# SNP Memo #2022-2023-69

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**COMMONWEALTH of VIRGINIA   
Department of Education**

DATE: May 18, 2023

TO: Directors, Supervisors, and Contact Persons Addressed

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

## SUBJECT: National School Lunch Program Sodium Target 1A Requirement

This memo reminds school meal program operators that Sodium Target 1A standards go into effect on **July 1, 2023**. Sodium Target 1A standards only apply to the National School Lunch Program. There will be no change to sodium limits for the School Breakfast Program.

### ****National School Lunch Program Transitional Sodium Limits****

| **Age/Grade Group** | **Target 1:  Effective July 1, 2022** | **Interim Target 1A:**  **Effective July 1, 2023** |
| --- | --- | --- |
| Grades K-5 | < 1,230 mg | < 1,110 mg |
| Grades 6-8 | ​< 1,360 mg | < 1,225 mg |
| Grades 9-12 | < 1,420 mg | ​< 1,280 mg |

Sodium Target 1A is included in the [Transitional Standards for Milk, Whole Grains, and Sodium Final Rule](https://www.fns.usda.gov/cn/fr-020722) published in February 2022. The 2022 Transitional Standards provided schools with short-term standards as they moved beyond COVID nutrition standard waivers. The proposed rule [Child Nutrition Programs: Revisions to Meal Patterns Consistent with the 2020 Dietary Guidelines for Americans](https://www.fns.usda.gov/cn/fr-020723), published in February 2023, aims to provide schools with long-term, durable nutrition standards in line with the latest nutrition science. The United States Department of Agriculture, Food and Nutrition Service (USDA-FNS), plans to develop a final rule based on feedback gathered during the public comment period and publish that final rule in early 2024.

The USDA-FNS developed several resources to aid school meal program operators in Sodium Target 1A implementation. Schools can access lower sodium standardized recipes that meet school meal pattern requirements through the Institute of Child Nutrition's (ISN’s) [Child Nutrition Recipe Box](https://theicn.org/cnrb/recipes-for-schools/?page_id=113192) and Team Nutrition's [Recipes for Healthy Kids: Cookbook for Schools](https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-schools). The ICN also offers sodium reduction resources and online courses through the [Shaking it Up](https://theicn.org/shaking-it-up/) initiative.

For more information, please contact your assigned School Nutrition Programs regional specialist or the SNP policy mailbox via email at [SNPpolicy@doe.virginia.gov](mailto:SNPpolicy@doe.virginia.gov).

SCC/AMN/cc