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FINDINGS FROM THE SCHOOL NUTRITION DIETARY ASSESSMENT STUDY
THE NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

Lunches Offered:

- o Lunches offered in the NSLP over a week exceed dietary recommendations for fat, saturated fat and sodium, while cholesterol is within recommended levels.

NSLP Lunches Offered

NUTRIENT	OFFERED	RECOMMENDED GOALS
% calories from fat	38%	30%
% calories from saturated fat	15%	10%
Sodium	1,479 mg	800 mg*
Cholesterol	88 mg	100 mg**

* based on a daily goal of not more than 2400 mg.

** based on a daily goal of less than 300 mg.

- o Virtually no schools conform to the Dietary Guidelines for Americans for fat and saturated fat. Only one percent of schools offer NSLP lunches that provide an average of 30 percent of calories from fat and only one school meets the goal of 10 percent of calories from saturated fat.
- o NSLP lunches provide the required one-third or more of the RDA for key nutrients--calories, protein, Vitamins A, C and B6, calcium, iron and zinc.

Lunches Consumed:

- o Children eating in the NSLP have significantly higher intakes of saturated fat and total fat than children eating other lunches. Participant intakes of fat are 37 percent compared to 33 percent for children who eat other lunches.
- o Children eating in the NSLP have higher intakes of fat, saturated fat and sodium than dietary recommendations, while cholesterol is within recommendations.

Lunches Consumed by NSLP Participants

NUTRIENT	CONSUMED	RECOMMENDED GOALS
% calories from fat	37%	30%
% calories from saturated fat	14%	10%
Sodium	1,501 mg	800 mg*
Cholesterol	85 mg	100 mg**

* based on a daily goal of not more than 2400 mg.

** based on a daily goal of less than 300 mg.

- o Children eating an NSLP lunch average one-third or more of the daily RDA for calories, vitamins and minerals.

Average daily intake for a typical school day.

- o The average daily percent of calories from fat consumed by all students is 34 percent and 13 percent from saturated fat.
- o NSLP participants' higher intake of saturated fat and total fat intake at lunch persists for the entire day. Over 24 hours, NSLP participants' fat intake is 35 percent compared to 33 percent for children eating other lunches.
- o Students from low-income families have higher percentages of calories from fat (35%) than students from higher-income families (33%).
- o On average, students' daily intake exceed the RDA for calories -- a finding that holds for all income groups.
- o Students' daily intakes of sodium at 4,633 mg are almost twice the NRC recommendation of less than 2,400 mg per day.
- o Students' daily intake of cholesterol at 299 mg meets the NRC recommendation of 300 mg or less.

PROGRAM FACTS:

- o The National School Lunch program is a Federally sponsored Nutrition program that operates daily in our nation's schools. All public and private elementary and secondary schools are eligible to participate. In Fiscal Year 1992, 24.6 million students participated in the lunch program each day.
- o Almost 99 percent of public schools and 83 percent of private schools participate in the NSLP. The NSLP is available to 92 percent of students in the country.

Methodology

This study presents findings on the nutrients and foods offered to and consumed by children in the NSLP and describes the dietary intakes of the nation's students on a typical school day. The study collected information from a nationally representative sample of 545 schools and 3,350 students attending those schools. Schools provided information about all meals offered during a one-week period in 1992. Students provided detailed information about the foods and beverages they consumed during a 24-hour school day.

The study compared the nutrients in meals offered and consumed with: the RDAs that are used to plan school meals, recommendations for fat and saturated fat from the *Dietary Guidelines for Americans*, and sodium, cholesterol and carbohydrate recommendations of the National Research Council (NRC) published in *Diet and Health*.

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The School Nutrition Dietary Assessment Study

SUMMARY OF FINDINGS



Prepared by Mathematica Policy Research, Inc., Princeton, NJ,
under Contract with the
Food and Nutrition Service, U.S. Department of Agriculture

HEALTHY KIDS

NUTRITION OBJECTIVES FOR SCHOOL MEALS

USDA

Child Nutrition Programs



Mike Espy
Secretary of Agriculture

Ellen Haas
Assistant Secretary for Food and Consumer Services

PHOTOCOPY
PRESERVATION

Fat Times at Ridgemont High

Food: Mystery meat and green gelatin are the least of the problems plaguing school fare

ELLEN HAAS HAS EATEN A GOOD MANY school lunches since she was named assistant secretary for food and consumer services at the U.S. Department of Agriculture last spring; it's part of her job to oversee the school lunch program. But even she was taken aback by the offerings at a Baltimore school recently. "The first thing you saw on the cafeteria line was french fries and pepperoni pizza," she says. "The second choice was french fries and a steak-and-cheese sandwich. The third choice was french fries and a fried-fish sandwich. The fourth choice was french fries and a submarine sandwich."

School lunches have long been objects of disgust and disbelief, but according to a newly released USDA study, the esthetic shortcomings of mystery meat and green gelatin are the least of the problems plaguing cafeteria food. What kids are getting on those plastic trays is a shortcut to heart disease. Typical school lunches get 38 percent of their calories from fat and 15 percent of calories from saturated fat. The guidelines for Americans, established by the USDA itself, call for a diet of no more than 30 percent fat and 10 percent saturated fat—and many nutritionists consider even those percentages too high. "This report emphasizes the excesses, but there are deficiencies too," says Haas. "Kids aren't getting enough carbohydrates, they're not getting fruits and vegetables." According to Public Voice for Food and Health Policy, a consumer-advocacy group, fewer than 10 percent of kids 6 to 11 eat the recommended five servings a day of fruits and vegetables; more than half of them eat less than a single serving of fruit a day. By now there is broad medical agreement that fruits and vegetables help prevent chronic disease, including some cancers, but school lunches are required to offer only two servings, and the kids often ignore everything but potatoes. Small wonder; much of the stuff is canned.

None of this bad news comes as a surprise: Public

Voice and other groups have been hammering away at school lunches for years. But critics of the program believe that change is a real possibility now, in part because of Haas's commitment—she was the executive director of Public Voice. "For the last 12 years, nobody at USDA cared about this," says Michael Jacobson, executive director of the Center for Science in the Public Interest, an advocacy group. "This time the USDA is using the study as a platform to improve the program."

Haas is conducting hearings on the school lunch program in four cities, taking testimony from pediatricians, school food-service administrators, parents, even chefs who specialize in healthful cooking.

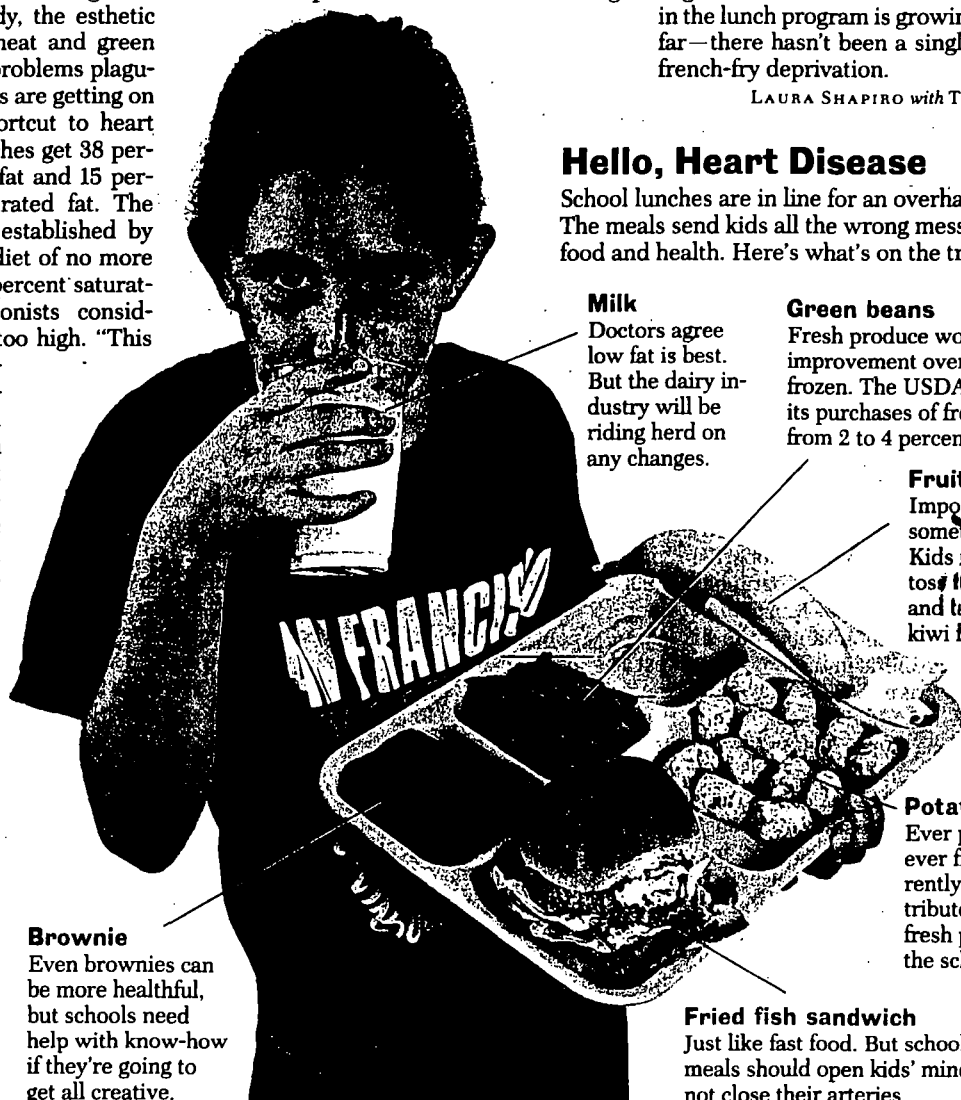
"We can't make these changes alone," she says. Another push is coming from Capitol Hill, where Sen. Patrick Leahy of Vermont, chairman of the Senate Agriculture Committee, has just introduced legislation aimed at overhauling the USDA's meal programs. Under his bill, school meals would be required at last to comply with the dietary guidelines, the USDA would distribute more produce and low-fat dairy products, and schools would have the authority to ban sales of junk food. (Opponents are already clambering into their armor. They include candy and soft-drink manufacturers, and the dairy industry—milk prices are based on fat content.)

Some schools aren't waiting for the USDA. Bob Honson, director of nutrition services for the Portland, Ore., school system, says it's hard to get people to change their habits, but it can be done. "When we introduced kiwi fruit early last year the kids didn't know what to do with it," he says. "Now they love it." Last Tuesday he served beef-barley stew, spinach-romaine salad, vegetable muffins and kiwis. Participation in the lunch program is growing, and—thus far—there hasn't been a single death from french-fry deprivation.

LAURA SHAPIRO with TESSA NAMUTH

Hello, Heart Disease

School lunches are in line for an overhaul—at last. The meals send kids all the wrong messages about food and health. Here's what's on the tray.



Milk

Doctors agree low fat is best. But the dairy industry will be riding herd on any changes.

Green beans

Fresh produce would be a big improvement over canned and frozen. The USDA has doubled its purchases of fresh produce—from 2 to 4 percent.

Fruit

Important—but sometimes boring. Kids might not toss it if it's new and tasty, like kiwi fruit.

Potatoes

Ever popular and ever fried. Currently, USDA distributes almost no fresh potatoes to the schools.

Brownie

Even brownies can be more healthful, but schools need help with know-how if they're going to get all creative.

Fried fish sandwich

Just like fast food. But school meals should open kids' minds, not close their arteries.

The New York Times

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NEW YORK, SATURDAY, SEPTEMBER 25, 1993

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Lunch Break

It's refreshing to have an Administration in Washington that finally takes child nutrition seriously. Last week Secretary of Agriculture Mike Espy promised to improve the quality of federally financed school lunches.

The link between diet and chronic disease makes this a serious issue. About 25 million children — nearly 60 percent of all public-school students — are fed through the Agriculture Department's lunch program, most at reduced cost or no cost. For many children this is the only meal of the day.

Too often the lunches are crammed with fat, cholesterol and sodium. The average school meal, the Agriculture Department estimates, derives about 40 percent of its calories from fat — violating common dietary guidelines, which recommend a maximum of 30 percent.

A disturbing new report by the consumer advocacy group Public Voice for Food and Health Policy finds that more than half the children who participate in the school lunch program eat less than one serving of fruit a day. About a third of them consume less than one daily serving of vegetables, and their main vegetable of choice is fried potatoes.

Under its new "Fresh Start" initiative, the Agriculture Department plans to reduce fat and salt, and double the amount of fresh fruits and vegetables provided to schools under the commodities program, from 8.8 million to 16 million pounds, beginning this school year. That's not much of an increase for each student. But it's progress, at least, if the department can solve some daunting delivery problems in getting the produce to the schools in good condition.

Mr. Espy promises no more cuts in the financing of the school lunch program. But improving the offerings on the tray may require some increase in funding, which, adjusted for inflation, has decreased over the past decade.

Obviously, any attempt to change kids' eating habits comes up against all those junk food ads on television and the entrenched patterns of many school lunch administrators. But Ellen Haas, the former head of the Public Voice group, whom Mr. Espy has chosen to lead the new effort, is right to be optimistic. "It's not alien for kids to eat fruits and vegetables," she observes. What they need, for starters, is fresher, tastier choices.

The Washington Post

WEDNESDAY, SEPTEMBER 8, 1993

USDA Seeks to Improve School Lunch Nutrition

By Carole Sugarman
Washington Post Staff Writer

The U.S. Department of Agriculture is scheduled to announce today a program to improve the nutritional content of school lunches, including efforts to increase the amount of fresh fruits and vegetables and to reduce the fat content of meat and dairy products.

"I think there's no question any longer of the relationship between diet and chronic diseases and the consequences children face of lifestyle dietary patterns that are too often high in fat and sodium," said Ellen Haas, assistant secretary for Food and Consumer Services at USDA.

Approximately 25 million children in 92,000 schools participate in the school lunch program, the federal government's largest feeding effort. More than 5 million children receive breakfast at school. USDA provides schools with 17 percent of their food needs in the form of commodities. Last year that amounted to approximately 1 billion pounds of food, valued at \$680 million.

Beginning this school year, the USDA will double the amount of fruits and vegetables provided to schools in the commodity program, to almost 18 million pounds. The variety also will increase, according to USDA. Last year, only six kinds of fresh produce were available free to schools: apples, pears, grapefruits, oranges, tomatoes and baking potatoes. Fresh produce makes up only 2 percent of the total fruits and vegetables now provided free to schools; the rest are canned or frozen, Haas said.

As part of the initiative called "Fresh Start," the USDA also will test reduced-fat cheddar cheese and mozzarella in schools around the country, and is developing a low-fat turkey sausage. It also will hold four public hearings in the next three months to solicit comments on how to improve the nutrition of the school lunch and breakfast programs.

USDA data show that school meals, on average, do not follow the the department's own dietary guidelines, which call for consuming less than 30 percent of calories from fat. USDA's most current analyses indicate that the average school meal in 1989-90 derived 38 percent of its calories from fat.

Also today, a consumer group, Public Voice for Food and Health Policy, will release a report that calls on USDA to increase fruits and vegetables in the school lunch program.

The consumer group, headed by Haas until her confirmation in May as an assistant secretary at USDA, annually prepares a report criticizing the school lunch program. This year's report, initiated in part by Haas before she left Public Voice, recommends that USDA increase the number of servings of fruits and vegetables in the school lunch meal plan from two to three (for a total of 1½ cups), provide nutrition education for children about the importance of consuming fresh produce and require that 25 percent of all foods provided by USDA to the lunch program in the next five years be organic or grown with low levels of pesticides.

Last year, only six kinds of fresh produce were available free to schools.

The report cited federal government statistics indicating that only 9 percent of 6- to 11-year-olds consume the recommended minimum of five servings of fruits and vegetables per day, and that almost 60 percent eat less than one serving of fruit per day.

The Public Voice's report found that the school lunch program provides a "striking lack of variety" of fruits and vegetables, that most of the vegetables are represented by fried potatoes and that many school food service personnel complain about the poor quality of the fresh produce supplied by USDA.

Dorothy Caldwell, president of the American School Food Service Association, said she agreed with most of Public Voice's recommendations and welcomed the USDA's emphasis on increasing the number of fruits and vegetables in children's meals. Caldwell said she wanted to be certain that the produce items arrive in optimum condition so that they "will be eaten by the students who will benefit from them."

The New York Times

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NEW YORK, WEDNESDAY, SEPTEMBER 8, 1993

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Agriculture Dept. Is Putting More Emphasis on Nutrition

By MARIAN BURROS

NUTRITION at the United States Department of Agriculture is about to assume a more prominent place, equal to farm concerns.

Mike Espy, the Secretary of Agriculture, announced yesterday that the department would give the same status to the person heading its nutrition segment, which receives 53 percent of the department's budget, as it gives to each of two people who direct its agriculture segment.

In a switch from the Reagan-Bush administrations, the Clinton Administration will make no more cuts in the financing of the school lunch program. And Mr. Espy announced, the department will improve the nutritional quality of the lunches, reducing the amount of fat and salt and increasing fruits and vegetables, and will put

more effort into nutritional education.

This move represents a shift in emphasis from merely providing enough calories to children (many of whom are eating their only meal of the day) to providing good nutrition and teaching them to appreciate it.

Ketchup will not be classed as a vegetable, as the Reagan Administration once proposed to save money.

The changes, known collectively as Fresh Start, coincide with the release of an annual report on the state of school lunches by Public Voice for Food and Health Policy, a Washington-based public interest group. The group was founded by Ellen Haas, who directed it until last spring, when she was appointed Assistant Secretary of Agriculture for Food and Consumer Services. With the elevation of that job announced today, she will become the Under Secretary of Food, Nutrition and

Continued on Page C6

Agriculture Dept. Emphasizing Nutrition

Continued From Page C1

Consumer Services, pending Senate confirmation. The department now has two under secretaries and six assistant secretaries; the under secretaries have more responsibility, more staff and more access to the Secretary.

The Public Voice report says that more than half the children in the school lunch program eat less than one serving of fruit a day and that one-fifth eat less than one serving of vegetables. One-third of the lunches the children select include no fruits or vegetables.

Public Voice recommends that servings of fruits and vegetables be increased from two to three and that a wider variety of produce be offered. It also suggests nutrition education for children in the lunch program and a 25 percent increase over five years in the amount of food grown with few or no pesticides.

Not surprisingly, the Agriculture Department is thinking along the same lines. Mr. Espy said the fresh fruits and vegetables offered to

Ketchup's not a vegetable.

schools this year would almost double, from 8.8 million to 16 million pounds. The department is also testing reduced-fat Cheddar cheese, low-fat mozzarella and turkey sausages.

Ms. Haas said: "There is no longer any question that diet is related to chronic disease. Studies indicate that children's diets do not now meet the dietary guidelines for Americans" as published by the Agriculture Department.

About 25 million children, representing 59 percent of all public school students, are fed through the lunch program, more than half at reduced cost or no cost. The Agriculture Department says the lunches provide

around 40 percent of calories from fat, 10 percent above the maximum recommended by dietary guidelines.

The idea of offering more fresh fruits and vegetables to school children would seem to be noncontroversial. But the National Food Processors Association has already complained. Roger Coleman, the vice president of the group, said in a telephone interview: "Anything that argues that canned and frozen fruits and vegetables don't provide good variety, good taste and solid nutrition is a bum rap. It's tough to feed millions of people with fresh."

Ms. Haas agrees that it can be difficult to do, but she said: "You have to find cost-effective ways to do it instead of throwing up your hands. A lot of 7-year-olds would happily snack on carrot sticks and celery sticks. It's not alien for kids to eat fruits and vegetables but not when they've been cooked and recooked and don't taste good."

Ron Vogel, the acting deputy administrator for special nutrition programs in the department's Food and Nutrition Service, said, "Personally, I think kids would eat a lot of vegeta-

bles if they were fresh." Some schools have found it popular to add potato bars that offer baked potatoes with a choice of toppings, he added.

Like Public Voice, Ms. Haas says spending for nutrition education, which was severely cut in the last 12 years, has to be increased as part of the Fresh Start initiative. "The way to get kids to eat more fruits and vegetables," she said, "is to intensify efforts in nutrition education. You can't provide foods in isolation."

To make certain that final changes in the lunch program reflect the views of parents, teachers, nutritionists and others, the department will hold four public hearings: in Atlanta on Oct. 13; in Los Angeles on Oct. 27; in Flint, Mich., on Nov. 12, and in Washington on Dec. 7.

Mr. Vogel, who has been with the Agriculture Department for 13 years, said that a change in emphasis was a big challenge but energizing.

"For a long time, we wondered if anyone knew nutrition was part of our name," he said.

Then, as a long-time bureaucrat, he added, "We'll see how much commitment there really is."

Houston Chronicle

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FRESH IDEA

Sensible to use more fruits, veggies in school lunches

To "motherhood and apple pie" and all the others things Americans ought to hold dear, we might suggest a healthy addendum: fresh carrots, zucchini, celery and string beans.

What red-blooded American can be opposed to the Agriculture Department's decision to increase the quantities of those and other fresh fruits and vegetables that will be put into the nation's federally subsidized school lunch programs?

It is nothing short of silly that fresh produce makes up only a little more than 2 percent of the commodities that the Agriculture Department distributes for school lunch programs. Even granting the practical necessity to continue using large quantities of canned produce to serve more than 24 million lunches daily, this would seem a modest step. Doubling the amount of fresh produce in school lunches makes good common and nutritional sense.

It is astonishing that the selection of fresh

produce offered to school lunch programs apparently has been limited to apples, grapefruits, oranges, tomatoes and baking potatoes. The cornucopia produced by American farmers is filled to overflowing with all manner of tasty produce. There is no good reason why the nation's schoolchildren should not share fully in the abundance.

Doubling the amount of fruits and vegetables also increases the likelihood that more school-age children will begin to meet the Agriculture Department's guidelines to limit fat intake to 30 percent of daily calories. Surveys show that five out of six children exceed that limit, and that more than a third eat no fruit at all on a regular basis.

Good habits should begin early in life. Presenting children with an appealing choice of fresh produce at school lunchtime promises to yield a rich harvest of healthier adults in the years to come.



Ellen Haas wants to see students eat more fruits, vegetables, less fat.

An activist still — but wearing a new hat

By Alan Sverdlik
STAFF WRITER

After 20 years of decrying American agricultural policy for what she saw as neglect of the consumer, Ellen Haas is now in the position to do something about it.

The fervid consumer-advocate-turned-government-bureaucrat is trying to prove that she can work just as effectively within the system as she did while agitating for change from the outside.

"The mythology about government is that it's so big you can't get anything accomplished," says the U.S. Department of Agriculture's assistant secretary for food and consumer services, who was in Atlanta Wednesday for a daylong hearing on the national school lunch program.

"I don't buy it. If I was going to have to fight a bureaucracy that never moved, it would be far too frustrating."

Took on agribusiness

One of Haas's pet causes is to improve school lunches by increasing amounts of fresh fruits and vegetables and reducing the fat content of meat and dairy products.

Haas, 54, was appointed to the post in April. She oversees the country's largest feeding programs, among them food stamps and school lunches, as well as the federal government's nutrition education arm.

As executive director of Public Voice for Food and Health Policy, which she founded in 1982, Haas took on agribusiness over purportedly lax meat inspections and pesticide-residue laws. She also criticized the programs she now administers, particularly the high fat and cholesterol content in school lunches.

Appeals to bottom line

But Haas doesn't see herself as an ideologue who is unable to forge new alliances or push the right buttons with former adversaries. And she tries to avoid the occasionally blustery lingo of the consumer protection movement, which likens its mission to a war.

When talking with cattlemen and pork producers, Haas says, she appeals to the bottom line by stressing that nutrition consciousness is a juggernaut they can't afford to ignore.

"If they keep their heads in the sand, the marketplace will be a much more difficult place for them," she says.

Haas grew up in Queens, N.Y. Nutritionally speaking, her family was ahead of its time. Every meal in the spring and summer began with honeydew melons or cantaloupes. The winter repast commenced with grapefruit.

With that kind of upbringing, it's easy to see how Haas became disconsolate when she visited a middle school and saw but a few patches of green on the lunch plates of 500 children.

"If the pattern continues, those kids will put themselves in risk of heart disease and cancer," she says.

'Must do better' on feeding students

School meals don't always make the grade, nutritionists contend

By Donna Williams Lewis
STAFF WRITER

How could school lunches be more nutritionally correct? Several hundred school nutritionists, educators and food industry representatives from across the Southeast gathered at Atlanta's Usher Middle School Wednesday to answer that question for the U.S. Department of Agriculture (USDA).

The regional hearing was one of four to be held across the nation to gather public input for the USDA as it revamps the National School Lunch Program.

Menu changes urged

Ellen Haas, USDA assistant secretary for food and consumer services, said it's time for change on school lunch plates.

She recounted eating lunch with some Baltimore students who told her vegetables were only for the teachers. "There were bowls of fruit, but many of

the children said they couldn't reach them," Haas said. "We must do better."

School lunches could be better if cafeterias didn't serve so many processed foods, said Marlene Gunn, child nutrition director in the Mississippi Department of Education. It's the fat and sodium added during the processing that's hurting school food, she said.

The USDA has already announced plans to double the number of fresh fruits and vegetables, offer lower-fat meats and expand the variety of poultry dishes with items such as turkey burgers.

Long lines, short breaks

But the problem goes beyond what goes on the plate, speakers said. Parents and children need to be educated on healthy eating so children will make the right choices, speakers said.

And with students discouraged by long lunch lines and 20

minutes to eat, nutritionists need ammunition to compete with vending machines on every school floor and canteens that serve pizza, hot dogs and other fast foods, said Pat Truett of the South Carolina Food Service Association.

The hearing gave food industry types the chance to push their wares.

A Florida produce broker told frustrated school nutritionists the key to getting fresh produce "from field to fork" without being faced with tons of tasteless tomatoes and rotten rutabagas.

Produce must be handled at the right time, in the right way, and in the right quantity, said Chuck Weisinger of Weis-Buy Services Inc. The benefits: "Color, taste and nutritional benefits," he said. "So they're cool for kids to consume."

The energy source

We get our energy from calories and our calories from three sources: fats, carbohydrates and protein. We should get less than 30 percent of our calories from fat, about 60 percent from carbohydrates and about 15 percent from protein.

School lunches

A school lunch should provide about one-third of a child's daily nutrients. But an analysis of one week's worth of meals from a metro Atlanta school menu showed that too much energy came from fat and not enough from carbohydrates — breads, grains, cereals, vegetables, fruits and legumes. Here is the sum of that week of school meals:

	Desired	School meals
Protein	12-15%	16%
Carbohydrates	60% or more	50%
Fat	Less than 30%	34%

Source: Dr. Dan Benardot, Georgia State University

The USDA has already announced plans to double the number of fresh fruits and vegetables, offer lower-fat meats and expand the variety of poultry dishes with items such as turkey burgers.

THE NATION'S NEWSPAPER

USA TODAY

NO. 1 IN THE USA . . . FIRST IN DAILY READERS

WEDNESDAY, SEPTEMBER 8, 1993

Trying to cook up healthier school lunches

By Nanci Hellmich
USA TODAY

If there's one thing that steams Ellen Haas about school lunch, it's that too many foods on the menu are deep-fried.

There's everything "from fried chicken to fried nuggets to fried vegetables to french fries. We're not cooking the way we should," Haas says.

Today, she announces plans for public meetings this fall in four cities — Atlanta, Los Angeles, Flint, Mich., and Washington, D.C. — to talk with people about how to make school lunches healthier. She'll also announce doubling the amount of fresh fruits and vegetables supplied to schools in an attempt to fix a problem she's been stewing about for years.

Now, as new assistant secretary for food and consumer services for the U.S. Department of Agriculture, she's in charge of the National School Lunch Program, which provides about 25 million lunches daily.

But for years, Haas was executive director of Public Voice for Food and Health Policy, a consumer group. She spearheaded study after study investigating school lunches.

Public Voice, which Haas left in the spring, also releases a report today charging again that school lunches are too high in fat and too low in fresh fruits and vegetables.

One reason: Commodities supplied by the USDA include too many fatty and over-processed foods such as oven-fried potatoes, cheese, butter, beef and pork.

"A lot of the commodity foods are dictated by what's in surplus as opposed to what's healthiest for kids," says Tricia Obester of Public Voice. Commodities account for about 20% of the foods in school lunches across the country.

No one says offering healthier fare and actually getting students to eat is easy. Kids who have been weaned on hamburgers and french fries are pretty tough customers.

"We can't offer food that kids won't eat," says Dorothy Caldwell of the American School Food Service Association. "It doesn't do any good if it lands in the garbage can."

"We can't expect them to eat baked skinless chicken, brown rice, broccoli with lemon juice, 100% whole wheat roll and orange wedge. I can tell you high school students would rebel if that's all that was offered that day. And right down the hallway, there are concession banks of vending machines."

About 40% of kids eat something besides the school lunch — brown-bagging, going off campus or eating food from machines and snack bars.

Caldwell says one solution to getting kids to eat healthier school lunches is to make subtle changes in food that kids won't recognize.

For instance, putting low-fat cheese on the pizza, adding whole wheat flour to the cinnamon roll dough, using low-fat hamburger meat for the burgers or substituting ground turkey for part of the ground beef in spaghetti sauce.

Those are exactly the types of things that Linda Bass Wiley has done as school food supervisor at the Princeton School District in the Cincinnati area.

She revamped her school lunch program several years ago as part of a pilot project sponsored by the USDA. The fat level is down to about 30% of calories.

Students routinely select low-fat foods like bagels and pretzels. They like 1% fat chocolate milk and skim milk. Very few choose whole milk. And they like the baked skinless chicken nuggets.

Wiley allows students only one fried food per meal. Her schools have machines that turn fruit juice into an icy slush drink — a real favorite.

She has been offering more fruits and vegetables the last few years, but they are tough to give away. "The older kids get, the better they eat. The seniors eat better than the freshmen."

High school kids eat lots more broccoli that's spiced with just enough cheese to make it palatable than junior high kids who "wouldn't touch the stuff with a 10-foot pole."

Wiley says USDA's commodity program is making some efforts to respond to the need to lower fat in school lunch.

She buys a hamburger that's lower in fat than the typical patty. "It has a good taste but it is a very firm-biting product. It's so lean that the meat can get tough very easily."

But she doesn't get any fresh produce from the commodity program because she's found "by the time it's shipped into Ohio and around the state to the schools, it's in a very unacceptable form." Instead, she buys fresh fruits locally with her own funds. Haas says it's a problem she's working on.

Schools in USDA's pilot programs that cut fat create a new dilemma: offering kids enough calories. Lunch is supposed to be about 700 calories or about a third of the day's requirement. For some kids it may be their only hot meal of the day.

But if you serve a lower fat hamburger and take off the mayonnaise, you strip away lots of calories, Wiley says.

Haas says the solution is to fill in with rice, pasta and other carbohydrate-rich foods.

If USDA commodities account for only 20% of the foods served at school lunches, how much of a difference can switching the products make?

Haas thinks it could make a big difference. When schools are given fatty cheese, then it becomes macaroni and cheese or cheese-topped potatoes.

But besides changing some of the commodities, school personnel need to learn how to cook with less fat. It's going to require nutrition education for students.

Says Haas: "Children need to be aware that they can eat carrot sticks as a snack instead of



HAAS: Planning meetings to talk about healthier lunches

Counting cafeteria calories

There's plenty of room on students' lunch plates for improvements. The U.S. Department of Agriculture's own studies have found:

► An average of 38% to 39% of calories in school lunch come from fat. This is about the same amount as in a typical American diet. But USDA dietary guidelines say no more than 30% of calories should come from fat.

► A large proportion of the vegetables elementary school children and teenagers eat are potatoes, mostly fried.

► 35% of elementary school children ate no fruit on one day of a USDA survey. USDA recommends two or more servings a day.



By Cathy Lyons

MMM GOOD: Lisa Miree and Ron Griswold are satisfied with their school lunch options at Princeton High School in Cincinnati, which include more fruits, vegetables and low-fat dishes.

Sampling students' tastes in fresh, managed menus

Everybody's a critic, especially when it comes to food. And high school students are no exception.

Over the last few years, the school food service personnel at Princeton High School in Cincinnati cut some of the fat and increased the fruits and vegetables served at the lunches.

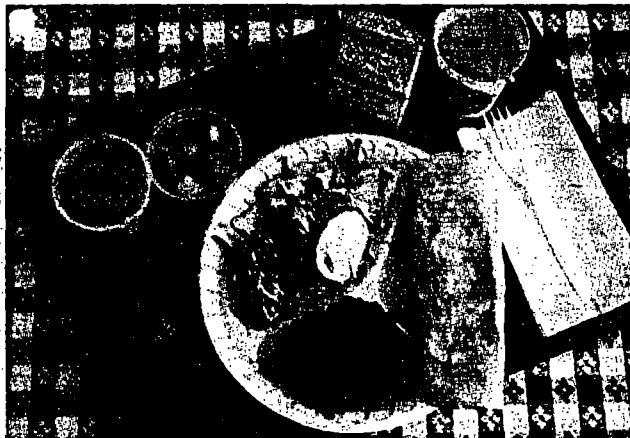
Here are some of seniors' comments on the school lunches:

► **Gary Croley Jr., 17.** "The lunch has changed but not drastically. There are more vegetables on your plate and a wider variety. I don't like broccoli, but I do eat corn."

"French fries are the best part. I have them every day. If I don't eat a good lunch, I can't function at (football) practice. I don't have enough energy."

► **Krista Sprecher, 17.** "It's gotten better. There's more to choose from. Pizza and french fries are my favorite foods."

"Sometimes they have



By Cathy Lyons

A SAMPLE LUNCH: A burrito, spinach, salad, fruit cup, orange juice, apple and low-fat milk make up a healthful meal.

breakfast foods for lunch and Chinese food. If I don't like what they are having, I can have a chef salad with lettuce, eggs, tomatoes, ham and cheese. I take off the ham because I don't like meat."

► **Lisa Miree, 17.** "It's good. Sometimes it's a little cold. I like the fries and (skinless) chicken nuggets. I

like the chef salads a lot. I should eat more vegetables but I don't. I like the slushy (a crushed ice juice drink)."

► **Ron Griswold, 17.** "I usually eat a super lunch — 1½ pieces of pizza, large fries, slushy and milk. I usually don't eat vegetables. I'll eat them if my mom makes me. I won't eat broccoli, but I like corn stuff."

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Update: Kids speak out about lunch



Tiffany Thomas, 11, of Crawford W. Long Middle School, sits with what looks like ravioli, milk, salad, a roll and a cookie. Shortly after NFK's story on school lunches, the sixth-grader testified before a panel on how to improve the food. She was the winner of a government essay contest.

DIANNE LAAKSO/Staff

Request for Public Comment and Public Hearings "Nutrition Objectives for School Meals"



Food and Nutrition Service
U.S. Department of Agriculture

There is no longer any question that diet is related to chronic disease. Since eating habits are established early in life, the school lunchroom provides a first line of defense against poor nutrition. School meal programs should meet the Dietary Guidelines for Americans so that children get nutritious, healthful meals. The Dietary Guidelines are a cornerstone of preventive medicine. And, prevention is a central message of President Clinton's Health Security Plan. Before any policy changes are made, however, USDA wants to hear from the public. So Secretary Espy has announced that USDA will seek public comment on how we can meet Nutrition Objectives for School Meals. USDA will hold four regional hearings, and people who can't attend the hearings should send written comments.

Why is this issue important?

There is increasing evidence that childhood diets high in fat, saturated fat and cholesterol and low in fiber have lasting health consequences. Such diets increase the risk of heart disease and certain cancers in adulthood. Low-income Americans are at higher risk to such chronic diseases than are Americans of higher incomes, according to Healthy People 2000, a report of the Department of Health and Human Services.

The reorganization of USDA has put a greater emphasis on nutrition, recognizing the importance of healthful eating.

A USDA study and other studies show that school-age children get too many of their calories from fat and do not eat enough fruits and vegetables.

What are the Dietary Guidelines for Americans?

Based on the scientific evidence linking diet to health, the Departments of Agriculture and Health and Human Services most recently issued the 1990 Dietary Guidelines for Americans which identify healthy dietary practices.

The Guidelines recommend a diet with plenty of vegetables, fruits and grain products. Studies show that 35 percent of elementary school children ate no fruit on a given day and approximately 25 percent of all school children ate no vegetables on a given day.

The Dietary Guidelines also recommend that Americans *2 years of age and older* limit fat to 30 percent of calories. Studies show that five out of six school-age children (aged 6-19) have diets which exceed the recommended limit on fat.

Why is The National School Lunch Program so important?

The National School Lunch Program operates in nearly 95 percent of the nation's schools and serves about 25 million lunches a day. More than 5 million children are served breakfasts at school. Half the school meals are served free or at a reduced price to needy students and may be the only nutritious meals these children get each day.

How can the public provide their ideas on "Nutrition Objectives for School Meals"?

You can submit written comments or attend a hearing. To participate at one of the hearings you must complete a participation form with a concise description of the topic to be addressed, and return it to the appropriate Regional Office. Given the time constraints, individuals will be selected for oral presentations upon receipt of the participation form on a first-come, first-served basis.

- What should the public's written comments address?
- Health consequences of children's current eating habits;
- Implementing Dietary Guidelines in school meals to improve children's diets;
- Opportunities and obstacles to meeting nutrition recommendations;
- Where do we go from here?

Where can people send written comments?

Nutrition Objectives

Stanley C. Garnett

USDA/FNS/CND

3101 Park Center Drive, #1007

Alexandria, VA 22302

Dietary Status of Children and Teens



Food and Nutrition Service
U.S. Department of Agriculture

- Studies conducted by USDA's Human Nutrition Information Service (HNIS) indicate that children's diets do not now meet the Dietary Guidelines, because they eat too few vegetables and eat too much fat.
- School-age children get too many of their calories from fat. The Dietary Guidelines for Americans, jointly issued by USDA and DHHS recommend that children get only 30 percent of their calories from fat. HNIS studies show the number is 35 percent of their calories from fat. *An average of 38 percent of calories in school lunch comes from fat.*
- The percentage of calories from saturated fat also exceeds recommended levels for children and teenagers -- about 13 percent of meals offered in 1989-90, compared to the Dietary Guidelines recommendation of less than 10 percent.
- Large numbers of children are not eating enough fruit. HNIS' most recent survey data on what Americans eat indicate that *35 percent of elementary school children and almost 60 percent of teenagers ate no fruit on the day of the survey.* The Food Guide Pyramid recommends 2-4 servings a day from the fruit group.
- HNIS' study suggests about 25 percent of school-age children sometimes eat no vegetables. *A large proportion of the vegetables that elementary school children and teenagers eat are potatoes, many of them fried.*
- Although 97 percent of all children and teens consumed a milk product at least once during the 3 day period studied by HNIS, 13 percent of low-income male teenagers and 22 percent of low-income female teenagers drank no milk.
- Generally, average nutrient intakes of children and teenagers were below the Recommended Dietary Allowances (RDA) for vitamin E and zinc. Intakes by female teens were also below the RDA for magnesium, calcium, and iron.

Diet and Health: The Vital Link



Food and Nutrition Service
U.S. Department of Agriculture

Many young American children have diets that are too high in calories and fat (especially saturated fat), cholesterol, and sodium. They also are too low in complex carbohydrates and fiber. According to a Surgeon General's report, such diets are associated with 5 of the 10 leading causes of death in the United States: coronary heart disease, some types of cancer, stroke, noninsulin-dependent diabetes mellitus, and atherosclerosis. There is increasing evidence that such diets among children have lasting adverse effects on their health.

- The 1988 Surgeon General's Report on Nutrition and Health found that for the two out of three Americans who neither drink excessively nor smoke, eating patterns may shape their long-term health prospects more than any other personal choice.
- In a 1989-90 survey, USDA found that children and teenagers get 35 percent of their calories from fat. The percentage of calories from saturated fat was about 13 percent. This is in direct contradiction to the Dietary Guidelines for Americans, which recommend that Americans 2 years and older limit fat to no more than 30 percent of calories consumed (and saturated fat to less than 10 percent).
- According to a 1991 report of the National Heart, Lung, and Blood Institute, studies show that the atherosclerotic process begins in childhood and is affected by high blood cholesterol levels. Compared to children in many other countries, U.S. children have higher blood cholesterol levels and higher intakes of saturated fat and cholesterol.
- A number of studies relate saturated fat intake to high blood cholesterol and increased risk for coronary heart disease. Diets high in fat are associated with increased risk of some types of cancer, possibly gallbladder disease, and obesity.
- Americans eat only about half of the dietary fiber recommended by the National Cancer Institute to help reduce the risk of some types of cancer. Yet dietary fiber is readily available from a variety of foods such as vegetables, fruits and grains, which are also low in fat. In addition, plant foods are thought to contribute other protective substances, such as carotenoids, which may help reduce cancer risks.
- The Food Guide Pyramid suggests at least 5 servings of fruits and vegetables daily. A 1989-90 USDA survey found many children's diets did not meet this goal. In fact, 35 percent of elementary school children ate no fruit on a given day; and approximately 25 percent of all school children ate no vegetables.

Dietary Guidelines: Eating Right, Living Healthy



Food and Nutrition Service
U.S. Department of Agriculture

The Dietary Guidelines for Americans reflect the official nutritional policy of the U.S. Government. Published jointly by the U.S. Department of Agriculture and the Department of Health and Human Services, they reflect the recommendations of health authorities and draw the critical link between diet and health.

The Guidelines answer the basic question, "What should Americans eat to stay healthy?"

There are seven principles to the Dietary Guidelines:

- Eat a variety of foods.
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat and cholesterol. The Guidelines recommend limiting calories from fat to 30 percent, and calories from saturated fat to 10 percent.
- Choose a diet with plenty of vegetables, fruits and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- In you drink alcoholic beverages, do so in moderation.

"Moderation" is a key word in the Dietary Guidelines. They caution against extremes in the diet. Eating either too much or too little can be harmful. The Guidelines recommend choosing different foods every day from the following food groups: grain products; vegetables and fruits; milk and milk products; meats and meat alternatives; and small amounts of sugars, fats and oils.

The Food Guide Pyramid is a visual representation of the Dietary Guidelines, and shows what the five food groups' relative proportions should be in the diet.

Both the Guidelines and the Pyramid recommend the following daily amounts:

- Breads, cereals, rice, pasta: 6 to 11 servings
- Vegetables: 3 to 5 servings
- Fruits: 2 to 4 servings
- Milk, yogurt, cheese: 2-3 servings
- Meats, poultry, fish, beans, eggs, nuts: 2-3 servings
- Sugars, fats and oils: use sparingly

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day. . .the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

To order a copy of "The Food Guide Pyramid" booklet, send a \$1.00 check or money order made out to the Superintendent of Documents to: Consumer Information Center, Department 159-Y, Pueblo, Colorado 81009.

U.S. Department of Agriculture, Human Nutrition Information Service, August 1992, Leaflet No. 572

How to Use The Daily Food Guide

What counts as one serving?

Breads, Cereals, Rice, and Pasta

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready-to-eat cereal

Vegetables

1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits

1 piece of fruit or melon wedge
3/4 cup of juice
1/2 cup of canned fruit
1/4 cup of dried fruit

Milk, Yogurt, and Cheese

1 cup of milk or yogurt
1-1/2 to 2 ounces of cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-1/2 to 3 ounces of cooked lean meat, poultry, or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils, and Sweets

LIMIT CALORIES FROM THESE especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

How many servings do you need each day?

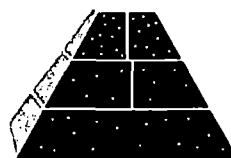
	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	**2-3	**2-3	**2-3
Meat group	2, for a total of 5 ounces	2, for a total of 6 ounces	3 for a total of 7 ounces

*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

**Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.



Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group, or french fries from the vegetable group. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.

The National School Lunch Program



Food and Nutrition Service
U.S. Department of Agriculture

For almost half a century, millions of American children have eaten a daily school lunch. Foods have changed, and our knowledge about diet, nutrition and health has grown significantly. Today, a scientific consensus exists on the link between diet and health. School meals have become a common part of our national experience.

The National School Lunch Program as we know it today was born in 1946 with the passage of the National School Lunch Act. Though schools had received commodity foods for years from the Department of Agriculture, the 1946 Act authorized a permanent lunch program, established a basic meal pattern and required schools to provide meals free or at a reduced price to children in need.

President Harry S Truman signed the legislation establishing the National School Lunch Program on June 4, 1946. Six months later in his Economic Report to the Congress, Truman said, "I hope this program will be expanded until we are sure that every American school child gets an adequate diet."

Since President Truman first created the National School Lunch Program, it has grown steadily. While some 4.6 million children participated in the program in 1947, nearly 25 million children received meals every school day last year.

Over the same time period, cash and commodity support from USDA increased from about \$68 million to more than \$4 billion. The Food and Nutrition Service, an agency of the U.S. Department of Agriculture, works in partnership with state governments to administer the school lunch program. States, usually working through their departments of education, work with county governments to administer the program at the local level.

At the same time, our knowledge and awareness of the important relationship between children's diets and our health has also grown. Reports by the U.S. Surgeon General, as well as the National Heart, Lung and Blood Institute and the National Cancer Institute agree on the benefits of a daily diet that includes more fruits and vegetables, and reduces the amounts of sugar, salt, fat and cholesterol in our diets. The 1990 Dietary Guidelines for Americans, jointly issued by USDA and DHHS, reflects that growing consensus.

The Department of Agriculture has been working for several years to encourage the voluntary reduction of fat and sodium in school lunch. Changes have been made to improve the program over the years. However, with the knowledge we have today linking diet with health, there are many more improvements to be made. Despite the scientific evidence, federal regulations governing the school lunch program have not kept pace with nutrition knowledge and currently contain no goals or standards for fat, saturated fat, cholesterol, or sodium.

Secretary of Agriculture **Mike Espy** has brought a new emphasis for nutrition to the department and the 14 food assistance programs that represent 52 percent of its budget. His recent reorganization of the Department reflects the importance he places on nutrition in the food assistance programs. Among his recommendations was the elevation of the position of Assistant Secretary for Food and Consumer Services to Under Secretary for Food, Nutrition and Consumer Services.

Nowhere has the new emphasis been greater than in the National School Lunch Program. Secretary Espy and Assistant Secretary **Ellen Haas** announced an initiative to make school meals meet the recommendations of the Dietary Guidelines. To help achieve that goal, they intend to increase the amount of fresh fruits and vegetables that will be offered to school lunch programs through direct USDA commodity purchases. Currently, fresh produce makes up only two percent of the total fruits and vegetables now donated to schools.

Increasing the nutritional quality of the school meal program is an important element of the effort to improve national health. Because diet is linked to health, the school lunch program, serving 25 million American children every school day, is a first line of defense against poor health.

In addition, Assistant Secretary Haas is planning four regional hearings to gather ideas from around the country about how the school lunch program can work better. These hearings will provide the American public -- from the school children who eat the meals, to the parents, public health officials, school food service workers, dietitians, and administrators -- with a forum to discuss how and where improvements can be made.

The public field hearings will be:

October 13, Atlanta, Georgia

October 27, Los Angeles, California

November 12, Flint, Michigan

December 7, Washington, DC

**National School Lunch Program
Enrollment and Participation
FY 1992**

	NSLP Total Participation	NSLP School Enrollment	Participation as a percent of enrollment
UNITED STATES TOTALS	24,632,226	42,940,696	57.4%
NORTHEAST REGION			
Connecticut	215,805	432,865	49.9%
Maine	104,932	208,984	50.2%
Massachusetts	422,370	840,800	50.2%
New Hampshire	85,692	176,074	48.7%
New York	1,551,166	3,026,287	51.3%
Rhode Island	53,241	135,824	39.2%
Vermont	47,340	92,970	50.9%
TOTALS	2,480,546	4,913,804	50.5%
MID-ATLANTIC REGION			
Delaware	58,627	99,018	59.2%
District of Columbia	47,858	81,245	58.9%
Maryland	343,417	748,201	45.9%
New Jersey	493,729	1,333,196	37.0%
Pennaylvania	961,401	1,741,782	55.2%
Virginia	565,358	1,009,248	56.0%
West Virginia	185,662	325,575	57.0%
Puerto Rico	480,937	723,863	66.4%
Virgin Islands	15,621	26,394	59.2%
TOTALS	3,152,610	6,088,502	51.8%
MIDWEST REGION			
Illinois	933,540	1,705,387	54.7%
Indiana	600,878	983,389	61.1%
Michigan	720,622	1,578,713	45.6%
Minnesota	497,888	773,027	64.4%
Ohio	938,790	1,844,698	50.9%
Wisconsin	471,080	806,827	58.4%
TOTALS	4,162,798	7,692,021	54.1%
SOUTHWEST REGION			
Arkansas	303,001	428,455	70.7%
Louisiana	674,141	814,631	82.8%
New Mexico	179,418	317,427	56.5%
Oklahoma	360,860	595,698	60.6%
Texas	2,061,390	3,309,837	62.3%
TOTALS	3,578,810	5,466,048	65.5%

	NSLP Total Participation	NSLP School Enrollment	Participation as a percent of enrollment
SOUTHEAST REGION			
Alabama	550,412	728,079	75.8%
Florida	1,144,913	1,897,369	60.3%
Georgia	913,958	1,117,009	81.8%
Kentucky	509,899	671,133	75.9%
Mississippi	412,169	512,748	80.4%
North Carolina	739,031	1,101,080	67.1%
South Carolina	449,373	637,484	70.5%
Tennessee	577,970	851,415	67.9%
TOTALS	5,297,524	7,518,317	70.5%
MOUNTAIN PLAINS REGION			
Colorado	290,104	556,848	52.1%
Iowa	382,516	507,063	75.4%
Kansas	303,086	464,482	65.3%
Missouri	547,554	864,268	63.4%
Montana	86,531	150,380	57.5%
Nebraska	197,451	273,109	72.3%
North Dakota	91,170	121,580	75.0%
South Dakota	103,825	141,381	73.4%
Utah	244,943	445,080	55.0%
Wyoming	58,413	95,070	61.4%
TOTALS	2,305,594	3,619,241	63.7%
WESTERN REGION			
Alaska	42,266	99,570	42.4%
Arizona	350,459	606,461	57.8%
California	2,206,238	4,944,390	44.6%
Hawaii	143,050	181,618	78.8%
Idaho	134,712	212,688	63.3%
Nevada	82,872	176,514	46.9%
Oregon	243,232	429,154	56.7%
Washington	390,906	860,967	45.4%
Guam	18,821	32,642	57.7%
TOTALS	3,612,557	7,544,004	47.9%
Dept of Defense Base Schools	41,787	100,759	41.5%

**National School Lunch Program
Meals Served Daily
FY 1992**

	Days of Operation	Free Meals Served	Reduced Price Meals Served	Full Price Meals Served	Total Meals Served
UNITED STATES TOTALS	184	10,289,443	1,549,467	10,478,241	22,317,151
NORTHEAST REGION					
Connecticut	180	73,871	13,023	112,614	199,509
Maine	176	36,967	8,359	51,192	96,519
Massachusetts	175	145,918	19,110	223,546	388,574
New Hampshire	182	18,257	4,905	55,714	78,876
New York	177	791,984	100,720	543,674	1,436,378
Rhode Island	191	25,854	3,155	20,421	49,429
Vermont	176	14,101	3,032	26,213	43,346
TOTALS	177	1,106,881	152,380	1,034,021	2,293,282
MID-ATLANTIC REGION					
Delaware	175	18,780	2,847	32,290	53,916
District of Columbia	183	34,545	2,018	7,414	43,977
Maryland	182	125,144	23,159	166,429	314,732
New Jersey	183	202,196	30,455	225,570	458,223
Pennsylvania	182	308,900	56,035	510,527	875,462
Virginia	190	172,028	32,634	306,775	511,437
West Virginia	191	79,775	13,523	77,265	170,563
Puerto Rico	153	387,059	42,656	37,194	466,909
Virgin Islands	176	8,401	2,036	3,680	14,117
TOTALS	184	2,250,824	341,691	2,226,928	4,819,444
MIDWEST REGION					
Illinois	187	424,010	47,417	348,589	820,016
Indiana	182	154,618	28,715	370,111	553,443
Michigan	177	265,482	35,995	341,933	643,410
Minnesota	173	113,925	35,039	300,589	449,553
Ohio	198	300,518	43,087	443,593	787,197
Wisconsin	186	124,771	27,286	266,423	418,481
TOTALS	184	1,397,076	218,368	2,081,045	3,696,489
SOUTHWEST REGION					
Arkansas	179	127,157	20,062	129,787	277,007
Louisiana	171	345,245	45,507	244,247	634,999
New Mexico	183	98,664	15,470	47,850	161,984
Oklahoma	199	128,744	30,542	137,742	297,028
Texas	193	1,002,739	115,807	690,984	1,809,529
TOTALS	184	1,738,178	231,951	1,276,086	3,244,225

	Days of Operati	Free Meals ved	Redu Price Meals Served	Full Price Meals rved	Total Meals Served
SOUTHEAST REGION					
Alabama	189	225,444	33,904	219,394	478,742
Florida	181	573,934	81,315	406,287	1,061,515
Georgia	191	328,747	53,085	428,413	810,245
Kentucky	173	205,037	33,235	243,419	481,691
Mississippi	179	245,305	28,940	115,405	389,649
North Carolina	180	280,636	55,253	354,638	690,527
South Carolina	182	197,760	27,415	186,847	412,022
Tennessee	186	206,451	30,374	278,130	514,956
TOTALS	180	1,298,631	202,549	1,392,148	2,893,328
MOUNTAIN PLAINS REGION					
Colorado	174	98,313	22,643	142,720	263,676
Iowa	184	76,319	22,314	237,911	336,543
Kansas	207	68,402	21,371	153,249	243,023
Missouri	182	173,674	30,569	285,421	489,665
Montana	180	27,796	7,094	44,408	79,297
Nebraska	175	46,416	17,222	117,125	180,762
North Dakota	204	17,827	6,013	48,878	72,718
South Dakota	200	27,601	8,748	47,520	83,869
Utah	193	59,137	26,883	126,211	212,231
Wyoming	200	13,100	4,218	30,281	47,599
TOTALS	183	618,985	171,247	1,260,757	2,050,980
WESTERN REGION					
Alaska	180	16,580	3,963	18,101	38,644
Arizona	192	160,494	22,629	116,787	299,910
California	187	1,409,488	133,388	589,221	2,132,097
Hawaii	175	29,639	9,217	93,308	132,164
Idaho	178	40,407	13,142	69,883	123,432
Nevada	189	28,297	5,249	42,731	76,277
Oregon	177	85,916	17,426	118,449	221,790
Washington	180	141,753	29,606	188,150	359,509
Guam	162	4,937	1,132	11,208	17,277
TOTALS	185	1,928,862	235,459	1,240,015	3,404,335
Dept of Defense Base Schools	179	5,241	4,281	28,600	38,121

Notices

Federal Register

Vol. 58, No. 175

Monday, September 13, 1993

This section of the FEDERAL REGISTER contains documents other than rules or proposed rules that are applicable to the public. Notices of hearings and investigations, committee meetings, agency decisions and rulings, delegations of authority, filing of petitions and applications and agency statements of organization and functions are examples of documents appearing in this section.

DEPARTMENT OF AGRICULTURE

Food and Nutrition Service

National School Lunch Program and School Breakfast Program: Notice of "Nutrition Objectives for School Meals"; Public Hearings

AGENCY: Food and Nutrition Service, USDA.

ACTION: Notice of public hearings.

SUMMARY: This notice announces the U.S. Department of Agriculture's intention to hold four public hearings concerning the National School Lunch Program and the School Breakfast Program. The hearings, entitled "Nutrition Objectives for School Meals," will provide an opportunity for public dialogue on issues concerning meeting current nutrition objectives in school meal programs. The National School Lunch Program makes an important nutritional contribution to nearly 25 million school-age children. Over 5 million children get breakfast at school. The hearings will provide public comment on issues concerning how school meal programs can meet current nutritional goals.

DATES: FNS is requesting that participation forms be submitted no later than seven calendar days prior to the applicable hearing date. Written submissions in lieu of oral presentations must be submitted or postmarked no later than December 15, 1993. Hearings will be held on the following dates from 8:30 a.m. to 5 p.m.:

1. Atlanta, Georgia: Wednesday, October 13, 1993.
2. Los Angeles, California: Wednesday, October 27, 1993.
3. Flint, Michigan: Friday, November 12, 1993.
4. Washington, DC: Tuesday, December 7, 1993.

ADDRESSES: Written submissions should be clearly marked with the words

"Nutrition Objectives" and submitted to Mr. Stanley C. Garnett, Director, Child Nutrition Division, FNS, USDA, 3101 Park Center Drive, room 1007, Alexandria, Virginia 22302 (Phone: (703) 305-2590).

Completed participation forms should be submitted to the appropriate Regional Office, as follows:

1. Atlanta, Georgia Hearing: Ms. Nena P. Bratianu, Regional Director, SERO, USDA, FNS, SNP, 77 Forsyth Street, SW, suite 112, Atlanta, GA 30303 (Phone: (404) 730-2612).

2. Los Angeles, California Hearing: Mr. Bob Kragh, Regional Director, WRO, USDA, FNS, SNP, 550 Kearny Street, room 400, San Francisco, CA 94108-2518 (Phone: (415) 705-2229).

3. Flint, Michigan Hearing: Ms. Theresa E. Bowman, Regional Director, MWRO, USDA, FNS, SNP, 77 West Jackson Boulevard, 20th Floor, Chicago, IL 60604-3507 (Phone: (312) 353-6673).

4. Washington, DC Hearing: Mr. Robert Freiler, Regional Director, MARO, USDA, FNS, SNP, Mercer Corporate Park, 300 Corporate Boulevard, Robbinsville, NJ 08691-1598 (Phone: (609) 259-5050).

FOR FURTHER INFORMATION CONTACT: Mr. Garnett or the appropriate Regional Director, at the numbers listed above.

SUPPLEMENTARY INFORMATION: This action is not a rule as defined by the Regulatory Flexibility Act (5 U.S.C. 601-612) and thus is exempt from the provisions of that Act. In accordance with the Paperwork Reduction Act of 1980 (44 U.S.C. 3507), no new recordkeeping or reporting requirements have been included that are subject to approval from the Office of Management and Budget.

These programs are listed in the Catalog of Federal Domestic Assistance under No. 10.553 and No. 10.555 and are subject to the provisions of Executive Order 12372, which requires intergovernmental consultation with State and local officials. (See 7 CFR part 3015, subpart V, and the final rule related notice published at 48 FR 29112, June 24, 1983.)

Background

Over the past decade there has been a growing scientific consensus that diets high in fat, saturated fat, and cholesterol and low in fiber increase the risk of heart disease and certain cancers.

In 1988, the U.S. Surgeon General issued a comprehensive report showing that diets low in fat, saturated fat, cholesterol and sodium and high in fiber promote life-long health and reduce the risk of heart disease and certain cancers. The following year the National Academy of Sciences issued a report in agreement with the Surgeon General's findings.

In addition, there is increasing evidence that childhood diets high in fat, saturated fat and cholesterol have lasting adverse health consequences. A National Cholesterol Education Program report on cholesterol levels in children and adolescents cited studies showing that atherosclerosis begins in childhood. Children in the U.S. exhibit higher dietary intakes of fat and cholesterol than children in populations with lower rates of heart disease.

Based on the scientific evidence, the Departments of Agriculture and Health and Human Services issued the 1990 U.S. Dietary Guidelines that recommend that Americans 2 years and older limit fat to 30 percent of calories. Public health organizations such as the American Heart Association, the American Cancer Society and the National Academy of Sciences have also updated their recommendations based on current scientific knowledge.

The purpose of the Dietary Guidelines for Americans is to provide the best advice based on current scientific evidence for a diet that will help Americans live healthy lives. The guidelines are used as the basis for all federal government programs in nutrition.

The Dietary Guidelines for Americans are:

- Eat a variety of foods.
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet with plenty of vegetables, fruits, and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

Currently, five out of six school-age children (aged 6-19) have diets above the recommended levels of 30 percent calories from fat, according to the 1989/90 Continuing Survey of Food Intakes of

Individuals done by the USDA's Human Nutrition Information Service. The survey also found that 35 percent of elementary school children ate no fruit on the day of the survey. The Food Guide Pyramid—which visually translates the Dietary Guidelines—recommends from two to four servings per day from the fruit group. The pyramid also recommends between three and five servings of vegetables each day. The USDA survey showed that approximately 25 percent of school-age children ate no vegetables on the day of the survey.

The National School Lunch Program operates in more than 90 percent of the nation's schools and makes lunches available to nearly 25 million school children on a regular basis. Half of those lunches are served free or at reduced price to needy students. Of the approximately 5 million school breakfasts served in the School Breakfast Program, 4.3 million are served free or at a reduced price to needy students.

Currently, school meals are effective in delivering vitamins and minerals but are too high in fat, cholesterol and sodium. Ten years ago, USDA's research, the National Evaluation of School Nutrition Programs, April 1983, indicated that school lunches provided 38–40 percent of calories from fat. More current USDA data, Child Nutrition Program Operations Study, Second Year Report, June, 1992, although not nationally representative, on 20 school food authorities in the program indicated that the meals served had 38 percent of calories from fat in school year 1989–1990.

"Healthy People 2000," a report issued by the Department of Health and Human Services in September, 1990, recommended that steps be taken to assure that at least 90 percent of National School Lunch Program menus adhere to the nutrition principles determined in the U.S. Dietary Guidelines.

Given the prevailing research linking diet and health, it is clear that the Department needs to expand its efforts to ensure that school meals are consistent with current nutritional recommendations. As a first step, the Department believes that the "Nutrition Objectives for School Meals" hearings will provide an opportunity for public dialogue prior to proposing changes in the National School Lunch Program and, if appropriate, the School Breakfast Program.

The "Nutrition Objectives for School Meals" Public Hearings

The Department is requesting representatives of the public to offer comments and suggestions about nutritional objectives of school meals and is particularly interested in gathering information concerning the issues listed below. Interested individuals are encouraged to address any other areas of concern regarding the implementation of current nutrition recommendations in the National School Lunch Program and, if appropriate, the School Breakfast Program.

I. What are the health consequences of children's current dietary patterns?

II. How can the Dietary Guidelines for Americans be used to bring about measurable nutritional improvements in school meals and in children's diets?

III. What are the opportunities and obstacles in meeting current nutrition recommendations in school meal programs?

IV. What actions can the USDA, parents, school food service, food industry and other public and private organizations take to encourage the implementation of current nutrition recommendations in local schools?

If you want to speak at a public hearing, complete the participation form attached to this Notice, with a concise description of the topic to be addressed, and return it to the appropriate Regional Office. To assist in the scheduling process, we are requesting that you submit your participation form no later than seven calendar days prior to the applicable hearing date.

Given the time constraints, individuals will be selected for oral presentations upon receipt of the participation form on a first-come, first-served basis. Individuals who have not submitted a participation form and who wish to make an oral presentation will have an opportunity to make oral presentations following the scheduled presentations, as time permits.

Oral presentations will be limited to no more than 5 minutes; however, the chairperson may, at his or her discretion, ask for additional clarification of issues and questions raised. Written submissions from those who want to present additional information will be accepted. Persons unable to attend the hearings may also submit written comments.

Written submissions must be submitted or postmarked no later than December 15, 1993, to Mr. Stanley C.

Garnett at the address listed above. All submissions should be clearly marked with the words "Nutrition Objectives."

This material will be considered in the development of any action that may result from the hearings process. Written submissions and hearing transcripts may be reviewed by the public at the 3101 Park Center Drive, Alexandria, Virginia address from 8:30 a.m. to 5 p.m., Monday through Friday.

Ellen Haas,

Assistant Secretary for Food and Consumer Services.

BILLING CODE 3410-30-M

PLEASE SEND THIS FORM TO THE APPROPRIATE REGIONAL OFFICE:

Atlanta Hearing: Ms. Nena P. Bratianu, Regional Director, SERO, USDA, FNS, SNP,
77 Forsyth Street, SW, Suite 112, Atlanta, GA 30303

Los Angeles Hearing: Mr. Bob Kragh, Regional Director, WRO, USDA, FNS, SNP, 550
Kearny Street, Room 400, San Francisco, CA 94108-2518

Flint Hearing: Ms. Theresa E. Bowman, Regional Director, MWRO, USDA, FNS, SNP,
77 West Jackson Boulevard, 20th Floor, Chicago, IL 60604-3507

Washington, DC Hearing: Mr. Robert Freiler, Regional Director, MARO, USDA, FNS,
SNP, Mercer Corporate Park, 300 Corporate Boulevard, Robbinsville, NJ 08691-1598

.....
**"NUTRITION OBJECTIVES FOR SCHOOL MEALS" PUBLIC HEARINGS
PARTICIPATION FORM**

I. Please enter participation of: _____
Name (please print)

Address (_____) Phone Number

II. I am representing (if other than self) _____

III. I would like to make an oral presentation at the
_____ hearing. I request _____ minutes (5 min. max.).
Name of City

IV. I would like to address one of the following areas (circle one):

QUESTION I; QUESTION II; QUESTION III; QUESTION IV; OTHER

V. My specific focus will be: _____

SIGNATURE

DATE

** Please submit your participation form no later than seven calendar days prior to the applicable hearing. If you are unable to attend, you may send written comments to Mr. Stanley C. Garnett, Director, Child Nutrition Division, FNS, USDA, 3101 Park Center Drive, Room 1007, Alexandria, Virginia 22302.**

Facts About the School Lunch Program



Food and Nutrition Service
U.S. Department of Agriculture

- The National School Lunch Program is one of the largest food providers in the nation, ranking only behind McDonalds. In fact, on any given school day, while McDonalds is providing 18,000,000 meals, the school lunch program is serving 25,000,000 meals to children across America.
- During the peak hours of the school lunch period, cafeteria workers nationwide serve more than 3,000 meals per second.
- If all the school lunch trays served to children last year were lined up, the trays would run from Washington, DC to Miami, Florida.
- One of the driving forces behind the development of the modern School Lunch Program was World War II. During the war, too many young men were failing their physicals due to malnutrition and children needed to be fed while their mothers worked in defense plants. The program was signed into law by President Harry S Truman in 1947.
- Until 1974, there was a fat requirement in the School Lunch Program. All meals had to include a teaspoon of butter. This requirement was often met by adding a roll and pat of butter to each plate.
- In the 1930's, USDA paid farmers for cattle-on-the-hoof brought to large school districts.
- In 1945, the average price of a school meal was 23 cents. Today, the price has increased to an average of \$1.14. Twenty-five million children eat a school lunch each day, 40 percent of meals are free, 7 percent are at a reduced price, and 53 percent are full price.
- All the trucks used to deliver USDA donated food to schools last year, if parked end to end, would stretch across 4,500 football fields.

NOTE TO EDITORS:

This graphic is designed as camera copy for drop-in placement,
with or without accompanying story, for use in newsletters.

Your Views Count!

**National Hearings
on Nutrition
Objectives for
School Meals**

**USDA wants to know your
views on:**

- Health consequences of children's current eating habits;
- Implementing Dietary Guidelines in school meals to improve children's diets;
- Opportunities and obstacles to meeting nutrition recommendations;
- Where do we go from here?

**By December 15, 1993,
send written comments to:**

NUTRITION OBJECTIVES
U.S. Department of Agriculture
FNS/CND-Stanley Garnett
3101 Park Center Drive, #1007
Alexandria, VA 22302
TEL (703) 305-2590

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

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Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

THE HEALTH INSURANCE CRISIS FOR AMERICA'S CHILDREN

Martha A. Teitelbaum

March 1994

CHILDREN'S DEFENSE FUND
25 E Street, NW
Washington, D.C. 20001

Fallon McEligott

FAX COVER SHEET

Date: 3-1-94 Number of Pages (including this cover sheet): 11To: Liz BowyerCompany: Office of the First LadyFax #: 202-456-2239From: Fred Serr

Message:

* Lamen Shapiro
513-366-6407

Confidentiality Notice: This fax contains confidential information which is privileged. The information is intended only for use by the intended recipient named above. If you are not the intended recipient, you are hereby notified that any disclosure, copying, distribution or use of this telecopied information except its direct delivery to the intended recipient named above is strictly prohibited. If you have received this fax in error, please notify us immediately by telephone to arrange for return of the original documents to us. Thank you.

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Clinton Library

DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001. fax	From: Fred Senn, Fallon McElligott, To: Liz Bowyer, Re: Children Bios (4 pages)	3/1/94	b(6)

COLLECTION:

Clinton Presidential Records
First Lady's Office
Liz Bowyer
OA/Box Number: 3980

FOLDER TITLE:

[HRC Background File, Wednesday, March 2 1994] [2]

2014-0483-S

sb398

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

P1 National Security Classified Information [(a)(1) of the PRA]
P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
P3 Release would violate a Federal statute [(a)(3) of the PRA]
P4 Release would disclose trade secrets or confidential commercial or financial information [(a)(4) of the PRA]
P5 Release would disclose confidential advice between the President and his advisors, or between such advisors [(a)(5) of the PRA]
P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

C. Closed in accordance with restrictions contained in donor's deed of gift.

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

RR. Document will be reviewed upon request.

Freedom of Information Act - [5 U.S.C. 552(b)]

b(1) National security classified information [(b)(1) of the FOIA]
b(2) Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]
b(3) Release would violate a Federal statute [(b)(3) of the FOIA]
b(4) Release would disclose trade secrets or confidential or financial information [(b)(4) of the FOIA]
b(6) Release would constitute a clearly unwarranted invasion of personal privacy [(b)(6) of the FOIA]
b(7) Release would disclose information compiled for law enforcement purposes [(b)(7) of the FOIA]
b(8) Release would disclose information concerning the regulation of financial institutions [(b)(8) of the FOIA]
b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

A PROPOSAL TO TIMBERWOLVES FOUNDATION

FROM CHILDREN'S DEFENSE FUND-MINNESOTA (CDF-MN)

Established in 1985, as a state office of the national Children's Defense Fund, the Children's Defense Fund-Minnesota (CDF-MN) gives a voice to Minnesota children in need, particularly those who are poor and minority.

Child poverty rose from 10.2% of all children in Minnesota in 1979 to 12.4% in 1990, a 20.5% increase. Children in poverty suffer terribly and are at high risk for not developing at the same rate as their more affluent peers. Due to early privation and slow or impeded development, children who grow up poor are likely to become poor adults unable to support themselves or their families. Our state cannot afford to lose one-eighth or more of its current child population to poverty, under-education, unemployment and the probability that as teenagers and young adults they will in turn create a new, even larger generation of poor children.

CDF-MN has been the driving force behind the current, serious concern regarding the health, welfare and future of Minnesota's poor children. As a policy organization, CDF-MN uses five strategies: research and publications on the status of children; consultation with community leaders concerned about the well-being of children; public education through public speaking and electronic and print media; support for effective programs based on the philosophy of prevention and self-help and less bureaucracy; and technical assistance to public and private organizations implementing policies aimed at alleviating child poverty and suffering.

SUMMARY

Children's Defense Fund (CDF) was established in 1973 to provide a strong and effective voice for the children of America who cannot vote or speak for themselves. Its goal is to educate the nation about the needs of children and to encourage preventive investment before children become sick, drop out of school, suffer family breakdown or get into trouble. Children's Defense Fund-Minnesota (CDF-MN), was begun in 1985 to concentrate on the needs of Minnesota's children.

During its first six years, CDF-MN received significant support from the state's largest foundations to research the status of Minnesota's children. These funders continued their support as CDF-MN moved on to educate the public and policy makers about ways of solving crises in child poverty, and child access to health care, nutrition and child care. With more than one in eight of the state's children living in poverty and child poverty on the rise, there is more work to be done.

CDF-MN works for policies and programs that are preventive, reduce bureaucracy and encourage self-help. Since its doors opened, CDF-MN has been instrumental in putting the needs of disadvantaged children high on the public's agenda, and helping translate that concern into concrete action. Positive changes for children include:

- Improvements in child support medical coverage and the Medical Assistance program, plus implementation first of the Children's Health Plan, then MinnesotaCare, Minnesota's innovative plan to control health care costs and provide affordable insurance for low income children and parents.
- Improvements in the state's Women Infants and Children (WIC) nutrition program for poor pregnant women and young children that allow the program to cover 43% more eligible women and children than in 1984.
- Increases in state and federal child care subsidies for the children of low income parents. Today, 32,600 children have access to subsidized child care, as compared to approximately 4,600 children in 1987.
- Re-design of the state's AFDC program to encourage and support parents finishing school and making the transition to employment. Since 1988, almost 33,000 parents at high risk for long-term dependence on AFDC have entered the program. Nearly 6,700 have left the program having completed their educations and secured full-time employment. The most recent data show this group earning a job entry wage of \$6.75/hour.

CDF-MN's 1993 budget is \$465,000. The projected 1994 and 1995 budgets are \$462,500 and \$469,000 respectively. Expenses include an office with four full-time staff, consultants to work on short-term projects, a statewide public education campaign and "Beat the Odds," an event honoring Twin Cities high school seniors who have achieved academically against enormous odds.

Between 80 and 100 volunteers and student interns contribute time throughout the year doing work that ranges from stuffing envelopes to research and public speaking.

It is the national organization's policy that state offices raise all of their budgets locally and work primarily on local issues. The Minnesota office only participates in national work that has a direct bearing on the state's children. The national CDF Board of Directors sets overall administration policy for the national and state offices; a local Advisory Committee works with the Minnesota staff reviewing research and identifying new areas of work. CDF-MN neither seeks, nor accepts, government funding.

WORK PLAN 1993-95

Over the next three years CDF-MN will concentrate its resources in five major areas:

- Paternity and child support policies and procedures;
- Public policies that encourage work rather than welfare;
- The impact on Minnesota's economy if current demographic and economic trends among low and moderate income families persist;
- Government policies, such as minimum wage and the tax burden, that directly affect the disposable incomes of families who are at or near the poverty level; and,
- Implementation of child care and health care programs for low income children.

CDF-MN uses five strategies when approaching a topic:

Research and Publications. Current research projects include: a county-by-county report on the status of our children using 1990 census and other data, research on the effectiveness of current systems for awarding and enforcing child support, research on the last 20 years' economic and demographic trends among low and moderate income families, projections to 2010 if current trends continue and research on state tax trends and their effects on low income children.

CDF-MN will continue to distribute its monthly factsheet, "You Should Know," to a mailing list of 12,000 concerned citizens, policy makers, members of the media, religious leaders, community leaders and service providers. Content includes current national and local research findings, new policy developments and important information affecting low income families, such as how to apply for the Earned Income Tax Credit.

A list of CDF-MN's 1985-93 publications is included in the appendices to this proposal.

Public Education. Through public education CDF-MN seeks to raise the visibility of children's needs and make them a priority. During 1993, staff, consultants and volunteers will:

- sponsor a "Beat the Odds" event to honor five area high school students, who have overcome tremendous social and financial barriers to achieve high goals, and the adults who helped them along the way;
- participate in 40 to 50 conferences across the state as keynote speakers or panelists;
- meet with editorial boards and reporters across the state to educate them about emerging research, issues and policies that affect children's well-being;
- reach out to concerned parishes and congregations through existing religious coalitions;
- run print, radio and television media campaigns to keep children's needs in the public consciousness; and,
- increase CDF-MN's newsletter circulation from the present 12,000 to 13,000.

Support specific policies. After researching an issue, educating the public about it and hearing the response, CDF-MN often chooses to suggest or support new public policies related to the issue. Past examples include: re-design of child care programs to capture new federal dollars, re-design of the AFDC program to make it a bridge to economic independence, and re-design and expansion of affordable health coverage for all children. When doing this, CDF-MN usually works in coalition with other organizations and individuals concerned about children and the specific issue. Most of the work consists of additional public education through speaking engagements, publications and meetings with the media. A very small amount consists of direct lobbying. (Lawyers with CDF's national and state offices work with staff to ensure that the organization adheres to the Internal Revenue Service's regulations concerning lobbying by non-profit organizations.)

Several of Minnesota's leading foundations, including the McKnight, Bush, Dayton Hudson, Northwest Area and General Mills Foundations, have made large grants during the past seven years in support of CDF-MN's overall work. Each have been satisfied that its work in this area is well within the IRS' boundaries.

Technical Assistance. New federal initiatives, while welcome, can also be confusing, frustrating and sometimes in conflict with current local policies. The challenge is to implement new programs, or re-design old ones, in ways that give them as great a chance for success as possible. CDF-MN's staff has the experience and training needed to evaluate new policies for the opportunities they present. Technical assistance for other private and public organizations includes:

- preparing materials about new federal initiatives and their implementation phases,
- disseminating the materials to interested public and private agencies,
- training county, state and non-profit agency administrators to work with federal agencies,
- training and educating people concerned with specific groups of children about the opportunities available to their constituencies, and,
- working with the state Department of Human Services on the state's plan for, and rules governing, expenditure of new federal funds.

In their capacity as experts on new federal laws and regulations, CDF-MN staff hold seats on several statewide committees including the Commissioner's Advisory Committee on Child Support.

IMPACT

Since 1985, CDF-MN has played a critical role in focusing the public's attention on children at risk. Since CDF-MN's pioneering work in the mid-eighties, communities across the state have initiated broad-based efforts, such as the Children's Coalition in Duluth and Success by Six in the west metro area, to assure that parents and children from birth through their early years have access to community-based preventive programs and services. Many of these same communities are making parallel efforts to reduce the number of adolescent pregnancies. The state legislature, and the current and previous administrations, have also begun to allocate resources to more effectively prevent child health and education problems from occurring.

EVALUATION

CDF-MN creates an annual work plan that corresponds with its budget at the beginning of each calendar year. The plan includes specific objectives under each program heading. These are coordinated with available staff, volunteer and internship hours. At six months and again at year-end CDF-MN staff conducts an internal assessment of work completed. These are presented to both the national office and CDF-MN's Advisory Committee.

1993-95 FINANCIAL PLAN

CDF-MN's 1993 budget is \$465,000. The projected budgets for 1994 and 1995 are \$462,500 and \$469,000 respectively. These budgets allow for normal inflation, but no new staff positions. CDF-MN will continue to maintain an office in St. Paul, employ four full-time staff, contract on a project basis with researchers, writers and media consultants, print and distribute research findings, reports and a newsletter, and conduct media campaigns. The 1993-95 revenue and expense budgets follow this page. A summary of CDF-MN's funding history is included in the appendices.

The Timberwolves and Fallon McElligott underwrote the cost of "Beat the Odds" in 1993, and have committed to helping again in 1994. Excess revenue from ticket sales was shared equally between CDF-MN and the national CDF office.

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DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
002. schedule	Schedule for Hillary Rodham Clinton, Draft #2 [partial] (1 page)	3/3/94	b(6)

COLLECTION:

Clinton Presidential Records
First Lady's Office
Liz Bowyer
OA/Box Number: 3980

FOLDER TITLE:

[HRC Background File, Wednesday, March 2 1994] [2]

2014-0483-S
sb398

RESTRICTION CODES

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- P1 National Security Classified Information [(a)(1) of the PRA]
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C. Closed in accordance with restrictions contained in donor's deed of gift.

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

RR. Document will be reviewed upon request.

Freedom of Information Act - [5 U.S.C. 552(b)]

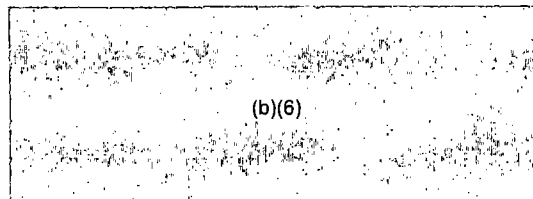
- b(1) National security classified information [(b)(1) of the FOIA]
- b(2) Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]
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- b(8) Release would disclose information concerning the regulation of financial institutions [(b)(8) of the FOIA]
- b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

SCHEDULE FOR HILLARY RODHAM CLINTON
DATE: THURSDAY, MARCH 3, 1994
DRAFT #2

Scheduling Desk: Julie Hopper
202-456-7561 office
202-456-2317 fax
202-544-4223 home
1-800-528-7528 WHCA#4096

PREV RON The White House

11:00 am



002

12:00 pm-
1:00 pm

LUNCH

1:00 pm-
2:00 pm

SATELLITE FEED
Children's Defense Fund
Room 450, OEOB
OPEN PRESS [at the conference]

PARTICIPANTS: Approx. 2,400 in attendance

FORMAT:

1:10-1:35pm
1:35-1:55pm

- Mark Real welcomes & intros Marion Wright Edelman
- Edelman remarks & intros HRC
- HRC delivers remarks [20 minutes]
- Q & A from 5 pre-selected advocates
- Edelman will intro first questioner.

Staff Contact: Dave Anderson 456-7150
CDF Contact: Lauren Shapiro
202/662-3610
513/366-6407 pager

2:00 pm-
2:05 pm

PUBLIC SERVICE ANNOUNCEMENT
Girl Scouts of America
Room 450, OEOB
CLOSED PRESS

FORMAT: Approx. length 1 minute

SCHEDULE FOR HILLARY RODHAM CLINTON
TUESDAY, MARCH 1, 1994
PAGE 2

NOTE: Five Girl Scouts will be present for the PSA.

Contact: Sandra Jordan
202/337-4300

2:10 pm-
2:15 pm

BEAT THE ODDS KIDS -- VIDEO
Room 450, OEOB
CLOSED PRESS

FORMAT: Approx. length 30 seconds

Staff Contact: Maggie Williams
Video Contact: Fred Senn 612/332-2445

2:15 pm-
2:20 pm

AMERICAN DIETETICS ASSOCIATION VIDEO
Room 450, OEOB
CLOSED PRESS

FORMAT: Approx. length 3-5 minutes

Staff Contact: Lisa Caputo 456-2960
Video Contact: Betsy Wright 202/662-3732

2:30 pm-
5:00 pm

OFFICE/PHONE TIME

5:45 pm-
6:00 pm

BRIEFING for dinner [w/The President]
Oval Office
CLOSED PRESS

Staff Contact: Pat Griffin

7:30 pm-

SMALL DINNER [w/The President]
Room
Attire: Business
CLOSED PRESS

PARTICIPANTS: Approx. 26 expected to attend

**SCHEDULE FOR HILLARY RODHAM CLINTON
TUESDAY, MARCH 1, 1994
PAGE 3**

FORMAT:

-

Staff Contact: Ann Stock

456-7136

RON

The White House

WEATHER FORECAST FOR WASHINGTON, DC:

-- Cloudy with rain throughout the day, mixed with snow for early morning and late night. Low 29 to 34. High 35 to 40. Wind north at 20 to 25 knots.

EVENTS IN WASHINGTON, DC:

KENNEDY CENTER:

- Un Ballo in Maschera
- National Symphony Orchestra
- Jackie Mason Politically Incorrect
- Shear Madness

ARENA STAGE:

- A Small World

NATIONAL THEATER:

- Grease

Session	Date/Time	Script	Speakers
Opening Plenary:	Th. 3/3		
Health Care Reform	1-2:00pm		Mark Real - intro MWE
			MWE -intro HRC via Satellite
			Hillary Rodham Clinton ✓
			MWE - intro advocates questions ✓
Road Map to Nat'l	Th. 3/3		Jim Weill (moderator) ✓
Health Care Reform	2-3		Dr. Jennifer Howse ✓
Panel Discussion			Bailus Walker ✓
			Gerry Shea ✓
			Questions to Panel
Interfaith Service	Th. 3/3		
	6:30-7:45pm		
			MWE - intro Cincinnati Mayor ✓
Fri. Morning Plenary:			Cinci Mayor - brief remark
New Vision for Early	Fri. 3/4		Valora Washington (moderator) ✓
Childhood Development	8-9:15am		Gov. Voinovich ✓
			Dwayne Crompton ✓
			Stephanie Fangul ✓
Supersession:	Fri. 3/4		John Deardourff (moderator) ✓
1994 Legislative	9:45-11:45p		Cong. Tim R ^e mer ✓

Session	Date/Time	Script	Speakers
Agenda for Children			Cong. Bob Matsui ✓
			Sharon Daly ✓
Luncheon:	Fri. 3/4		MWE (moderator)
Building A Movement	12-1:30pm		MWE - intro award ✓
			Cong. Bob Matsui <i>Eileen</i>
			Ernie Cortez ✓
Supersession:	Fri. 3/4		
BSLN	4-6pm		
Sat. Morning Plenary:	Sat 3/5		MWE - intro <i>Sara</i>
Stopping the War Against	8-9:15am		U.S. Attorney General <i>Sara</i>
American Children			Janet Reno
Saturday Supersession:	Sat 3/5		Lee Fisher (moderator) <i>S</i>
Gun Control: Beyond	9:45-11:45a		Dr. Lee P. Brown
the Brady Bill			Cathy Christofell
			Josh Sugarman
Awards Luncheon and	Sat 3/5		MWE - intro
Address by MWE	12:30-2:30p		Detroit Free Press ✓
			Dr. Barry Zuckerman ✓
			Joe Marshall ✓
			Sara and Jim Brady?? ✓

Suggestions for questions for Hillary

QUESTIONS

1. What will happen to a child's insurance when a parent loses his or her job?
2. I know that you and the President spent much of the last two weeks emphasizing how the plan helps the elderly. Do you expect to make a concerted effort soon to call attention to the children and family parts of the health care problem and the health care bill?
3. What can children's advocates do to help get the President's plan passed?
4. The president's plan seems to include a lot on prevention. Besides covering immunizations what else will be in the plan to promote prevention and save money?
5. What are the two or three things you like most about the plan? Are there one or two things you wish you could have done but couldn't because there wasn't enough support or money?



THE AMERICAN DIETETIC ASSOCIATION

216 WEST JACKSON BOULEVARD, SUITE 800
CHICAGO, ILLINOIS 60604-4995

MEDIA CONTACT: Michael Schiferl or Karen Steen
(800)877-1600 ext. 4822 or 4806
(Please do not publish this number.)

THE AMERICAN DIETETIC ASSOCIATION BACKGROUND

President: Sara C. Parks, MBA, RD

Membership: More than 63,500 members -- the largest group of food and nutrition professionals in the nation. Open to those who meet academic and experience requirements established by the Association. Approximately 75 percent are registered dietitians (RDs) who maintain the RD credential by meeting continuing education requirements. Additional members are educators, researchers, dietetic technicians, registered dietetic technicians, (DTRs) and students.

Membership covers a wide range of practice areas and special interests, including: public health; sports nutrition; diet counseling for weight control, cholesterol reduction, diabetes, renal and other health concerns; vegetarianism; food service management in business, hospitals, schools, long term care facilities, and education systems; education of other health care professionals; and research. There are 25 special interest or practice groups.

History: Founded in Cleveland, Ohio in 1917 under the leadership of Lulu C. Graves, first president, and Lenna F. Cooper, co-founder.

Programs and Services: The Association establishes and enforces standards for academic training and practice in clinical nutrition, foodservice systems management and community dietetics. It also provides a full range of benefits and services for members. To promote sound nutrition information for the public, the Association sponsors publications, national events and media and marketing programs. ADA has a national media program with approximately 30 registered dietitian spokespeople. ADA lobbies for federal legislation that will contribute to the nutritional well-being of the public through its Government Affairs Office, which is based in Washington, D.C.

Affiliated Associations: 50 state dietetic associations, plus those of the District of Columbia and Puerto Rico, and the American European Dietetic Association. Within these groups, there are approximately 220 district associations.

ADA Backgrounder (cont'd)

Commission on Dietetic Registration: The Commission on Dietetic Registration, the credentialing agency for ADA, awards credentials to individuals at entry, fellow and specialty levels who have met its standards for competency to practice in the profession, including successful completion of its national certification examinations and recertification by continuing professional education and/or examination.

Educational Programs: ADA is recognized by the Council on Postsecondary Accreditation (COPA) and the United States Department of Education (USDE) as the accrediting agency for education programs that prepare dietetics professionals. Through the accreditation and approval of more than 590 undergraduate dietetics, dietetic technicians, and preprofessional practice programs, ADA ensures that entry-level practitioners meet high standards of education and training.

National Center for Nutrition and Dietetics (NCND): As ADA's public education center, NCND serves the consumer through promotion of optimal nutrition, health and well-being. Its Nutrition InfoCenter provides consumers with objective, credible food and nutrition information. NCND programs include a national consumer nutrition hot line, National Nutrition Month and Project LEAN (Low-Fat Eating for America Now), a public awareness campaign to promote low-fat eating.

ADA Foundation: The American Dietetic Association Foundation is a Section 501C3 corporation established by ADA for charitable, educational and scientific purposes.

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What is The American Dietetic Association?

Founded in 1917, The American Dietetic Association is the largest group of food and nutrition professionals in the world. As the advocate of the profession, the ADA serves the public by promoting optimal nutrition, health and well-being. The Association has more than 62,500 members; approximately 75% are registered dietitians (RDs), while other members hold advanced degrees in nutrition and dietetics. The remaining members are dietetic technicians, registered (DTRs) or students.

Affiliated associations consist of 50 state dietetic associations, the District of Columbia, Puerto Rico, and the American European Dietetic Association. Within these groups, there are about 220 district associations.



Where do dietitians work?

You'll find dietetics practitioners in health care, business, research, the community and in educational settings where they shape the food choices and influence the nutritional status of the public. The majority work in the health care market and are vital members of medical teams in hospitals, nursing homes and health maintenance organizations. ADA members provide preventive and therapeutic nutrition services within the entire spectrum of health care services. They can also be found in colleges, food service operations, government agencies, food and pharmaceutical companies, public and home health agencies, and in private practice.



What do the credentials RD and DTR mean?

The credentials "RD" or "DTR" after a person's name signify that an individual has completed a minimum of a Baccalaureate degree or Associate degree, respectively, in dietetics or a related area at an accredited U.S. college or university, completed experiential training, and has demonstrated that knowledge by passing a national credentialing examination. Many registered dietitians also hold advanced degrees. To retain RD or DTR status, dietitians and dietetic technicians must fulfill continuing education requirements to update and enhance knowledge and skills.



How is ADA organized?

■ Overview

The Association is a partnership of member volunteers and staff. Several networks provide a framework for member involvement, including state associations and practice or interest groups. The practice areas reflect the diversity of the members and include public health, education, long-term care, food service management, sports nutrition, and diet counseling for diabetes, weight control, and heart disease.

ADA responds to timely issues, including health care reform, food labeling regulations, nutrition screening for the elderly, and regulations pertaining to long-term care, by lobbying and providing expert testimony at hearings. ADA maintains a national referral system for RDs.

■ Legislative programs

The purpose of the ADA legislative program, directed by its Washington, D.C. based Division of Government Affairs, is to promote the health well-being of the population through leadership in public policy issues with nutrition, food and implications.

States appoint a Legislative Network Coordinator (LNC) who is knowledgeable about federal legislation and assists grassroots organizing. The 50 LNCs who serve a two-year term, are experts on local nutrition issues. They provide input when the association develops its official position statement on federal policy. They also communicate that information to their states. LNCs also serve as the conduit for ADAPAC. The practice and special interest areas may also have a legislative contact person. All of these ADA members are resource legislators, as well as other members.

ADA strongly supports licensure of dietetics practitioners as a means of protecting the health, welfare and safety of the public. Twenty-one states currently have laws regulating food and nutrition professionals, nineteen of which are mandatory licensure laws.

■ Credentialing

The Commission on Dietetic Registration, the credentialing agency for ADA, awards credential individuals who have met its standards for competency to practice in the profession, including successful completion of its national certification examination and recertification by continuing professional education.

ADA establishes and enforces standards for academic training and practice. It is recognized by the U.S. Department of Education and the Council on Postsecondary Accreditation as the accrediting agency for coordinated programs in dietetics and dietetic internships.

■ NCND

Established in 1990, the National Center for Nutrition and Dietetics (NCND) is ADA's public education center.

NCND promotes optimal nutrition, health, and well-being for the consumer through its various programs and services. NCND's InfoCenter programs include a national toll-free Consumer Nutrition Hot Line and a resource library staffed by registered dietitians and librarians. Nutrition education campaigns include National Nutrition Month®, celebrated each March under the theme Eat Right America™, and Project LEAN (Low-fat Eating for America Now).

■ Alliance Program

Through its Alliance Program, the ADA has established professional relationships with a wide range of allied health care and consumer groups. These collaborative efforts range from joint public education projects to working with government and industry on current health care and food labeling initiatives.

■ Media and publications

The Association has a nationwide network of registered dietitian media spokespersons whose role is to communicate sound nutrition information to the public. ADA also produces nutrition information for the consumer, and research and practice publications for dietetics practitioners, including the monthly *Journal of The American Dietetic Association*.

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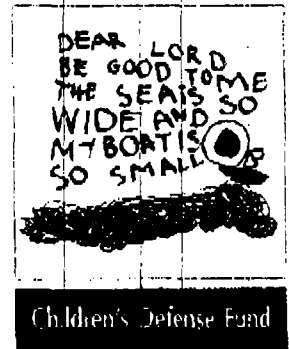


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THE AMERICAN DIETETIC ASSOCIATION

Supporting the health and well-being of the community through the science of nutrition.

"Beat the Odds"



Daniel has known hard times. While in high school, he and his family were evicted from their home and had to live in a van for eight months. While his mother worked, Daniel was responsible for cleaning, cooking meals and caring for his six siblings. There were times when Daniel had to miss school to care for a sick child.

Despite many obstacles, Daniel "Beat the Odds." He completed 10 honors-level classes; can speak English, Spanish, French, and some German; and maintained a 3.8 grade point average. Daniel, a recipient of the Children's Defense Fund's "Beat the Odds" award has set high standards for himself and dreamed of going to college. Daniel is fulfilling that dream. He is now enrolled at the University of Pennsylvania.

"Beat the Odds", a project initiated by the Children's Defense Fund in 1990, focuses attention on the positive potential of our young people. Too often we hear about young people getting into trouble, dropping out of school, becoming involved with drugs or crime or gangs, or becoming parents too soon. Too seldom we hear of the many young people who are "Beating the Odds" despite the daunting conditions in which so many of them live and the tremendous obstacles in the way of even the smallest achievement.

In 1993, "Beat the Odds" celebrations will be held again in Washington, Atlanta, and Los Angeles and will be held for the first time in New York City and Minneapolis. With all of these events, CDF works with local education advocates to select and honor five students who demonstrate academic excellence and have the strength and determination to "Beat the Odds." They are honored for their personal achievements in their struggles to improve their own lives and the lives of others. At a special awards ceremony in each of the cities, CDF celebrates the remarkable lives of these young people, and the families, friends, teachers and counselors who helped them succeed. Each student is presented with cash awards and other prizes in recognition of his or her accomplishments.

"Beat the Odds" celebrations strike a chord with community leaders and citizens who want to help children who are struggling and making it. Corporations donate prizes for nominees, educators work hard to nominate exceptional students, and the media embrace the "Beat the Odds" concept with wide-ranging coverage. Because it is so broadly embraced by the communities involved, "Beat the Odds" has fostered successes beyond those celebrated at the events themselves by serving as a catalyst for additional community efforts on behalf of children.

If you would like more information on the "Beat the Odds" program or how to organize an event in your community, please contact Jon Hockman at (202) 662-3524.

DIETITIANS AND HEALTH CARE DELIVERY

Dietitians are extensively trained and educated in the science of nutrition and its application to disease prevention and treatment. In practice, the dietitian integrates and applies the principles derived from the sciences of nutrition, biochemistry, physiology, food management and behavior to achieve and maintain health. The dietitian has become a fundamental team member in effective health care delivery with the rapid advance of the science of nutrition and its correlation with disease prevention and treatment.

THE ROLE OF DIETITIANS IN MEDICAL TREATMENT SETTINGS:

- * Dietitians are a vital component of the medical treatment team for conditions and diseases which have a nutrition component like diabetes, heart disease, renal failure, digestive disorders, high-risk pregnancies, strokes, AIDS, and cancer treatments.
- * As part of an interdisciplinary treatment team (physicians, nurses, dietitians, and other health professionals), dietitians educate treatment team members in the science of nutrition; assess the patient's blood chemistry, anthropometric measurements, medical history, and diet history to determine nutrition status; and, with the interdisciplinary treatment team, develop, administer and evaluate the patient's response to nutrition therapies.

SOME FACTS ABOUT DIETITIANS:

- * Dietitians hold bachelors, masters or doctoral degrees from accredited universities. Most dietitians are credentialed as registered dietitians through a voluntary credentialing mechanism that is nationally recognized as the primary indicator of competence to practice.
 - Registered dietitians have met specified educational requirements which includes course work in physiology, biochemistry and nutrition; national examinations; and mandatory continuing education requirements.
- * Over 80 percent of all registered dietitians work in health care delivery.

<u>Work Setting</u>	<u>Percent of Registered Dietitians</u>
Hospitals, HMOs	43%
Long-term Care Facilities	12%
Clinics and Counseling	27%

- * Other work settings in which registered dietitians practice include university faculties and school food service. In all of these settings, dietitians pay particular attention to the impact of nutrition on the health status of the public they serve.

Liz

The Health Security Act and Nutrition:

1. Periodic physical check-ups include health advice and counseling, some of which focuses specifically on nutrition..

2. A health care provider may make nutrition counseling available to a patient as a part of care that is medically necessary and appropriate.

3. Health plans may offer health education programs which can include nutrition counseling.

4. The HSA creates a comprehensive school education program that, among other things, focuses on nutritional health.



3/3/94

MEMORANDUM

DATE: January 26, 1994

TO: Karen Finney

FROM: Sandra Jordan

SUBJECT: Talking Points Re: Girl Scout PSA

We were thrilled to get your call Friday informing us that Mrs. Clinton would be able to appear in a PSA for the Girl Scouts. As promised, I'm sending talking points to help the speechwriters understand the movement today and its impact on the girls it serves.

We'll keep our calendars clear until we get a production (tentative or otherwise) timeline from you to facilitate ease of scheduling on your end.

I'll call you later today or Thursday to ensure your receipt of this information or please call me (202/337-4300 ext. 204) if you have any questions. Looking forward to working with you on this. I can assure you, the three million plus Girl Scouts across the nation are going to be thrilled when they hear -- an informal survey showed Mrs. Clinton topping Girl Scouts' list of most admired women.

Thanks again.

PHOTOCOPY
PRESERVATION

