

THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs

January 2013

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Administrative Alerts

Talk-It-Up Tuesday Webinars!

As a reminder, we continue to offer *Talk It Up Tuesday* Webinars. Please mark your calendar with dates below and join ISBE's Nutrition and Wellness Programs Division staff as we discuss hot topics, provide new information, and address frequently asked questions! These webinars will be offered the third Tuesday of each month through May from 2:00-3:00 pm. and are an open forum to hear from schools and to address any questions and/or concerns school may have regarding the National School Lunch and Breakfast Programs.

- January 15, 2013
- February 19, 2013
- March 19, 2013
- April 16, 2013
- May 21, 2013

Register monthly at <http://www.isbe.net/nutrition> (under *Upcoming Webinars*).

Verification Summary Report – Due January 15

Verification is the confirmation of eligibility for free and reduced-price meals under the National School Lunch and School Breakfast Programs. Annually, each local education agency (LEA) must have selected a sample from approved household applications on file as of October 1. The LEA must complete verification of the required sample size by November 15. The LEA must then electronically submit a Verification Summary Report (VSR) to the Illinois State Board of Education by January 15. A sample report along with instructions on submitting the VSR is available at http://www.isbe.net/nutrition/htmls/forms_sbn.htm.

School Breakfast Program Mandate

The Childhood Hunger Relief Act (Public Act 096-0158) mandates that a school must provide a breakfast meal if it had 40 percent or more students eligible for free or reduced-price lunches in the preceding school year. ISBE administers the federally-funded School Breakfast Program and the state-funded IL Free Breakfast Program to assist you in implementing a successful program and to supplement the cost of providing the program. Requests for exemptions from this mandate must be sent to your Regional Office of Education no later than Feb. 15 of each year. For additional information on this mandate, including how to determine which schools are mandated, go to www.isbe.net/nutrition/htmls/hb_756.htm.

The Melting Pot

Update: Convert Your Small Bird to Large Bird

The following message is for schools that have diverted Tyson chicken, small bird only. If you have any questions regarding this message please contact:

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Historically, Tyson has offered two 8 pc bone-in items using small bird USDA codes 100100W and 100100D. Due to the new regulations, it has become increasingly difficult to serve because of the natural sizing of the breast portion compared to the other cuts of chicken. In response to the issue, Tyson has developed four large bird products of similar nature using USDA codes 100103W and 100103D. These 10 pc products are cut from the bird to offer pieces of equal size and eliminate wings. As of the 13-14 SY, Tyson will no longer offer processing of small bird commodities.

You may request this year's allocations to be converted over to large bird. However, the value is slightly different (\$.7402lb [100100] and \$.7284lb [100103]). It will not be quite a pound for pound exchange but would move the pounds to the preferred category with a greater variety of products. Schools, please work with your distributors to use any existing 8pc product inventory prior to transferring pounds.

Traditional Southern Breaded *ProPortion*® Bone-In Chicken

UPC Code: 00031400038782 Product Code: 666000-328

- More consistent serving sizes and cooking times – each piece provides a minimum 2 oz M/MA
- ProPortioned Packed – 60/18/18: 60 Breasts, 18 thighs, 18 drums
- Each cut packed in separate clearly identified bags.
- Only 480 mg per 3 oz. serving. Divert large bird 100103.



Hot & Spicy Breaded *ProPortion*® Bone-In Chicken

UPC Code: 00031400038805 Product Code: 666020-328

- More consistent serving sizes and cooking times – each piece provides a minimum 2 oz M/MA
- ProPortioned Packed – 60/18/18: 60 Breasts, 18 thighs, 18 drums
- Each cut packed in separate clearly identified bags.



Oven Roasted Unbreaded *ProPortion*® Bone-In Chicken

UPC Code: 00031400024877 Product Code: 17849-328

- More consistent serving sizes and cooking times - each piece provides 2 oz. M/MA.
- ProPortioned Packed – 60/20/20: 60 Breasts, 20 thighs, 20 drums



- Each cut packed in separate clearly identified bags.
- Perfect for applying your own seasoning or glaze.



Mesquite Glazed Unbreaded Pro-Portion™ Bone-In Chicken

UPC Code: 00031400038980 Product Code: 21879-328

- More consistent serving sizes and cooking times - each piece provides 2 oz. M/MA.
- ProPortioned Packed – 60/20/20: 60 Breasts, 20 thighs, 20 drums
- Each cut packed in separate clearly identified bags.
- Only 260 mg per 3 oz. serving. Divert large bird 100103.

School Nutrition Dietary Assessment Study IV

During School Year (SY) 2009-2010, USDA conducted its fourth School Nutrition Dietary Assessment (SNDA-IV). This study collected nation-wide data on the following:

- nutrient content of the average meals offered and served in the schools, compared with regulatory standards in effect at time of the study
- availability of competitive foods across the school campus
- compared School Meals Initiative (SMI) standards, and frequency of raw vegetables and fresh fruits of some of the HealthierUS School Challenge Elementary schools with other elementary schools.

Briefly, the findings show:

Eighty-five percent of schools surveyed offered NSLP lunches that met or exceeded protein, Vitamin A and C, calcium and iron in the SMI standards.

More than 75% of the NSLP lunches served met or came within 10% of the SMI standards for all target nutrients.

Sixty-Five percent of schools surveyed offered NSLP lunches meeting the minimum calorie level, while 20% came within 10% of the minimum calorie standard level.

Thirty-nine percent of schools surveyed served the average NSLP lunches meeting the minimum calorie levels, with 26% within 10% of the standard.

Regarding the total fat standard, 35% met the standard with their offerings, and 25% were within the 10% standard.

Regarding saturated fat, over half of surveyed schools offered and served met the SMI's saturated fat standard. While 26 to 28 percent of surveyed schools offered and served lunches coming within 10% of the standard.

Fourteen percent of schools offered lunches meeting all of the SMI standards and 7% of schools served lunches meeting the SMI standards.

Regarding breakfast, most schools offered and served SBP meeting the SMI standards.

Competitive Foods, 82% of elementary schools, 95% of middle schools and 90% of high schools offered a la carte items during lunch.

Of the schools surveyed, Eighty-five percent of high schools, 67% of middle schools and 13 percent of elementary schools had vending machines.

Bans or restrictions on sweetened beverages occurred in 80% of school districts while 75% of districts had bans or restrictions on snack food.

In general, larger proportions of HealthierUS School Challenge elementary schools met most SMI standards for lunch offered and served, compared to other elementary schools. HUSSC elementary schools offered raw vegetables and fresh fruit more frequently than other elementary schools.

The SNDA-IV report is available at <http://www.fns.usda.gov/ora/MENU/Published/CNP/cnp.htm>.

University of Illinois Extension Farm to School Resources

Looking for great resources for Illinois specific Farm to School (F2S) information? The [University of Illinois Extension](#) is a wonderful place to start. Their webpage contains information related to:



- An overview and history of Farm to School
- Classroom and Student Garden Information
- Information on Farm Tours & Field Trips
- F2S information related to the Cafeteria, Farmers & Producers, Parents & Communities
- And they provide a weekly Newsletter

The weekly Newsletter provides information related to webinars, training opportunities, media mentions, funding opportunities, job openings and how to get more involved with F2S. To join the listserv to begin receiving this newsletter, email Julia Govis at: jgovis@illinois.edu and type NEWSLETTER in the subject line.

Additionally, don't forget to check the Illinois State Board of Education (ISBE) [F2S webpage](#) for regulatory information related to F2S and for more exciting resources.

Subscribe to the Illinois Schools Can! Enewsletter Listserve

Are you interested in school wellness? The free Illinois Schools Can! eNewsletter keeps school wellness staff posted on funding and training opportunities as well as resources that support school wellness programs. TO JOIN THE ILLINOIS SCHOOLS CAN! ENEWSLETTER LISTSERVE, please contact Joan Love at jlove@isbe.net.

Upcoming Due Date for HealthierUS School Challenge RFP Approaching

Reminder! The due date for the Illinois School HealthierUS School Challenge Request for Proposal is Tuesday, January 22, 2013. Through USDA's 2012 Team Nutrition and Training Grant, the Division of Nutrition and Wellness Programs will be awarding 50 schools with minigrants of \$940.00 to help them prepare to meet the HealthierUS School Challenge criteria. The Request for Proposal for this competitive grant is posted at www.isbe.net/nutrition, under

What's New or http://www.isbe.net/funding_opps/htmls/rfp.htm. The grant period begins Feb. 1, 2013, and ends June 30, 2014. A webinar detailing the HUSSC criteria and the RFP information is posted at <http://www.isbe.net/nutrition/htmls/sos.htm#huscrfp>.

National School Breakfast Week, “Be a Star With School Breakfast” March 4-8, 2013

The School Nutrition Association's (SNA) National School Breakfast Week's theme, “Be a Star With School Breakfast” inspires your students to eat breakfast daily for lifelong success. Celebrated this year, March 4-8, 2013, NSBW is an annual event recognizing breakfast at school. The SNA provides a menu, a backpack brochure, a “Who's Your School Breakfast Star?” Writing Contest- due March 31, 2013, and additional tools, tips, and ideas to promote school breakfast during NSBW, all located at www.schoolnutrition.org/star.

Sow It Forward Grant Application due January 11, 2013

Sponsored by the Maine nonprofit Kitchen Gardeners International (KGI), the new *Sow It Forward* initiative is a grants and partnership program which offers \$600 grants of cash, seeds, supplies, books and online garden planning software to start a new food garden project or sustain an existing one. Schools interested in healthy foods, sustainability, as well as resilient communities are eligible to apply. Visit <http://kqi.org/sow-it-forward> for the application, due January 11, 2013.

Professional Development

Food Allergy Booklet: What School Employees Need to Know

Approximately six million children in the U.S. have one or more food allergies, and among children with food allergies, 16-18% have experienced a reaction at school. At any time, school staff may need to respond to a food allergy emergency—whether in the classroom or cafeteria, or on the playground, athletic field, or school bus. That's why it's important for you to know about food allergies and understand your role in helping to prevent and respond to allergic reactions in schools. (*Food Allergy Booklet: What School Employees Need to Know*)

Each school board in Illinois is required to implement a policy based on the *Guidelines for Managing Life-Threatening Food Allergies in Illinois Schools* (http://www.isbe.net/nutrition/htmls/food_allergy_guidelines.htm). Also, at least every two years, an in-service training program for school personnel who work with students must be conducted by persons with expertise in anaphylactic reactions and management.

The USDA has recently published a new food allergy resource that may be of assistance in helping district meet these requirements: *The Food Allergy Booklet: What School Employees Need to Know*. This booklet explains what school employees need to know about food allergies and allergic reactions at school and is available on-line at:

- English version: <http://www.fns.usda.gov/fns/safety/pdf/FoodAllergyBook.pdf>
- Spanish version: <http://www.fns.usda.gov/fns/safety/pdf/sp-FoodAllergyBook.pdf>

Calendar of Events

January 2013

1 ISBE offices closed in observance of New Year's Day

10 Submit monthly claim for reimbursement
<http://www.isbe.net/funding/pdf/wins-claim-inst.pdf>

13–20 Make changes, if needed, for February commodity deliveries

15 ISBE's "Talk It Up Tuesday" Webinar – 2:00–3:00 pm
Register at <http://www.isbe.net/nutrition> under *Upcoming Webinars*

Deadline to submit **written** *opt-out* petition to your regional superintendent of schools for the Summer Meals Mandate if desired

Verification Summary Report Due

21 ISBE offices closed in observance of Martin Luther King Jr Day

22 Due date for RFP for Illinois School HealthierUS School Challenge grant -
<http://www.isbe.net/nutrition/htmls/sos.htm#huscrfp>

31 SY14 Annual Commodity Order Due



Nutrition and Wellness Programs

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