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

**Sodium Requirements**

**Target 1: Lunch Effective July 1, 2022**

<table>
<thead>
<tr>
<th>Grade Group</th>
<th>Target</th>
</tr>
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<tbody>
<tr>
<td>K-5</td>
<td>1230 mg</td>
</tr>
<tr>
<td>6-8</td>
<td>1360 mg</td>
</tr>
<tr>
<td>9-12</td>
<td>1420 mg</td>
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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

<table>
<thead>
<tr>
<th>Flavor Stations</th>
<th>Recipes</th>
<th>Compliance</th>
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<td>Set up flavor stations to encourage students to customize their own meals. Low-cost solution with purchase of shakers and seasonings.</td>
<td>Use mixtures below created by Chef DeeDee and Team Nutrition Iowa or create your own mixtures.</td>
<td>Any “extra items” contributing sodium must be included in the weekly nutrient analysis.</td>
</tr>
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</table>

**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

**Crazy Nutmeg**
- 2 Tbsp cinnamon
- 1 Tbsp ground cloves
- 1 Tbsp ground ginger
- 1 Tbsp nutmeg

**Savory Station**
Great on vegetables

**Sweet Station**
Great on fruit