



RI School Food Service

RINR EZ Sheet



WHAT: RINR 2009 (RI Nutrition Requirements) program is designed to encourage the consumption of more fruits, vegetables, whole grains and legumes and less sodium in the *school meals programs*, as well as discourage the consumption of less nutritious snack foods in place of such well-balanced meals. RINR criteria exceed the federal requirements for reimbursable meals and snacks.

WHEN: RINR standards are effective September, 2009.

HOW:

1) Grains

- a. All of the grains served (rice, bread, pasta, cereal etc.) as part of reimbursable meals & snacks will be at least 50% whole grain
- b. 50% of all grains served as part of the reimbursable meals & snacks will be 100% whole grains.
- c. Maximum allowed: whole grain products shall have no more than 7 grams of total sugar per ounce (exception: grains with fruit may have more) - See RI Approved Product List for acceptable whole grain products

2) Fruits/Vegetables

- a. Minimum offered: 2 servings of fruit and/or vegetables at breakfast
- b. Minimum offered: 3 servings of fruit and/or vegetables at lunch
- c. Minimum offered: 1 serving of fruit and/or vegetable at after school snack
- d. Minimum offered: 3 different fruits in one week
- e. Minimum offered: 5 different non-fried vegetables in one week
- f. Minimum offered: 1 serving of fruit or vegetable per day will be dark green or orange
- g. Minimum offered: 1 serving of fruit or vegetable per day will be fresh or raw
- h. Maximum allowed: 1 serving of 100% juice per day for breakfast and lunch
- i. Maximum allowed: 1 serving of 100% juice for every 5 consecutive snacks served
- j. Utilize locally grown and harvested produce when available

3) **Cooked legumes** - One or more servings of cooked legumes (dried beans, dried peas or lentils) shall be offered each week

4) Sodium

- a. Maximum allowed: a school breakfast shall contain no more than 575 mg of sodium
- b. Maximum allowed: a school lunch shall contain no more than 770mg of sodium
- c. Maximum allowed: a school after school snack shall contain no more than 350mg of sodium

5) Milk/Juice

- a. 1% or skim, non-flavored milk shall be offered as a choice among other milk choices everyday
- b. Flavored 1% or less fat with no more than 4 grams of total sugar per ounce
- c. 100% juice

6) **Sweeteners** - Artificial sweeteners are not allowed

7) Competitive Foods - A La Carte/ Snack Bar/ Vending

- a. Secondary Schools: All items must meet RI Healthy Schools Coalition Nutrition Guidelines for School Vending and A La Carte
- b. Elementary Schools: ONLY whole or cut fresh fruits and/or vegetables OR kitchen-prepared (unprocessed) fruit and/or vegetable side dishes