

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

Gabrielle Risley, MPH, RD, LD

Older Americans Act Nutritionist
Kansas Department for Aging and Disability Services
503 S. Kansas Ave
Topeka, KS 66603