



Muscofee County School District

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For Immediate Release

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NEWS RELEASE

MCSD Schools Recognized for Nutrition Standards

(Columbus, GA)-According to Rachel Craighton, School Nutrition Program Director, fifty-five schools in Muscofee County are recognized by the Georgia Department of Education for compliance with the School Meals Initiative for Healthy Children. The School Meals Initiative, passed by Congress in 1995, sets prescribed nutrition standards for school meals.

St. Mary's Magnet Academy (Video & Communications Technology) and East Columbus Magnet Academy (Gifted and Talented) were recently certified by the Georgia Department of Education for compliance with the School Meals Initiative nutrition standards. The prescribed standards require that meals comply with the Dietary Guidelines for Americans. The U.S. Department of Agriculture (USDA) jointly establishes the Dietary Guidelines with the U.S. Department of Health and Human Services (USDHHS). The Dietary Guidelines provide research-based advice for people two years and older about good dietary habits, promote health, and reduce risk for major chronic diseases.

"In addition to limiting total fat and saturated fat, the regulations require that over a school week, lunch should provide students with one-third of the Recommended Dietary Allowances (RDA) for protein, vitamins A and C, iron and calcium, which are key nutrients for growth and development," said Craighton. "Breakfast is required to provide one-fourth of the RDA over the school week."

Complying with the School Meals Initiative requires nutrition standardized recipes and serving uniform portions for the nutrients in meals to be accurately determined.

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“This means adjusting our purchasing to limit or eliminate high fat items to include more bread, grains, vegetables, and fruits in our menus,” added Craighton.

For more information, please e-mail communications@mcsdga.net or contact Rachael Craighton at (706) 748-2386.

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