

Reducing Salt and Fat Content in Farm to School Recipes

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What considerations go into development of a Farm to School Recipe?



- Procurement
- Production
- Preferences
- Place
- Alaska Grown?
- USDA Guidelines

USDA Sodium Targets for School Lunches

Age/grade group	Baseline: Current average sodium levels as offered ¹ (mg)	Sodium reduction: Timeline and amount			
		Target 1: meet by July 1, 2014 (SY 2014–2015) (mg)	Target 2: meet by July 1, 2017 (SY 2017–2018) (mg)	Final target: ² Meet by July 1, 2022 (SY 2022–2023) (mg)	Percent change (current levels vs. final targets)

National School Lunch Program

K–5	1,377 (elementary)	≤ 1,230 (64.8% of UL) ..	≤ 935 (49.2% of UL)	≤ 640 (33.7% of UL)	– 54
6–8	1,520 (middle)	≤ 1,360 (61.8% of UL) ..	≤ 1,035 (47.0% of UL) ..	≤ 710 (32.3% of UL)	– 53
9–12	1,588 (high)	≤ 1,420 (61.7% of UL) ..	≤ 1,080 (47.0% of UL) ..	≤ 740 (32.2% of UL)	– 53

¹ Current Average Sodium Levels as Offered are from the School Nutrition and Dietary Assessment Study-III. Data were collected in the 2004–05 school year.

² The IOM final targets are based on the Tolerable Upper Intake Limits (ULs) for sodium, established in the Dietary Reference Intakes (DRI) (IOM, 2004). The sodium ULs for school-aged children are 2,300 mg (ages 14–18), 2,200 mg (ages 9–13), and 1,900 mg (ages 4–8). The final sodium targets represent the UL for each age/grade group multiplied by the percentage of nutrients supplied by each meal (approximately 21.5% for breakfast, 32% for lunch), as recommended by IOM. IOM's recommended final sodium targets for the K–5 age/grade group breakfasts and lunches are slightly higher than 21.5% and 32%, respectively, of the UL because this proposed elementary school group spans part of two DRI age groups (ages 4–8 and 9–13 years).

What do those numbers actually *taste* like?



1 slice of cheddar cheese:
170 mg sodium



Campbell's Chicken Noodle Soup:
790 mg sodium per ½ cup serving

**USDA Guideline for
Elementary School Lunch:
640 mg sodium**



- **Roasting maximizes flavor without requiring large amounts of added salt, fat or sugar**
- **Yogurt based dressings reduce fat**
- **Longer “marinade” times allow for reduced salt**

**Standard culinary procedures
may not always be necessary.**





Can we combine ingredients in non-traditional ways?



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