

THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs



2010 Dietary Guidelines Update

The Dietary Guidelines for Americans provides the basis for federal nutrition and nutrition education activities and is updated approximately every five years. The purpose of the guidelines is to prevent and reduce diet-related chronic diseases and promote good health and healthy weight for Americans, age two and older.

An expert panel is convened to review current evidence-based research. New to the review process was the Nutrition Evidence Library (NEL) located in the Center for Nutrition Policy and Promotion. A “gold standard” of systematic evidence-based reviews was conducted, similar to a review process used by the medical industry.

Briefly, the newest Dietary Guidelines include a major focus on the obesity epidemic, total diet, health-promoting dietary patterns, a special focus on childhood and adolescence nutrition and eating behaviors, and a recommendation to increase plant-based foods (primarily vegetables).

Four major priority action steps for Americans were emphasized. These include:

1. Reduce overweight and obesity by reducing overall calorie intake and increasing physical activity
2. Move toward a more plant-based diet (vegetables, cooked dry beans and peas, fruits, whole grains, nuts)
3. Reduce foods with solid fats and added sugars (SoFAS), that contribute excess calories
4. Attain the 2008 Physical Activity Guidelines for Americans. (www.health.gov/paguidelines/)

For further information on the 2010 Dietary Guidelines visit www.dietaryguidelines.gov. Expect the official launch of the consumer Dietary Guidelines 2010 outreach materials this spring.

March is National Nutrition Month® Nominate Those That Are Doing Great Things with Wellness!

The Interagency Nutrition Council (INC) is celebrating National Nutrition Month® by commemorating those that are doing great things on wellness with the Robin A. Orr Community Partnership Award. INC is currently taking

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This institution is an equal opportunity provider.

nominations for outstanding work in the areas of nutrition, physical activity, wellness and food access. INC wants to hear about the programs and people that work to promote healthy eating; regular physical activity; food access, build positive partnerships; and/or include a community, family, or school wellness component that can be replicated as a model program across the state. These programs may be schools, food banks/food pantries, senior/congregate feeding sites, Head Start programs, child care programs, food delivery systems, community programs, and/or local businesses. INC is looking to catch those that are doing great things with wellness in Illinois and would love to hear from you. For more information and to access the nomination form, please visit INC's website at <http://inc.aces.illinois.edu/>. If you have any additional questions, contact Lindsay Blough at lblough@isbe.net or via telephone at 800/545-7892.

Taking Care of Business

Summer Food Service Program

The Summer Food Service Program (SFSP) is designed to provide nutritious meals during the summer months to children from areas where at least 50 percent are eligible for free or reduced-priced meals during the school year through the National School Lunch and School Breakfast Programs. **Does your area meet the above criteria?** If so, consider becoming a sponsor to help bridge the gap for the children in your community. All sponsors will be required to submit the program application and monthly claims for reimbursement through the Illinois State Board of Education's Web Application Security (IWAS).



If the responsibilities of sponsorship of the SFSP are not possible, you can still participate in the program by operating a site, being a vendor, or volunteering your time. Visit our website at <http://www.isbe.net/nutrition/htmls/summer.htm> to learn more about this vital program and how you can help.

Training workshops for the Summer Food Service Program will be held at the locations listed below for organizations interested in sponsoring the SFSP during the summer of 2011. Current sponsors can attend either the new sponsor training or the current sponsor trainings. Visit our web site at <http://www.isbe.net/nutrition/htmls/summer.htm> for workshop details, locations, times, and registration.

SFSP New Sponsor Training Schedule

- March 15, 2011 in Marion (Williamson County Pavilion)
- March 16, 2011 in Fairview Heights (Four Points Sheraton)
- March 30, 2011 in Alsip (Doubletree)
- April 7, 2011 in Bloomington (Parke Hotel and Conference Center)
- April 13, 2011 in Rockford (Hilton Garden Inn)
- April 14, 2011 in Galesburg (Best Western Prairie Inn)
- May 11, 2011 in Chicago (Midway Four Points Sheraton)
- May 25, 2011 in Springfield (IEA Professional Development Center)

The training sessions are designed to provide a complete overview of the SFSP including ISBE's internet-based program application and claim system. All **new** sponsors are required to attend one of the trainings above.

SFSP Current Sponsor Training Schedule

- March 17, 2011 in Fairview Heights
- March 31, 2011 in Alsip
- May 12, 2011 in Chicago

For additional information, contact Amy Bianco or Deb Collins in the Nutrition Programs Division at 800/545-7892 or email abianco@isbe.net or dcollins@isbe.net.

Salad Bars in the National School Lunch Program

USDA encourages the use of salad bars in the school meal programs, but how can you effectively use salad bars in the service of reimbursable meals? Salad bars can feature a special fruit and vegetable theme, a baked potato bar, or a side salad. They can be set-up in a variety of ways, including pre-portioned and pre-packaged food items to emulate the grab-and-go concept to accommodate a high volume of students in a short period of time. In setting up and operating a salad bar, you will need to pay attention to portion size, point of service, nutrient analysis and food safety.

Portion Size & Point of Service

When planning a salad bar as *part* of a reimbursable meal for Food Based Menu Planning, the minimum portion

sizes must be consistent with the meal pattern for the age/grade group. For example, when choosing fruits/vegetables from the salad bar to meet the fruit/vegetable meal component, a menu planner might determine that ½ cup of two or more different fruit/vegetables from the salad bar is the minimum for grades K-3, and ¾ cup of two or more different fruit/vegetables is the minimum for grades 4-12. Salad Bars can also be used to serve one component or multiple components. It is important to remember that any fruit or vegetable item meeting the 1/8 cup minimum requirement, including those on the salad bar, can count towards the fruit/vegetable component.

The salad bar can also be used as an entrée or side salad when planning a salad bar as part of Nutrient Standard Menu Planning. The SFA must determine the minimum portion size in conjunction with the nutrient analysis. The menu planner must let the student and the cashier know the minimum amount that must be taken for the salad bar menu item(s) to count towards a reimbursable meal.

One of the challenges of a salad bar is to ensure that students actually take the minimum required portion size. To ensure that each student's selections from the salad bar meet the required portions for an entrée or food/menu item, the POS must be stationed after the salad bar. Pre-portioning food items is one way that can assist staff in quickly identifying portion sizes. If not pre-portioning, then the cashier must be trained to judge accurately the quantities of self-serve items on student trays, to determine if the food/menu item can count toward a reimbursable meal.

Nutrient Analysis

Chapter 7 of the Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs (<http://www.fns.usda.gov/tn/resources/NAP7.pdf>) describes the process for conducting a nutrient analysis of a salad bar.

Food Safety

The National Food Service Management Institute's *Best Practices: Handling Fresh Produce in Schools* fact sheet (http://www.fns.usda.gov/fns/safety/pdf/best_practices.pdf) provides specific food safety recommendations for produce.

The NSF International (formerly the National Sanitation Foundation) provides two options when salad bars are provided in elementary school children (grades K-5): food

should be pre-wrapped when used at a self service bar, or, if students are served from an open salad bar, a solid food shield barrier should be between the students and the food and the server passes the portioned items over the food shield to the student.

Because food codes and regulations vary among local jurisdictions and states, it is important to check with your local or state health department to determine if there are specific guidelines that must be followed in your jurisdiction for foods that can be offered for consumer self-service, effective dispensing methods, and monitoring by food employees trained in safe operating procedures.

Resources

For additional assistance, please refer to the following resources:

- **Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs**
<http://www.fns.usda.gov/tn/Resources/nutrientanalysis.html>
- **SMI Frequently Asked Questions** - Provides detailed information on how to develop standardized recipes for salad bars.
<http://www.fns.usda.gov/tn/Resources/smi-faq.pdf>
- **School Lunch Salad Bars – Executive Summary**
<http://www.fns.usda.gov/ora/menu/Published/CNP/FILES/saladbar.pdf>
- **Fruits and Vegetables Galore** – Includes diagrams of salad bar setups and recipes for salads-to-go and salad shakers in the *Tricks of the Trade: Preparing Fruits and Vegetables* booklet.
http://teamnutrition.usda.gov/Resources/fv_galore.html
- **Offer Vs Serve** – Describes how salad bars work with OVS. <http://teamnutrition.usda.gov/Resources/OVS%20Resource%20Guide.pdf>
- **Several Strategies May Lower Plate Waste in School Feeding Programs Report**
<http://www.ers.usda.gov/publications/FoodReview/SEP2002/frvol25i2g.pdf>
- **Best Practices: Handling Fresh Produce in Schools** - The National Food Service Management Institute's fact sheet provides specific food safety recommendations for produce.
http://www.fns.usda.gov/fns/safety/pdf/best_practices.pdf

- **Fruit and Vegetable Safety-** Food safety resources that provide food safety information specifically for produce. http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=231&topic_id=1195
- **Program Information Manual, Retail Food Protection: Recommendations for the Temperature Control of Cut Leafy Greens during Storage and Display in Retail Food Establishments**
<http://www.fda.gov/Food/FoodSafety/RetailFoodProtection/ucm218750.htm>
- **Program Information Manual: Retail Food Protection Storage and Handling of Tomatoes**
<http://www.fda.gov/Food/FoodSafety/RetailFoodProtection/IndustryandRegulatoryAssistanceandTrainingResources/ucm113843.htm>
- **Retail Food Safety Program Information Manual: Safe Handling Practices for Melons**
<http://www.fda.gov/Food/FoodSafety/RetailFoodProtection/ucm217290.htm>

What Does this Product Credit for in the Meal Pattern?

What Documentation is Needed BEFORE you Purchase for your School Meals?

The USDA recently issued some guidance about inaccurate or misleading product literature, product labels, and fact sheets. This article provides the USDA's guidance about how product literature can be used to make purchasing decisions and bring to your attention a sample Product Formulation Statement that can be used to document a product's contribution to meal pattern requirements.

Fact sheets and product labels provide a way for food manufacturers to communicate with program operators about how their products may contribute to the meal pattern requirements for meals served under USDA's Child Nutrition (CN) Programs. Complaints to the Food and Nutrition Service (FNS) about inaccurate or misleading product literature, product labels, and fact sheets have become common.

Schools are not required to offer processed products with CN Labels; however, it is important to recognize that CN Labeled products ensure that the food provides the stated

contribution toward CN meal pattern requirements. (For more information about CN labeled products including a list of authorized manufacturers and labels, visit <http://www.fns.usda.gov/cnd/cnlabeling/default.htm>.) These foods are also processed under a Quality Control plan administered by the Agricultural Marketing Service or National Marine Fisheries Service using guidelines provided by FNS. CN Labels are only available for items that contribute to the meat/meat alternate component and for certain 50-percent juice drinks and juice drink products.

For all products purchased to credit in reimbursement meals without a CN Label, a program operator should have a completed and signed Product Formulation Statement on manufacturers' letterhead that demonstrates how the processed product contributes to the meal pattern requirements. All CN Programs must also maintain files on nutrient information to meet the requirements of the School Meals Initiative (SMI). If there is no Nutrition Facts panel on the processed product, nutrient information must be obtained from the manufacturer.

Program operators are ultimately responsible if a menu does not fulfill meal pattern requirements; therefore they must keep records of supporting documentation (original CN product label from the product carton or signed Product Formulation Statements) provided by the manufacturers. It is the program operator's responsibility to request and verify that the supporting documentation is accurate.

Go to http://www.isbe.net/nutrition/sbn_handbook/menu_planning.pdf for General Guidance for Reviewing Product Formulation Statements.

FNS has become increasingly more aware of misleading and inaccurate information on product fact sheets. FNS encourages program operators to review product literature carefully since they are responsible if menus they serve do not meet meal pattern requirements. It is important to note that CN Labeled products provide program operators with a warranty against audit claims when the product is used according to the manufacturer's instructions. A Product Formulation Statement does not provide any warranty against audit claims. As more information is made available to us from the USDA about this topic, it will be shared with Illinois schools via *The Outlook* as quickly as possible.

How to Ensure a Tip-Top Review (Part Three)

The following tips describe ways to prepare for a National School Lunch Program (NSLP) review. These reviews

are actually called “CRE” (Coordinated Review Effort) reviews. The cycle for the reviews is every four-to-five years. When your district’s cycle approaches, an announcement letter will be sent which includes a checklist. An ISBE monitor will call to schedule the review dates. The current Administrative Review Checklist can be found at: http://www.isbe.net/nutrition/pdf/nslp_review_checklist.pdf.

This is the final part in a three-part series about working toward compliance. The first part explored the responsibilities of the LEA (December 2010 Outlook). The second part covered the responsibilities of the sites (January 2011 Outlook).

For further information on the CRE review, go to pages 4-6 at the following link: http://www.isbe.net/nutrition/sbn_handbook/reviews.pdf

After each area, there will be a link to the administrative handbook for further information.

General Areas

The first six general areas below can be found at the following link:
http://www.isbe.net/nutrition/sbn_handbook/regulations.pdf

Food and Beverage Requirements

1. Foods of minimal nutritional value cannot be sold in the food service area
2. For schools with students 8th grade and below certain foods and beverages are restricted
3. Profits from the sale of competitive foods must accrue to the school food service account

Sanitation

1. All sites must have 2 sanitation reviews per school year (see also link under “LEA reviews”)
2. All sites must have a Hazard Analysis and Critical Control Point (HACCP) food safety program developed and in place
3. Staff must be trained on how to follow the HACCP food safety program

Civil Rights

1. Cannot discriminate by race, color, age, sex or disability
2. Must display a USDA “And Justice for All” poster
3. Must conduct civil rights training for all frontline staff and their supervisors annually
4. Further data collection and public notification are required

Local Wellness Policy

1. Developed, implemented and reevaluated periodically

Procurement

1. Competitive bidding involves publicly soliciting bids for a firm, fixed-price contract
2. Awarding the contract to the responsive and responsible bidder whose bid is lowest in price

Food Service Management Company or Vended Meal Contracts

1. Contracts must be current and available for review
2. Invoices from management company/vendor available for review

LEA Reviews

1. Annual “On-Site” (lunch) reviews for districts with more than one school, conducted by February 1
 - a. Should be conducted by personnel familiar with NLSP regulations, but not management company or vendor personnel
 - b. Although not required, breakfast reviews can provide much needed information
2. Two “After-School Care” snack program reviews; first one within first four weeks of operation, second one sometime before end of program

http://www.isbe.net/nutrition/sbn_handbook/reviews.pdf

Food Distribution Program

1. Maintain an inventory of all food
2. Date all commodities with the month/year of receipt (in and out of their case)
3. There must be adequate dry storage, refrigerators and freezers
4. Thermometers must be present in all storage areas: dry storage, refrigerators and freezers

http://www.isbe.net/nutrition/sbn_handbook/commodities.pdf

This concludes the series on *How to Ensure a Tip-Top Review*. If you have any questions, please contact us at 217/782-2491 or at cnp@isbe.net.

Do Not Forget Your Annual Sanitation Reviews!



Each school year, School Food Authorities (SFA) must obtain two food sanitation inspections for each site where food is prepared or served. SFAs that have not received the required in-

spections several months into the school year (i.e., January 31), must send a *Letter to Request Food Safety Inspections* to their local health department. This letter, along with any completed inspection reports must be maintained by the SFA or at each individual site.

Claim Common Cent\$



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

Where is my State Reimbursement?

As of December 31, 2010, all state Fiscal Year 2010 (July 2009-June 2010) vouchers for the Illinois Free Breakfast and Lunch Program have been paid by the Illinois Office of the Comptroller. However, the state's financial position in Fiscal Year (FY) 2011 continues to deteriorate as the backlog of unpaid state obligations continues to outpace incoming revenues. Most of the FY 2011 payments for the Illinois Free Breakfast and Lunch Program have not been paid yet. The Comptroller's office does not always pay vouchers in the order in which they were processed based on the availability of funds. Claims for July and August vouchered on September 8, 2010 are still waiting to be paid. It is likely that this scenario will continue for the foreseeable future. If you have questions regarding which claim is being paid when you receive funding for the Illinois Free Breakfast and Lunch Program, please contact Gladys Rothenberg or Sharon Hopson at 217/782-5256.

USDA Foods

Check Your Diversion of Commodities to Processors

Processors who received enough orders to get a truck-load will be awarded contracts this month. What this means to schools; you 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 January 31, 2011 listing which processors will be getting a contract and instructions on how to switch commodities. Schools will have until February 6, 2011 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.

School Year 2012 Planned Assistance Level Factor

The Planned Assistance Level (PAL) factor for School Year 2012 has been set at \$.26 per meal. This is an increase of \$.0325 from School Year 2011. The increase is due to surplus amounts rolled over from prior years due to trucks being cancelled or the inability to purchase trucks.

Excess Inventory at Processors

Pursuant to the procedures relating to excess inventory at processors, we have been updating the excess processing module on the Illinois Commodity System (ICS) with new excess commodity items.

The module is located under the *Annual Order Forms* main menu option on ICS and is called *Excess Processing*.

Any excess inventory is listed by processor and can be claimed by any school that does not have excess inventory at processors. The inventory will be offered on a first-come, first-served basis. Those schools claiming pounds should be familiar with commodity processing procedures and end-product distribution.

Excess inventory from processors could come at any time so we advise checking the list on a weekly basis as we anticipate any inventory that comes along will be claimed quickly.

The excess inventory procedures can be found on the food distribution website by selecting *Inventory Level Procedures at Further Processors Letter*. If you have any questions about the procedures or the module, please call the Food Distribution program at 217/782-2491.

Spotlight on Schools

Integrating Nutrition Education into the Classroom: A Story from the Field

We love to hear about successful nutrition education activities in Illinois schools and the following story

from Susan Hansen, ESL teacher at J. W. Robinson Junior Elementary School in Lyons, Illinois, provided us with several great examples of ways to integrate nutrition education into their curriculums.

Robinson is one of the recipients of our Fresh Fruit and Vegetable Program (FFVP) grant, which provides funds to schools to serve fresh fruits and vegetables to students as a snack during the school day at times other than during the meal periods and they have come up with some great ways to provide students with nutrition education in fun and innovative ways. We understand that many schools, not just FFVP schools, are looking for ideas on how to teach students about nutrition and wellness in an already packed day and that is exactly why we asked Ms. Hansen to share her success story at Robinson.

Here at Robinson school in Lyons School District 103 in Lyons, Illinois we always start the day with the singing of our Nutrition Song especially on the days we receive a fruit or vegetable. This ritual sets the tone as we collectively absorb the importance of eating healthy.

*Nutrition Song sung daily
(Sung to the tune of Twinkle Twinkle Little Star)*

*Fruit and veggies, beans and meat,
Milk and grains are good to eat.
Eat from each group every day,
Don't forget to run and play.
Fruit and veggies, beans and meat,
Milk and grains are good to eat.*



Our next important ritual, is reading our Nutrition Nugget over the loudspeaker as children learn how the body is being nourished. It provides the students with the nutrition facts and other interesting bits of information about the fruit or vegetable. Also, we publish what we will receive for the month on the parent newsletter. The teachers utilize their fruit and vegetable posters to talk about the current week's selection. Our building coordinator, Susan Hansen, has a library of books and resources, and shares a selection with each of the classroom teachers on a monthly basis. For example, in Kindergarten, we teach new vocabulary and use plastic models of fruits and vegetables as examples. The oral language practice builds communication skills as well as exposure to new words. Many children learn for the first time what a particular fruit or vegetable looks like. The 1st grade did a project collecting different types of apples, charting apple colors, learned about different apple parts, and even made applesauce. Second grade likes to graph the favorite fruit or vegetable monthly on a chart linking math charting practice to our education on good nutrition. The 3rd grade has done a social studies lesson on Johnny Appleseed and did a writing activity exploring the old saying "An apple a day..."

The 4th and 5th grade have an opportunity to go to the computer lab each week and they enjoy checking out fun nutrition websites like www.coolfoodplanet.org. It has a wealth of activities about healthy eating. Our art teacher, gifted teacher, and other resource teachers also get involved in activities as they love to sample different fruits and vegetables too. Everyone is learning to taste new produce and embracing the art of adventure!



Flavor of the Month

Whole Grains

This month's featured "flavor" is Whole Grains! According to the 2010 Dietary Guidelines, Americans are not consuming enough of them. Numerous studies demonstrate the health benefits of increasing our whole grain consumption. The 2005 Dietary Guidelines for Americans recommends we consume three or more ounce-equivalents of whole grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. Generally, that means, make half your grains whole.

Here is the math. One ounce equals 28.35 grams. The following are portion sizes of items that contribute almost 16 grams of whole grain, so slightly over ½ ounce. One and ½ ounces equals 48 grams (see whole grain stamps below).

- 4 Triscuit® crackers
- 2/3 cup of Cheerios®
- 1/3 cup of Wheat Chex®
- 2/5 cup of cooked oatmeal
- 1 slice of whole grain bread
- 1/2 a whole-grain English muffin
- 1/3 cup cooked whole-wheat pasta
- 1/3 cup cooked brown rice, bulgur, barley or other cooked grain

So, to meet the three or more ounce servings of whole grain products per day, with ½ of them whole grains, consuming three items in servings listed in the chart above or

combinations thereof would enable you to meet the whole grain recommendation.

Visit the following websites for recipes, and how to incorporate whole grains into your school meal program.

<http://www.wholegrainscouncil.com/find-whole-grains/wg-for-school-meal-programs>



<http://www.wholegrainscouncil.com/files/WGRecipes-ForFoodservice.pdf>

Adapted from Whole Grains Council.

Professional Development

Whole Grains for Healthy School Meals Webinar—February 10

This informative webinar will show you how to accurately identify whole grain food products like an expert and how to integrate them into your reimbursable menus, cost effectively. Discover how to substitute whole grains into your recipes and write clear purchasing specifications. See a one-week school menu get a whole grain makeover and walk away with ideas and resources that get your menus on the grain train. This webinar has been partially funded by a USDA Team Nutrition grant. It begins at 2:00 p.m. (CST) and concludes at 3:00 p.m. Register at <http://www.kid-seatwell.org/wholegrainswebinar.html>.



Fresh Fruit and Vegetable Program – Program Overview and Grant Application Details for SY2011-2012

Staff with the Nutrition Programs Division of the Illinois State Board of Education will present a webinar for National School Lunch Program sponsors that are interested in applying for the Fresh Fruit and Vegetable Program (FFVP) grant for school year 2011-2012 on February 24, 2011 from 9:00am until 10:30am. Reserve your Webinar seat now at <https://www1.gotomeeting.com/register/232121505>.



The webinar will provide an overview of the Fresh Fruit and Vegetable Program and details about the grant application. The webinar is highly recommended for schools that would like to apply for the FFVP grant for the first time and for schools that have participated in the FFVP previously, as the application process has changed. There will be limited time for questions during the webinar. The FFVP grant application will be available online (http://www.isbe.net/nutrition/htmls/ffv_program.htm) February 23, 2011. (The deadline to apply for FFVP (School Year 2011-2012) is March 31, 2011.

USDA's Proposed Rule – Nutrition Standards in the National School Lunch and School Breakfast Programs Webinar planned for March 1, 2011

Staff with the Nutrition Programs Division of the Illinois State Board of Education will present a webinar for National School Lunch Program sponsors that are interested in learning about the USDA's proposed rules on the nutrition standards in the National School Lunch and School Breakfast Programs on March 1, 2011 from 2:00pm – 3:30pm (CST). In January 2011, the USDA published proposed rules in the Federal Register to align school meals with the 2005 Dietary Guidelines for Americans, as recommended by the Institute of Medicine (IOM) in the report *School Meals: Building Blocks for Healthy Children*. The webinar will summarize the proposed changes and key provisions of the rule while identifying for school personnel how to provide comments to USDA on these proposed rules by the deadline of April 13, 2011. A copy of the proposed rules are available online at <http://www.fns.usda.gov/cnd/Governance/regulations/2011-01-13.pdf>.

Reserve your Webinar seat now at <https://www1.gotomeeting.com/register/972630816>.

Attend the Illinois School Wellness . . . From A to Z Conference

May 3, 2011
Decatur Conference Center



The Illinois State Board of Education in partnership with the Illinois Action for Healthy Kids announce the one-day wellness conference highlighting successful implementation of school wellness programs involving nutri-

tion, nutrition education, physical activity, and physical education.

Dr. Toni Yancey, doctor, educator, author, poet, and former Northwestern Basketball Player opens the conference as the keynote speaker. Author of *Instant Recess, Building a Fit Nation 10 Minutes at a Time*; Dr. Yancey will educate attendees on the new paradigm of fitness.

In addition, to help meet Public Act 094-0190's School Health Recognition Program the conference will recognize and celebrate schools having success with their wellness efforts.

Attendees can browse the exhibit room for free resources, nutrition and physical education activities, and the opportunity to network.

SAVE THE DATE of Tuesday, May 3, 2011, at the Decatur Conference Center in Decatur. Registration information will be posted at <http://www.actionforhealthykids.org/StateSpecificInfo.php?state=IL> in March. Registration fee includes lunch, refreshments, and materials.

The Melting Pot

Loan Library Selection of the Month

This month's loan library selection is Go With the Grain for Kids, developed by the General Mills, Bell Institute of Health and Nutrition. This CD-ROM includes two PowerPoint presentations, one for grades K-2, and the other for grades 3-5. The presentations instruct and encourage kids to eat whole grains. The Go With the Grain for Kids CD-ROM is loan library item 300. To borrow this item, go to www.kidseatwell.org and click on *Nutrition Education Loan Library*.

Celebrate All Things Agriculture This March

The month of March is chockful of agriculture and nutrition related special events, and celebrations related to agriculture and nutrition.

National Nutrition Month—March 2011

Eat Right With Color™

(<http://www.eatright.org/NNM/>)



National School Breakfast Week— March 7-11, 2011

School Breakfast Detectives

(<http://docs.schoolnutrition.org/meetingsandevents/nsbw2011/>)



National Agriculture Week—March 13-19, 2011

American Agriculture.

Your Food. Your Farmer.

(<http://www.agday.org/>)



Visit the websites above for further information including press releases, proclamations, menus, nutrition education tips, and much more!

Save Helpful Calendars for Planning Events

Are you aware that February is chocolate month, as well as Sweet Potato month?

Find out about these and more special celebrations at the helpful planning calendars websites listed below. Refer to them frequently when you are planning special events, theme days or celebrations throughout the school year.

- Health Calendars—<http://foodandhealth.com/calendar/>, also includes clip art.
- USDA's Team Nutrition 2011 Events Calendar—<http://www.fns.usda.gov/tn/Resources/Calendar/index.htm>

Join The Outlook Newsletter List Serve

To receive monthly notices of *The Outlook* newsletter link, join *The Outlook* List Serve. Email: Outlook10-join@list.isbe.net and type only the e-mail address to be added in the message section. A confirmation will be sent to the e-mail address provided. School staff listed as the contact person on NSLP site and/or sponsor applications are already on *The Outlook* List Serve. For questions regarding *The Outlook* newsletter or list serve, please e-mail Joan Love at jlove@isbe.net or call 800/545-7892 (in Illinois) or 217/782-2491.

The Outlook is published ten times per year, February through May, for those participating in School Nutrition Programs, by the Nutrition Programs, Illinois State Board of Education, 100 North First Street, Springfield, Illinois 62777-0001. FAX number 217/524-6124; TOLL FREE number 800/545-7892, <http://www.isbe.net/nutrition/>, Christine Schmitt, Division Administrator.

Calendar of Events – March 2011

National Nutrition Month®

Complete the meal count edit prior to submission of the Claim for Reimbursement

- 1 Deadline for regional superintendent, as required by Public Act 096-0734 to:
 - Inform the school district, in writing, of his or her decision, along with the reasons why the exemption was granted or denied
 - Provide a listing to the Nutrition Programs Division of all districts that applied to *opt-out*, along with the affected schools, whether the exemption was *granted* or *denied*, and the reasons for the action
- 7–11 National School Breakfast Week
- 10 Submit Claim for Reimbursement
- 13–19 National Agriculture Week,
<http://www.agday.org/>
- 13–20 Make changes, if needed, for April commodity orders
- 15 National Agriculture Day
- 15 SFSP New Sponsor and New Staff Orientation—Marion
- 16 SFSP New Sponsor and New Staff Orientation—Fairview Heights
- 17 SFSP Current Sponsor Orientation—Fairview Heights
- 30 SFSP New Sponsor and New Staff Orientation—Alsip
- 31 SFSP Current Sponsor Orientation—Alsip

www.isbe.net/nutrition

Your link to the Child Nutrition Programs in Illinois



Share this newsletter link with staff in your school.

www.isbe.net/nutrition/htmls/newsletters.htm



Illinois State Board of Education

100 North First Street • Springfield, Illinois 62777-0001
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