# SNP Memo #2023-2024-03


**COMMONWEALTH of VIRGINIA
Department of Education**

DATE: July 20, 2023

TO: Directors, Supervisors, and Contact Persons Addressed

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

## SUBJECT: National School Lunch Program Sodium Target 1A Transitional Standard Effective July 1, 2023

This memo reminds school food authorities (SFAs) that Sodium Target 1A standards went into effect on **July 1, 2023**. These standards set sodium limits for the National School Lunch Program (NSLP) only as part of the [Transitional Standards for Milk, Whole Grains, and Sodium-Final Rule](https://www.fns.usda.gov/cn/fr-020722). There will be no change to sodium limits for breakfast served through the School Breakfast Program.

The information in this memo was originally shared with school food authorities in SNP Memo #2022-2023-69 distributed on May 18, 2023. Sodium Target 1A limits were also reviewed at the 2023 Spring Regional Meeting on April 26, 2023.

Please refer to this chart for specific Sodium Target 1A limits by grade level.

**NSLP 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 |

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 (ICN) [Child Nutrition Recipe Box](https://theicn.org/cnrb/recipes-for-schools/?page_id=113192) and the Team Nutrition [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.

SCC/AMN/cc