Final 2020-25 Dietary Guidelines for Americans Policies and Instruction Memo

Date: Friday, July 29, 2022
Time: 2:30 pm

The final 2020-25 Dietary Guidelines for Americans policies and documents have been updated on the KDADS website, effective **October 1, 2022**. Please review and distribute accordingly.

1. **Field Service Manual (FSM):**
   - 4 Nutrition Services – All Sections

2. **KDADS Forms:**
   - **KS Menu Approval Sheet**, Effective October 1, 2022
   - Submit completed forms with menu and computer or meal pattern nutrition analysis two weeks prior to prior to meal preparation. Documents should be submitted to KDADSOAASCA@ks.gov.

**Resources:**
- [Nutrition Requirements of the Older Americans Act (OAA)](#) – NRCNA
- [Dietary Guidelines for Americans 2020-2025](#) – USDA and HHS
- [Dietary Guidelines for Americans and Older Adults: Toolkit for Senior Nutrition Programs](#) – Nutrition and Aging Resource Center
- [Nutrient Recommendations and Databases](#) – NIH

Please direct questions and concerns to KDADSOAASCA@ks.gov

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