Getting to WOW:
Three Steps at a Time

What's the magic number?
By SY 2014-15, USDA sodium limit is 1,230 mg for K-5, 1,360 mg for 6-8 and 1,420 for 9-12 grade at lunch and 540 mg for K-5, 600 mg for 6-8, and 640 mg for 9-12 at breakfast. Scan nutrition labels for high-sodium products to replace.

Look out for the Terrible Twos. One of our favorite pairs, tomato soup and grilled cheese, is high in sodium. Consider a lower-sodium sandwich or soup.

Open the Minnesota School Food Buying Group (MSFBG) product list to find products with a lower sodium profile and kid-friendly taste. Find the list at bit.ly/MSFBGbids.

Did you know that much of the sodium in school meals comes from entrees like soups and sandwiches, not from a salt shaker? Mayonnaise, ketchup, pickles, sauces, and breads also add significant amounts of sodium to school lunches.

Reducing sodium can be tricky, but not impossible. Even small changes add up to big differences. Try a few substitutions, like trading cucumbers for pickles or purchasing lower sodium soups. You can also try a simple scratch recipe with flavorful herbs or spices.

It will take all of us working together, food companies included, to reduce sodium in school meals. We're up to the challenge and we hope you are too!

GREAT IDEA
The Great Trays™ Turkey Hoagie has less sodium than a standard sandwich thanks to three changes:
1. Lower sodium deli turkey
2. A spread made with plain low-fat yogurt, mint, pepper, cumin and garlic instead of mayonnaise
3. Marinated cucumbers instead of pickles

Find the complete recipe at z.umn.edu/NowWereCooking.

GREAT RESOURCE
Congratulations to South Education Center Alternative for being named a semi-finalist in the Recipes for Kids Challenge. Find their Porcupine Sliders recipe at http://www.recipesforkidschallenge.com

“A mind that is stretched by a new experience can never go back to its old dimensions.” Oliver Wendell Holmes, Sr.