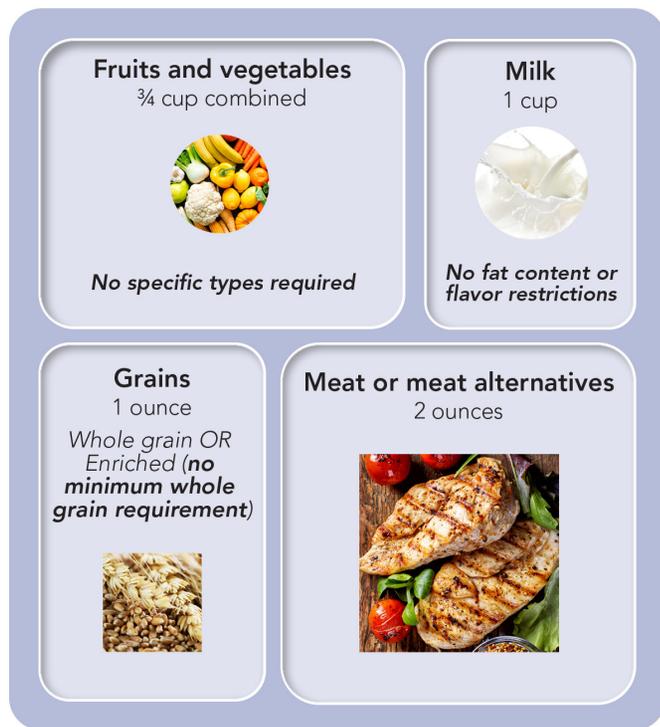


KIDS DESERVE HEALTHY MEALS YEAR ROUND

Comparing the Nutrition Standards for the Summer Food Service Program to the National School Lunch Program

Federal nutrition standards for school meals were last updated in 2012 to reflect the 2010 *Dietary Guidelines for Americans*.^{1,2} The federal Summer Food Service Program (SFSP), which provides free meals to children during the summer months, has different standards that have not been updated since 2000.³ Though the SFSP standards are weaker, both have room for improvement to align with the latest science on diet and health captured in the 2020-2025 *Dietary Guidelines*. The 2020-2025 edition lowered the amount of sodium considered safe for some children and recommends that less than 10 percent of daily calories come from added sugars.⁴

Summer Food Service Program, Lunch or Supper



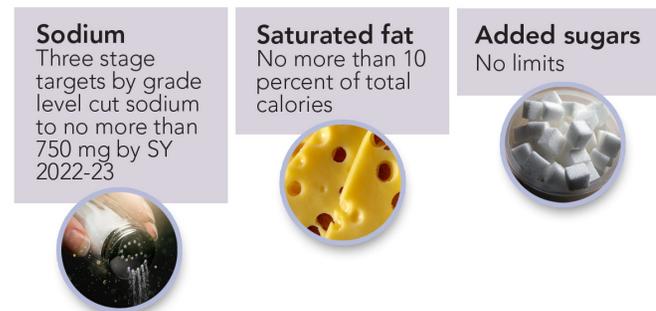
No calorie requirements



National School Lunch Program



Minimum and maximum calories specified for each age group



¹ U.S. Department of Agriculture, Food and Nutrition Service. Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs. January 26, 2012. <https://www.fns.usda.gov/cv/fr-012612>.

² U.S. Department of Agriculture, U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition. December 2010. <https://www.dietaryguidelines.gov/about-dietary-guidelines/previous-editions/2010-dietary-guidelines>.

³ 7 CFR 225.16(d)

⁴ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)