

NEWS ALERT

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ALERTA DE NOTICIAS

“La Administración Biden-Harris anuncia las nuevas normas de comidas escolares para fortalecer la nutrición infantil”



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1

WHY

The new standards are consistent with the 2024-2025 Dietary Guidelines for Americans = even healthier school meals



“We all share the goal of helping children reach their full potential,” said Agriculture Secretary Tom Vilsack. “Like teachers, classrooms, books, and computers, nutritious school meals are an essential part of the school environment, and when we raise the bar for school meals, it empowers our kids to achieve greater success inside and outside of the classroom. Expanding on this major milestone, the Biden-Harris Administration will continue to partner with schools, districts, states and industry to build on the extraordinary progress made to strengthen school meals.”

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1

POR QUÉ

Las nuevas normas son coherentes con las Guías Alimentarias del 2024-2025 para los Estadounidenses = comidas escolares aún más saludables



“Todos compartimos el objetivo de ayudar a los niños a alcanzar su pleno potencial», dijo el Secretario de Agricultura Tom Vilsack. Al igual que los profesores, las aulas, los libros y las computadoras, las comidas escolares nutritivas son una parte esencial del entorno escolar, y cuando elevamos el nivel de las comidas escolares, permitimos a nuestros hijos alcanzar un mayor éxito dentro y fuera del aula». A partir de este importante logro, la Administración Biden-Harris seguirá colaborando con las escuelas, los distritos, los estados y la industria para aprovechar los extraordinarios progresos realizados en el fortalecimiento de las comidas escolares.”

2

ADDED SUGARS

Phase 1: Limits on specific products

- Cereals: 6 g or less per oz
- Yogurt: 12 g or less per 6 oz
- Flavored milk 10 g or less per 8 oz

Phase 2: Overall weekly limits that limits sugar to less than 10% of calories across the week.



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SODIUM

- Through SY 26-27, schools will maintain current sodium limits.
- By SY 27-28, schools will implement an 15% reduction for lunch and 10% percent reduction for breakfast from current sodium limits.



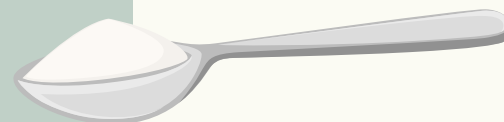
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AZÚCARES AÑADIDOS

Fase 1: Límites en productos específicos

- Cereales: 6 g o menos por onza
- Yogur: 12 g o menos 6 oz
- Leche saborizada: 10 g o menos por 8 oz

Fase 2: Límites semanales globales que limitan el azúcar a menos del 10% de las calorías a lo largo de la semana.



3

SODIO

- A partir del año escolar 26-27, las escuelas mantendrán los límites actuales de sodio.
- Para el año escolar 27-28, las escuelas pondrán en práctica una reducción del 15% para el almuerzo y el 10% de reducción para el desayuno de los límites actuales de sodio.



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4 HOW DO THESE CHANGES AFFECT GUSD MENUS?



- **Sugar in cereal:** Cinnamon Toast Crunch is over the sugar limit by 2 grams. We will have to buy reduced sugar or retire it from the menu. All other cereals are already within the new limit.



- **Sugar in yogurt:** Our yogurt already meets the new standards.



- **Sugar in chocolate milk:** Our milk already meets the new standards
- **Sodium:** without even trying, we're already meeting all of the new standards

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4 ¿CÓMO AFECTAN ESTOS CAMBIOS A LOS MENÚS DEL GUSD?



- **Azúcar en los cereales:** Cinnamon Toast Crunch esta sobre el límite de azúcar por 2 gramos. Tendremos que comprar azúcar reducido o retirarlo del menú. El resto de cereales ya cumple con las nuevas normas.



- **Azúcar en el yogur:** Nuestro yogur ya cumple las nuevas normas.



- **Azúcar en la leche de chocolate :** Nuestra leche ya cumple las nuevas normas
- **Sodio:** Sin siquiera intentarlo, ya cumplimos todas las nuevas normas.

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5

TIMELINE

Fall 2025-Fall 2027 & beyond



Spring 2024: USDA issues final rule

Fall 2024: Additional menu options to make it easier for schools to offer local, vegetarian and culturally appropriate menu items.

Fall 2025: Limit on added sugars in cereals, yogurt and milk. Limit to sugar on flavored milk.

Fall 2026: Continue to gradually reduce sugar and sodium

Fall 2027: No more than 10% of weekly calories from added sugars. Further reductions in sodium.

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5

LÍNEA DEL TIEMPO

Otoño 2025-Otoño 2027 & más allá



Primavera 2024: El USDA publica la norma definitiva

Otoño 2024: Opciones de menú adicionales para facilitar que las escuelas ofrezcan menús locales, vegetarianos y culturalmente apropiados.

Otoño 2025: Límite de azúcares añadidos en cereales yogur y leche. Limitación del azúcar en la leche de sabor.

Otoño 2026: Continuar reduciendo gradualmente el azúcar y el sodio

Otoño 2027: No más del 10% de las calorías semanales procedentes de azúcares añadidos. Seguir reduciendo el sodio.

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