



# **Title III-C Nutrition Program Training & Updates**

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# Outline

- Dietary Guidelines 2020- 2025
- Policy Updates
  - Title III-C1
  - Title III-C2
- Nutrition Analysis Program



# Dietary Guidelines 2020- 2025

## What are the Dietary Guidelines?

- “The aim of the Dietary Guidelines is to promote health and prevent disease”.
- “The Guidelines are a customizable framework of core elements within which individuals make tailored and affordable choices that meet their personal, cultural and traditional preferences”.
- “The 2020-2025 Dietary Guidelines provides four overarching Guidelines that encourage healthy eating patterns at each stage of life”.



## Dietary Guidelines 2020- 2025

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
4. **Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.**



# Dietary Guidelines 2020- 2025

## How do we use the Dietary Guidelines?

- “The Dietary Guidelines is designed for policymakers and nutrition and health professionals to help all individuals and their families consume a healthy, nutritionally adequate diet”.
- “The information in the Dietary Guidelines is used to develop, implement, and evaluate Federal food, nutrition, and health policies and programs”.



# Dietary Guidelines 2020- 2025

(#4) Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages

- Added sugars
  - Less than 10% of calories per day starting at age 2
  - Avoid food and beverages with added sugar for those younger than age 2
- Saturated fat
  - Less than 10% of calories per day starting at age 2
- Sodium
  - Less than 2300 milligrams per day, and even less for children younger than age 14



# **Policy Updates: Title III-C1**



# Policy Updates: Title III-C1

## VII. General Service Provider Responsibilities & Requirements, Meal Planning

- “Menus will be analyzed and proven to meet the minimum nutrient and meal pattern standards either by: conformance to the meal pattern; or nutrient analysis”.
- “Documentation must be maintained on file for a period of no less than 3 years”.
  - “A Menu Approval Form (Appendix G and/or H), checked and signed by a Registered Dietitian, **completed for each monthly menu**; and
  - The respective menu(s) which correspond to the signed RD approval form”.





# Policy Updates: Title III-C1

## VII. General Service Provider Responsibilities & Requirements, Meal Planning

- Temporary Delivered Meals



# Policy Updates: Title III-C1

## XI. Service Provider Responsibilities/ Requirements, Nutrition Education

- Nutrition Education



# Policy Updates: Title III-C1

## Appendix F: Food Group Components & Servings Sizes

- Menu Standards per meal
- Serving sizes & examples



# Policy Updates: Title III-C1

## Appendix G: Standard Meal Pattern Menu Approval Sheet

- “Documentation must be maintained on file for a period of no less than 3 years”.
  - “A Menu Approval Form (Appendix G and/or H), checked and signed by a Registered Dietitian, **completed for each monthly menu**; and
  - The respective menu(s) which correspond to the signed RD approval form”.



# Policy Updates: Title III-C1

## Appendix H: Nutrition Analysis Approval Sheet

- “Documentation must be maintained on file for a period of no less than 3 years”.
  - “A Menu Approval Form (Appendix G and/or H), checked and signed by a Registered Dietitian, **completed for each monthly menu**; and
  - The respective menu(s) which correspond to the signed RD approval form”.



# Policy Updates: Title III-C2



# Policy Updates: Title III-C2

## III. Eligibility

- Volunteers
- Staff members over 60 years of age



## Policy Updates: Title III-C2

### VII. General Service Provider Responsibilities & Requirements, Meal Planning

- “Menus will be analyzed and proven to meet the minimum nutrient and meal pattern standards either by: conformance to the meal pattern; or nutrient analysis”.
- “Documentation must be maintained on file for a period of no less than 3 years”.
  - “A Menu Approval Form (Appendix G and/or H), checked and signed by a Registered Dietitian, **completed for each monthly menu**; and
  - The respective menu(s) which correspond to the signed RD approval form”.





# Policy Updates: Title III-C2

## VIII. Food Safety and Sanitation, Packaging and Delivery

- Test meals
  - “Random tests shall be completed once per month and are eligible for reimbursement”.



# Policy Updates: Title III-C2

## Appendix F: Food Group Components & Servings Sizes

- Menu Standards per meal
- Serving sizes & examples



# Policy Updates: Title III-C2

## Appendix G: Standard Meal Pattern Menu Approval Sheet

- “Documentation must be maintained on file for a period of no less than 3 years”.
  - “A Menu Approval Form (Appendix G and/or H), checked and signed by a Registered Dietitian, **completed for each monthly menu**; and
  - The respective menu(s) which correspond to the signed RD approval form”.



# Policy Updates: Title III-C2

## Appendix H: Nutrition Analysis Approval Sheet

- “Documentation must be maintained on file for a period of no less than 3 years”.
  - “A Menu Approval Form (Appendix G and/or H), checked and signed by a Registered Dietitian, **completed for each monthly menu**; and
  - The respective menu(s) which correspond to the signed RD approval form”.



# Policies Updates

- April 1st policies will be effective
- Standards must be met starting FFY2022 but preferred April 1st



# Nutrition Analysis Program





# Questions?

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