



# *News Release*

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## **Updated Michigan Nutrition Standards for Schools Now Available Online**

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LANSING - The [\*Michigan Nutrition Standards\*](#): *Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools* are available online for every Michigan school to review. The updated standards, approved by the State Board of Education, can be found in the “What’s New” section of the School Nutrition Training and Programs website <http://www.michigan.gov/schoolnutrition>.

“Too many kids are battling the challenges of unhealthy food choices that lead to being overweight,” state Superintendent of Public Instruction Mike Flanagan said. “These updated school nutrition standards are an important tool that gives schools direction in helping push the needle in the right direction.”

The Michigan Department of Education (MDE) recommends that districts provide a campus-wide environment supporting adoption of healthy eating behaviors. A growing number of research studies have identified specific health benefits that result when children consume energy-balanced dietary patterns where most calories come from a variety of nutrient-rich foods and beverages.

The updated standards recommend that schools provide a diet rich in fruits and vegetables, dietary fiber and whole grains, lean protein, low-fat dairy, and low sodium. A reduction in the intake of added sugar, refined carbohydrates, and total and saturated fat also is necessary. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices at school.

The standards provide a great complement to a school’s, or school district’s Local Wellness Policy. School districts are encouraged to adopt these standards and can receive guidance and technical assistance by contacting the School Nutrition Training and Programs Office at [mde-schoolnutrition@michigan.gov](mailto:mde-schoolnutrition@michigan.gov).

For additional information, please refer to the [Playbook for a Healthier School Environment](#), which provides additional resources, including sample menus.

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