

# Sodium Best Practices

## Tips for Meeting Sodium Interim Target 1A for NSLP for School Year 2023 - 2024.



### Sodium Requirements

#### Interim Target 1A: Lunch Effective July 1, 2023

Grade Group	Target
K-5	1110 mg
6-8	1225 mg
9-12	1280 mg
K-8	1110 mg

### USDA's 2019 Success Approaches to Reduce Sodium in School Meals Study

reported the top strategies schools are already using to meet reduced sodium regulations.

### USDA Foods and USDA DoD Programs

Utilize USDA foods and USDA DoD Programs to increase access to lower sodium food items.

### Menu Planning

Balance out higher sodium items and recipes with lower sodium items. Menu fresh and frozen fruits and vegetables.

### Food Preparation Methods

Cook recipes with more herbs and spices. Increase the amount of scratch cooking to control amount of added salt in recipes.

### Taste Testing

Identify student taste preferences with taste testing. Customize menus to regional flavors and student favorites.





# Flavor Station Recipes



## Flavor Stations

Set up flavor stations to encourage students to customize their own meals. Low-cost solution with purchase of shakers and seasonings.



## Recipes

Use mixtures below created by Chef DeeDee and Team Nutrition Iowa or create your own mixtures.



## Compliance

Any "extra items" contributing sodium must be included in the weekly nutrient analysis.

### Savory Station Great on vegetables

#### Spicy Stuff

- 2 Tbsp chili powder
- 2 Tbsp cumin
- 1 Tbsp crushed red pepper
- 1 Tbsp onion powder
- 1 Tbsp granulated garlic

#### Perky Pepper

- 2 Tbsp black pepper
- 1 Tbsp cayenne pepper
- 1 Tbsp paprika
- 1 Tbsp onion powder
- 1 Tbsp garlic powder

#### Parmesan Party

- 4 Tbsp grated parmesan cheese
- 2 Tbsp black pepper
- 2 Tbsp dried parsley
- 2 Tbsp granulated garlic

### Sweet Station Great on fruit

#### Crazy Nutmeg

- 2 Tbsp cinnamon
- 1 Tbsp ground cloves
- 1 Tbsp ground ginger
- 1 Tbsp nutmeg

