

# The OUTLOOK

## Nutrition Programs

Illinois State Board of Education



### Celebrate Nutrition Events This March

Did you know March is full of nutrition related celebrations, events, and trainings? See the brief descriptions below and plan to participate in one or all of these special celebrations this March.

1. *National Nutrition Month*<sup>®</sup>—The 2009 theme for National Nutrition Month<sup>®</sup> (NNM) is *Eat Right*<sup>™</sup>. For more information and resources for NNM, visit the website for nutrition education resources, promotional ideas, and a link to the 2009 catalog at <http://www.eatright.org/nnm>.
2. *National School Breakfast Week*—National School Breakfast Week (NSBW) is March 2–6, 2009. *Power Up With School Breakfast* is the theme for the 2009 NSBW. Visit [www.schoolbreakfast.org](http://www.schoolbreakfast.org) for menus, recipes, logos, proclamation, and contests to plan and conduct a successful National School Breakfast Week promotion in your school or school district. Also visit [www.isbe.net/nutrition](http://www.isbe.net/nutrition) and click on SBP, then click on *School Breakfast Program*, then scroll down to *School Breakfast BECAUSE Serving Breakfast Every Day is Smart!* for more information on the School Breakfast Program in Illinois.



[WWW.SCHOOLBREAKFAST.ORG](http://WWW.SCHOOLBREAKFAST.ORG)

bulletin board



### Important Dates

- February 1 On-Site Review completion deadline (keep on file at school)
- February 2 School year 2010 annual commodity order deadline
- February 6 School Breakfast Survey due
- March 1–4 Legislative Action Conference, Washington, D.C.
- March 2–6 National School Breakfast Week, *Power Up With Breakfast* ([www.schoolbreakfast.org](http://www.schoolbreakfast.org))

### FEBRUARY 2009 — THE OUTLOOK

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3. *National Agriculture Week/Day*—Celebrate National Agriculture Week/Day, March 15–21, 2009, and March 20, 2009. Its purpose is to honor agriculture for providing safe, abundant and affordable products, a strong economy, a source of renewable energy, and a world of job opportunities. Bookmark [www.agday.org/](http://www.agday.org/) for event ideas, ag day essay contest, media kit, fun facts, and more!



## Administration

### E-Rate Audits by the Federal Communications Commission and the Disclosure of a Student's Free and Reduced-Price Eligibility

The United States Department of Agriculture (USDA) issued additional guidance regarding the Federal Communications Commission (FCC) audits of E-rates and the disclosure of the student's eligibility information from the National School Lunch Program. Please refer to the September 2008 issue of *The Outlook* for additional information.

FCC auditors may:

- Ensure the information on the application was accurately processed; i.e., the income and the number of persons in the household were totaled correctly and the appropriate Income Eligibility Guideline was used;
- Confirm the children listed on rosters as eligible for free or reduced-price meals have approved applications on file; and
- Confirm the number of children used for statistical purposes is based on approved applications.

Bring any discrepancies found to the attention of the local educational agency (LEA). The LEA should correct the discrepancies as soon as possible.

### Notice for Cooperative Buying Groups

Does your school/district belong to a cooperative buying group for your school food service program? If so, we need your help. Our office is interested in obtaining infor-

mation regarding cooperative buying groups in Illinois. A cooperative buying group consists of multiple schools/districts that combine for the purpose of procuring and purchasing foods and/or goods for their school food service programs. If you belong to a cooperative buying group, please send an email to Denise LeFever at [dlefever@isbe.net](mailto:dlefever@isbe.net) by March 15, 2009, and include the information listed below. Thank you for assisting us to update our records!

- Your school's/district's agreement number
- Name of your school/district
- Your name and phone number
- Name of the cooperative buying group
- Name of the "lead" school/district for the buying group, if known
- Name and phone number of the "lead" school/district contact person, if known

### Illinois Food Service Sanitation Code Amendments

The Illinois Food Service Sanitation Code (77 Illinois Administrative Code 750) was amended effective July 10, 2008. Amendments in the code include, but are not limited to, the following:

- Use of pasteurized eggs
- Date marking of potentially hazardous food (PHF) items
- Time as a public health control
- Microwave cooking and reheating of food
- Highly susceptible populations
- Hand washing procedures
- Use of hand antiseptics

The Illinois Food Service Sanitation Regulations can be obtained online at [www.ilga.gov/commission/jcar/admincode/077/07700750sections.html](http://www.ilga.gov/commission/jcar/admincode/077/07700750sections.html). It is important that all food service employees are familiar with the amendments. You may also obtain a summary of the changes from your local health department or by calling the Illinois Department of Public Health, Division of Food, Drugs, and Dairies at 217/785-2439. If you have specific questions regarding these regulations or your local food service ordinance, please contact your local health department.

### School Meals Report Phase 1 Released, Expect Phase 2 Report in October 2009

The Institute of Medicine (IOM) has fulfilled its charge to describe the approach proposed to use to make recommendations for revisions to the Nutrition Standards and Meal Requirements through its release of *Nutrition Standards and Meal Requirements for National School Lunch and*

*Breakfast Programs: Phase I, Proposed Approaches for Recommending Revisions.* The committee plans to use MyPyramid and the *Dietary Guidelines for Americans as reference resources.* Age/grade categories, setting nutrient intake targets, analyzing for inadequate foods, inadequate and excessive nutrients, as well as cost implications will be included. You can download the report at <http://www.iom.edu/CMS/3788/54064/60521.aspx>.

The Phase 2 report will include the recommendations for revisions to the Nutrition Standards and the Meal Requirements for the School Breakfast Program and the National School Lunch Program.

## **NEW School Nutrition Association\* Nutrition Standards Recommendations**

Available at [www.schoolnutrition.org/LegislativeAction.aspx](http://www.schoolnutrition.org/LegislativeAction.aspx), the School Nutrition Association has developed its National Nutrition Standards Recommendations, effective December 2008. Highlights of the recommendations include:

- Guiding principals for school breakfast/school lunch, summer feeding programs, after school snack programs, and other items sold/served on the school campus.
- Recommendation that the nutrient standards would be phased in over time
- Meal pattern recommendations for the School Breakfast and Lunch Programs, the Summer Food Programs, and the After-School Care Program in a chart format
- Recommendations for items sold/served on the school campus outside of reimbursable meals

\*The School Nutrition Association is a national, nonprofit professional organization with over 55,000 members.

## **Claim Common Cent\$**

Funding & Disbursement Services Division  
Phone: 217/782-5256  
Fax: 217/782-3910



## **Statistical Data on the Claim for Reimbursement**

**A**re you calculating the statistical information on the Claim for Reimbursement correctly? Edit checks are conducted by the computer using the meal counts and statistical data when you submit the claim. Incorrect statistical data could cause your claim to not pass all edit checks

and not be successfully submitted. Below are instructions on how to calculate two important pieces of statistical data required on the Claim for Reimbursement.

Average daily attendance (ADA) in the National School Lunch/Breakfast Program sites this month: Report the average daily attendance for students who had access to the National School Lunch and/or School Breakfast Programs

*How to calculate average daily attendance:* Total the attendance for the site for all days in the month. Divide this figure by the number of days attendance was taken. Always round the result up to the next number. *Do not include fractions, percentages, or decimals.* For example, attendance in five classrooms for the month is (1500, 2000, 4000, 5000, and 2500) = 15,000 ÷ 21 days = 714.29 which would round up to 715 for the average daily attendance.

Enrollment in National School Lunch/School Breakfast Program sites (excluding children participating in split-session kindergarten milk program): Enter the highest number of eligible participants enrolled during the month being claimed at the site in the National School Lunch and School Breakfast Programs.

*How to calculate the enrollment:* Report the number of approved students enrolled in the site at the end of the claim month, **plus** any students who transferred out **any** time during the claim month. For example, enrollment in the site at the end of the month = 743. Students who transferred out during the month = 32. You should report an enrollment of 775 (743 + 32 = 775).

NOTE: Enrollment should be greater than ADA unless it is a residential site and every child enrolled is actually in attendance every day.

If you have any claim questions, please contact Carol Curto or Gladys Rothenberg in Funding & Disbursements at 217/782-5256.

## *Food Distribution*

## **Excess USDA Commodity Inventory at Further Processors**

USDA regulations require commodity inventories held at further processors be monitored. The regulations require no more than a six-month inventory level should be maintained based on the processor's average monthly usage. To ensure this requirement is met, ISBE has implemented

procedures to address excess inventories at further processors. The procedures are available on the Food Distribution Program's website at <http://www.isbe.net/business.htm>. If you have questions regarding these procedures or about processing USDA commodities, contact the Food Distribution Program staff at 217/782-2491.

## Check Your Diversions to Processors

Processors who had enough schools order products from them will be awarded contracts this month. What this means is schools need to check and see if the processor you diverted commodities to will be awarded a contract. If the processor to which you diverted commodities IS getting a contract, you do not have to do anything. If the processor to which you diverted commodities is NOT getting a contract, you might want to switch the commodities to a processor who IS going to receive a contract. We will post a message on the Illinois Commodity System message board by February 6, 2009, listing which processors will be getting a contract and instructions on how to switch commodities. Schools will have until February 13, 2009, to switch their commodities. If a school does not switch their commodities, ISBE will 'zero out' those pounds diverted to a processor NOT getting a contract.

## Food Service and Nutrition

### Preparing for Change: Decreasing Sodium in School Meals

Did you know that the 2005 Dietary Guidelines for Americans (DGA) recommends sodium consumption be limited to 2,300 milligrams (mg) or approximately one teaspoon of salt per day? According to the Guidelines, more than half of Americans consume too much sodium. In addition, 75 percent of the sodium in foods that Americans consume comes from manufacturer processing. To meet the 2005 DGAs, school lunches should not exceed 767 mg of sodium while a school breakfast should generally not exceed 575 mg of sodium on average. The USDA's Food and Nutrition Service recommends sodium be reduced incrementally in Child Nutrition Programs with a stepped plan for meeting the DGA recommendations.

Here are some great tips to start decreasing the sodium in your school meals:

- Consider serving more entrees prepared from scratch in place of prepared entrees. Start with one scratch meal weekly for breakfast and/or lunch and increase the offering as feasible. Check recipe links at [KidsEatWell.org/MealPlanning.html](http://KidsEatWell.org/MealPlanning.html).

- Serve more fresh meat, poultry, and fish products versus breaded and processed meat products on your lunch menus.
- Use fewer prepared, breaded, or cured meat products for breakfast.
- When possible, offer fresh and frozen vegetables in place of canned.
- When choosing canned items, read the Nutrition Facts labels and choose the item lowest in sodium. Drain the liquid from the can and rinse foods such as vegetables and beans with cold water prior to preparation.
- Provide smaller or fewer portions of sauces, gravies, dressings, and condiments which tend to be high in sodium.
- Experiment with sodium-free spices to season foods. Try a combination of garlic powder, onion powder, and pepper to season vegetables.
- For additional suggestions on lowering sodium in your school meals, check the gradual plan for reducing sodium in the *Step Up Plan* at [KidsEatWell.org/flyers/StepUpPlan.pdf](http://KidsEatWell.org/flyers/StepUpPlan.pdf).

The USDA has contracted with the Institute of Medicine to create recommendations for updating school meal patterns and nutrition requirements for the National School Lunch Program and the School Breakfast Program. The anticipated changes will ensure Child Nutrition Programs align better with the Dietary Guidelines for Americans principles.

To help school nutrition staff plan, prepare, and promote school meals that demonstrate these principles, the Illinois Nutrition Education and Training (NET) Program has developed the *Step Up Illinois School Meals* website. Access these webpages by visiting [KidsEatwell.org/](http://KidsEatwell.org/) and selecting *Healthy Schools* then *School Meals*.

### Bookmark Team Nutrition Events Calendar Year 2009

You can stop searching for special theme days, observances, and annual celebrations. Just bookmark the Team Nutrition calendar website ([www.fns.usda.gov/tn/Resources/Calendar/index.htm](http://www.fns.usda.gov/tn/Resources/Calendar/index.htm)) for great ideas to assist you in planning your monthly special events.

## Grants, Awards, and Honors

### HealthierUS School Challenge: Recognizing Nutrition Excellence in Elementary Schools

Consider taking the HealthierUS School Challenge this spring! By meeting Food and Nutrition Service's standards, your school may be eligible for a bronze, silver, or even a gold school status. Visit <http://teamnutrition.usda.gov/HealthierUS/index.html> for the application information. Consider challenging your school to join the over 190 gold schools, 30 silver schools, and over 70 bronze schools nationally in 2009!

### \$3,500 School Breakfast Program Start-Up Grants Available—Apply Today!

REMINDER! School Breakfast Program Start-Up Grants up to \$3500 are available to begin a School Breakfast Program. To download the simple application, visit [http://www.isbe.net/nutrition/htmls/breakfast\\_state.htm](http://www.isbe.net/nutrition/htmls/breakfast_state.htm). Do not delay; apply today!

## Training, Tips, and Tools



### Attend the Illinois School Wellness . . . From A to Z Conference May 5, 2009

The Illinois State Board of Education in cooperation with the Illinois Action for Healthy Kids is sponsoring a one-day wellness conference highlighting successful implementation of school wellness programs involving nutrition, nutrition education, physical activity, and physi-

cal education. Connie Evers, M.S., R.D. an award-winning author and nutrition consultant will off the conference. Browse an exhibit room for free resources, ideas, and networking. Attend multiple breakout sessions that provide practical health education and a variety of topics. SAVE THE DATE of Tuesday, May 5, 2009 at the Decatur Conference Center in Decatur, Illinois. Watch for further information at [www.isbe.net/nutrition](http://www.isbe.net/nutrition) and [www.actionforhealthykids.org/state\\_profile.php?state=IL](http://www.actionforhealthykids.org/state_profile.php?state=IL).

### School Wellness Policies: Striving for Excellence Conferences

In March 2009, the Illinois Nutrition Education Training (NET) Program will host three regional local wellness policy conferences. Session topics include *Evaluating Your Local Wellness Policy*, *Local Wellness Policy Success Stories*, and *Grant Opportunities in Student Health*. Dates and locations are as follows:

- Wednesday, March 18 at the Northern Illinois University Outreach Center in Naperville
- Thursday, March 19 at the Holiday Inn in Champaign-Urbana
- Friday, March 20 at the Rend Lake Resort in Whittington

Visit [www.kidseatwell.org](http://www.kidseatwell.org) for further information and registration details.

### Revised Breakfast Toolkit Posted

Are you interested in beginning or expanding a School Breakfast Program? Are you exploring implementing breakfast at school? Do you know your school community's interest level? To help you with this endeavor, download the newly revised School Breakfast Toolkit from USDA's Child Nutrition Division in conjunction with the Office of Strategic Initiatives, Partnerships, and Outreach (OSIPO) at [www.fns.usda.gov/cnd/breakfast/expansion/default.htm](http://www.fns.usda.gov/cnd/breakfast/expansion/default.htm).

## Please Tell Us Your Wellness Success Story!

We are looking for wellness success stories to share with others. Please consider submitting your school's wellness success story at <http://www.isbe.net/nutrition/htmls/share.htm> today!

**SAVE THE DATE! June 16–18, 2009**

**ISNA's 59th Annual Conference**  
*Hats Off to You For All That You Do!*  
 Oakbrook Terrace, Illinois

### Calendar of Events—MARCH

National Nutrition Month®  
 Complete the Meal Count Edit prior to submission of the Claim for Reimbursement  
 Submit Claim for Reimbursement  
 1–4 School Nutrition Association's Legislative Action Conference—Washington, D.C.

2–6 National School Breakfast Week ([www.schoolbreakfast.org](http://www.schoolbreakfast.org))  
 3 NSLP Civil Rights Compliance and Accommodating Children With Special Dietary Needs Workshop—Carol Stream  
 3 NSLP Developing a School Food Safety Plan Workshop—Carol Stream  
 4 NSLP Seamless Summer Sponsor Training—Bloomington  
 5 SFSP New Sponsor Orientation—Bloomington  
 11 SFSP New Sponsor Orientation—Alsip  
 12 Climbing to Success With the Summer Food Service Program—Alsip  
 13–20 Make changes, if needed, for April commodity orders  
 15–21 National Agriculture Week  
 18 Illinois NET Regional Wellness Policy Conference—Naperville  
 19 Illinois NET Regional Wellness Policy Conference—Champaign-Urbana  
 20 Illinois NET Regional Wellness Policy Conference—Whittington  
 24 NSLP Seamless Summer Sponsor Training—Marion  
 25 SFSP New Sponsor Orientation—Marion  
 26 Climbing to Success with the Summer Food Service Program—Marion

[www.isbe.net/nutrition](http://www.isbe.net/nutrition)-Your link to the Child Nutrition Programs in Illinois



## Illinois State Board of Education

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