



1%

Flavored Milk



Frequently Asked Questions

How can I purchase a 1% flavored milk for my Child Nutrition Program (CNP)?

A certain number of districts will need to show interest in buying 1% flavored milk before the dairy processors can secure packaging and provide the product. Schools must be able to specify fat content required for both flavored and unflavored milk, so processors can provide accurate bids. If you are interested in a low-fat flavored milk, please let your processor know as soon as possible.

Why did USDA feel this was a necessary change?

Before the 2012 regulation on low-fat flavored milk, it was the most frequently purchased milk by public school districts and was among the most commonly offered varieties of milk in National School Lunch Program menus (63 percent). Since the regulation, overall school milk volume has declined 7 percent nationally, but locally there are reports of greater decline: a school district in Texas has reported as much as a 50 percent decrease in milk volume annually since 2012. Based on this information, reintroducing low-fat flavored milk across the CNP may increase student milk consumption.

Offering the additional variety of flavored, low-fat milk across the Child Nutrition Program may increase student milk consumption.

How many more calories are in low-fat flavored milk vs. fat free flavored milk?

Low-fat flavored milk contains 20-40 calories more per 8 ounces. The calorie difference is almost entirely due to a difference in fat content. Calories from added sugar vary by only 1-2 calories between the fat-free and low-fat flavored milk varieties. Data from a recent survey of school food service professionals suggests that roughly a third of schools are well within the weekly calorie maximums for school meals - and some are below the weekly calorie minimums.

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Frequently Asked Questions *continued*



Why is the decline in student milk consumption a concern?

Milk is a key source of calcium and vitamin D, nutrients necessary for optimizing bone health. Calcium and vitamin D were also identified as nutrients of concern by the 2015 Dietary Guidelines for Americans (DGA). Low calcium and vitamin D intake are linked to low dairy consumption.

Will this new milk option cost more?

The fat content of milk does affect cost, so there might be a slight price increase for a low-fat product. Schools must be able to specify fat content for both flavored and unflavored milk, so processors can provide accurate bids.

When will the final rule be published?

Although this interim final rule providing for low-fat flavored milk will initially be limited to 2018-19, USDA intends to finalize the regulation after a comment period, and extend it to future school years by fall of 2018. The interim rule link: <http://bit.ly/2Ajm7JE>

Can a CNP choose to offer both fat free and low-fat flavored milk?

It will be up to each CNP whether to purchase fat-free or low-fat flavored milk or both. Both fat-free and low-fat milk are consistent with recommendations in the DGA. However, your processor may only allow you to select one flavored fat content.

How does the interim rule affect the Head Start and Pre-K programs?

It **does not** affect Head Start and Pre-K programs, as the regulation only addresses flavored milk. Programs feeding students aged 2-5 are only allowed to provide unflavored fat-free or low-fat milk.

Questions?

DairyMAX.org/school/expertise

Contact your **Dairy MAX School Wellness Consultant** for more information.

