓ More fruits and vegetables
- ✓ More whole grains





# USDA Foods: Improvements

## Reducing Sodium

- ✓ **Low sodium in ALL canned vegetables**
  - ✓ 140 mg per serving (up to 77% sodium reduction)
- ✓ **Sodium-free frozen and fresh vegetables**
- ✓ **Low-sodium tomato products - 140 mg/svg**
  - ✓ eg. spaghetti sauce, salsa, whole, diced, paste
- ✓ **Reduced-sodium turkey ham - 460 mg/2 oz (-19%)**
- ✓ **Reduced-sodium chicken fajita - 220 mg/2 oz (-28%)**
- ✓ **Researching more low-sodium foods: Cheese, pork**
- ✓ **Reduced upper salt limit on mozzarella spec's**



# USDA Foods: Improvements

## Reducing sugar

- ✓ Unsweetened applesauce
- ✓ NO heavy syrup in canned fruit
- ✓ ONLY light syrup, juice, or
- ✓ water packed fruit
- ✓ Unsweetened 100% juices





# USDA Foods: Improvements

## Reducing Fat

- ✓ Purchasing 96-97% lean ham
- ✓ Purchasing 95% lean turkey ham
- ✓ Purchasing 95% lean beef patties
- ✓ Eliminated trans fats in frozen potatoes
- ✓ Substituted white meat for chicken skin in processed poultry products
- ✓ Low fat bakery mix
- ✓ 1% low fat UHT milk
- ✓ Eliminated shortening
- ✓ Researching lower fat meat & cheese products
- ✓ Added a fat free potato wedge



# USDA Foods: Improvements

## Increasing whole grains

- ✓ Whole grain tortillas
- ✓ Whole grain pancakes
- ✓ Whole grain macaroni
- ✓ Whole grain spaghetti
- ✓ Whole grain rotini
- ✓ Rolled oats
- ✓ Brown rice
- ✓ Parboiled brown rice
- ✓ Dry kernel corn for further processing



# USDA Foods: Improvements

## New Products

- Bulk Alaskan Pollock
- Whole Grain Tortillas
- Whole Grain Pancakes
- Sliced Apple Pilot
- Baby Carrots Pilot
- Bulk Flour Pilot

