



# THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs

## ‘Team Up for School Breakfast Success’

### ISBE plans meetings to discuss Breakfast After the Bell

**I**SBE’s Nutrition and Wellness Programs Division will host a “Team Up for School Breakfast Success” meeting at three locations statewide this spring to share information about the School Breakfast Program and the requirements of Breakfast After the Bell mandate ([Public Act 99-0850](#)), as well as sharing best practices for implementation.

#### Dates and Locations

- May 4 in Lisle
- May 9 in Collinsville
- May 11 in Decatur

All schools are invited to attend. More information about the Breakfast After the Bell mandate is available online at <https://www.isbe.net/Pages/Childhood-Hunger-Relief-Act.aspx>.

If you would like to join the discussion, register today at <http://webprod1.isbe.net/cns/calendar/asp/eventlist.asp>. For questions, please contact School Nutrition Program staff at (800) 545-7892 or [cnp@isbe.net](mailto:cnp@isbe.net).

### USDA SBP MEAL PATTERN HIGHLIGHTS



For the [School Breakfast Program](#), all grains offered must be whole grain rich.



Each grade group has a weekly requirement of 5 cups of milk, with a required daily serving of 1 cup for SBP.



One cup of fruit (or vegetable) is required daily for all age groups. Be sure to get more details in the “Menu Planning and Meal Pattern Requirements” section of our [Administrative Handbook](#).



It isn't too early to be thinking about getting a good start on the 2017-18 school year. Save the date or sign up today for the ISBE's School Nutrition Programs Back to School Conference on Aug. 2-3.

## ISBE Planning Free School Nutrition Programs Back to School Conference

**R**egistration is underway for the School Nutrition Programs Back to School Conference. The free conference, "Putting the Pieces Together," will be presented Aug. 2-3 by ISBE's Nutrition and Wellness Programs Division at the Crowne Plaza Springfield.

The conference is for new and veteran school nutrition professionals and will cover a wide range of topics. Attendees can get ready to start the new school year off right and earn annual training hours required for school nutrition program employees by the U.S. Department of Agriculture.

The conference kicks off at 7:30 a.m. Wednesday, Aug. 2, with three pre-conference session choices: new staff orientation, food handler (train the trainer), and Illinois Physical Fitness and Data Reporting Requirements.

First day sessions (10 a.m. to 5 p.m.) include those on menu planning, the Community Eligibility Provision, procurement, resource management, WINS, special dietary accommodations, meal counting and claiming, and more. Registration opens at 9:30 a.m. with a welcome session at 10 a.m.

The second day (7:30 a.m. to 3 p.m.) includes sessions on USDA Foods, local wellness policies, USDA Smart Snacks, food safety, Farm to Schools, and more. See the tentative agenda online, hotel details, and additional information at <https://www.isbe.net/Pages/SNPB2S.aspx>.

Register online at <https://www.surveymonkey.com/r/2017SNPB2S>. For questions, email [cnp@isbe.net](mailto:cnp@isbe.net) or call (800) 545-7892.

# ISBE Ready to Announce School Nutrition Champion Award

**T**hank you to everyone who took the time to nominate someone for ISBE's School Nutrition Champion Award. The nomination period concluded April 3, and the award will be presented to one school nutrition champion from Illinois on May 5, which is [Super Lunch Hero Day](#).

Nominees have been featured each month in The Outlook. Here are two of the latest nominees:

**Sheryl Bagley,**  
district head cook

**for Okaw Valley CUSD 302:** "Sheryl has met the demands of the new nutrition rules head-on. She is very concerned about meeting the demands while providing lunches the elementary students will eat."

**Kari Perkins, Food Service Director for Urbana School District 116:** "Kari was instrumental in the recent renovation of our high school cafeteria and kitchen. She has also single-handedly applied for and been awarded grants to assist us in purchasing much-needed equipment for our programs."



**SCHOOL  
NUTRITION  
CHAMPION  
AWARD**

## USDA and ICN Release CACFP Meal Pattern Requirements Training Materials

**T**he U.S. Department of Agriculture's Food and Nutrition Service (FNS), in conjunction with the Institute of Child Nutrition (ICN), announced the release of the Child and Adult Care Food Program (CACFP) Meal Pattern Requirements training materials to the new CACFP Meal Pattern Resources webpage. Access these materials by visiting [www.theicn.org/cacfpmp](http://www.theicn.org/cacfpmp).

Please keep in mind that the training materials are considered a living document. This means, as more policy guidance becomes available, the materials will be updated to reflect the latest guidance. Therefore, prior to using these training materials, make sure to download the most current version on ICN's Web site. Revised training files will be marked with the date of revision and a list of changes made to the training materials.

The USDA also released "[Updated Meal Pattern Requirements Q&As](#)" on March 10. This document, additional Q&As (grain requirements, vegetable and fruit requirements, and feeding infants) and other resources can be found under "Nutrition Information" on [ISBE's CACFP page](#).

CACFP is funded by the USDA and administered by the Illinois State Board of Education. (The Illinois Department of Aging administers the adult care portion of the program.) For questions, email ISBE's Nutrition and Wellness Programs Division at [cnp@isbe.net](mailto:cnp@isbe.net) or call (800) 545-7892.

In case you missed it, the April/May issue of the Mealtime Minutes e-Newsletter is online at [https://www.isbe.net/Documents/Nutrition\\_Newsletter/mealtime-0417.pdf](https://www.isbe.net/Documents/Nutrition_Newsletter/mealtime-0417.pdf).

## CEP Enrollment Deadline Set for June 30

**C**ommunity 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](mailto:rramage@isbe.net)) at (800) 545-7892.



# SFAs to Submit Procurement Survey With Procedures and Code of Conduct Documents

**S**chool Food Authorities must submit Procurement Procedures and Code of Conduct documents by May 31 to the Illinois State Board of Education's Nutrition and Wellness Programs Division as part of a procurement survey in a pre-re-review step. ISBE is required to monitor SFAs to ensure purchases meet federal procurement statutes/executive orders, and ensure federal regulations are followed as outline in 7 CFR 210.21(c) and

2 CFR part 200. As a pre-review step, SFAs are required to update their Code of Conduct for financial procurement and develop detailed Procurement Procedures as required in 2 CFR part 200.

The [Illinois Association of School Boards](#) has provided examples of acceptable Code of Conduct and detailed Procurement Procedures in the March issue of PRESS. Contact IASB to inquire about a copy. The stated PRESS sample materials are only for

public schools that have a paid subscription. Private Schools and public schools without a subscription can visit our website at <https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx> for examples.

Watch for further instructions before submitting materials. Anticipate an email to SFAs the first week of May. If you have questions or need additional assistance please call our office at (800) 545-7892 or email [cnp@isb.net](mailto:cnp@isb.net).

## Illinois SFSP Sponsor Receives USDA 'Turnip the Beet' Award

**T**he Illinois State Board of Education's Nutrition and Wellness Programs Division is pleased to announce that one sponsor from Illinois is a recipient of the U.S. Department of Agriculture's "Turnip the Beet" award for Summer Meal Programs. Congratulations to Northern Illinois Food Bank for a Gold award, the highest honor available.

Northern Illinois Food Bank is one of just 49 recipients across the country for the new award. Three Turnip the Beet award levels (Gold, Silver, and Bronze) were available.

The Turnip the Beet program was created to showcase sponsors who are going above and beyond to ensure that children in their care are receiving high-quality meals that are both nutritious and appetizing.

USDA Summer Meal Programs include the [Summer Food Service Program](#) and the [Seamless Summer Option](#) within the [National School Lunch Program](#). ISBE administers the programs, which are funded by the USDA.

All awardees will receive a certificate and will be recognized in the April edition of the FNS Summer Newsletter. Gold awardees will also be featured in an upcoming USDA blog post and identified as Turnip the Beet winners on USDA's Capacity Builder (<https://www.fns.usda.gov/capacitybuilder>).



## Resources Available for Local Meal Charge Policy Requirement

**O**n April 4, the U.S. Department of Agriculture's Food and Nutrition Service hosted a webinar titled, "Unpaid Meal Charges: Local Charge Policy Requirement." The webinar provided an overview of the local charge policy requirement and shared best practices for successful policy development. The webinar recording is now posted on the FNS Unpaid Meal Charges Webpage: <https://www.fns.usda.gov/school-meals/unpaid-meal-charges-local-charge-policy-requirement>.

The requirement for school food authorities (SFAs) to establish a local charge policy is outlined in SP 46-2016: Unpaid Meal Charges: Local Meal Charge Policies. To view the memorandum, please see: <https://www.fns.usda.gov/unpaid-meal-charges-local-meal-charge-policies>.

SFAs may also refer to the best practice guide, "Overcoming the Unpaid Meal Challenge: Proven Strategies from Our Nation's Schools," for tips on developing an effective meal charge policy. The guide includes several policy development checklists SFAs may use to ensure their charge policies address key components recommended by FNS. To view the guide, please see: [https://www.fns.usda.gov/sites/default/files/cn/unpaidmealcharges\\_guide.pdf](https://www.fns.usda.gov/sites/default/files/cn/unpaidmealcharges_guide.pdf).

Other resources related to this topic may be found on FNS' Unpaid Meal Charges Webpage: <https://www.fns.usda.gov/school-meals/unpaid-meal-charges>.

# Summer Meals! Spread the Word

**I**SBE's Nutrition and Wellness Program's Division requests the help of School Food Authorities to cooperate with Summer Food Service Program sponsors to inform families of the availability and location of free summer meals for students when school is not in session. SFAs are strongly encouraged to inform families of the availability and location of free summer meals through the Summer Seamless Option as well. What can schools do to help?

- Download and distribute program flyers: <https://www.isbe.net/Pages/Summer-Food-Service-Program-Resources.aspx>
- Post and share the texting hotline information: Text "FoodIL" to 877877 (For Spanish, text "ComidasIL")
- Publicize the National Hunger Hotline to your community, (800) 359-2163. Families can use the hotline to find summer meal sites.
- Check out the USDA SFSP Outreach Toolkit. Visit <http://www.summerfood.usda.gov/Outreach.htm>.

ISBE teams up with partners and sponsors to offer free meals to children each summer at more than 2,000 sites across Illinois. Participants can call (800) 359-2163, text "FoodIL" to 877-877, or visit [SummerMealsIllinois.org](http://SummerMealsIllinois.org) to find the closest meal sites. ISBE's partners, No Kid Hungry and the Illinois Hunger Coalition, staff the hotline and texting numbers, referring families to feeding sites during the summer months.

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## Learn the History of School Nutrition Programs in the U.S.

**W**e all work with the School Nutrition Programs

(SNP) everyday, preparing and serving meals to students, but have you ever wondered where it all started?

Visit the [Institute of Child Nutrition online](http://www.instituteforchildnutrition.org) to see a timeline of the evolution of the National School Lunch Program.



## Update on Physical Fitness Assessment Data Reporting

**S**tarting in the second semester of this school year, schools must begin administering physical fitness assessments using either FitnessGram or for students with disabilities, the Brockport Physical Fitness Test in the following four areas: Aerobic Capacity (grades 4-12), Flexibility (grades 3-12), Muscular Endurance (grades 3-12) and Muscular Strength (grades 3-12).

Then, by June 30 of each year, districts must ensure the aggregate results of these assessments (number of students meeting Healthy Fitness Zone or Needs Improvement by gender and grade for 5, 7 and 10 only) are reported electronically to ISBE through the Student Health Data: Physical Fitness system, which is now available in IWAS. To assist with gaining access to this system as well as with entering data, please download the User Guide at [https://www.isbe.net/Documents/PhysicalFitness\\_IWAS\\_User\\_Guide.PDF](https://www.isbe.net/Documents/PhysicalFitness_IWAS_User_Guide.PDF).

For general information on physical fitness assessment requirements, there is an Illinois-specific template for collecting and tallying student data as well as a Q&A with links to training materials and a snapshot of data to be reported to ISBE under "QUICK LINKS" at <https://www.isbe.net/EnhancedPhysicalEducation>.

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## Three Illinois Teachers Earn National Awards From SHAPE America

**P**lease join us in congratulating Illinois educators who earned half of the six 2017 National Teacher Awards presented by SHAPE America (Society of Health and Physical Educators).

Melinda Wilson of Curie Metropolitan High School earned the dance education award, Andrew Milne of New Trier High School is the health education recipient, and Linda Carlson Oak Park & River Forest High School won the high school physical education category.

Read more at <http://www.shapeamerica.org/pressroom/2017/2017-national-teachers-of-the-year.cfm>.

## News Briefs!



◆ The **Midwest Dairy Council** recently shared two new nutrition education resources on the DASH Eating Plan tools. “**The DASH Eating Plan: Make Small Changes to Create a Healthier You**” is a PowerPoint presentation for a consumer audience. Following the presentation, the “**The DASH Eating Plan**” handout can be used to help participants start planning the small changes they will make to add DASH foods to their diet. The PowerPoint presentation and the handout are available for download on the [MidwestDairy.com](http://MidwestDairy.com) website.

◆ Preventing norovirus illnesses and managing food allergies are two critical components of any school’s food safety plan. Electronic versions, in English and Spanish, of “**The Stomach Bug Book**” and “**The Food Allergy Book**” are available on the U.S. Department of Agriculture’s Food and Nutrition Service website at [www.fns.usda.gov/ofs/food-safety-resources](http://www.fns.usda.gov/ofs/food-safety-resources). Let’s grow food safety!



◆ The St. Louis District Dairy Council is accepting applications for the 2017-19 school year for Dollars for Dairy grants. Schools can earn up to \$2,000 to promote three servings of dairy every day. The deadline to be considered for funding is June 19. To get started, visit <http://www.stldairyCouncil.org/Community-Programs/Dollars-For-Dairy/>.

# Farm to School News

## TELL YOUR STORY

The Illinois Farm to School Network (IFSN) is looking for stories about farm to school programs in our state. If you know of a school that utilizes a garden, or a food service manager or head cook who buys local or regional produce for the cafeteria, ask them to share their story with IFSN. They are looking for stories from Illinois schools, partner groups, and organizations.

Connect with IFSN on their [website contact form](#). When you share this request on social media, or share the fantastic stories to come, be sure to use the hashtag #ILF2SStories.

## UPCOMING WEBINAR

Do you know about the many ways to incorporate Farm to School into your meal program? IFSN has programs you can build on to connect your meal program to wellness goals and your school community. Learn about the many ways to add a fun and beneficial Farm to School program to your district!

A webinar is set for 2-3 p.m. Tuesday, May 16. Join from your computer, tablet or smartphone at <https://>



[global.gotomeeting.com/join/769305381](http://global.gotomeeting.com/join/769305381) or dial in on your phone: (646) 749-3122, Access Code: 769-305-381.

## FARM TO SCHOOL SUCCESS

The [Economic Research Service \(ERS\)](#) recently released a report identifying the key drivers for successful farm to school programs. Farm to school programs bring regional and local foods to child nutrition programs and provide students educational opportunities such as farm visits, taste test, and gardening.

Read the full report, [Daily Access to Local Foods for School Meals: Key Drivers](#) and check out the [2015 Farm to School Census data](#).

## USDA Issues Guidance on CEP and Exams

**T**he U.S. Department of Agriculture’s Food and Nutrition Service recently released information regarding eligibility criteria for students requesting Exam Fee Reductions and Waivers for Advanced Placement (AP) Exams, Scholastic Aptitude Tests (SAT), and American College Testing (ACT) Exams. This guidance is intended for students in Community Eligibility Provision (CEP) schools.

Visit [ISBE’s CEP webpage](#) for links to the guidance, which can be located under the “CEP Training Resources and Forms” tab. The new guidance is also available on the [FNS website](#) along with additional CEP resources.



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>



# 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?

Have you visited our website lately? We've got a lot to offer!



#### *Online Courses*

- \*Self-paced modules
- \*15-30 minute recorded webinar-style trainings

#### *Resources*

- \*Compiled links to partner sites, toolkits, and best practices, and grant applications

#### *Calendar*

- \*Information on upcoming trainings conducted in person by your local Extension staff



### Meal of the Month Photo Contest

Congratulations to Thomas Middle School in Arlington Heights for winning April's Meal of the Month photo contest! We loved the beautiful plating of their made-from-scratch Rainbow Rice with Chicken, served with fresh cucumber slices and ripe strawberries.

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](mailto:schoolnutrition@illinois.edu) every month to enter!



### FEATURED SCHOOL RECIPE – Rainbow Citrus Salad

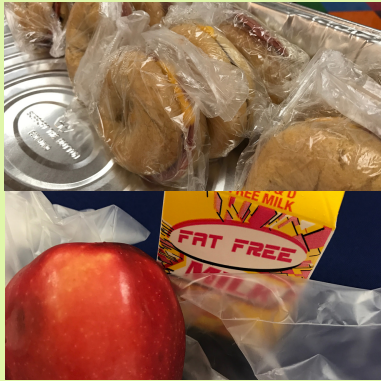
Jazz up your vegetable offerings with this award-winning crunchy salad from the Recipes for Healthy Kids Competition! This recipe makes 50 half-cup servings.

Get the recipe here: <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/rainbow-citrus-salad>





## Spotlight on Success!



We recently visited East St. Louis District 189, where they piloted the Grab & Go model prior to implementing their Breakfast After the Bell program for SY 2017-2018. As students arrived to school, they stopped by a table to select their breakfast before going to class. They chose between a warm ham and cheese bagel sandwich (pictured) or cereal, plus milk and an apple to complete the meal. ABCs of School Nutrition staff in Madison, Monroe, and St. Clair counties continue to provide support and technical assistance to District 189.



UI Extension Outreach Associate Ashley Hoffman has been working with Patoka CUSD 100 to implement Smarter Lunchroom strategies to promote white milk. In March 2017, students who drank white milk at lunch one day had their pictures taken and became "White Milk Super Stars." Kindergarten and 1st grade students also colored cow and milk coloring sheets. Finally, Hoffman provided taste testings of strawberry banana smoothies to over 200 students. They were a big hit!



**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](mailto:schoolnutrition@illinois.edu)

Website: <http://go.illinois.edu/abcsofschoolnutrition>

Sign up for our monthly e-newsletter: [http://eepurl.com/csOT\\_9](http://eepurl.com/csOT_9)

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## Events, Meetings & Deadlines

- May 4 – [Team Up for Breakfast Success](#) in Lisle
- May 9 – [Team Up for Breakfast Success](#) in Collinsville
- May 11 – [Team Up for Breakfast Success](#) in Decatur
- May 17 – [SFSP New Sponsor Training](#) in Springfield
- May 29 – ISBE offices closed for Memorial 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](http://www.isbe.net).

### REMINDER:

[Illinois School Nutrition Association](#)'s annual conference June 20-22 in Tinley Park and the [SNA](#) national conference is July 9-12 in Atlanta.

## What's New Online?

- [School Nutrition and Wellness Champions](#)
- [SNP Back to School Conference registration](#)
- [FY 2018 Income Eligibility Guidelines](#)
- [Community Eligibility Provision application](#)
- [SNP Menu Board Order](#)

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

## the ABCs of school nutrition

Professional Standards Portal for Illinois School Nutrition Employees

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://www.isbe.net/Pages/School-Nutrition-Programs.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](mailto:program.intake@usda.gov).

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