



THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs

Join the TEAM

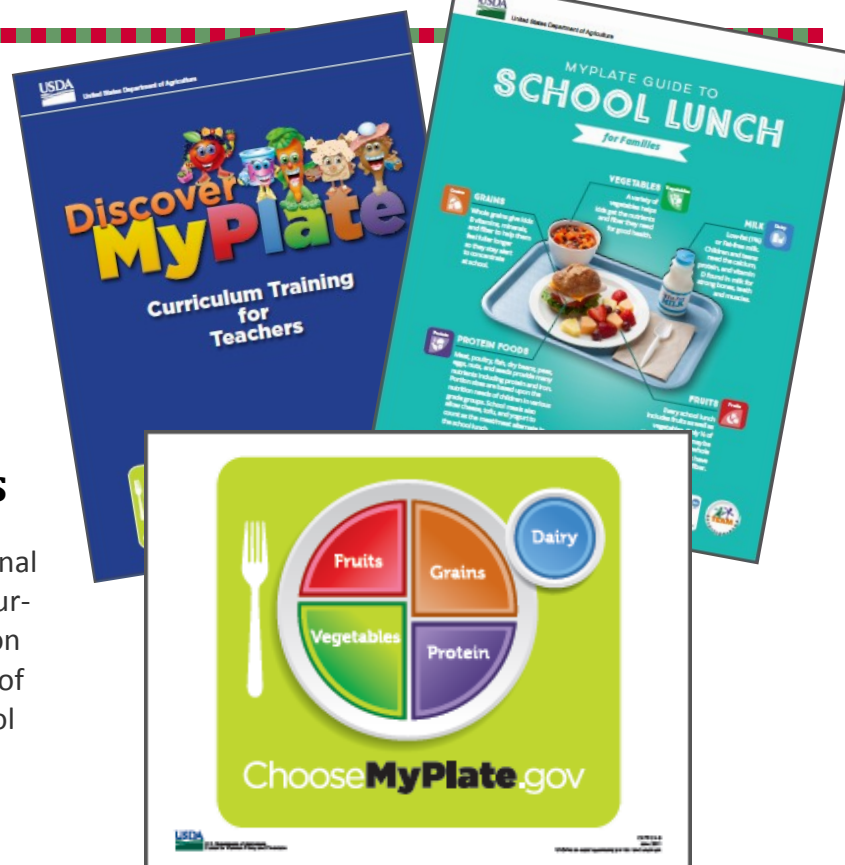
Start the New Year With Team Nutrition Resources

Schools participating in the National School Lunch Program are encouraged to sign up as Team Nutrition Schools, and join an important network of schools working towards healthier school nutrition and physical activity environments.

[Signing up to be a Team Nutrition School](#) is free and easy. Schools are asked to designate a Team Nutrition Leader and have the support of their school nutrition director and school principal.

By signing up, schools will:

- Affirm their commitment to helping students make healthier food choices and be more physically active.
- Have the opportunity to collaborate with other Team Nutrition Schools.
- Be the first to hear about new nutrition education and training materials developed under the Team Nutrition initiative.
- Receive special [nutrition education and promotion materials](#).
- Be eligible to apply for a HealthierUS School Challenge: Smarter Lunchrooms award, a vol-



Schools participating in the National School Lunch Program are invited to [sign up as Team Nutrition Schools](#). A wide variety of digital and print materials are available, including My Plate posters, curriculum training for teachers, and school lunch and breakfast fact sheets that are great for sharing with parents.

untary certification of excellence with national recognition.

- Have the opportunity for their Team Nutrition activities to be highlighted on social media and in print publications.

To read more about Team Nutrition, visit <http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>.

NEWS BRIEFS

NOMINATIONS SOUGHT

Members of the School Nutrition Association can be nominated for the Employee, Manager, and Director of the Year awards for the 2017-18 school year. Find out more on the [SNA website](#).



ONLINE NEWSLETTER

Every month, the USDA creates a newsletter highlighting new resources available to assist with coordination and operation of the Summer Meal programs. Check out the latest issue on the [USDA website](#).



CACFP TRAINING

USDA Team Nutrition is offering a new webinar series, "[CACFP Halftime: Thirty on Thursdays](#)," which will cover topics related to the updated Child and Adult Care Food Program. Next up is "Serving Milk in the CACFP" on Jan. 18.



FARM TO SCHOOLS

The USDA recently released the [Fiscal Year 2018 Farm to School Request for Applications](#). The deadline for applications is Dec. 8. For more information, visit the link above and the [Resources for Farm to School Grant Program Applicants page](#). Past news releases and award-winners are online at <https://www.fns.usda.gov/farmtoschool/grant-awards>.

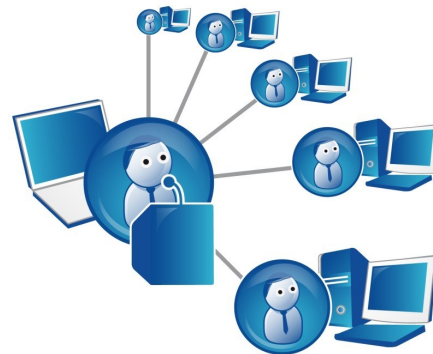


Webinar Slated for Dec. 12

You are invited to a webinar! "Updated Preschool Meal Patterns for NSLP Lunch & Snack, SBP, and Milk Requirements for Special Milk Program for Children" will be held 1-2 p.m. CST on Dec. 12.

Description: Please join the U.S. Department of Agriculture's Food and Nutrition Service staff as they discuss the updated preschool meal patterns in the National School Lunch Program (including snack service) and School Breakfast Program, as well as the updated milk requirements in the Special Milk Program, which went into effect Oct. 1. FNS will go over the updated requirements, highlight available resources and flexibilities to assist in implementation, and answer frequently asked questions.

Target Audience: State agencies and school food authorities (SFAs).



To Participate: Log on to view the webinar at 1 p.m. Dec. 12 at <https://cc.readytalk.com/r/7zavui1mv6c4&eom>. Streaming audio will be available through your computer. If you are unable to use streaming through your computer, you can call in to listen to audio via your phone at (303) 248-0285, Access Code: 6054013.

For Technical Support: Call (800) 843-9166 or email help@readytalk.com.

'Procurement for School Nutrition Programs' Next for Team Up Thursdays! Webinar Series

The **Team Up Thursdays! Webinar Series** is hosted at 2 p.m. CT every fourth Thursday of the month by USDA's Team Nutrition and the Institute of Child Nutrition (ICN).

Team Up trainings cover topics such as menu planning, financial management, and food safety.

Learn more about upcoming topics, registration, and view recorded webinars on the [ICN website](#).

Upcoming webinars:

Jan. 25: [Procurement for School Nutrition Programs](#)

Get the Smarter Lunchroom Movement Newsletter



The Smarter Lunchrooms Movement has a new e-newsletter. [Check it out online by clicking here](#) or [sign up online for future issues](#).

The latest issue features "5 Easy Ways to Get Students to Eat More Fruits." A new issue will be delivered every two months.

The Smarter Lunchroom Movement is brought to you by the Cornell Center for Behavioral Economics in Child Nutrition Program. Visit them online at <http://smarterlunchrooms.org/homepage>.

Know the Requirements for School Districts

Public Act 096-0734 (amends Public Act 095-0155), amends Section 20 of the Childhood Hunger Relief Act (105 ILCS 126/20). This amendment requires a school district to implement a summer breakfast and/or lunch program for the duration of the summer school program in all schools where 50 percent or more of the student population is eligible for free or reduced-price meals AND that have a summer school program.

This amendment applies to all schools that meet the above criteria, including those schools not currently participating in any federal Child Nutrition Program. There is an opt-out clause in the legislation, but it must be completed by Jan. 15.

[The legislation](#) along with [Question and Answers](#) are accessible [on the ISBE Website](#). For more information about Summer Meals, visit ISBE's [Summer Food Service Program](#) and [Seamless Summer Option](#) webpages.

Staff from our Nutrition and Wellness Programs Division is available at (800) 545-7892 or (217) 782-2491 for technical assistance with reimbursement or program operations.

Important Dates to Remember

Jan. 15: Deadline to submit written Opt-Out Request to your regional superintendent of schools.

Feb. 15: Deadline to develop and keep on file the district plan to conduct a summer lunch and/or breakfast program for each school where at least 50 percent of the students are eligible for free or reduced-price school meals AND that have a summer school program.



Sign up for the Summer Food Service Program training if participating in the SFSP. For more information on SFSP, visit <http://www.isbe.net/nutrition/htmls/summer.htm>.

Prior to March 1: Regional superintendent of schools must convene a public hearing to hear testimony from the school district and interested community members.

March 1: Deadline for regional superintendent to:

- Inform the school district, in writing, of his or her decision, along with the reasons why the exemption was granted or denied.
- Provide a listing to the Nutrition Programs Division of all districts that applied to opt-out, along with the affected schools, whether the exemption was granted or denied, and the reasons for the action.

Public Act 096-0734 requires all school districts in Illinois planning to operate an academic summer school or enrichment program in a building with 50 percent or more of the students eligible for free or reduced-price meals must operate a summer feeding program for at least the duration of the program.

ISBE to Release RFP for NSLP Equipment Assistance Grants

Nearly \$1,365,306 will be awarded to School Food Authorities (SFAs) in fiscal year 2018 for the replacement, renovation, or purchase of kitchen equipment that will allow them to serve healthier meals that meet the updated meal patterns, with emphasis on more fruits and vegetables in school meals, improve food safety, and expand access.

ISBE is required to competitively award these equipment assistance grants to eligible SFAs participating in the National School Lunch Program. Higher priority must be given to high-



need schools (i.e., schools in underserved areas, schools with limited access to other resources, and age of

food service equipment) where 50 percent or more of the enrolled students are eligible for free or reduced price meals.

ISBE plans to release a Request for Proposals (RFP) in early December with proposals being due in February and awardees having until June 2019 to expend funds. The RFP release will be announced on [ISBE's RFP website](#), via email to NSLP sponsors, and in next month's [Outlook newsletter](#).

If you have questions regarding the NSLP Equipment Grants, contact Shawn Backs at sbacks@isbe.net.

Free Healthier Meals Cooking Classes Available

ISBE is partnering with colleges across the state to offer free Healthier Meals Cooking Classes. Those working with the National School Lunch Program, as well as the Child and Adult Care Food Program, are welcome to attend the classes. Space is limited! Next up is "Baking and Whole Grains" at Kendall College in Chicago, offered twice on Dec. 9 and again on Dec. 10. The course is also offered in Springfield in partnership with Lincoln Land Community College and in Centralia at Kaskaskia College. Classes are scheduled in February, March, and April. The course is worth four continuing education units (CEUs).

For a detailed schedule and to register for courses, look under "Training Oppor-



tunities" at <https://www.isbe.net/Pages/Child-Adult-Care-Food-Program.aspx> and click "Healthier Meals Cooking Classes."

Please note that while this is considered the Level 3 course in Healthier Meals Cooking Classes series, the Level 1 and 2 courses are not required before taking "Level 3: Baking and Whole Grains."



The [USDA Professional Standards Training Database](#) has over 500 low-cost or free trainings for school nutrition professionals! The database provides information about each training, including how to access the training, who developed the training, learning objectives covered, and more.

‘Developing an IFB for Food Service’ Workshop Set for Dec. 5 in Springfield

ISBE’s Nutrition and Wellness Programs Division will hold the “Developing an IFB for Food Service” workshop in Springfield on Dec. 5. All school food authorities (SFAs) conducting a new procurement or considering contracting for school meal services for the 2018-19 school year are highly encouraged to attend the training.

The training is designed to assist SFAs who contract or are seeking to contract for meal services with a food service management company or meal vendor in meeting all requirements associated with the Invitation

for Bid and Contract process.

Registration begins at 8 a.m. on each of the days with training 8:30 a.m. to 4 p.m. To register, visit <https://www.isbe.net/Pages/School-Nutrition-Programs.aspx> and click on the “Training Opportunities” tab to see all upcoming events, as well as archived trainings and webinars.

Thanks to all who have already attended the workshop, which was also held last month in Effingham, Collinsville, Rolling Meadows, and Joliet.

Check Out the New Professional Standards Training Tracker Tool 2.0

On Nov. 20, the USDA released the new Professional Standards Training Tracker Tool 2.0.

This new tool provides easy navigation and user-friendly time saving features such as access to a database of trainings to auto populate training information, the ability for managers to enter trainings for multiple employees, reminder alerts for remaining annual training requirements, and notifications for annual training requirement completion.

Other great features include: running reports, editing entries, and auto-populating the school’s contact information.

Visit <https://pstrainingtracker.fns.usda.gov/> and start tracking your hours today!

Need a refresher on the requirements for Professional Standards for All School Nutrition Programs Employees? Check out this [presentation from our School Nutrition Programs Back to School Conference](#).

Rise and Shine Illinois Offers Breakfast After the Bell Grants

Start or enhance your Breakfast After the Bell program by applying for a school breakfast grant to help with the purchase of equipment, supplies, and materials to facilitate Breakfast After the Bell delivery models (such as breakfast in the classroom, grab and go, or second chance breakfast) in an effort to increase student participation in school breakfast.

For more information and to apply visit the [Rise and Shine Illinois website](#). Applications submitted between Nov. 2 and March 30 will be reviewed and awarded by April 6.



[Public Act 99-0850](#) requires every public school in which at least 70 percent of the students were eligible for free or reduced-price lunches in October of the preceding year* must operate a breakfast after the bell program. [Breakfast After the Bell](#) means breakfast is provided to children after the instructional day has officially begun and does not prohibit schools from also providing breakfast before instructional day begins.

Direct Certification Update

As of Dec. 1, the Electronic Direct Certification System will be offline. We are working to update guidance and system matching processes as it relates to the new computer system used by the state of Illinois to provide recipient benefits for SNAP, TANF, and Medicaid.

Case identification numbers (agency identifiers) for these programs have changed during this transition time and guidance will be forthcoming. The number is now nine digits in length.

Once this guidance is available, all sponsors will be notified and the system will be available. Thank you for your patience during this time.

Verification Summary Report Update

Notification of the release of the Verification Summary Report (VSR) will be sent to school food authorities when it becomes available in WINS.

As a reminder, the process of verifying household eligibility application(s) was to be completed by Nov. 15. The Verification Summary Report was due on or before Dec. 15, although the deadline has been extended to Jan. 10. Please compile and maintain data to enter.

For more information on the Verification process and the VSR, visit <https://www.isbe.net/Pages/School-Based-Child-Nutrition-Documents.aspx>.

USDA FOODS



ISBE's Nutrition and Wellness Programs Division partnered with the Illinois School Nutrition Association to hold the USDA Foods Show and Conference. Thanks to ILSNA and all who attended in Normal on Nov. 28! The PowerPoint presentations from the event will be available at www.ilsna.net.

ICS Opens for Orders Jan. 5

The Illinois Commodity System (ICS) will be ready for you to place your SY19 Annual USDA Foods Order from Jan. 5 to Feb. 18.

PLEASE NOTE FOR SCHOOLS THAT DIVERT TO PROCESSORS: All diversions must be placed by Feb. 4. The Diversion to Processor form will be locked from Feb. 5 through Feb. 11 while we compile the list of eligible processors for SY19. The diversion screen will then be unlocked from Feb.

12 through Feb. 16 for final adjustments if needed.

After Feb 16 you will not be able to change any processing diversions.

Now would be a great time to take a look at your current balances on K12 Foodservice and ProcessorLink to start preparing.

For questions, contact ISBE at (800) 545-7892 and ask for Food Distribution Program staff or email cnp@isbe.net.

Free Menu Boards, Inserts Available

Don't miss the new [Offer Vs. Serve Breakfast](#) and [Offer Vs. Serve Lunch](#) menu board inserts on ISBE's [Menu Board & Signage Resources web page](#), where you can also find monthly, daily, and weekly menu templates. The letter-sized inserts fit free menu boards

available for schools participating in the National School Lunch Program and/or School Breakfast Program.

The 26-inch by 32-inch boards are still available on a first-come, first-served basis by completing an [online form](#). Supplies are running out.



**Illinois State
Board of Education
Nutrition & Wellness
Programs Division**

100 N. First St.
Springfield, IL 62777
Phone: (800) 545-7892
Fax: (217) 524-6124
Email: cnp@isbe.net
Web: www.isbe.net

Events, Meetings, and Deadlines

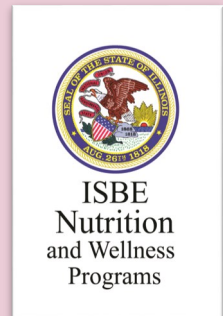
- Dec. 5 – [Developing an IFB for Food Service workshop](#), Springfield
- Dec. 9 – [Healthier Cooking Class: Baking and Whole Grains](#), Chicago
- Dec. 10 – [Healthier Cooking Class: Baking and Whole Grains](#), Chicago
- Dec. 25 – ISBE offices closed for Christmas
- Jan. 1 – ISBE offices closed for New Year's Day

Please note this is not a complete list of Nutrition Wellness Programs Division events, meetings, and deadlines. Visit us online at www.isbe.net.



What's New Online?

- [Healthier Meals Cooking Classes registration](#)
- [How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements](#)
- [Grain Requirements in CACFP: Q&As](#)
- [Feeding Infants and Meal Pattern Requirements in CACFP: Q&As](#)
- [Menu Board & Signage Resources](#)
- [Verification Information and Forms](#)



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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at <https://www.ascr.usda.gov/how-file-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or **Email:** program.intake@usda.gov.

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University of Illinois Extension

the **ABCs** of school nutrition

Professional Standards Training for Illinois School Nutrition Employees

Funding provided by the Illinois State Board of Education

Have you checked out our website lately?

AVAILABLE NOW!

Methods of Meal & Menu Planning (20 min)

Review basics of cycle menus and sources of fresh foods, plus learn considerations for planning attractive meals through key elements of presentation (e.g., texture, color, temperature).

COMING SOON!

Quality When Working With Quantity (15 min)

Understand best practices for storage and preparation in order to maximize taste, texture, and appearance of quantity recipes.

Access all of our online courses at <http://go.illinois.edu/abcsofschoolnutrition>



Welcome to the Meal of the Month Club!

Congratulations to Oakland Elementary School (Bloomington, IL) for winning November's Meal of the Month contest! The contrasting colors and textures in their Asian-inspired meal made our mouths water! Tami Walden, Cafeteria Manager, told us that their orange chicken and sauce is a commodity item while the brown rice is boxed from Uncle Ben's. The cauliflower and strawberries are from the DOD program.

Want to win \$100 of nutrition swag for your school?

Submit photos of your healthy, beautifully plated school meals to schoolnutrition@illinois.edu or share on our Facebook, Twitter, or Instagram pages!

DECEMBER ENTRIES DUE 12/15, 5:00 PM



FEATURED SCHOOL RECIPE - Sock Rockin' Chicken Chili

From the USDA Mixing Bowl: Made with chicken breast, kidney and black beans, our chili contains lots of lean protein from alternate protein sources. It also utilizes commodities such as canned tomatoes to ensure this recipe is cost effective for schools looking to add this spicy entree to their lunch menu!

Get the recipe here: <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/sock-rockin-chicken-chili>



ABCs of School Nutrition recently worked with Greenville High School (Greenville, IL) to coordinate a student-led taste test of potential new additions to their lunch menu.

Students enrolled in the Foods I preparation classes first selected and tested several USDA recipes to narrow down the choices to two under the supervision of Patti Maurer (Teacher, Family & Consumer Sciences) and Ashley Hoffman (Extension Outreach Associate).

After a practice run preparing their chosen dishes, the students

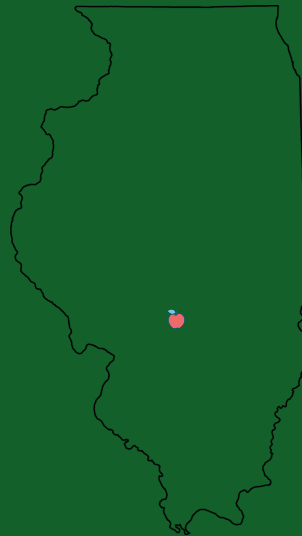


Spotlight on Success!



chopped lettuce, sliced strawberries, and put their measuring skills to the test as they made enough Rockin' Caesar Salad and Strawberry Romaine Salad for over 200 students to sample! They manned a station in the cafeteria over three lunch periods and handed out small cups of both salads. Taste test participants were then given a ticket to be used to vote for the salad they liked best.

Ultimately, Rockin' Caesar Salad rocked the vote, and it will now be added to the lunch menu rotation!



Does your district need nutrition guidance? We can help with Breakfast After the Bell, Smarter Lunchroom strategies, grant applications, staff training, and more.

E-mail us today to get connected with your local ABCs of School Nutrition staff!



STAY IN TOUCH!

E-mail: schoolnutrition@illinois.edu

Website: go.illinois.edu/abcsofschoolnutrition

Sign up for our monthly e-newsletter: go.illinois.edu/onyourtray

@ABCsNutritionIL



University of Illinois Extension

the **ABCs** of school nutrition

Professional Standards Training for Illinois School Nutrition Employees

Funding provided by the Illinois State Board of Education