

# THE OUTLOOK

A Monthly Newsletter for School Nutrition Programs

## Teaming Up for Success



“Team Up for School Nutrition Success” mentors helped lead discussion about best practices related to creative menu writing, student engagement, nutrition program marketing, and more.

**T**hank you to all of the attendees and mentors who joined us at the “Team Up for School Nutrition Success” event in Springfield on June 25! And thank you to our partners for the event, the Illinois School Nutrition Association and the Institute of Child Nutrition!

# NEWS BRIEFS



## SUMMER MEALS NEWSLETTER

Every month, the U.S. Department of Agriculture's Food and Nutrition Service creates a newsletter highlighting new resources available to assist with coordination and operation of the Summer Meals Programs, including the Summer Food Service Program and the Seamless Summer Option of the National School Lunch Program. [The latest newsletter is available for sponsors](#) working to improve their programs and reach children with nutritious summer meals.

## MENU TEMPLATES

Heartland School Solutions is offering free [school menu templates for the 2018-19 school year](#). They are offered in Microsoft Word file format to allow for editing and require registration to access.

## FARM TO SCHOOL

Please join us in congratulating the two Illinois recipients of the USDA's Farm to School Grants. **Kane County** will work with the Juvenile Justice Center and community partners to expand and sustain a farm to school program piloted at the JJC facility last summer. **Pilot Light** in Chicago will expand their farm to school program to three new high schools, reaching more than 550 ninth and 10th-grade students. Their program, which pairs school meals with classroom curriculum, will highlight locally sourced food and educational opportunities in the classroom. [Read more online!](#)

# Whole Grain-Rich Product Waiver

In accordance with the U.S. Department of Agriculture's [Interim Final Rule](#), the Illinois State Board of Education is offering waivers for whole grain-rich products for the 2018-19 school year. This menu planning flexibility becomes effective July 1, 2018.

School Food Authorities that do not have approved whole grain-rich product waivers for SY 2017-18 **must** complete the formal application and submit documentation of the hardship(s) being experienced. The required [Whole Grain-](#)

[Rich Product Exemption Request is available on ISBE's website.](#)

SFAs with approved waivers for the 2017-18 school year may [complete a survey](#) if the SFA is still experiencing hardship with certain whole grain-rich product(s) and wishes to extend the waiver(s) into SY 2018-19. **Please note**, the waiver extension only applies to the specific product(s) with approved waivers for SY 2017-18; any product(s) without an approved waiver for SY 2017-18 must be submitted through the formal application.

## USDA POLICY UPDATE

### ◆ [Child Nutrition Programs' Flexibilities for School Year 2018-19](#). (6/1/18)

An interim final rule published on November 30, 2017 (82 FR 56703) provides Child Nutrition Program (CNP) operators targeted flexibilities for milk, whole grains, and sodium requirements for School Year (SY) 2018-2019. This memorandum summarizes the flexibilities that will be effective July 1, 2018. The following three flexibilities apply to SY 2018-2019 only. USDA is currently developing a final rule that will address the availability of flexibilities beyond SY 2018-19.

### ◆ [Demonstration Project for Non-Congregate Feeding for Outdoor Summer Meal Sites Experiencing Excessive Heat with Q & A](#).

(5/24/18) Through this memorandum, pursuant to the authority of section 749(g) of the Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Act, 2010 (PL 111-80), the Food and Nutrition Service (FNS) is continuing the 2017 demonstration project allowing non-congregate feeding at certain outdoor summer meal sites experiencing excessive heat for summer 2018, to develop and test alternative methods of providing access to summer meals

for low income children. Please review this guidance carefully, as some elements of the demonstration project, particularly data submission requirements, are different than in prior years. This memorandum also includes frequently asked questions regarding the administration of the demonstration project.

### ◆ [Child Nutrition Program Waiver Request Guidance and Protocol — Revised](#). (5/24/18)

This memorandum revises the current USDA Food and Nutrition Service (FNS) process for state agencies and eligible service providers seeking a waiver of statutory or regulatory Program requirements for the Child Nutrition Programs (CNPs), including the Child and Adult Care Food Program (CACFP), the Summer Food Service Program (SFSP), the National School Lunch Program (NSLP), the Fresh Fruit and Vegetable Program (FFVP), the Special Milk Program (SMP), and the School Breakfast Program (SBP). This memorandum supersedes SP 27-2017, CACFP 12-2017, SFSP 08-2017, Child Nutrition Program Waiver Request Guidance and Protocol, dated April 26, 2017.

View all policy memos for school meals on the [USDA website](#).



# BREAKFAST AFTER THE BELL

PUBLIC ACT 99-0850

## New Requirement Enters Second Year

**P**er [Public Act 99-0850](#), starting school year 2017-18, 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 all students after the instructional day has officially begun. It however, does not prohibit schools from also providing breakfast before the instructional day begins. Schools may choose whatever delivery model that best suits the students. Typical options include:

- **Breakfast in the classroom:** Food is delivered (by staff, students, or volunteers) to each classroom after school begins and students are permitted to eat 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.
- **Second-chance breakfast:** An extended passing or breakfast period is offered in the cafeteria, following the first or second period of the day.
- **Other options include** 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.



Decatur Public Schools uses the breakfast in the classroom delivery model in many of its schools.



For the breakfast in the classroom model of Breakfast After the Bell, food is delivered by staff, students, or volunteers to each classroom after school begins and students are permitted to eat in the classroom.

Both state and federal reimbursement is available if a site enrolls in the School Breakfast Program.

Schools participating in the School Breakfast Program 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.

Illinois School Meal Service Requirements: [https://www.isbe.net/Documents/schools\\_mandated\\_operate\\_sbp.pdf](https://www.isbe.net/Documents/schools_mandated_operate_sbp.pdf)

# BREAKFAST AFTER THE BELL

PUBLIC ACT 99-0850



Students in Patoka CUSD 100 participated in a Breakfast After the Bell pilot.

## A Success Story

The [University of Illinois Extension](#) has been providing technical assistance and support in piloting Breakfast After the Bell in select schools throughout the state, one of them being Patoka Community Unit School District 100. Junior and senior high students tried a grab and go model and elementary students tried Breakfast in the Classroom for two weeks. As a result from the breakfast pilot, school breakfast participation increased from 29 percent to 71 percent. State Rep. John Cavaletto was a co-sponsor of the legislation and visited Patoka during their breakfast pilot to see the program in action. [Read more here!](#)

## Tools for Success

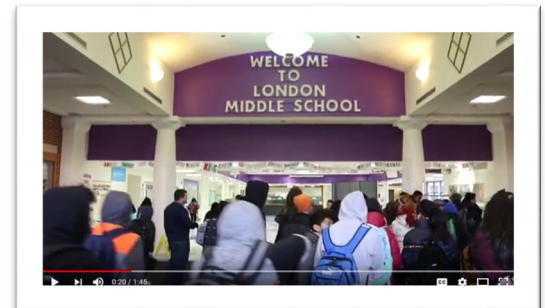
Rise & Shine Illinois offers a Breakfast After the Bell Implementation Tool Kit. The toolkit is [available on their website](#) along with other resources, including frequently asked questions, grant opportunities. Watch for an updated version of the toolkit coming soon.



The 27-page document includes resources for school nutrition staff, principals, and teachers. It features videos, including one from [Keller Elementary School in Peoria with them talking about their success with breakfast in the classroom.](#)

Other resources for Breakfast After the Bell:

- [ISBE's School Breakfast Program webpage](#)
- [Breakfast in the Classroom – District Tools, Presented by Partners for Breakfast in the Classroom](#)
- [Los Angeles Unified School District Breakfast in the Classroom](#)



[Visit Jack London Middle School in Wheeling with this video by the Greater Chicago Food Depository. Participation in breakfast has gone from 10 percent to 50 percent since implementing a grab and go model.](#)

**Districts may be relieved from the Breakfast After the Bell requirement if they demonstrate either:**

- They are delivering a school breakfast effectively, as defined by 70 percent 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, and district board passes a resolution that district cannot afford to operate a breakfast after the bell program. District must post date, time, place, and subject matter of meeting on its website; notify ISBE by emailing [cnp@isbe.net](mailto:cnp@isbe.net) at least 14 days prior to the hearing; and submit final resolution approving upon passage.



## Upcoming CACFP Webinar on 'Feeding Infants: 0-5 Months'

**O**n July 19, the U.S. Department of Agriculture's Team Nutrition initiative will present "Feeding Infants: 0-5 Months," the ninth webinar of the CACFP Halftime: Thirty on Thursdays series. Registration for this free webinar is available, using the following registration links:

- **English Webinar**, 1-1:30 p.m. CT: <https://cc.readytalk.com/r/20nxvobrpep0&eom>
- **Spanish Webinar**, 2-2:30 p.m. CT: <https://cc.readytalk.com/r/hgmz6jvrtxwy&eom>

This upcoming webinar will focus on how the Child and Adult Care Food Program (CACFP) infant meal pattern supports infant growth and development for babies ages birth through 5 months. This will include identifying and responding to an infant's hunger and fullness cues.

Attendees will have the opportunity to submit questions to the presenters and to check their knowledge through interactive polling questions. Sponsoring organizations and CACFP program operators are invited to participate.

**School nutrition professionals working with the preschool meal pattern in the National School Lunch Program and School Breakfast Program may also find these webinars helpful and are wel-**

**come to attend.**

The CACFP Halftime: Thirty on Thursdays webinar series is scheduled for the third Thursday of each month and is offered in both English and Spanish. The English webinar is held from 1-1:30 p.m. CT, and the Spanish webinar is held from 2-2:30 p.m. CT. Recordings of previous webinars and a complete list of future topics and dates can be found on the CACFP Halftime: Thirty on Thursdays webpage: <https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>.

Team Nutrition will provide certificates of participation to individuals who attend the entire 30-minute webinar. The National CACFP Sponsors Association (NCA) is also offering CACFP Halftime webinar participants the opportunity to submit and track continuing education credits. Additional information on this opportunity is available from NCA at <https://www.cacfp.org/resources/thirty-thursdays>.

The Academy of Nutrition and Dietetics Commission on Dietetic Registration has also approved this webinar for 0.5 hours of Continuing Professional Education Units (CPEUs).

Questions about the CACFP Halftime Webinar Series can be sent to [teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov).



## In Case You Missed Them

Recordings of the CACFP Halftime webinar series are available online. At just 30 minutes each, they are a great way to get free training. Previous webinars include:

- "Adding Whole Grains to Your Menu"
- "Methods for Healthy Cooking"
- Offer Versus Serve in the CACFP"
- "Serving Meat and Meat Alternates at Breakfast"
- "Meal Planning for the CACFP"
- "Choose Breakfast Cereals That Are Lower in Added Sugars"
- "Choose Yogurts That Are Lower in Added Sugars"
- "Serving Milk in the CACFP"

Visit <https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>.

## Training Worksheets Available Online

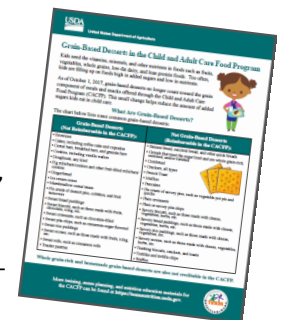
**C**heck out the U.S. Department of Agriculture's [CACFP Meal Pattern Training Worksheets webpage](#) for several new resources, including one on Grain-Based Desserts in the CACFP. This worksheet features a handy chart of grain-based

desserts not reimbursable in the CACFP and food items not considered grain-based desserts, which are reimbursable.

As of Oct. 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through CACFP.

Other new training worksheets include "Methods for Healthy Cooking," "Offer Versus Serve in the CACFP," and "Serving Meal and Meat Alternated at Breakfast"

All of the training worksheets are available in both English and Spanish.



# Bring Suppers to Schools With CACFP

## CACFP and At-Risk Afterschool Meals

The At-Risk Afterschool Meals component of the Child and Adult Care Food Program (CACFP) offers federal funding to Afterschool Programs that serve a meal or snack to children in low-income areas.

## Why streamline NSLP and CACFP?

- ◆ **Save time and paperwork:**
  - ◇ Simplified School Food Authority (SFA) application process for school districts that already participate in the School Breakfast Program or the National School Lunch Program.
- ◆ **More flexibility:**
  - ◇ SFAs can choose to use the NSLP or CACFP meal pattern.
  - ◇ SFAs will be able to provide and claim both after school snacks and suppers.
  - ◇ Meals can be served afterschool, on weekends, holidays and vacations during the school year.
- ◆ **Reimbursement:**
  - ◇ All eligible At Risk programs participants are reimbursed at the FREE rate.

## Program Eligibility Requirements

Each participating school or community location must:

- ◆ Offer educational or enrichment programming in a structured and supervised environment.
  - ◇ A wide variety of activities qualify, from tutoring to band and chess club to mentoring and life skills education. The Afterschool Meals Program may not operate for the sole benefit of competitive sports teams, but athletes may receive meals as part of a broader afterschool program that offers activities for other students. Schools can partner with other organizations to provide the activities.
- ◆ Offer meals free of charge, although they may charge a reasonable fee for the activity.
- ◆ Be within the attendance boundary of an elementary, middle, or high school where at least 50 percent of the students are eligible for free or reduced-price meals.
  - ◇ For schools taking advantage of the Community Eligibility Provision (CEP), a school is eligible (or confers eligibility on other locations within its

attendance boundary) if the identified student percentage (ISP) multiplied by 1.6 is 50 percent or higher. Although CEP allows for averages across groupings of schools, this cannot be done to determine Afterschool Meals Program eligibility.

## The Opportunity

There is a lot of flexibility to implement the Afterschool Meals Program in a way that works for your district and the schools and programs you serve. A well-structured program yields numerous benefits for the schools and afterschool programs, your foodservice program, and most importantly, the children reached.

- ◆ For schools and afterschool programs: increased interest in tutoring and other programs.
- ◆ For children: better focus and improved performance.
- ◆ For your foodservice program:
  - ◇ Increased participation at breakfast and lunch due to the relationship-building that occurs in the smaller setting after school.
  - ◇ Opportunity to test new menu items and get feedback from a smaller group.

## Understand the requirements

The USDA Afterschool Meals handbook ([https://fns-prod.azureedge.net/sites/default/files/cacfp/CNP-CACFP-AfterSchoolGuide-Interactive\\_RELEASE.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CNP-CACFP-AfterSchoolGuide-Interactive_RELEASE.pdf)) is an easy-to-read guide to the Afterschool Meals Program.

## Serving meals

- ◆ The meal can be served at any point during the afterschool program. Even though it is often referred to as a supper, afterschool program staff can determine the best time to serve the meal.
- ◆ Both a meal and a snack can be served depending on the length of the program. Afterschool programs should consider serving both if the program operates for three or more hours. Both a meal and a snack must be served separate with at least two hours between service times.
- ◆ The meals can be served hot or cold.

## Contact

Illinois State Board of Education, Nutrition Division, Child and Adult Care Food Program, (800) 545-7892 or (217) 782-2491, Christina Smith ([csmith@isbe.net](mailto:csmith@isbe.net)).

# Please Don't Delay!

## Application Required for New Program Year

The 2018-19 program year application for the School Nutrition Programs (SNP), which covers July 1, 2018, through June 30, 2019, is available in WINS and should be completed as soon as possible if you have not already done so.

Instructions for completing the application are located [on our website](#). (For those participating in the Seamless Summer Option, [please use these instructions](#).)

Districts wishing to participate in any of the programs listed below in the upcoming school year must complete the 2018-19 application: **National School Lunch Program, National School Breakfast Program, Special Milk Program, After School Snack Program, Illinois Free Lunch**

### Program, Illinois Free Breakfast Program, Seamless Summer Option.

For those who have already clicked the “renew application” button in WINS, you will need to make sure to change your program year to 2018 when claiming meals or milk for April, May and/or June.

If you are in a contractual arrangement for your food service, make sure to submit all renewal documentation before the current contract ends. You can email documentation or questions to [cnp@isbe.net](mailto:cnp@isbe.net).

The Illinois State Board of Education’s Nutrition Division can be reached at (217) 782-2491.

## New Household Eligibility Application Materials Available

The new Household Eligibility Application (HEA) for School Year 2018-19 is available on our [Household Eligibility Resources page](#). This includes the application form, instructions, and template letter to households. The document includes Income Eligibility Guidelines effective from July 1, 2018, to June 30, 2019.

Near the beginning of each school year, the letter to household, HEA, and instructions (Form 68-06) announcing

the availability of nutrition programs must be distributed to all households, except students that are directly certified. Please note it is not acceptable to

only post the HEA on a website and require households to download and print the HEA for sub-

***Fiscal Year 2019 Income Eligibility Guidelines are available [on the ISBE Website](#).***

mission.

Please review the [“Certification of Eligibility – Processing of HEAs”](#) section of our [School Nutrition Programs Administrative Handbook](#) for additional guidance.

## Help Applicants Find Their Case ID Number

School staff that process Household Eligibility Applications (HEA) are often times asked for assistance by households that receive SNAP or TANF benefits, but do not know their case ID number.

Click on the [IL DHS Office Locator](#) (<http://www.dhs.state.il.us/page.aspx?module=12>) and select the office type of Family Resource Community Center, and then the county. Contact information for the DHS office could then be shared with the household to contact them to obtain their SNAP/TANF case id number. School staff can locate this contact information and keep it handy as they gear up for the HEA processing period.





**Illinois State  
Board of Education  
Nutrition Division**

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Email: [cnp@isbe.net](mailto:cnp@isbe.net)  
Web: [www.isbe.net](http://www.isbe.net)

## Events, Meetings, and Deadlines

July 4 – ISBE offices closed for Independence Day

July 19 – CACFP Halftime: Thirty on Thursdays

[“Feeding Infants: 0-5 Months” webinar](#)

Aug. 6-7 – [School Nutrition Programs Back to School Conference](#)

Please note this is not a complete list of Nutrition Division events, meetings, and deadlines. Visit us online at [www.isbe.net/nutrition](http://www.isbe.net/nutrition).



## What’s New?

- [FFVP Selected Schools for School Year 2018-19](#)
- [SY 2018-19 HEA Documents](#)
- [CACFP: June/July Issue of Mealtime Minutes](#)
- [2018 Summer Food Service Program Handbook](#)
- [Paid Lunch Equity Tool and Exemption for School Year 2018-19](#)
- [Program Year Annual Application WINS Instructions](#)
  - ◇ [WINS Instructions With Seamless Summer Option](#)

Watch for our latest news and posts under What’s New? at [www.isbe.net/nutrition](http://www.isbe.net/nutrition).



## Non-Discrimination Statement

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*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](mailto:program.intake@usda.gov).

*This institution is an equal opportunity provider.*



July 2018

## MEAL OF THE MONTH CONTEST...

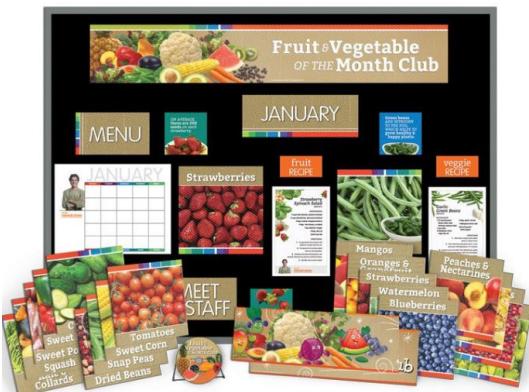


**LET US RECOGNIZE AND REWARD YOU FOR WORKING HARD TO  
FEED STUDENTS WHEN SCHOOL'S OUT!**

Send us a photo of a meal you serve  
(breakfast, lunch, or dinner) and get entered to win a  
Fruit and Vegetable of the Month Super Bulletin Board  
Kit from LearningZoneXpress, valued at \$119.95!

**ENTRIES DUE BY 8/1,  
5:00 PM**

To enter the contest, send your  
SUMMER meal pictures to  
[schoolnutrition@illinois.edu](mailto:schoolnutrition@illinois.edu) or share  
with us on social media!



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## We had a great time meeting school nutrition professionals at the ILSNA Conference in Springfield!



*Whitney Ajie (Project Coordinator), Leia Flure (Marketing & Communications Coordinator), and Kayla Swaar (SNAP-Ed Educator) greeted attendees at the ABCs of School Nutrition booth.*



*Whitney Ajie shared information about USDA Professional Standards trainings for schools and other technical assistance that University of Illinois Extension can provide.*

University of Illinois Extension staff held sessions on childhood obesity (presented by Marilyn Csernus, Nutrition and Wellness Educator) and culinary math (presented by Leah Erke, Extension Outreach Associate).



*Leah Erke helped participants understand the math behind kitchen tasks like recipe costing, measurement conversions, and more.*



*Participants practiced calculations step-by-step and then checked their answers.*

**Did you miss us at ILSNA?  
Catch us at ISBE's Back to School Conference in August!**





**LEARNING  
INSTITUTES**

## **JOIN US THIS SUMMER!**

ABCs of School Nutrition Learning Institutes are FREE workshops held at a central location, where staff from many schools come together for USDA Professional Standards training.

Registration now open for **July 24** in Oregon, **August 2** in Lanark, and **August 10** in Centralia!

**Click here for more information and to sign up to receive notifications when we add more dates and locations around the state.**

## **FEATURED RECIPE: Chicken/Turkey Tacos**

Tap into the customization trend by having students build their own tacos with lettuce, tomato, and shredded cheese.

Make it a real fiesta by decorating the lunchroom, and consider making Taco Tuesday a recurring theme!

**Click here for the recipe!**



# NEW ON OUR WEBSITE

## RECENT MINI-COURSE ADDITIONS:

Hazard Analysis Critical Control Points (30 minutes credit; USDA Professional Standards 2610, 2620)

Vegetables in School Foodservice (15 minutes credit; USDA Professional Standards 1300)

Food Allergies (15 minutes credit; USDA Professional Standards 1160)

## COMING SOON:

Meat/Meat Alternates in School Foodservice (15 minutes credit; USDA Professional Standards 1300)

**If you have trouble accessing our courses, printing your completion report, or have other issues, please e-mail us!**

[Click here to access our website now!](#)



## STAY IN TOUCH!

Website: [go.illinois.edu/abcsofschoolnutrition](http://go.illinois.edu/abcsofschoolnutrition)

E-mail: [schoolnutrition@illinois.edu](mailto:schoolnutrition@illinois.edu)

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