



Go, Slow, Whoa: Frequently Asked Questions

Here are a few answers to some of the most commonly asked questions about the program.

We've introduced the Go, Slow, Whoa language into your child's school! It is meant to be a simple message that encourages students to begin talking about healthy eating and raise awareness of the importance of eating nutrient dense foods ('Go' foods) each and every day. Now, here are answers to a few important questions, we often receive from parents and community members.

Why is pizza 'slow' food at school?

Pizza served in the cafeteria has been specially formulated for school lunches. We search for products that are well accepted by children but may be modified to be a healthier food. The pizza, a favorite with students, has a white whole grain crust and is topped with reduced fat cheese and enhanced, reduced sodium tomato sauce.

How were the criteria for the school lunch items decided upon?

The nutrition services standards for individual menu items were developed using information from the USDA nutrient data base for foods, school product Nutrition Facts Labels and nutrient analysis of individual recipes. The established nutrient criteria for the percent of fat and saturated fat, added sugar and fiber (grain products only) were used to determine whether the menu item was a Go Slow or Whoa food.

How often should Go, Slow, and Whoa foods be eaten each day? Week?

The program emphasizes that all foods fit into a healthy, balanced diet. We eat Go, Slow and Whoa foods each day - the key is to emphasize 'go' foods each day and eat them most often because the healthiest foods are those that are most nutrient rich. These foods can be eaten almost anytime.

The 'slow' foods contain many essential nutrients; however, they may contain additional sugar or fat contributing additional calories to a food item. The healthiest meals and snacks are a mixture of 'go' and 'slow' foods. The program encourages students to save the 'whoa' foods as treats. These are foods that are the most calorie dense while being the least nutrient dense items.

Does the Go, Slow, Whoa program address processing of foods?

The Go, Slow, Whoa criteria does not specifically address this issue, however, we are continually looking for products that are less processed while meeting the needs and taste preferences of our student population. We gradually introduce a variety of new recipes and menu items. In addition, we provide students with a wide variety of fresh fruits and vegetables each day.

.....ZŁ Categorization of School Foods

The following criteria were established to categorize the foods served at school in reimbursable meals.

Entrée Criteria	
	<35% total fat & <25% saturated fat
	<45% total fat & <25% saturated fat
	>45% total fat & >25% saturated fat
Meat Criteria	
(Only displayed if meat items is served without accompanying entrée components)	
	<40% total fat & <25% saturated fat
	< 55% total fat & <45% saturated fat
	>55% total fat & >45% saturated fat
Cereals and Grains	
	<25% total fat, <10% saturated fat, >2g total fiber
	25-35 % total fat, <10% saturated fat, <2g total fiber
	>35% total fat, >10% saturated fat, <2g total fiber
Milk	
	1% or skim unflavored
	1% or skim flavored or 2% unflavored
	2% flavored or whole unflavored (not available for school meals)
Fruits and Vegetables	
	No sugar or fat added <i>All fresh or frozen fruits and vegetables. Canned fruit in its own juice.</i>
	Some fat or added sugar <i>Oven fried potatoes, fruit in light syrup.</i>
	More fat or added sugar <i>Deep fried vegetables, fruit in heavy syrup. (not available in school meals)</i>

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