



THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs

ISBE Offers ‘Wellness in Schools’ Workshops

Staff with the Nutrition and Wellness Programs Division will present a workshop related to Wellness in Schools.

This ½ day workshop will provide an overview of topics related to wellness in schools, including physical fitness and the new assessment requirements, HealthierUS School Challenge: Smarter Lunchroom Techniques, Smart Snacks, and the USDA required Local Wellness Policy.

Three locations are being offered: Lisle (March 7), Springfield (March 9) and Collinsville (March 16).

We encourage school administrators, wellness coordinators, health and physical education teachers, food service professionals, and anyone with an interest in issues impacting Wellness in Schools to attend!

A link to registration is under “What’s New?” at <https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>.



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USDA Approves Sodium Requirements Flexibility

The U.S. Department of Agriculture recently issued a policy memo on [“Flexibility for the Target 2 Sodium Requirements for School Year 2017-2018.”](#) The memo announces flexibility in meeting requirements to reduce sodium in National School Lunch Program and School Breakfast Program meals gradually over a 10-year period. Target 1 took effect on July 1, 2014, and Target 2 is scheduled to take effect on July 1, 2017.

School Food Authorities (SFAs) are still expected to comply with the timeline requirements. However, for School Year 2017-18, SFAs that are working toward compliance with Target 2 but not fully in compliance will not incur fiscal action during administrative reviews.

Please review memo SP 15-2017 at the link above for additional guidance.

Illinois School Meal Service Mandates

BREAKFAST AFTER THE BELL PROGRAM

Public schools 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 must be provided to children after the instructional day has officially begun. This mandate does not prohibit schools from additionally providing breakfast before instructional day begins.

Delivery Options

Schools may choose whatever delivery model that best suits the students, such as:

- **Breakfast in the Classroom:** Food is delivered (by staff, students or volunteers) to each classroom after school begins and students are permitted to eat breakfast in the classroom.
- **Grab and Go:** Students pick-up bagged or boxed breakfast from carts or specified areas and are permitted to eat in either designated areas or the classroom.
- **Breakfast After First:** An extended passing or breakfast period is offered in the cafeteria, following the first or second period of the day.
- Other options including serving breakfast during an early recess or outdoor lesson. As long as breakfast is offered to all students after the instructional day has begun, schools and districts have great flexibility in serving breakfast after-the-bell.

Reimbursement

To offset the cost, or a portion thereof, of the breakfast:

- State reimbursement is available through Illinois Free Breakfast Program.
- Federal (including state) reimbursement is available through School Breakfast Program.

Opt-Out Provision

District must show either:

- they are already delivering a school breakfast effectively with 70% or more of the free and reduced-price students participating in the School Breakfast Program
- or -
- due to circumstances specific to that school district, the expense reimbursement would not fully cover the costs of implementing and operating a breakfast after the bell program.
 - ◇ District must submit cost analysis to district's board of education
 - ◇ District board holds public hearing - must post date, time, place, and subject matter of meeting on its website and notifies ISBE by emailing cnp@isbe.net at least 14 days prior to the hearing
 - ◇ If board passes a resolution that district cannot afford to operate a breakfast after the bell program, district submits final resolution approving the breakfast after the bell exemption to ISBE by emailing cnp@isbe.net upon passage.

* *October data is posted annually at <https://www.isbe.net/Pages/Seamless-Summer-Option-Meal-Eligibility.aspx>*

ILLINOIS FREE LUNCH AND BREAKFAST PROGRAMS

Per 105 ILCS 125/4 and 23 Illinois Administrative Code 305.10, every public school, including public special education facilities, must have a free lunch program that provides free lunches (and free breakfasts if a school offers breakfast) to students

eligible to receive free meals. State reimbursement to offset a portion of the cost of the meal is available if a site serves a reimbursable meal to a student eligible for a free meal and the site is enrolled in the Illinois Free Breakfast and Lunch Programs. Sites participating in a federally-funded school meals program, National School Lunch Program (NSLP), and/or School Breakfast Program (SBP) are automatically enrolled in the corresponding Illinois Free Program.

SUMMER FOOD SERVICE MANDATE

Public schools in which at least 50 percent of the students were eligible for free and reduced-price lunches in October of the preceding year* AND has a summer program operating during the summer months must provide a summer breakfast and/or lunch program for the children in that community. The plan must be implemented each year so long as the above criteria are met and must operate for the duration of the school's summer school program.

Reimbursement

- Federal reimbursement to offset a portion if not all of the cost is available if a site serves a reimbursable meal to a child and site is enrolled in either the National School Lunch Program's Seamless Summer Option (SSO) or the Summer Food Service Program (SFSP).

Opt-Out Provision

- **Jan. 15** — Deadline to submit written opt-out petition 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
- **March 1** — Deadline for Regional superintendent of schools to 1) convene a public hearing to hear testimony from the school district and interested community members, 2) inform the school district, in writing, of his or her decision, along with the reasons why the petition was granted or denied, and 3) provide a listing to the Nutrition Programs Division of all districts that applied to opt-out, along with the affected schools, whether the petition was granted or denied, and the reasons for the action
- **April 1** — Deadline for the Illinois State Superintendent of Education to hear appeals on the decisions of regional superintendents of schools

* *October data is posted annually at <https://www.isbe.net/Pages/Seamless-Summer-Option-Meal-Eligibility.aspx>*

SCHOOL BREAKFAST PROGRAM

Public schools in which at least 40 percent of the students were eligible for free or reduced-price lunches in October of the preceding year* must operate a school breakfast program. Time and venue determined by school/district.

Notification

- Schools must inform families of the availability of breakfasts just prior to the beginning of the school year and throughout the school year via routine methods of communicating with families, such as website posting, weekly messages, public address system, etc.

Reimbursement

To offset the cost, or a portion thereof, of the breakfast:

- State reimbursement is available through the Illinois Free Breakfast Program.

- Federal (including state) reimbursement is available through School Breakfast Program.

Opt-Out Provision

- District must submit cost analysis to their regional superintendent of education no later than Feb. 15 of the current school year.
- By March 15 of the current school year, Regional Superintendent holds public hearing.
- If the regional superintendent does not grant an exemption, school district must operate a breakfast program in the upcoming school year in the school(s) noted - OR - the district (or a resident of the district) may appeal the decision to the State Superintendent of Education by April 15. If appealed, State Superintendent must hold hearing and state conclusion by May 15.

* *October data is posted annually at <https://www.isbe.net/Pages/Seamless-Summer-Option-Meal-Eligibility.aspx>*

News Briefs!



◆ ISBE is partnering with Action for Healthy Kids to support the organization's fifth annual [Every Kid Healthy Week](#), which is slated for April 24-28. Schools are invited to host an event during Every Kid Healthy Week or any time in April. Get started by clicking the link above!

◆ **FoodCorps Application:** As a FoodCorps service member, you can help kids learn what healthy food is, fall in love with it, and eat it every day. FoodCorps recruits talented leaders for a year of paid public service building healthy school food environments in limited-resource communities. Learn more online at <https://foodcorps.org/apply/>.

◆ **JOIN THE TEAM:** Schools participating in the NSLP are invited to sign up for [Team Nutrition](#), and join a network of schools working towards healthier school nutrition and physical activity environments.

Nominate Someone You Know

Does your district have a dynamic food service director, a cashier that puts smiles on all the students' faces, a super creative cook, or an administrative assistant that knows all the ins and outs of the National School Lunch Program regulations? The Illinois State Board of Education Nutrition and Wellness Programs Division wants to hear about them!

To coincide with [School Nutrition Employee Week](#), which is set for May 1-5, we are announcing the School Nutrition Champion Award. The award will be presented to one school nutrition champion from Illinois on May 5, which is [Super Lunch Hero Day](#).

For complete details on how to nominate someone in your school, read more under What's New? on the [ISBE Nutrition and Wellness Programs web page](#).

Each month, we will be highlighting nominees for the award in The Outlook, our monthly newsletter for school nutrition programs in Illinois. Here are some of our latest nominees:

Darla Kasperek, food service bookkeeper/administrative assistant: "Darla belongs to an elite group of employees that



SCHOOL NUTRITION CHAMPION AWARD

have stayed in one job for their entire career, as she has dedicated her life's work to the food service department in **Rich Township HS District 227.**"

Bonnie Wright, Blue Ridge School District Food Service Director: "She creates a welcoming environment for our students, produces delicious meals, and runs her program in compliance with all of the complicated rules and regulations."

Regan Petersen, Cafeteria Director in Genoa-Kingston CUSD 424: "Regan enjoys her job and comes to work every day prepared to take on her responsibilities no matter what the challenges."

Robenson Pompilus, a Kitchen Manager in Evanston Township HS District 202: "Because we are not continuously receiving deliveries, Robby does a tremendous job of floating to different stations in the department to help everything run smoothly."

Administrative Reviews Transparency Requirement

Beginning in school year 2016-17, the final rule at 7 CFR 210.18(m) and USDA policy memo SP56-2016 require the State agency to post a summary of the most recent final administrative review results for each school food authority (SFA) on the State agency's publicly available website.

The State agency will post the review report within 30 days of providing the final results of the administrative review to the SFA. The reports will be posted at

<https://www.isbe.net/Pages/School-Nutrition-Monitoring-and-Review.aspx>.

We wanted all SFAs to be aware that ISBE would be posting the review reports online. We encourage each SFA to post the review report on its website, and we welcome feedback to assist the public in understanding the content of the reports.

Visit the USDA's School Meals Policy page at <https://www.fns.usda.gov/school-meals/policy/all>.

Healthier Meals Cooking Classes Scheduled for 2017

Increase your professional skills with hands-on cooking in a state-of-the-art kitchen, and receive a certificate of completion for each completed course.

Those working with the Child and Adult Care Food Program (CACFP), the National School Lunch Program (NSLP), and the School Breakfast Program (SBP) are all welcome to attend the classes. Classes are free and available at Kendall College Culinary School in Chicago, Lincoln Land Community College Culinary Institute in Springfield, and Kaskaskia College Culinary Arts in Centralia.



Those welcome to attend include those working in NSLP and SBP.

◆ **In Level 1**, learn techniques and skills to prepare healthier menu items to increase whole grains, vegetables, and fruits. Prepare and taste-test delicious dishes at a state-of-the-art culinary training facility, using recipes from the “USDA Team Nutrition Recipes for Healthy Kids: Cookbook.”

◆ **In Level 2 – Farm to Fork**, the class begins with advanced knife skills teaching efficiency in preparation and cooking time, allowing for more scratch cooking. Recipes utilize local and fresh ingredients, accommodating substitutions easily. Discussion includes local food procurement.

◆ **In Level 3 – Baking With Whole Grains**, attendees will learn baking techniques that include weight vs. volume measurements; easy large-scale preparation and organization tips; and how to identify, cook, and store grains. The focus is on whole grains, with recipes for breakfast foods, snacks, and dips that children will love.

Space is limited! Please consider this opportunity, as this is the last round of classes scheduled. To register, check out Training Opportunities at <https://www.isbe.net/Pages/Child-Adult-Care-Food-Program.aspx>. For questions, call the Nutrition and Wellness Programs Division at (800) 545-7892.

Paid Lunch Calculator, Training Resources Available Online

The Paid Lunch Equity (PLE) Calculator for School Year 2017-18 is available online at <https://www.isbe.net/Pages/Paid-Lunch-Equity.aspx>. Also available under the “School Year 2017-18” section two training videos, “Paid Lunch Equity Explained” and “Paid Lunch Equity Excel Tutorial,” as well as a PLE PowerPoint presentation.

Paid Lunch Equity (PLE) is a requirement under Section 205 of the Healthy Hunger-Free Kids Act of 2010 for all schools with pricing programs that participate in National School Lunch Program. The purpose of PLE is to increase paid meal prices to be more equal with funds brought in from free and reduced-price meal reimbursements.

Visit <https://www.isbe.net/Pages/Nutrition-and-Wellness-Resources.aspx> for additional training videos under “School Nutrition Programs Archived Webinars,” including:

- “Indirect Costs”
- “Maintenance of Nonprofit Food Service Account”
- “Revenue From Non Program Foods”
- “Resource Management Review”

ISBE Website Gets New Look



ISBE launched a new website in December. Go to www.isbe.net and check it out! The site is mobile friendly and will make it so administrators, teachers, families and students, and communities and partners can more easily find the information they need.

The new address for the Nutrition and Wellness Programs Division is <https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>.

Bring Summer Meals to Your Community

The **Summer Food Service Program (SFSP)** is designed to provide nutritious meals during the summer months to children from areas where at least 50 percent are eligible for free or reduced-priced meals during the school year through the National School Lunch and School Breakfast Programs. **Does your area meet this criterion?** If so, consider becoming a sponsor to help bridge the gap for the children in your community. All sponsors will be required to submit the program application and monthly claims for reimbursement via the internet.

If the responsibilities of sponsorship of the SFSP are not possible, you can still participate in the program by operating a site, being a vendor, or volunteering your time. Visit our web-site at <https://www.isbe.net/Pages/Summer-Food-Service-Program.aspx> to learn more about this vital program and how you can help.

Training workshops for the Summer Food Service Program will be held at the locations listed below for organizations interested in sponsoring the SFSP during the summer of 2017. All current sponsors must attend a state training prior to the beginning of their program. Visit our web site at <https://www.isbe.net/Pages/Nutrition-and-Wellness-Resources.aspx> for workshop details, locations, times, and registration.

SFSP New Sponsor Training Schedule

- March 8, 2017, in Marion
- March 29, 2017, in Alsip
- April 12, 2017, in Peoria
- April 19, 2017, in Schaumburg
- April 26, 2017, in Fairview Heights
- May 17, 2017, in Springfield



The training sessions are designed to provide a complete overview of SFSP, including ISBE's internet-based program application and claim system. All **new** sponsors and sponsors who were new to the program last year are required to attend one of the trainings above.

SFSP Current Sponsor Training Schedule

- March 30, 2017, in Alsip
- April 27, 2017, in Fairview Heights

A webinar is also being scheduled for those current sponsors that cannot attend the workshops above. As soon as a date is set, it will be posted on the SFSP website under "Workshop Information" at <https://www.isbe.net/Pages/Nutrition-and-Wellness-Resources.aspx>.

Schools are required to work with any local sponsors to promote Summer Meals and let children and families know how to find feeding sites. For additional information, contact Amy Bianco at (800) 545-7892 or email abianco@isbe.net.



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Events, Meetings & Deadlines

- Jan. 5-Feb. 20 – [School Year 2018 Annual USDA Foods Order Period](#)
- Feb. 13 – ISBE offices closed for Lincoln's Birthday
- Feb. 17 – [Level 1 Healthier Meals Cooking Class in Springfield](#)
- Feb. 18 – [Level 1 Healthier Meals Cooking Class in Springfield](#)
- Feb. 24 – [Level 1 Healthier Meals Cooking Class in Springfield](#)
- Feb. 20 – ISBE offices closed for President'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?

- [Paid Lunch Equity Calculator, Training Videos for SY 2017-18](#)
- [Registration Begins for Wellness in Schools Workshop](#)
- [Healthier Meals Cooking Class Registration Underway](#)
- [Nominations Sought for School Nutrition Champion Award](#)

Visit the Nutrition and Wellness Programs Division at <https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>.

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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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