# SNP Memo #2020-21-45


**COMMONWEALTH of VIRGINIA
Department of Education**

DATE: February 18, 2021

TO: Directors, Supervisors, and Contact Persons Addressed

FROM: Sandra C. Curwood, PhD, RDN, ***Sandy***

## SUBJECT: 2020-2025 Dietary Guidelines for Americans

This memo provides information about newly released  [2020-2025 Dietary Guidelines for Americans (DGAs)](https://www.dietaryguidelines.gov). The U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) published the 2020-2025 DGAs that provide food-based recommendations to promote health, prevent diet-related diseases, and meet nutrient needs. The DGAs form the basis of federal meal programs such as the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, Summer Food Service Program, and provide guidelines for nutrition education and supplemental materials for USDA programs.

The Virginia Department of Education, Office of School Nutrition Programs, will provide an educational session on the updated guidelines and implications for federal programs at the 2021 Spring Regional Meetings.

If you have questions about the 2020-2025 DGAs, please contact Laura Burns, VDOE-SNP Wellness Policy Specialist, by email at Laura.Burns@doe.virginia.gov.

SCC/LB/cc