



High Fructose Corn Syrup Issues in a School Lunch Program



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Objectives



- Background, Trends, & Goals of District 25 Food Service
- Parents issues and concerns regarding high fructose corn syrup
- SFA response to concerns & strategies for dealing with the parents
- SFA perspective of high fructose corn syrup in school food service operations

Trends in Food Service



- Organic and All Natural Offerings
- Farm to School Programs
- Foods without Trans Fats
- **Foods not containing HFCS**



Goals of our Department



- Meet USDA Nutritional Requirements of the National School Lunch and Breakfast Programs
- Provide good quality food at an affordable price
- Promote good nutrition by offering a wide variety of fruits, vegetables, and whole grains



Issues & Concerns with HFCS



2 major areas of concern....

- Parent Perspective
- School Food Authority Perspective

Parent Issues & Concerns



All concern rises from media coverage and research done regarding the relationship of HFCS and childhood obesity

- Ala Carte offerings containing HFCS
- Reimbursable meal components containing HFCS



Response to Concerns



A la carte products:

- Some products contain HFCS such as cookies, crackers, flavored sparkling water, and low fat ice cream products
- Soda and confectionary products are not served (per NSLP regulations)

Response to Concerns

- Ala carte offerings are optional and fit nutritional guidelines established by the district
 - <35% cal from fat
 - <10% cal from sat fat
 - <35% sugar by weight
 - <200 calories per serving



Response to Concerns



- These items should be consumed in moderation and with a balanced, healthy diet
- Parents have control of children's accounts and have the ability to block ala carte purchases



Response to Concerns



Reimbursable Meal Components:

- Majority of foods offered as part of meal do NOT contain HFCS
- Whole grain breads, yogurt, and chocolate milk DO contain HFCS
- Benefits of children consuming these nutrient dense foods
- Served in proper portion sizes



School Food Authority Perspective



Cost Implications

- We will not eliminate foods containing HFCS to meet our customers demand
- Current and anticipated increase in bread, milk, and other dairy products effecting the program
- Suggest to manufacturers to offer products without HFCS

Strategies for Dealing with Concerned Parents



Educate your parents

- About your program
- About HFCS
- Food and nutrition program requirements
- Financial implications of program eliminating HFCS

Additional Strategies

Nutrition Education

- Remember that kids only get 18-20% of their calories from school meals and the other 80% are consumed outside of school
- Educate students on eating balanced meals and choosing a variety of foods



Additional Strategies



Offer a variety of meal choices at lunch

- Allow multiple types of products, most of which do not have HFCS



Educate front-line staff on HFCS and the school food service perspective

- When parents approach FS staff, they can address some of their concerns

Additional Strategies



Encourage consumption of fruits/veggies, whole grains....go back to the basics!

