
DOOR STEP NUTRITION



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Menu Requirements for the Senior Nutrition Program

The Older American's Act (OAA) is a federal program that provides funding for critical services that keep older adults healthy and independent. The Senior Nutrition Program is funded through the OAA. The OAA requires that the meals served through the Senior Nutrition Program comply with the most recent Dietary Guidelines for Americans. The meal must provide 33-1/3 percent of the dietary reference intakes for nutrients. Each nutrition program must work with a Registered Dietitian to evaluate every menu to ensure these guidelines are being met.

As of January 1, 2019, the state implemented new meal component specifications that each county in Wisconsin must follow.

Each meal must contain the following components. This is a minimum; the meal can contain more than this, but not less.

- 1 serving of grain, half of all grains offered will be whole grains
- 3 serving of vegetables and/or fruit
- 3 ounces of protein
- 1 serving of milk (8 ounces)
- 1 teaspoon of fat/oil served on the side or used in cooking
- Optional: 1 serving of dessert

• *Examples of 1 grain serving:* 1 slice bread, ½ cup cooked rice/pasta, 6 inch tortilla, ½ bun, 1 biscuit/muffin, ½ cup stuffing/dressing

• *Examples of 1 fruit/vegetable serving:* ½ cup cooked/fresh, 1 cup raw leafy greens, ½ cup 100% juice, ¼ cup dried fruit

The vegetable component is broken down further. Each week (based on 5 serving days), the menu must contain:

- 1 serving of dark green vegetables
- 2 servings of red/orange vegetables
- 1 serving of beans/peas
- 2 servings of starchy vegetables
- 3 servings of "other" vegetables and fruit

Examples

- Dark green: broccoli, cilantro, kale, parsley, spinach, romaine lettuce, etc.
- Red/orange: carrots, red chili peppers, orange/red peppers, pumpkin, salsa, sweet potatoes, tomatoes/tomato juice, winter squash, etc.
- Beans/peas: black/garbanzo/Great Northern/kidney/lima/navy/pinto/refried/soy (edamame) beans, lentils, split peas, etc. (does not include green peas or green beans)
- Starchy: corn, green peas, jicama, parsnips, potatoes, water chestnuts, etc.
- Other: all other vegetables

In addition, each week must average daily (at minimum) 675 calories, 19 grams protein, 8 grams fiber, <10% of calories from saturated fat, 400 mg calcium, 1565 mg potassium, maximum of 1400 mg sodium, 110 mg magnesium, 4 mg zinc, 275 mcg vitamin A, 0.6 mg vitamin B6, 0.8 mcg vitamin B12, 30 mg vitamin C, 120 IU vitamin D, 135 mcg folate/folic acid.

Fruits and vegetables servings count even if they are contained within an entrée, dessert, grain, or served on their own.

It is also a requirement to send an 8 ounce carton of milk with every meal. If you don't drink milk, you can give it to a friend, use it on cereal, make a box of pudding with it, or use it in a recipe.