

Dana Dauzat

From: Dana Dauzat
Sent: Friday, July 24, 2015 2:14 PM
To: Dana Dauzat
Subject: Sodium Reduction Infographic for School Nutrition Professionals is Now Available
Attachments: whatsshaking.pdf

From: Branham, Ketedrea - FNS [<mailto:Ketedrea.Branham@fns.usda.gov>]
Sent: Monday, July 13, 2015 12:15 PM
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Subject: Sodium Reduction Infographic for School Nutrition Professionals is Now Available

Good afternoon,

Team Nutrition is pleased to announce the release of a brand new infographic for School Nutrition Professionals, as part of USDA's *What's Shaking? Creative Ways to Boost Flavor With Less Sodium* Initiative. This infographic can be found at: <http://www.fns.usda.gov/whatsshaking3.pdf>, and visually depicts the public health importance of sodium reduction as well as practical tips for schools that are already making great strides on preparing and serving healthy school meals.

State agencies, please distribute this new resource to SFAs by forwarding the blurb below, or contacting your Regional Nutritionist for a promotional email with graphics that can be shared. You may also wish to include the blurb below in upcoming newsletters, flyers, or other promotional materials.

“Team Nutrition is pleased to announce the release of a brand new infographic for School Nutrition Professionals, as part of USDA's *What's Shaking? Creative Ways to Boost Flavor With Less Sodium* Initiative. This infographic can be found at: <http://www.fns.usda.gov/whatsshaking3.pdf>. Schools are making great strides in serving healthy meals with less sodium to children across the nation. Check out this infographic for practical tips, and share with the school nutrition professionals who are making a difference in helping children adopt healthy habits.

This infographic is part of a broader USDA initiative intended to pull together and inspire schools, parents, community members, and partner organizations to reduce sodium in school meals through the *What's Shaking? Creative Ways to Boost Flavor With Less Sodium* initiative.

If there are any questions please contact FNS SWRO.

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WHAT YOU SHOULD KNOW...

The sodium targets for school meals help kids eat less sodium while still getting the amount they need to stay healthy.

FOR SCHOOL NUTRITION PROFESSIONALS

WHAT'S SHAKING?

creative ways to

BOOST FLAVOR WITH LESS SODIUM



TOP SOURCES OF SODIUM FOR CHILDREN

- pizza
- bread
- cheese
- lunch meats
- chips

Lowering sodium in children's diets today can help prevent heart disease tomorrow.



SCHOOLS ARE MAKING A DIFFERENCE!

Before Updated Nutrition Standards (1,650 mg)

After (1,420 mg)

(Depicts sodium content data for high schools.)

School lunches now have 230 mg less sodium.



90%

of children in the United States consume too much sodium.

HOW YOU CAN REDUCE SODIUM *in* SCHOOL MEALS



1 USE HERBS & SPICES

Feature "Flavor Stations" in your cafeteria where students can add seasonings (without added sodium) that appeal to their tastes.



2 EXPLORE NEW RECIPES

Find large quantity recipes for school food service on the new recipe Web site, <http://www.WhatsCooking.fns.usda.gov>.



3 ORDER USDA FOODS

Stretch your budget and serve nutritious foods by planning your school meals around no-salt-added or low-sodium USDA Foods.



4 CONTACT VENDORS

Write bid specs that request lower sodium options. Depending on the brand, a food item may have different amounts of sodium.



Check out all of our resources at the "What's Shaking?" Web site:
[HTTP://HEALTHYMEALS.NAL.USDA.GOV/WHATSSHAKING](http://HEALTHYMEALS.NAL.USDA.GOV/WHATSSHAKING)

