



# THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs

# USDA FOODS

## IT'S SHOWTIME!

**R**egistration is underway for the **USDA Foods Show and Conference**, hosted by ISBE and the Illinois School Nutrition Association (ILSNA). The event is scheduled for 8:30 a.m. to 3:30 p.m. **Nov. 28**, at the Parke Regency Hotel (1413 Leslie Drive) in Bloomington.

The show includes educational sessions that qualify for training hours as well as the opportunity for school nutrition staff to see and taste new products. Attendees can earn up to 3.25 professional development continuing education units for the sessions.

Registration begins at 7:45 a.m., followed by a welcome session and the following topics: Illinois Commodity System, USDA Foods, Diverting USDA Foods to Processors, DOD Produce, USDA Food Buying Guide and the Recipe Analysis Worksheet, and an ISBE Update. The USDA Foods Show wraps up the day-long event from 12:30 to 3:30 p.m.

**[Register online today.](#)**



Illinois  
State Board  
of Education

### DID YOU KNOW?

[USDA Foods provides healthy foods to schools by ...](#)

- **Purchasing** more than 2 billion pounds of food from American farmers each year.
- **Meeting** strict food safety and nutrition standards and using 100% American grown foods.
- **Providing** high quality meals to more than 30 million students a day.
- **Adding** versatility and being an economical way to provide our nation's children with appealing meals.

### RESOURCES

- [USDA Foods Toolkit for Child Nutrition Programs](#)
- [ISBE's Food Distribution Webpage](#)

# NEWS BRIEFS

## STUDENT OPPORTUNITY

Looking for a creative student project? The Made By Milk 2017 Carton Construction Contest asks a team of students to repurpose milk cartons into a work of art. Entries are due Nov. 15. Find out more on the [Made By Milk website](#).



## USDA NEWSLETTER

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



## SNA WEBINARS

The School Nutrition Association offers a Webinar Wednesdays series. Next up is "Best of #ANC17 3 of 3: USDA Hot Topic: Meal or No Meal: Offer Vs. Serve Simplified" at 1 p.m. Central Time on Nov. 8. For more information, visit the [SNA website](#).



## CACFP TRAINING

USDA Team Nutrition is offering a new webinar series, "CACFP Halftime: Thirty on Thursdays," which will cover topics related to the updated Child and Adult Care Food Program. Next up is "Choose Yogurts That Are Lower in Added Sugars" on Nov. 16.



# Water Refresher

**W**ATER DURING MEAL SERVICE: Schools participating in the National School Lunch Program must make potable water available to children at no charge in the place where lunch meals and afterschool snacks (if school participates in the Afterschool Snack Program) are served during the meal service.

There are a variety of ways that schools can implement this requirement. For example, schools can offer water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Whatever method is used, the water must be available without restriction in the location where meals are served.

While potable water is required to be made available to students, it is not considered part of the reimbursable meal and students are not required to take the water. Although, reimbursement is not available for this requirement, reasonable costs associated with the provision of potable water would be an allow-

## New Drinking Water Fact Sheets Available

Check out these [new fact sheets from the National Drinking Water Alliance](#):

**Healthy Hydration** teaches the benefits of drinking water in place of sugar-sweetened beverages.

**Effective Access to Water in Schools** shows nine ways water can be provided and promoted in a school cafeteria.

**Drinking Water Safety in Schools** provides an overview of steps to take to ensure tap water safety.

able expense to the non-profit food service account.

## USDA Releases Revised Meal Pattern Comparison Chart

**T**he U.S. Department of Agriculture's Food and Nutrition Service recently released the revised Child Nutrition Programs Meal Pattern Comparison Chart. This document reflects updates in the meal patterns.

A link to this guidance, "How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements," is available under "What's New?" on [ISBE's Nutrition and Wellness Programs Division webpage](#).

This chart only addresses meals served to children age 1 year and older as well

as adults. It does not address the infant meal pattern requirements in the Child and Adult Care Food Program and National School Lunch Program and School Breakfast Program. The chart is based on the updated CACFP meal patterns and the updated pre-school meal patterns in the School Nutrition Programs. The updated meal patterns went into effect Oct. 1, 2017.

View policy memos for the National School Lunch Program, School Breakfast Program, and the Special Milk Program on the [USDA website](#).

# Schools Meet HealthierUS School Challenge: Smarter Lunchrooms

**P**lease join us in congratulating new HealthierUS School Challenge: Smarter Lunchrooms program recipients in Illinois!

**Namaste Charter School** recently earned a Gold Award of Distinction. The Chicago Public School District 299 school is among only 31 schools to earn the highest distinction in the award program since it was introduced in 2004.

**Crestwood School** in Paris, Ill., earned a Bronze level award. Crestwood is in Paris Community Unit School District 4. Also earning the Bronze award is Paris Union School District 95, which includes **Carolyn Wenz Elementary School, Mayo Middle School, and Memorial Elementary School.**

The U.S. Department of Agriculture's HealthierUS School Challenge: Smarter Lunchrooms is a voluntary certification initiative recognizing those schools enrolled in the USDA's Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity. There are four levels of HealthierUS School Challenge certifications that schools can earn: Gold Award of Distinction, Gold, Silver, and Bronze. Award-winning schools receive a monetary incentive (Bronze, \$500; Silver, \$1,000; Gold, \$1,500; Gold Award of Distinction, \$2,000), an award plaque, and a banner to display in the school.

To qualify for an award, a school must submit an application and meet basic criteria set by the USDA Food and Nutrition Service and Smarter Lunchroom Movement techniques. The criteria reflect the recommendations of the 2010 Dietary Guidelines for Americans and the recommendations published by the Institute of Medicine for foods that should be served outside the organized school meals program. HealthierUS Schools also must demonstrate commitment to a healthy school environment and implement a local school wellness policy. Schools then commit to meeting the criteria throughout a four-year certification period.

A [complete list of HealthierUS School Challenge: Smarter Lunchrooms award-winners in Illinois](#) is available online. The recognition program is administered in Illinois by ISBE. For more information about the program, visit the [HUSSC homepage](#).

## IS YOUR LUNCHROOM SMART?

**T**he [Smarter Lunchrooms Movement](#) champions the use of evidence-based, simple low and no-cost changes to lunchrooms that can improve participation and decrease waste. Schools complete a Smarter Lunchrooms Self-Assessment as part of the application HealthierUS School Challenge: Smarter Lunchrooms award program process. Here are a few highlights from [the checklist](#):

- ☐ Sliced or cut fruit is available daily. *(Students are more likely to eat fruit that is convenient and easy to eat.)*
- ☐ Vegetables are offered on all service lines. *(Students are far more likely to take a vegetable if it is within arm's length.)*
- ☐ White milk is displayed in front of other beverages in all coolers. *(Students usually opt for what they see first when it comes to food selection.)*
- ☐ Creative, descriptive names are used for featured items on the monthly menu. *(What would you rather eat: Rice With Vegetables or Zesty Fiesta Rice Bowl?)*
- ☐ Attractive, healthful food posters are displayed in dining and service areas. *(Suggestive selling works.)*
- ☐ Nutrition education is incorporated into the school day. *(Students will be better equipped to make healthy choices.)*

# Sign Up for ‘Developing an IFB for Food Service’ Workshops

**I**SBE’s Nutrition and Wellness Programs Division will hold the “Developing an IFB for Food Service” workshop in five locations starting next month. All school food authorities (SFAs) conducting a new procurement or considering contracting for school meal services for the 2018-19 school year are highly encouraged to attend the training.

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

Dates and locations offered are:

- Nov. 7 in Effingham
- Nov. 14 in Collinsville
- Nov. 28 in Rolling Meadows
- Nov. 29 in Joliet
- Dec. 5 in Springfield

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

## Team Nutrition Offers Webinars on Updated CACFP Meal Patterns

**S**ponsors in the Child and Adult Care Food Program are encouraged to register for free training offered by the U.S. Department of Agriculture’s Team Nutrition. The new webinar series, “CACFP Halftime: Thirty on Thursdays,” will cover important topics related to the updated meal patterns.

The webinars will be held on the third Thursday of the month. Next up is “Choose Yogurts That Are Lower in Added Sugars” on Nov. 16. A webinar in English will be held from 1-1:30 p.m. Central Time. A Spanish version is offered 2-2:30 p.m. A webinar on “Serving Milk in the CACFP” is slated for Jan. 18.

The webinars are for sponsoring organizations, CACFP providers and program operators, and state agencies. Others who work with CACFP are welcome to attend.

For more information and to register, visit the [CACFP Halftime Webinar page](#). All webinars will be recorded and made available at a later date on the USDA Team Nutrition website: <https://teamnutrition.usda.gov>.

Additional resources on the updated meal patterns for CACFP can be found on [ISBE’s website](#), under the “Meal Pattern Requirements and Nutrition Information” tab. They include helpful tip sheets on [serving milk](#), [choosing yogurts](#), [choosing breakfast cereals](#), and more.

## Healthier Meals Cooking Classes Set

**I**SBE recently announced more Healthier Meals

Cooking Classes. Those working with the Child and Adult Care Food Program, the National School Lunch Program, and the School Breakfast Program are welcome to attend the free classes.



“Baking and Whole Grains” will be offered in Springfield in partnership with Lincoln Land Community College, in Chicago at Kendall College, and in Centralia at Kaskaskia College. Courses are scheduled for this month, February, March, and April.

For a detailed schedule and to register for courses, look under “Training Opportunities” at <https://www.isbe.net/Pages/Child-Adult-Care-Food-Program.aspx> and click “Healthier Meals Cooking Classes.”



# Farm to School Grants Available

**T**he U.S. Department of Agriculture's Office of Community Food Systems released the [Fiscal Year 2018 Farm to School Request for Applications](#) on Oct. 4. The deadline for applications is Dec. 8.

In this funding cycle, the USDA anticipates awarding approximately \$5 million in grant funding to support efforts that im-

prove access to local foods in schools. Grant funds will be made available on a competitive basis, subject to availability of federal funds. Applicants may apply for a planning grant, implementation grant, or training grant. Planning grant awards will range from \$20,000 to \$50,000, implementation grant awards will be from

\$50,000 to \$100,000, and funding for training grants is expected to range from \$20,000 to \$50,000.

For all three types of grants, the federal share of a project cannot exceed 75 percent of the total cost of the project, as required by the Healthy Hunger-Free Kids Act of 2010. Therefore, the applicant must provide at least 25 percent of the costs of the total project. The total project cost is the federal grant request amount plus the applicant match.

For more information, visit the link above and the [Resources for Farm to School Grant Program Applicants page](#). Past news releases and award-winners are online at <https://www.fns.usda.gov/farmtoschool/grant-awards>.



## ISBE Seeks Nominations to Attend Produce Safety University

**I**SBE's Nutrition and Wellness Programs Division is looking for nominations to attend Produce Safety University (PSU), a one-week, all expenses paid training course offered to local school district partners. A limited number of Illinois school district partners may be nominated to attend.

Participants must have a current role in training school foodservice staff at the school district and school levels. Participants will be expected to teach others about the subject matter learned using the comprehensive training materials provided to all attendees.

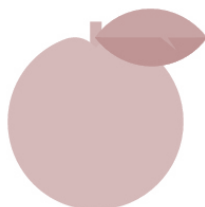
Nominees are encouraged to select the nearest training in order to reduce time and cost of travel and facilitate regional networking. **Produce Safety University 2018 will be June 4-8 in Chicago.** Other dates and locations are March 19-23 in Davis, Calif., April 16-20 in Atlanta, May 21-25 in Baltimore, and July 23-27 in Philadelphia.

If you are interested in being nominated to attend PSU, please submit a letter of intent including approval from your district superintendent (This is required, due to PSU being a week-long commitment) to Roxanne Ramage ([rramage@isbe.net](mailto:rramage@isbe.net)) as soon as possible but no later than Nov. 20. For questions, please email or call (800) 545-7892.

More information about PSU may be found online at <https://www.fns.usda.gov/ofs/produce-safety>.

## Apples4Ed Offers Healthy Snacking Program Grants

**T**he School Nutrition Association, U.S. Apple Association, and the National Association of State Departments of Agriculture are working together on [Apples4Ed](#). Schools can compete for healthy snacking program grants. Nominations close at the end of November.



# DID YOU KNOW?

FAQs Answered by Nutrition and Wellness  
Programs Division Staff

## The Verification Process

**Q: Our district always verified 100 percent of the free and reduced-price Household Eligibility Applications. Is this still allowable?**

**A:** The USDA does not allow verification of all applications. Regulations require no more or no less than 3 percent of total approved applications be verified.

Source: [\*SNP Administrative Handbook\*](#)

## Training Opportunities

**Q: There was a training last year in my city. When is that being offered again?**

**A:** Training opportunities offered by ISBE's Nutrition and Wellness Programs Division vary a lot from year to year. We currently have our Healthier Meals Cooking Classes scheduled for the fall and spring in Chicago, Springfield, and Centralia. There is also a workshop on developing an Invitation for Bid for food service; it is offered at five locations across the state in November and December. A complete event list is available at <http://webprod1.isbe.net/cnscaledar/asp/eventlist.asp>. There are also training videos on a variety of topics at <https://www.isbe.net/Pages/Nutrition-and-Wellness-Resources.aspx>, under the "School Nutrition Programs Archived Webinars and Workshops" tab.

Two great places to watch for announcements about new trainings (and more) are under "What's New?" at <https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx> and here in *The Outlook*. (All issues are posted at <https://www.isbe.net/Pages/Nutrition-and-Wellness-Newsletters.aspx>.)

## Apply for a Youth Garden Grant

**A**pplications are due Dec. 8 for KidsGardening's [2018 Youth Garden Grant](#). Any nonprofit organization, public or private school, or youth program in the United States planning a new garden program or expanding an established one that serves at least 15 youth between the ages of 3 and 18 is eligible to apply.

## Mandate Reminders

**P**ublic Act 96-0158 requires each school district in the state to implement and operate a School Breakfast Program by the first day of each school year in each school building within its district in which as of October if previous school year had 40 percent or more of the students eligible for free or reduced-price lunches in the prior school year. ISBE administers the federally-funded School Breakfast Program and the state-funded Illinois Free Breakfast Program to assist you in implementing a successful program and to supplement the cost of providing the program.

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

**Public Act 096-0734** (amends Public Act 095-0155) amends Section 20 of the Childhood Hunger Relief Act (105 ILCS 126/20). This amendment requires a school district to implement a summer breakfast and/or lunch program for the duration of the summer school program in all schools where 50 percent or more of the student population is eligible for free or reduced-price meals AND that have a summer school program. This amendment applies to all schools that meet the above criteria, including those schools not currently participating in any federal Child Nutrition Program.

More information on School Breakfast Mandates is available at <https://www.isbe.net/Pages/Childhood-Hunger-Relief-Act.aspx>. Visit ISBE's Summer Food Service Program online at <https://www.isbe.net/Pages/Summer-Food-Service-Program.aspx>. Staff from our Nutrition and Wellness Programs Division is available at (800) 545-7892 or (217) 782-2491 for technical assistance.

# Menu Boards Still Available

**W**ith feedback from Illinois school nutrition professionals, a menu board below has been designed. The menu board total size will be 26 inches wide and 32 inches tall and will securely hold four standard letter-sized sheets of paper horizontally. This will allow the menu planner to customize the menu board to meet specific needs. Some schools may include a breakfast menu, a lunch menu, information about Offer Versus Serve, and meal prices. Some schools may include a lunch menu, meal prices, a nutritional fact sheet, and reimbursable meal combinations. The flexibility is built in.

The initial mailing of the menu boards occurred in August 2017, and we anticipate additional menu boards available. If you would like to request a menu board for a National School Lunch and/or School Breakfast Programs school, please complete the [online survey](#) as soon as possible. The number of menu boards are limited, therefore orders will be filled first in the order they are received.

Menu Boards are intended for schools participating in the U.S. Department of Agriculture's National School Lunch and/or School Breakfast Programs only. Orders for non-participating schools will not be filled.



## Menu Board & Signage Resources

**C**heck out ISBE's new [Menu Board & Signage Resources](#) web page for customizable menu board insert templates from the Nutrition and Wellness Programs Division. The new page also includes links to other free resources such as the U.S. Department of Education's Team Nutrition, which offers a wide variety of digital and some printed materials.

The ISBE menu board inserts include monthly, daily, and weekly templates in Microsoft Word. Feel free to download them and customize them any way you like. (Note: Portions of the





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

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

## Events, Meetings, and Deadlines

- Nov. 1 – [Healthier Meals Cooking Class: Baking and Whole Grains](#), Centralia  
Nov. 2 – [2017 Summer Food Service Program Summit](#)  
Nov. 3 – [Healthier Meals Cooking Class: Baking and Whole Grains](#), Springfield  
Nov. 7 – [Developing an IFB for Food Service workshop](#), Effingham  
Nov. 10 – ISBE offices closed for Veterans Day  
Nov. 14 – [Developing an IFB for Food Service workshop](#), Collinsville  
Nov. 16 – [Healthier Meals Cooking Class: Baking and Whole Grains](#), Centralia  
Nov. 23, 24 – ISBE offices closed for Thanksgiving  
Nov. 28 – [Developing an IFB for Food Service workshop](#), Rolling Meadows  
Nov. 28 – [USDA Foods Show and Conference](#), Bloomington  
Nov. 29 – [Developing an IFB for Food Service workshop](#), Joliet

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).

## What's New Online?

- [Menu Board & Signage Resources](#)
- [October/November Issue of Mealtime Minutes for CACFP](#)
- [Verification Information and Forms](#)



**ISBE  
Nutrition  
and Wellness  
Programs**

## 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.*







# University of Illinois Extension

## the **ABCs** of school nutrition

Professional Standards Training for Illinois School Nutrition Employees

Funding provided by the Illinois State Board of Education

### Have you checked out our website lately?

#### AVAILABLE NOW!

##### Food Safe Taste Testing (15 min credit)

Review how to taste and season food while preventing contamination! And in another take on "taste testing," get tips and best practices for conducting taste testing events with students.

#### COMING SOON!

##### Methods of Meal & Menu Planning (20 min credit)

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

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



### Welcome to the Meal of the Month Club!

Congratulations to Grant Community High School (Fox Lake, IL) for winning October's Meal of the Month contest! The turkey and cheese on the sub sandwich are reprocessed commodities while the lettuce and tomato are from the DOD program. Their colorful, homemade 3 Bean Salad is prepared using kidney, garbanzo, and black beans from USDA foods plus DOD onion and celery.

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

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

**NOVEMBER ENTRIES DUE 11/17, 5:00 PM**



### FEATURED SCHOOL RECIPE - Honey Cinnamon Roasted Pears with Greek Yogurt and Granola

This recipe brings out the flavor of pears (in season now!) by caramelizing them and adding cinnamon for spice. Serve with yogurt and granola for a filling breakfast perfect for fall!

Get the recipe here: <http://foodservice.usapears.org/honey-cinnamon-roasted-pears-with-greek-yogurt/>



University of Illinois Extension staff have been working with Sherrard CUSD #200 this year to implement Smarter Lunchroom strategies.

As part of the Smarter Lunchroom makeover, they conducted a tray waste study in April to look at the amount and types of food being thrown out, in order to see where to focus efforts to divert that waste from the landfill. Kristin Bogdonas and Brad Cirks of University of Illinois Extension collaborated with Food Service Director Marla Miller to present a district-wide training in August to discuss reduction strategies.

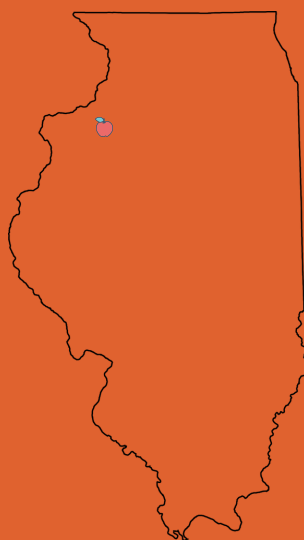


A full tray (minus the meat) was photographed for Sherrard Elementary School's tray waste study.

## Spotlight on Success!



Partially eaten tray from Sherrard Elementary School's tray waste study.



Now, food service staff collect packaged items that have not been opened by the students and left on the tray at K-4 buildings. At the junior/senior high school, items are given to the counselor. The food items are added to "Nourish to Flourish" bags that go home with students on weekends. Time-sensitive produce goes home with junior/senior high school students in separate bags during the week. The 5th-6th grade building is in the planning process and will be starting their share table/food rescue program in the near future!

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

Sign up for our monthly e-newsletter: [go.illinois.edu/onyourtray](http://go.illinois.edu/onyourtray)

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the **ABCs** of school nutrition

Professional Standards Training for Illinois School Nutrition Employees

Funding provided by the Illinois State Board of Education