



North Carolina Department of Health and Human Services
Division of Public Health

Pat McCrory
Governor

Aldona Z. Wos, M.D.
Ambassador (Ret.)
Secretary DHHS

Daniel Staley
Acting Division Director

June 4, 2015

CACFP 15-13

Memorandum

To: Institutions Participating in the Child and Adult Care Food Program

From: Arnette Cowan, Head *Arnette Cowan*
Special Nutrition Programs

Subject: Voluntary Menu Labeling in the National School Lunch and School Breakfast Program

The U.S. Department of Health and Human Services, Food and Drug Administration (FDA) published the final rule, *Nutrition Labeling of Standard Menu Items in Restaurants and Similar Retail Food Establishments* in the Federal Register (79 FR 71155) on December 1, 2014. This rule requires that calorie information be listed on menus and menu boards in chain restaurants, and similar retail food establishments with 20 or more locations to provide consumers with more nutritional information about the foods they eat outside of the home. The purpose of the FDA rule is to make nutrition information available to consumers in a direct and accessible manner to enable them to make informed and healthful dietary choices. The rule becomes effective December 1, 2015.

Under this new FDA regulation, restaurants and retail store operators must print a calorie statement on menus for all standard menu items. They also must make available, upon request, nutrition information for 11 nutrients for these menu items. The nutrients that must be made available include: total calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugar, and protein.

Schools operating under the National School Lunch or Breakfast Program are specifically excluded by this new rule, as are institutions operating the Child and Adult Care Food Program, and therefore are not required to implement these requirements. However, Child Nutrition Program operators may voluntarily implement similar initiatives.

www.ncdhhs.gov • www.publichealth.nc.gov • www.nutritionnc.com

Tel 919-707-5800 • Fax 919-870-4818

Location: 5601 Six Forks Road • Raleigh, NC 27609

Mailing Address: 1914 Mail Service Center • Raleigh, NC 27699-1914

An Equal Opportunity / Affirmative Action Employer



Making nutrition information available to students and parents may help students make more informed choices about the foods they select and consume at school. Schools may already have much of this nutritional information on hand for reimbursable meals served at school and for a la carte Smart Snacks sold on campus in the form of standardized recipes, and food product labels. Schools may find that making some or all of this information available is fairly easy.

For more information about the FDA menu labeling regulation visit:

<https://www.federalregister.gov/articles/2014/12/01/2014-27833/food-labeling-nutrition-labeling-of-standard-menu-items-in-restaurants-and-similar-retail-food>

The following resources may be helpful to institutions operating the CACFP interested in developing and implementing a menu calorie labeling program:

Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs <http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools>

National Nutrient Database for Standard Reference: <http://ndb.nal.usda.gov/ndb/foods>

USDA Supertracker Food-A-Pedia: <http://www.supertracker.usda.gov>

If you have questions, please contact your regional consultant.

c: SNP Staff