

Sodium Reduction Timeline for the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Effective July 1, 2012, the U.S. Department of Agriculture’s (USDA) final rule, *Nutrition Standards in the National School Lunch and School Breakfast Programs*, changed the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns for grades K-12. The final rule required schools to gradually reduce sodium in school meals to meet specific targets by specific dates. The USDA’s final rule, *Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements*, published on December 12, 2018, provides more time for gradual sodium reduction in school meals. The final rule:

- retains sodium target 1 through the end of school year (SY) 2023-24;
- requires compliance with sodium target 2 in SY 2024-25 (which begins July 1, 2024); and
- eliminates the final target that would have taken effect in SY 2022-23.



Table 1 indicates the sodium reduction targets for the SBP. Table 2 indicates the sodium reduction targets for the NSLP. Sodium levels are listed in milligrams (mg).

Table 1. Sodium Reduction Targets for the School Breakfast Program		
Grade Group	Target 1 (mg) Meet by July 1, 2014 (SY 2014-15)	Target 2 (mg) Meet by July 1, 2024 (SY 2024-25)
K-5	≤ 540	≤ 485
6-8	≤ 600	≤ 535
9-12	≤ 640	≤ 570

Table 2. Sodium Reduction Targets for the National School Lunch Program		
Grade Group	Target 1 (mg) Meet by July 1, 2014 (SY 2014-15)	Target 2 (mg) Meet by July 1, 2024 (SY 2024-25)
K-5	≤ 1,230	≤ 935
6-8	≤ 1,360	≤ 1,035
9-12	≤ 1,420	≤ 1,080

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Resources

Lowering Sodium in School Foods (American Heart Association):

<https://www.heart.org/-/media/files/about-us/policy-research/fact-sheets/infographic-lowering-sodium-in-school-foods.pdf?la=en&hash=3F68156C033DA2741E2EE6807BC4BA85FB8937FF>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Menu Planning Resources for School Meals (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/MenuPlanResourcesSchools.pdf>

Reducing Sodium in Children's Diets infographic (CDC):

<https://www.cdc.gov/vitalsigns/children-sodium/infographic.html>

Sodium and Children (Centers for Disease Control and Prevention):

https://www.cdc.gov/salt/sodium_and_children.htm

Tools for Schools: Reducing Sodium (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools-sodium>

USDA Final Rule: Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (83 FR 63775): <https://www.govinfo.gov/content/pkg/FR-2018-12-12/pdf/2018-26762.pdf>

USDA memo SP 18-2018 CACFP 13-2018: Child Nutrition Programs' Flexibilities for School Year 2018-2019: <https://www.fns.usda.gov/child-nutrition-programs%E2%80%99-flexibilities-school-year-2018-2019>

USDA Regulations 7 CFR Part 210: National School Lunch Program:

<http://www.ecfr.gov/cgi-bin/text-idx?SID=4c211a738d6109939c6054a6286ac109&mc=true&node=pt7.4.210&rgn=div5s>

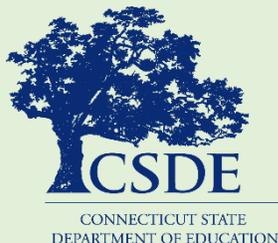
USDA Regulations 7 CFR Part 220: School Breakfast Program:

<http://www.ecfr.gov/cgi-bin/retrieveECFR?gp=1&SID=1efda750af767569cda912c147528a21&ty=HTML&h=L&mc=true&r=PART&n=pt7.4.220>

What's Shaking: Creative Ways to Boost Flavor with Less Sodium (USDA):

<https://healthymeals.fns.usda.gov/whatsshaking>

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For more information, review the Connecticut State Department of Education's (CSDE) guide, [Menu Planning Guide for School Meals for Grades K-12](#), and visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/SodiumTimeline.pdf>.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
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- (3) email: program.intake@usda.gov.

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