

RI Nutrition Requirements (RINR) EZ SHEET (2011-2012) v4
Refer to RINR 2009 (revised RI Board of Regents 11/5/09) for detailed information.

RINR 2009 Program is designed to encourage the consumption of *more* fruits, vegetables, whole grains and legumes while decreasing the amount of sodium in the school meals programs. RINR encourages the consumption of well-balanced meals instead of less nutritious snack foods. RINR criteria exceed the federal requirements for reimbursable meals and snacks. The RINR standards are effective September 2009.

RINR Criteria

Grains

This Grain requirement applies to any "bread serving" (rice, bread, pasta, cereal, muffins, etc.) in a USDA reimbursable meal. The RINR weekly whole grain requirement for 2010 / 2011 is:

- At least 1/2 of all grain items served on a weekly basis be 80% whole grain, and
- The remaining grain servings had to be at least 51% whole grain.

Whole grain products will have 7 grams or less of sugar per ounce (only exceptions are grains with fruits).

Note: *The RI Approved Product List* contains information about acceptable whole grain products at:

<http://www.kidsfirstri.org/newsnack.htm>

Fruits and Vegetables

Schools will utilize locally (preferably RI) grown and harvested produce when available.

- **In all menu planning options, school will serve, at a minimum:**
 - 2 servings of fruits and/or vegetables at breakfast
 - 3 servings of fruits and/or vegetables at lunch
 - 1 serving of fruit and/or vegetable for each after school snack
- **Types of Produce Offered:**
 - 3 different fruits offered within each week.
 - 5 different non-fried vegetables each week
 - 1 serving of fruit or vegetable each day will be dark green or orange
 - 1 serving of fruit or vegetable each day will be fresh or raw
- **Maximum offerings of:**
 - 1 serving of 100% juice per day (either for breakfast or lunch)
 - 1 serving of 100% juice for every 5 consecutive snacks served

Cooked Legumes

- One or more servings of cooked legumes (dried beans, dried peas or lentils) will be offered each week.

Sodium

- **Maximum offerings:**
 - A school breakfast (including all components) will contain no more than 575 mg of sodium.
 - A school lunch will contain no more than 1070 mg of sodium
 - (300 mg of the 1070 mg is assumed to come from milk and bread)
 - If soup is served, it will contain no more than an additional 1000 mg of sodium.
 - After school snacks will contain no more than 350 mg of sodium.

Milk/Juice

- 1% or skim, non-flavored milk will be a choice among other milk choices every day.
- Flavored 1% or less fat milk with no more than 4 grams of total sugar per ounce.
- All juice offered will be 100% juice.

Sweeteners

- Artificial sweeteners and sugar alcohols are not allowed.

**Competitive Foods- Snack Foods and/or Beverages
Offered by School Food Service Operations (including vended machines)**

- Elementary Schools: Limited to the following ONLY: Fresh milk, whole or cut fresh fruits and/or vegetables OR kitchen-prepared (unprocessed) fruits and/or vegetable side dishes.
- Secondary schools: All snack / vended items must meet *RI Healthy Schools Coalition Nutrition Guidelines for School Vending and A La Carte* and/or appear on the *RI Approved Products List* prepared by Kids First at <http://www.kidsfirstri.org/newsnack.htm>