




 **Offer vs Serve (OVS) Training**
SY 2020-2021





 **USDA Nationwide Waiver to allow OVS flexibility for senior high schools**



 **Offer vs Serve (OVS)**


- ▶ Allows students to decline some food items
- ▶ Allows students to choose what they want to eat
- ▶ Decreases food waste




 **OVS Rules**

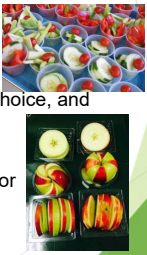
- ▶ **OVS is...**
 - ▶ not required for grades K-8
 - ▶ required for grades 9-12 (lunch only)
 - ▶ not an option for Pre-K (unless co-mingled with older grades)
 - ▶ not required for field trips.*


*SP 57-2014 p. 7 (Prepackaged Meals – if these meals are offered as part of field trips, OVS is not required, even at the senior high level.)




 **Offer vs Serve Basics...**

- ▶ Full component portions must be offered at each meal
 - ▶ Production records to back it up
- ▶ May prepare less of the least popular choice, and more of the more popular choice
- ▶ Must choose at least ½ cup either fruit or vegetable, or fruit/vegetable combined



 **Offering Choices within Components is NOT OVS**

- ▶ 4 different cereals offered, student told to "choose 1" is NOT OVS
- ▶ Offer ½ cup portions of 3 different fruits, student instructed to "choose up to 2"
 - ▶ This is considered OVS 
- ▶ May offer more than the minimum requirement (do not exceed dietary specifications)

Hawaii Child Nutrition Programs




Offer vs Serve – Breakfast

Hawaii Child Nutrition Programs

Offer vs Serve -- Breakfast Meal Components

- ▶ Fruit
- ▶ Grains
- ▶ Milk




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Offer vs Serve - Breakfast

- ▶ K-12 grade levels – **OPTIONAL**
- ▶ Pre-K – **NO OVS**
- ▶ Must offer all **3** Breakfast meal **components**
- ▶ Must offer **4** food **items**
 - ▶ Foods that credit as more than the minimum daily requirement may be counted as more than one item
 - ▶ ex: 2 oz eq bagel may credit as two food items
 - ▶ Minimum weekly requirement must still be met
- ▶ Must select 3 out of the 4 food items
- ▶ Must take at least $\frac{1}{2}$ cup either fruit or vegetable, or fruit/vegetable combined




 **Offer vs Serve - Breakfast**


Vegetable substitution for fruit

- ▶ First 2 cups per week must be from the Dark Green, Red Orange, Legume, or "Other" vegetables sub groups
- ▶ Full strength fruit or vegetable juice may be offered to meet up to ½ of the weekly fruit requirement

Counting M/MA towards the grain component.


- ▶ M/MA can count towards grains, **only** after the daily minimum grain requirement is met.



 Please view Part 2 of the Offer vs Serve Training

Go to:

<https://hcnp.hawaii.gov/training-resources/>

 Offer vs Serve Training
SY 20 - 21
Part 2

 **Breakfast OVS Exercises**



 **Your Planned Menu...**
Is this an acceptable breakfast menu under OVS?

- ▶ Whole grain muffin: 1 oz eq grain
- ▶ Orange wedges: ½ cup fruit
- ▶ Milk (FF or 1%): 1 cup



 **NO!**
Fruit does not meet minimum daily requirement and must offer at least 4 food items

 **Your Planned Menu...**
Is this an acceptable breakfast menu under OVS?


- ▶ Yogurt: 1 oz eq M/MA
- ▶ Pineapple: ½ cup fruit
- ▶ Apple slices: ½ cup fruit
- ▶ Milk (FF or 1%): 1 cup



 **NO**
Missing grain component

Your Planned Menu...
Is this an acceptable breakfast menu under OVS?

- ▶ Whole grain waffle: 1 oz eq grain
- ▶ Yogurt: 1 oz eq M/MA
- ▶ Orange wedges: ½ cup fruit
- ▶ Banana: ½ cup fruit
- ▶ Milk (FF or 1%): 1 cup



YES!

OVS
Reimbursable Breakfast?



Scrambled Egg
2 oz eq M/MA


Portuguese Sausage
1 oz eq M/MA

Fat Free Milk
1 cup Milk

NO

NOT REIMBURSABLE
 Missing ½ cup Fruit

OVS
Reimbursable Breakfast?




Scrambled Egg
2 oz eq M/MA

Toast
1 oz eq Grain


100% Orange Juice
1/2 cup Fruit

REIMBURSABLE!!!


OVS
Reimbursable Breakfast?



Breakfast Smoothie
1 oz M/MA (yogurt)
3/8 cup Fruit




WG Toast
1 oz eq Grain



Fat Free Milk
1 cup

NOT REIMBURSABLE



Offer vs Serve –
Lunch



Review:
Lunch Meal Components


- ▶ Meat / Meat Alternates
- ▶ Grains
- ▶ Fruit
- ▶ Milk
- ▶ Vegetables
 - ▶ Dark Green
 - ▶ Red/Orange
 - ▶ Legumes
 - ▶ Starchy
 - ▶ Other



Food Item: a specific food offered within the five food components


Offer vs Serve – Lunch

- ▶ Not required for K-8
- ▶ NOT an option for Preschool (unless comingled)
- ▶ REQUIRED for 9-12




Offer vs Serve – Lunch

- ▶ Must offer all 5 components, 2 may be declined
- ▶ Must choose at least $\frac{1}{2}$ cup fruit or vegetable, or a combination of both
- ▶ If 3 components selected, and one is $\frac{1}{2}$ cup fruit or vegetable, the other 2 components must be full portions
- ▶ No requirement on vegetable subgroups in OVS
 - ▶ But must have the opportunity to select throughout the week



If a K-8 Student Selects...

- ▶ $\frac{1}{2}$ cup Vegetable (partial portion)
- ▶ $\frac{1}{2}$ cup Fruit (full portion)
- ▶ 1 cup Milk (full portion)



Full portion = $\frac{3}{4}$ c

Full portion = $\frac{1}{2}$ c

Full portion = 1 cup

If a 9 - 12 Student Selects...

- ▶ **½ cup Vegetable**
(partial portion)
- ▶ **½ cup Fruit**
(partial portion)
- ▶ **1 cup Milk**
(full portion)

Full portion = 1 cup

Full portion = 1 cup

Full portion = 1 cup

Offer vs Serve Training
SY 20 - 21

Part 3

Bundling and OVS

SERVE:
Hamburger
2 oz eq M/MA
2 oz Grain

Carrot & Celery Sticks
½ cup Vegetable

Apple Slices
½ cup Fruit

OFFER:
Tater Tots
½ cup Starchy Vegetable


Milk
1 cup fl oz milk

This is not true OVS

Hawaii Child Nutrition Programs

Reimbursable Lunch? Quick Checklist

- 1) Is there a fruit and/or vegetable?
- 2) If Yes, is it at least ½ cup?
- 3) Are there 2 other meal components?
- 4) If, Yes, are they full portions?




If you can answer “Yes” to all of these questions, then the meal is reimbursable!

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Let's Practice Lunch OVS!!!

PICK 3!
Choose 1/2 cup of fruit or vegetables **PLUS** at least 2 other food groups.




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Reimbursable Lunch? **K – 8**




Beef Hot Dog in WW Bun
2 oz M/MA
1.5 oz Grains



Potato Tater Tots
½ cup Starchy Vegetable




Mixed Fruit
½ cup Fruit



REIMBURSABLE!

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Reimbursable Lunch? K – 8




Grilled Chicken Wrap
2 oz eq M/MA

WG Tortilla
2 oz Grains


Tomatoes & Beans (in wrap)
1/4 cup Red/Orange Vegetables
1/4 cup Legumes Vegetables

REIMBURSABLE!




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Reimbursable Lunch? K – 8



Cheese Pizza
1 oz M/MA
1 oz eq Grain
1/8 cup Red/Orange Vegetable




Garden Salad
1/4 cup (creditable) Dark Green Vegetable




1% Milk
1 cup fluid milk

NOT REIMBURSABLE



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Reimbursable Lunch? K – 8



Hummus
1 oz M/MA

WW Pita Bread
2 oz eq Grain

Black Bean Salsa
1/4 cup Legumes Vegetable
1/4 cup Red/Orange Vegetable
1/4 cup Other Vegetable



REIMBURSABLE!



 **Reimbursable Lunch? 9 – 12**

REIMBURSABLE!!!

 **Fish Taco**
2 oz M/MA
¼ cup Red/Orange Vegetables
¼ cup Legumes Vegetable
¼ cup Dark Green Vegetable





Fresh Apple
½ cup Fruit



Milk
1 cup Milk




 **Reimbursable Lunch? 9 – 12**

 **WG Rich Spaghetti w/Tomato Sauce**


2 oz Meat
1 oz eq Grain
3/8 cup Red/Orange Vegetable


NOT REIMBURSABLE



Whole Grain Roll
1 oz eq Grain


Fat Free / 1% Milk
1 cup fl oz Milk




 **Offer vs Serve Training**
SY 20 - 21
Part 4

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Reimbursable Lunch? 9 – 12




WG Rich Spaghetti
1 oz eq Grain



Broccoli
1 cup Dark Green Vegetable



Fresh Pineapple
½ cup Fruit



NOT REIMBURSABLE

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Reimbursable Lunch? 9 – 12



WG Rich Spaghetti w/Tomato Sauce
1 oz eq Grain
2 oz eq M/MA
3/8 cup Red/Orange Vegetables



Broccoli
¾ cup Dark Green Vegetable



REIMBURSABLE!



Fresh Orange
1/2 cup Fruit



Fat Free / 1% Milk
1 cup fl oz Milk

Hawaii Child Nutrition Programs

Reimbursable Lunch? 9 – 12



Baked Chicken
2 oz M/MA



Mashed Potatoes w/Gravy
½ cup Starchy Vegetable



Steamed Broccoli
½ cup Dark Green Vegetable



NOT REIMBURSABLE

What We're Looking For...


- ▶ Offering enough food on all reimbursable meal serving lines
- ▶ Signage posted
- ▶ Students selecting enough components/items to make a reimbursable meal



OFFER vs SERVE
The Five Meal Components for School Lunch:
Choose **at least 3** including:
1. Grains
2. Protein
3. Milk
4. Fruit or Vegetable
5. Fat Source
At Least 2 Options (Choose 2 or more)
For best nutrition, **CHOOSE ALL 5**


What We're Looking For...

- ▶ Food service staff & meal clerks are trained on OVS requirements
- ▶ Food service staff accurately judge quantities & portion sizes
- ▶ Food service staff/Meal clerks at the POS are trained and can recognize a reimbursable meal



Signage

- ▶ Signage and menus should provide clear information about allowable choices




BALANCE your day with food & play!
IT'S BREAKFAST... TAKE 4!
Choose AT LEAST 3, but for the best nutrition choose ALL 4!
1 choice MUST be 1/2 cup of fruit or vegetable.

Today's Lunch Choices
Select a complete meal by selecting foods from at least 3 groups including a 1/2 cup of fruit, vegetable, or a fruit/vegetable combination.


Protein	Grains	Milk
Fruit	Vegetables	Notes:


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 **OvS Quiz**

► Link to the Google Form Quiz


<https://forms.gle/aEcd6U5Ef8DLvYgt7>



 **QUESTIONS?**

Rachel Itano rachel.itano@k12.hi.us
 Kasey Kawamoto kasey.kawamoto@k12.hi.us
 Shirley Robinson shirley.robinson@k12.hi.us

 (808) 587-3600

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