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

**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.

**Sodium Requirements**

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

<table>
<thead>
<tr>
<th>Grade Group</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>1110 mg</td>
</tr>
<tr>
<td>6-8</td>
<td>1225 mg</td>
</tr>
<tr>
<td>9-12</td>
<td>1280 mg</td>
</tr>
<tr>
<td>K-8</td>
<td>1110 mg</td>
</tr>
</tbody>
</table>

**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.
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.

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

This product was funded by USDA.
This institution is an equal opportunity provider.