

THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs

Complete Your 2018 Application

Districts wishing to participate in any of the programs listed below during Program Year 2017-18, must complete the 2018 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

This application covers July 1, 2017, to June 30, 2018, and is now available in the Web-based Illinois Nutrition System (WINS) which can be accessed by logging in IWAS. [Click here for instructions](#) for accessing and completing your 2018 annual application. Instructions are also available in the WINS system under the blue and yellow question mark.

When you are in the WINS system you may notice a button that says "Renew Application"; clicking this button will start the 2018 Annual Application renewal. If you are not yet ready to complete your 2018 application, we recommend waiting to click that Renew Application button. If you clicked the Renew Application button in error, you can always come back and complete the application when you are ready using the instructions.

If you contract with a Food Service Management Company


(FSMC), vendor or another school for your food service, ensure that you have submitted a copy of your contract to our office for approval. Preapproval of your contract will provide for a more streamlined annual application process. If you have not yet started your contract process, please do so as soon as possible. Please follow the three step process provided at the following website: <https://www.isbe.net/Pages/Meal-Services-Contracts.aspx>. Please remember that all contract renewals must be submitted prior to the end of the current contract. You can submit your contract via email to kshelton@isbe.net. You can still complete your annual application without your contract approved, however the application will be in a pending status. Once your contract is received, reviewed and approved we will enter it into the system and your annual application will be approved.

Please note that once you have clicked the Renew Application button in WINS, the system will default to Program Year 2018. If you are going into WINS to complete a March, April, May, or June claim you will need to change the program year at the top of your screen to 2017 in order to access those claims. If you have any questions, please contact our office at cnp@isbe.net or via phone at (217) 782-2491 or (800) 545-7892 (Illinois only).

Web-based Illinois Nutrition System

WINS Questionnaire

Steps to Completion



School-based Nutrition Programs

Instructions for completing Program Year 2017-18 application are at the <https://www.isbe.net/Documents/WINS-FY18app-instructions.pdf>.

NEWS BRIEFS



FUEL UP TO PLAY 60!

Looking for funding to improve the healthy eating and physical activity opportunities at your school?

Learn more at [Fuel Up to Play 60](#).

Up to \$4,000 per year is available to qualified K-12 schools enrolled in **Fuel Up to Play 60** to jumpstart healthy changes. The deadline to apply is Wednesday,

June 14, 2017.



SNA CONFERENCES

There is still time to sign up for the School Nutrition Association's annual national conference, which is set for July 9-12 in Atlanta. Visit [SNA online](#) for registration information and conference details.

The Illinois School Nutrition Association's annual conference is also just around the corner June 20-22 in Tinley Park. [Register today online](#).

NEW RECIPES



Find menu inspiration with U.S. Department of Agriculture standardized recipes. [Team Nutrition's](#) new kid-friendly standardized recipes help bridge the gap from winter to spring by offering a variety of delectable dishes that range from cozy cups of soup to scrumptious vegetable blends. Get planning at <https://www.fns.usda.gov/tn/main-dishes>.

SUMMERTIME

Summer break is here for many students! [Team Nutrition Summer Resources](#) are designed to help kids and families have a healthy break and get excited about eating healthy and being active during the summer months. These ready-to-use resources can be used by schools and in community settings. All of the summer resources are available in English and Spanish.

ISBE Working on Waiver Process for Whole-Grain Rich Products and Milk for School Year 2017-18

The USDA issued the "School Meal Flexibilities for School Year 2017-2018" memo on May 22, announcing that state agencies may offer specific exemptions for the National School Lunch Program and School Breakfast Program.

This memo provides guidance to state agencies on an exemption process for whole-grain rich products and low-fat flavored milk. The memo also states that the sodium requirements will remain at Target 1 for School Year 2017-18 and

schools are encouraged to continue to work towards creating low-sodium menus that students enjoy. The memo in its entirety is online at <https://www.fns.usda.gov/school-meals/school-meal-flexibilities-sy-2017-18>.

ISBE's Nutrition and Wellness Programs Division is working with the U.S. Department of Agriculture to develop a waiver process for whole grain-rich requirements and low-fat, flavored milk for SY 2017-18. Please watch for further announcements on the process once it is developed and approved.

Documents Address Proper Procurement Methods and Federal Standards for NSLP

There have been many questions and discussions about proper procurement methods and federal procurement standards that apply to the National School Lunch Program.

To assist with these questions, ISBE has posted the following documents for clarification.

USDA Memo SP 05-2017

This memorandum provides general guidance on the various procurement groups the U.S. Department of Agriculture's Food and Nutrition Service has identified, how to use each group in a way that complies with federal procurement standards, and supersedes SP 35-

2012, Procuring Services of Purchasing Cooperatives, Group Purchasing Organizations, Group Buying Organizations, etc., dated June 12, 2012. This memorandum applies to all Child Nutrition Program operators.

USDA Clarification of Group Purchasing Organizations

This letter is provided from the USDA Food and Nutrition Service Midwest Region in response to clarify the USDA Memo SP 05-2017 in greater detail especially for a Third Party Purchasing.

Both of these documents can be found at the following website: <https://www.isbe.net/Pages/Nutrition-and-Wellness-Contract-Information.aspx>.



Check out these [Summer Food Service Program fact sheets](#) (in English and Spanish) for ideas how your organization can help feed kids when school is out.

Accommodating Special Dietary Needs in School Nutrition Programs

The question of whether a child has a disability for purposes of making modifications to School Meal Program meals was simplified by the ADA Amendments Act of 2008. Most physical and mental impairments now constitute a disability. The central concern for School Food Authorities should be ensuring equal access to Program benefits for children with disabilities.

The U.S. Department of Agriculture recently released “Accommodating Disabilities in the School Meal Programs: Guidance and Questions and Answers” to provide practical guidance related to accommodating disabilities in the School Meal Programs. Highlights include the expansion of the definition of a disability, changes to the physician’s statement form, updates to school meal accommodation policies, and promotion of a team approach to reviewing an accommodation request. This document, along with a revised Physician Statement, is posted at <https://www.isbe.net/Pages/School-Nutrition-Special-Dietary.aspx>.

Further discussion regarding school meal accommodations will take place at the School Nutrition Programs Back to School Conference on Aug. 2-3 at the Crowne Plaza in Springfield. Registration is at <https://www.isbe.net/Pages/SNPB2S.aspx>.



View all policy memos for the National School Lunch Program, School Breakfast Program, and the Special Milk Program: <https://www.fns.usda.gov/school-meals/policy>

USDA Announces Verification Response Rate Challenge

The USDA Food and Nutrition Service recently announced its Verification Response Rate Challenge. SFAs can share success stories and innovative ideas on increasing household response rates in the annual verification process for school meals. The goal is to encourage dialog, refine ideas, and implement strategies that work. Please [click on this link](#) to see details. The deadline to submit entries is June 15.

Every year, SFAs process about 5 million free and reduced-price meal applications. Of those, thousands of applications are chosen for eligibility verification, and notices are sent to the households asking them to confirm their eligibility (e.g. provide income documentation). In school year 2015-2016, 40 percent of households that were contacted for verification did not respond to verification requests. The households that did not respond became ineligible for meal benefits, even if they met the income requirements.

Blog Celebrates School Nutrition Success

The new ABCs of School Nutrition blog highlights programs across Illinois. A recent post introduces us to Cindy Singley, the cafeteria manager and head cook at Chid-dix Junior High School in Normal. She was selected as a School Lunch Hero.

A nominator wrote, “Cindy is my hero because despite all obstacles she endeavors to make our lunchroom a great place for our students... She constantly is looking for ways to make the menu healthy yet inviting for our students and she [always] listens... Her bubbly attitude and goal to make our Great Hall truly great is contagious to all.”

The blog also features #Mealsof theMonth from Palatine CCSD 15 and Thomas Middle School and Arlington Heights SD 25. Other posts celebrate Smarter Lunchroom success at Granite City High

INSIDE THIS ISSUE

Don't miss University of Illinois Extension's **The ABCs of School Nutrition** four-page update at the end of this issue.

School, Grigsby Intermediate School, and Peoria Heights Grade School.

You can find the University of Illinois Extension ABCs of School Nutrition blog on the [ISBE School Nutrition and Wellness Champions page](#) under the “Resources for Recognition and Best Practices.”

The University of Illinois Extension partners with ISBE to be a provider of professional development opportunities for school nutrition professionals across the state. Visit <https://extension.illinois.edu/abcsofschoolnutrition/>.

Meet Our School Nutrition Champion!

Sandra Duniphan, the cafeteria manager for Pontiac-William Holliday School District 105 in Fairview Heights, is the recipient of the Illinois State Board of Education's School Nutrition Champion Award. This is the first year for the award from the agency's Nutrition and Wellness Programs Division.

Duniphan was nominated by Julie M. Brown, the district's superintendent. In her nominating letter she wrote, "Sandra has an excellent relationship with the cafeteria department employees, teachers, parents, and students. I can't imagine how different life would be in our district without Sandra being a part of it. She truly is one of a kind and goes above and beyond to excel in everything she, and her department, do!"

Supt. Brown also praised Duniphan for her versatility ("Not only is Sandra the cafeteria manager, but she also cooks, cashiers, and cleans on a daily basis."), her professional development efforts, and several awards and contests Sandra has won, includ-



SCHOOL NUTRITION CHAMPION AWARD

ing the Gold Award in the Smarter Lunchroom Assessment and the Show Us Your Dairy Spirit Award from the St. Louis District Dairy Council. Brown also cited her enthusiasm to volunteer in her free time and her ability to keep up with rules and regulations to provide food choices that are both healthy and enjoyable.

"To gather feedback and suggestions from students, she has a suggestion box and has met with a student committee to discuss this and review some of the guidelines she has to follow. The menu is always changing, offering favorites, adding new items, and eliminating those that weren't such a hit with students," Supt. Brown wrote.

The School Nutrition Champion Award was announced on [School Lunch Hero Day](#) (May 5), which is part of School Nutrition Employee Week. A selection committee reviewed nominations received from across the state. Anyone could nominate a school nutrition professional for the award.

Healthier Meals Cooking Classes Offered in June

Kendall College Culinary School in Chicago will host three Healthier Meals Cooking Classes in June. The sessions of "Baking and Whole Grains" are set for June 3 and June 4. Two classes will be offered on June 3 (8 a.m. and 1 p.m.) and one on June 4 (8 a.m.). The class will also be offered at 10 a.m. June 7 in Springfield through Lincoln Land Community College.

Attendees get the opportunity to increase their professional skills with hands-on cooking in a state-of-the-art kitchen and receive a certificate of completion for the 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.**

To register for the courses, look under "Training Opportunities" at <https://www.isbe.net/Pages/Child-Adult-Care-Food-Program.aspx> and click "Healthier Meals Cooking Classes."

Space is limited! Please note that while this is considered the Level 3 course in the Healthier Meals Cooking Class series, the Level 1 and 2 courses are not required before taking "Level 3: Baking and Whole Grains." For questions, call the Nutrition

Registration Underway for New CACFP Meal Pattern Trainings

The Illinois State Board of Education is partnering with the Institute of Child Nutrition and the U.S. Department of Agriculture to host a series of one-day workshops to review the new Child and Adult Care Food Program meal patterns that take effect Oct. 1, 2017.

The workshops are set for 8 a.m. to 5 p.m. each day and offered twice in each location. Lunch will be provided. Training dates and locations are:

- June 6 or 7 in Schaumburg
- June 13 or 14 in Springfield
- June 20 or 21 in Lisle
- June 27 or 28 in Collinsville

Due to limited spacing, we are limiting registration to a maximum of two participants from each sponsoring organization/RCDT agreement number. Therefore, please select no more than two key staff members to attend one workshop. Training documents and additional resources can be found at www.theicn.org/cacfpmp.

Civil Rights and Farm to School Pages Get Updates on the ISBE Website

Have you been out to the [Nutrition & Wellness Programs webpage](#) recently? If you have not, we would recommend taking a few minutes and checking out a few of the updates. We have updated the [Civil Rights page](#) to include a new and improved Civil Rights brochure with an updated look.

The information is the same, except a few minor wording changes that help to make the brochure applicable to all of the Child Nutrition Programs, including School Nutrition Programs, Child and Adult Care Food Program, and the Summer Food Service Program. We have also added a civil rights annual training-tracking log to help you track information about your training. This form is not required but could be a useful tool.

Additionally, the [Farm to School webpage](#) has had a name change; it is now the Farm to Child Nutrition Programs (F2CNP) to include the Child and Adult Care Food Program and the Summer Food Service Program. When you have a few minutes stop by the F2CNP page, check out all of the great resources available to schools, childcare centers, and summer sites.



Reminder: CEP Enrollment Deadline June 30

Community Eligibility Provision (CEP) provides schools that participate in the National School Lunch Program (NSLP) and participate in or are initiating a School Breakfast Program (SBP) for the 2017-18 school year with an alternative method for counting and claiming student meals in high poverty local educational agencies (LEAs).

LEAs electing to participate in CEP agree to serve all students lunches AND breakfasts and no charge for four successive school years. Those that wish to participate in CEP for SY 2017-18 must have the CEP Agreement, CEP Participation Listing, and supporting documentation to the Illinois State Board of Education's Nutrition and Wellness Programs Division no later than June 30, 2017.

Enrollment and identified student data must be as of April 3, 2017 (As April 1, 2017 is on a weekend). Evaluation worksheets are also available so that you can determine if CEP is the right choice for your schools. [Complete information is available online.](#)

If you have any questions regarding CEP, please contact Roxanne Ramage (rramage@isbe.net) at (800) 545-7892.

Illinois-Iowa 2017 School Wellness Conference Set for Nov. 3

The Illinois-Iowa 2017 School Wellness Conference, hosted by Action for Healthy Kids, is set for 8 a.m. to 3 p.m. Thursday, Nov. 2, in Rock Island. Conference sessions will highlight successful school health and wellness-related outreach in schools, innovative projects that improve the overall health of the school community, and emerging issues impacting school health and wellness.

[Registration is underway online](#) for School Wellness Conference. Early bird registration ends Sept. 15. If interested in sponsorship and exhibitor opportunities, see the Call for Exhibitors on the registration website. For questions, contact Ryan Monroe at rmonroe@actionforhealthykids.org.



BREAKFAST AFTER THE BELL

PUBLIC ACT 99-0850

New Requirement Launches SY 17-18

Per [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.

Assistance with determining whether or not your district meets the 70 percent threshold is available at



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



Decatur Public Schools

www.isbe.net/nutrition/pdf/schools_mandated_operate_sbp.pdf. 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.

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!](#)

Team Up for Success

Half-day “Team Up for School Breakfast Success” trainings were held in May in Decatur, Collinsville, and Lisle. During those meetings, guidance, technical assistance and the sharing of best practices on the implementation of the School Breakfast Program, specifically on the [Breakfast After the Bell mandate](#) were shared. Resources that were discussed and shared include the [Playbook: Breakfast After the Bell 2017 Implementation Toolkit](#) from Rise and Shine Illinois.

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

Other resources for Breakfast After the Bell include:

- [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 Program](#)



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 at least 14 days prior to the hearing; and submit final resolution approving upon passage.

Local Wellness Policy



Q&As

Recently the USDA released a Question and Answer document specifically on the requirements of the Local Wellness Policy. As you know, there have been some updates to the requirements for your Local Wellness Policies (LWP) and those requirements need to be in effect by June 30, 2017. For up to date information on the requirements for your updated LWP, visit our [LWP webpage!](#) The website has a variety of resources to assist you, including a new LWP recorded training module, a link to the full USDA Q&A's, links to sample and model wellness policies and more! Here are a couple of highlights from the USDA Q&A document.

Q: Who is responsible for developing the local school wellness policy?

A: The LEA is responsible for developing a local school wellness policy (7 CFR 210.31(a)). This responsibility is placed at the local level so that LEAs have flexibility to address the unique needs of each school under their jurisdiction. In an effort to foster transparency and inclusion, LEAs are required to allow parents, students, SFA representatives, teachers of physical education, school health professionals, the school board, school administrators, and members of the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy (7 CFR 210.31(c)(5)). While the LEA is ultimately responsible for developing the local school wellness policy, a best practice would include having each school, within the LEA, customize the policy at the local level.

Q: Are small schools and Residential Child Care Institutions (RCCIs) expected to have a wellness policy?

A: All schools that participate in the school meal programs are expected to have a wellness policy, including small schools and RCCIs. While there are no exclusions in the law based on the size of a school or institution that participates in the meal programs, these institutions are encouraged to develop a wellness policy that meets the unique needs of their population. Because of the responsibility that RCCIs have in providing nutrition and physical activity to children in residence, it is important that RCCIs implement wellness policies that will support the health and development of their residents.

Q: Does the wellness policy requirement apply to private schools, including religious private schools, and charter schools?

A: Each LEA must establish a local school wellness policy for all schools participating in the NSLP and/or SBP under its jurisdiction (7 CFR 210.31(a)). This includes any private schools, religious private schools, and charter schools that participate in the school meals programs. Any schools, including private and non-public charter schools, that do not participate in the school meals programs, may develop their own wellness policy, or the governing board could develop one for all affiliated schools. Such schools are not required to follow the local school district's local school wellness policy.

School Nutrition Programs Back to School Conference

“Putting the Pieces Together”

Aug. 2 and 3, 2017

Attention School Nutrition

Professionals: Get ready for the new school year with a free two-day conference presented by the ISBE’s Nutrition and Wellness Programs Division.

Sessions include:

- New staff orientation
- Breakfast and lunch menu planning
- Community Eligibility Provision
- Procurement and resource management
- Special dietary accommodations
- USDA Foods
- Local wellness policies
- Food safety
- USDA Smart Snacks
- Farm to Schools
- Verification and Summary Report



WHERE:

[Crowne Plaza Hotel](#)
3000 S. Dirksen Parkway
Springfield, IL 62703
(844) 499-0565

WHEN:


- Pre-Conference, 7:30-9:30 a.m.,
Wednesday, Aug. 2
- Day One, 10 a.m. to 5 p.m.,
Wednesday, Aug. 2
- Day Two, 7:30 a.m. to 3 p.m.

EARN up to 13.45 trainings
hours!

MORE INFORMATION:

[https://www.isbe.net/Pages/
SNPB2S.aspx](https://www.isbe.net/Pages/SNPB2S.aspx)

Register at <http://www.surveymonkey.com/r/2017SNPB2S>.

Email cnp@isbe.net or call (800) 545-7892 for questions. #SNPB2S 



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

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

ISBE Events, Meetings & Deadlines

- June 3 – [Healthier Cooking Class: Baking and Whole Grains, Chicago](#) (2 classes)
- June 4 – [Healthier Cooking Class: Baking and Whole Grains, Chicago](#)
- June 6, 7 – [CACFP Meal Pattern Training, Schaumburg](#) (2 one-day classes offered)
- June 7 – [Healthier Cooking Class: Baking and Whole Grains, Springfield](#)
- June 13, 14 – [CACFP Meal Pattern Training, Springfield](#) (2 one-day classes offered)
- June 20, 21 – [CACFP Meal Pattern Training, Lisle](#) (2 one-day classes offered)
- June 27, 28 – [CACFP Meal Pattern Training, Collinsville](#) (2 one-day classes offered)
- June 30 – [Community Eligibility Provision application deadline](#)

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?

- [SNP SY 2017-18 WINS Application Instructions](#)
- [SNP USDA School Meal Programs Verification Response Rate Challenge](#)
- [Fiscal Year 2018 Income Eligibility Guidelines](#)
- [Requesting a School Water Testing Waiver](#)

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

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.

This institution is an equal opportunity provider.





the **ABCs** of school nutrition

Professional Standards Portal for Illinois School Nutrition Employees

Make plans to join us this summer!



**LEARNING
INSTITUTES**

Our Learning Institutes are
FREE one-day workshops
providing 6 hours of USDA
Professional Standards credit
for the 2017-2018 school year.

Choose from two educational tracks:

Using Your School Menu as
Your Secret Weapon:
Menu Planning, Purchasing,
and Food Presentation


OR

Spice and Everything Nice:
Reducing Sodium in School
Meals without Sacrificing
Flavor

Learn more and register at: goo.gl/r5CR8z

GIVEAWAYS | TASTINGS | ACTIVITIES | NETWORKING

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University of Illinois Extension

the **ABCs** of school nutrition

Professional Standards Portal for Illinois School Nutrition Employees

Funding provided by the Illinois State Board of Education

What's New on the Website?

RECENTLY ADDED Online Offerings

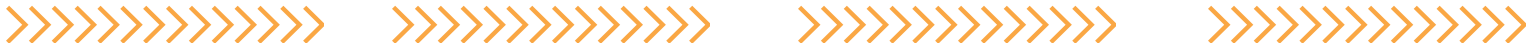
Academic Success: What Do Diet and Physical Activity Have to Do with It? (15 minutes credit)

This mini-course discusses diet and physical activity and how it ties into academic success and cognitive performance.

Salt? Who Needs It! Taking Advantage of Spices and Flavor to Satisfy Tastebuds (30 minutes credit)

In this course, we review strategies to reduce sodium in school meals, cooking techniques to add flavor without salt, how to use herbs and spices, and more!

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



Meal of the Month Photo Contest

Congratulations to Crestwood School (CUSD #4, Paris, IL) for winning May's Meal of the Month photo contest! Students were sure to stay full and satisfied with their garden fresh salad with grilled chicken, whole grain breadstick, grapes, tater tots, and low-fat milk.

Win up to \$100 of nutrition swag for your school, plus bragging rights! Post your school meal photos on our social media accounts or e-mail to schoolnutrition@illinois.edu every month to enter!



FEATURED SCHOOL RECIPE – Fun Fruit Breakfast Pizza

Perfect for summer meal programs, this recipe uses seasonal fresh fruit and is decorated like the American flag!

Get the recipe here: <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/fun-fruit-breakfast-pizza-usda-recipe-j-050-cacfp>



WE ARE EXCITED TO ANNOUNCE OUR

School Lunch Hero Contest Winners!



PAM KILMER & DONNA WATERS
OLYMPIA NORTH ELEMENTARY SCHOOL
DANVERS, IL



the **ABCs** of school nutrition



In honor of School Nutrition Employee Week (May 1-5) and School Lunch Hero Day (May 5), we held a contest on our Facebook and Twitter and asked for School Lunch Hero nominations from around the state.

Pam Kilmer (Cook, left) and Donna Waters (Cafeteria Manager, right) of Olympia North Elementary School (Olympia CUSD #16, Danvers, IL) were named as co-winners and will each be receiving a prize pack from ABCs of School Nutrition to thank them for their efforts.

Donna and Pam were nominated in SEVEN separate entries by their colleagues, who had a lot of great things to say about them. They were nominated as a duo because as one nominator wrote, "Donna and Pam are a cohesive unit." Another stated, "I know we were supposed to pick only one, but it would be impossible to do this for our school." Jeanne Pierce, Library and Technology Assistant, notes that running the cafeteria at their school is "a huge job for just two people to do and yet they get it done in style."

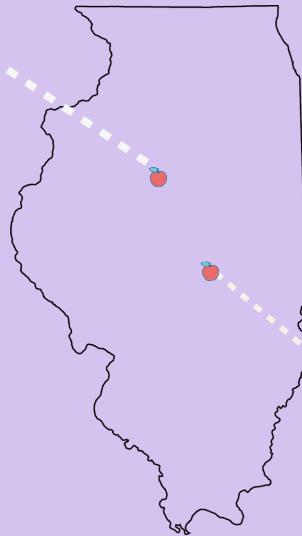
[Read more about this dynamic duo on our blog!](#)

Connect with us on social media to stay up to date on contests and giveaways!

Spotlight on Success!



At the start of SY 2016-2017, Food Service Director Suzanne Cranford noticed that students were throwing away significant amounts of the healthy foods they had started to offer at Peoria Heights Grade School. Too busy chatting with friends and getting excited for recess, students were missing out on a nutritious meal and some were misbehaving, causing them to lose out on recess and become disruptive in class. Who knew that a golden spatula could be a game-changer? Read more about the incentive program that turned it all around!



School nutrition staff from Okaw Valley School in Bethany participated in a professional development training offered by Mary Liz Wright, UI Extension Nutrition & Wellness Educator. After the training, staff were inspired to implement a new "Grab and Go" option for their reimbursable lunch menu. Students love the fact that they don't have to stand in line, and lunch participation has increased by 20-30 students each day!



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
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