

The OUTLOOK

Nutrition Programs

bulletin board

Illinois State Board of Education

Illinois School Wellness From **A to Z** Conference May 4, 2010

The third annual Illinois School Wellness Conference at the Decatur Conference Center, in Decatur, Illinois is just around the corner. Attend the conference to learn about the latest school wellness strategies and resources. Register by April 19 to take advantage of the early bird rate of \$35 for adults, and \$25 for students. Go to <http://www.actionforhealthykids.org/>, and then click on *Illinois*.

The conference is geared for wellness team planners, administrators, educators, school food service staff, nurses, and student advocates. The adult registration fee is \$35; student rate is \$25 which includes meals, conference materials, opportunity to visit the exhibits, and expert presentations. The early bird registration due date is April 19.

The conference is presented jointly by the Illinois State Board of Education and Illinois Action for Healthy Kids Team to fulfill Public Act 094-0190, House Bill 1541 School Health Recognition Program.

MARCH 2010 — THE OUTLOOK

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Important Dates—March



	National Nutrition Month® <i>Nutrition From the Ground Up</i>
3	Summer Food Service Program (SFSP) Current Sponsor Orientation—Alsip
4	SFSP New Sponsor Orientation—Alsip
8–12	National School Breakfast Week, School Breakfast—Ready, Set, Go! http://docs.schoolnutrition.org/meetingsandevents/nsbw2010/
10	Submit Claim for Reimbursement
13–20	Make changes, if needed, for May Commodity deliveries
14	Daylight savings time begins
14–20	National Agriculture Week
16	SFSP New Sponsor and New Staff Training—Champaign
20	National Agriculture Day
24	Developing a School Food Safety Plan—Carterville
24	SFSP Current Sponsor Orientation—Fairview Heights
25	Developing a School Food Safety Plan—Charleston
25	SFSP New Sponsor Orientation—Fairview Heights

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New Initiatives to Combat Childhood Obesity

Recently First Lady Michelle Obama, U.S. Department of Health and Human Services (HHS) Secretary Kathleen Sebelius, and U.S. Surgeon General Regina Benjamin announced the release of the Surgeon General's *Vision for a Healthy and Fit Nation*, which includes data, research, and recommendations to decrease the rates of obesity, increase physical activity, and improve the overall health of Americans. The key actions discussed in the report include:

- Individual Healthy Choices and Healthy Home Environments
- Creating Healthy Child Care Settings
- Creating Healthy Schools
- Creating Healthy Work Sites
- Mobilizing the Medical Community
- Improving our Communities

The research related to children in America is alarming. Nearly one in three children is overweight or obese. The prevalence of obesity in the United States has more than tripled among children and adolescents. Schools can play a major role in providing for physical activity and nutrition education. Visit <http://www.surgeongeneral.gov/> for the report.

Mrs. Obama's new initiative to fight childhood obesity, the *Let's Move!* campaign, encourages physical activity and focuses on the importance of healthy meals in the prevention of childhood obesity. *Let's Move!* will involve public education for households and communities about healthy eating and physical activity. A task force has 90 days to develop initiatives. Meanwhile, a few of the activities planned have been launched including:

- Offer parents tools and information needed to make healthy nutrition choices. This initiative includes clear and easy-to-understand food labels.
- The American Association of Pediatrics will take steps to ensure doctors measure body mass index (BMI) in wellness check-ups.
- Nationwide public awareness campaign to educate households and communities about healthy living.
- Development of a *Let's Move!* Website with tools to help families measure progress and keep on track with the campaign and motivate families.
- Update Childhood Nutrition Act to improve school meal programs so schools offer healthier foods, including foods in school vending machines.
- Double the number of schools in the HealthierUS

- School Challenge (HUSSC) school meals program.
- Eliminate food deserts in America. Food deserts are regions where healthy food options are unavailable, often due to urban sprawl.
- Recommend children get 60 minutes of active play every day; *Let's Move!* will find ways to increase participation in physical fitness.

For more information on *Let's Move!* and other childhood obesity initiatives, visit <http://www.letsmove.gov/>.

Administration

Buy American Provision



Test your self-knowledge on the Buy American provision by answering the following true or false questions.

1. *True or False?* The Buy American provision (Section 12(n) of the National School Lunch Act 42 USC 1760[n]) requires schools to purchase domestically grown and processed foods to the maximum extent practicable.
True.
2. *True or False?* The term *maximum extent practicable* in the above statement means over 46 percent of the final processed product consisting of agricultural commodities grown in the United States.
False. It is over 51 percent.
3. *True or False?* Two situations exist that are exempt from the first statement.
True. The product is not produced or manufactured in the United States in sufficient and reasonable available quantities of a satisfactory quality; and competitive bids reveal the cost of a United States product is significantly higher than a foreign product.
4. *True or False?* The entire nonprofit school food service account is subject to federal procurement standards, including the Buy American requirement.
False. The Buy American provision applies to domestic commodities or products, meaning an agriculture commodity that is produced in the U.S., and a food product that is processed in the U.S. The Buy American provision does not extend to other products like paper plates, equipment, or software.

5. *True or False?* Actions a school food authority (SFA) should take to comply with these requirements are as follows: Include a Buy American clause in all procurement documents (product specifications, bid solicitation, purchase orders, etc.)
- Monitor contractor performance
 - Require suppliers to certify the origin of the product
 - Examine product packaging for identification of the country of origin
 - Ask the supplier for specific information about the percentage of United States content in the food product

True.

For further information on the National School Lunch Act's Buy American provision, view our online questions and answers at http://www.isbe.net/nutrition/pdf/buy_american_Q&A.pdf.

New Farm to School Website

Are you farm-to-school savvy? If not, browse the new Farm to School (F2S) website at <http://www.fns.usda.gov/cnd/F2S/Default.htm> to learn about the latest events regarding the Farm to School initiative.

Food Distribution

Department of Defense Fresh Fruit and Vegetables Unused Funds

For the current school year, the U.S. Department of Defense (DoD) allowed participation in the program to all schools that requested to participate subject to a \$500 allocation floor. The Illinois State Board of Education allocated the money we could spend with the DoD amongst all schools that selected yes under *Fresh Fruits and Vegetables Participation* on the *Annual Order Forms* menu option on the Illinois Commodity System (ICS). Recent reports from the DoD indicate many schools that have money allocated to them have yet to place any orders for fresh fruits or vegetables. Schools can see how much money has been allocated to them by selecting *Fresh Fruits and Vegetables Participation* on the *Annual Order Forms* menu option on the ICS. Those schools that have not spent any of the money allocated to them are advised to contact the DoD at 215-737-5573 to begin placing orders or risk having the money used by other schools participating in the program.

Unused funds will be available for use by other schools participating in the program beginning March 15, 2010. Funds for this school year will be available until the yearly allocation of funding for this program is expended.

Delivery Period Reminder

After your March delivery, there will only be one more delivery in the current school year. Also remember, there will be no over summer holding of commodities and all school year 2010 commodities will be delivered during the April 2010 delivery period.

Food Service and Nutrition



National School Breakfast Week is here! Join other schools in serving the special National School Breakfast Week recipes at www.schoolnutrition.org.

Vegetarian Entrée Options

A request that schools are hearing more and more these days is for vegetarian options for meal service and many schools are looking for ways to meet these requests. According to a study conducted by the School Nutrition Association two out of three schools provide meatless options in the cafeteria. The most common vegetarian options schools have begun to include are salads with eggs, cheese, and/or beans; cheese pizza; grilled cheese sandwiches; peanut butter and jelly sandwiches; and pasta with a meatless sauce. While these are all great options, there is a wide range of products available to utilize for school meals, while providing greater variety to students. Some of the available products are:

- Vegetable or soy burgers, hot dogs, crumbles
- Meatless chicken nuggets, strips, patties
- Ready-made vegetarian burritos
- Beans

One of the big issues schools are interested in is the meal pattern requirements for the meatless entrees. Below is a chart to assist schools that use the food-based menu planning approaches.

Traditional Food-Based Menu Planning Approach

Meat Alternate (quantity of edible portion)	Grades K-3	Grades 4-12
Vegetable protein product	1.5 oz	2 oz
Cheese	1.5 oz	2 oz
Large egg	.75 egg	1 egg
Yogurt—plain or flavored, unsweetened or sweetened	6 oz or .75 c	12 oz or 1.5 c
Beans or peas—cooked dry	¾ c	¾ c
Peanut butter or other nut or seed butters	3 T	4 T
Nuts or seeds—can meet no more than 50 percent of requirement and must be paired with another meat alternate to fulfill the requirement	.75 oz	1.5 oz

*Vegetable protein products must meet the United States Department of Agriculture's (USDA) requirements for alternate protein products. (Outlined in Appendix A of the Federal Regulations [CFR 210, Appendix A].)

Enhanced Food-Based Menu Planning Approach

Meat Alternate (quantity of edible portion)	Grades K-6	Grades 7-12
Vegetable protein product	2 oz	2 oz
Cheese	2 oz	2 oz
Large egg	1 egg	1 egg
Yogurt—plain or flavored, unsweetened or sweetened	8 oz or 1 c	8 oz or 1 c
Beans or peas—cooked dry	.5 c	.5 c
Peanut butter or other nut or seed butters	4 T	4 T
Nuts or seeds—can meet no more than 50 percent of requirement and must be paired with another meat alternate to fulfill the requirement	1 oz	1 oz

*Vegetable protein products must meet USDA requirements for Alternate Protein Products.

Many items already served on the lunch line can also be served as vegetarian entrees utilizing new products that are now available. Some examples include:

- Pastas—utilizing meatless meatballs, soy crumbles
- Chicken wraps using meatless chicken strips—ranch wraps, buffalo chicken wraps, Mexican wrap also including beans
- Hamburgers, chicken patty sandwiches, tacos, burritos, sloppy joes
- Salads—tex/mex salad with black beans/cheese/alternate protein product
- Tofu stir-fries or rice bowls
- Chili and other soups containing beans and/or soy crumbles
- Yogurt, hummus dips, or cheese are great side items to accompany any vegetarian entrée to meet meal pattern requirements.

An excellent resource for schools inquiring about integrating more vegetarian options is available at <http://www.healthyschoollunches.org/resources/SchoolLunchGuide2008.pdf>. Another great resource to research what types of products are available is <http://www.vegproductsguide.com/>.

If you have questions regarding vegetarian options or requirements for the National School Lunch Program, please contact ISBE via email at cnp@isbe.net or via telephone at 800.545.7892.

Grants, Awards, and Honors

Free Nutrition Education Curriculums

Hurry and apply for the free evidence-based nutrition education curriculum today! The Illinois Nutrition

Education and Training (NET) Program announces the NEW *School Nutrition Education Program* to assist educators in obtaining evidence-based curriculum focused on improving food choices and increasing physical activity. This program offers one free nutrition education curriculum per Illinois school. Complete the application and pre-survey at <http://www.kidseatwell.org/>. *Because only one reimbursement is available per building, please coordinate your request through your principal's office.* Please direct any questions for the Illinois NET Program to 800.466.7998.

Innovations for Healthy Kids Challenge, Spring 2010 Deadline

Open to the public, Food, Nutrition, and Consumer Services (FNCS) is requesting submittal of completed web-based games that motivate tweens, students 9 to 12 years of age, to eat healthy. The web-based games must use the nutrition concepts from the Dietary Guidelines for Americans and the MyPyramid Food Guidance System as well as USDA's dataset of 1,000 of the most common food items. Cash awards will be provided to four winners in the gold, silver, bronze, and popular choice categories. For more information, go to <http://www.cnpp.usda.gov/Innovations/Innovations.htm>.

Child Nutrition Employee Week Name Change May 3-7, 2010

Until now, the first week of May was designated as Child Nutrition Employee Appreciation Week. This year, the title of that particular special recognition week has been changed to *School Nutrition Employee Week*. (SNEW) It is not too early to begin planning for a special event to recognize the caring, trained, professional, and dedicated school nutrition staff in your school(s) during SNEW, May 3-7, 2010.

Browse the School Nutrition Association's website at http://www.schoolnutrition.org/Level2_SNEW2010.aspx?id=13433 for ideas to use during SNEW, including a sample press release and proclamation, an e-card link, and the opportunity to post a note on the appreciation wall.

Training, Tips, and Tools

Summer Food Service Program Workshops

Do not miss out! The workshops for the Summer Food Service Program (SFSP) are HERE! The

Summer Food Service Program is designed to bridge the “nutrition gap” when school is not in session. Children up to 18 years of age can eat free nutritious breakfasts, lunches, or snacks at summer feeding sites operated by approved sponsors. Sponsors receive federal reimbursement for serving meals that meet USDA nutrition guidelines. The SFSP targets low-income areas where at least 50 percent of the children qualify for free or reduced-price school meals. Many sponsors also offer educational, enrichment, or physical activities, or collaborate with others to do so.



If the responsibilities of sponsorship of the SFSP are not possible, you can still help by providing meals to other local sponsors, supervising a feeding site, or teaming up with a sponsor to provide any activity that makes summer fun. In any case, children win!

Training workshops for the Summer Food Service Program will be held at the following locations for organizations interested in sponsoring the SFSP during the summer of 2010.

<u>New Sponsor Orientation</u>	<u>Current Sponsor Orientation</u>
March 4—Alsip	March 3—Alsip
March 16—Champaign	March 24—Fairview Heights
March 25—Fairview Heights	April 14—Morton
April 8—Palatine	
April 15—Morton	
May 6—Chicago	
May 10—Springfield	

Sessions are designed to provide a complete overview of the SFSP. All first-year sponsors are required to attend the New Sponsor Orientation. Previous-year sponsors can attend the Current Sponsor Orientation, but may come to the New Sponsor Orientation as a refresher. It is highly recommended you require attendance by new employees. Check our website below for times. Lunch will be provided at the New Sponsor Orientation.

Reservations are required for the half-day and full-day workshops and must be made in advance. To register or obtain additional information, please visit our website at http://www.isbe.net/nutrition/htmls/sfsp_training.htm or contact Amy Bianco or Deb Collins at 800.545.7892 or at abianco@isbe.net or dcollins@isbe.net.

School-Based Child Nutrition Programs Trainings

The Illinois State Board of Education, Nutrition Programs Division offers free trainings annually. This year’s training topics include the Summer Food Service Program scheduled February through May; Developing a Food Safety Plan scheduled for March; Dietary Guidelines and Menu Planning scheduled for April; Certification and Verification scheduled for late July/early August; and School-Based Child Nutrition Administrative Workshop (formerly Basic Training) scheduled for late September/early October.

Please review each of the topics as they become available, select a location close to you, and register. Pre-registration is required and can be completed online at <http://webprod1.isbe.net/cnscalendar/asp/EventList.asp>. Attendance at trainings is highly recommended for new sponsors or new staff but all program sponsors are welcome. There is no charge for attendance for these trainings. Send questions to cnp@isbe.net or call our School-Based Child Nutrition Program staff at 800.545.7892.

New Workshop! Linking Communities, Parents, and Schools for Children’s Health

Need ideas on how to engage parents and community in supporting your school wellness initiative? The Illinois Nutrition Education and Training (NET) Program has developed a new training program, *Linking Communities, Parents, and Schools for Children’s Health* that focuses on this topic. This training is free and is appropriate for school food service staff, administrators, teachers, and school nurses involved in wellness-oriented activities.

This training program not only addresses how to engage parents and the community in reinforcing healthy choices for students, but also how to successfully plan awareness, nutrition education, and wellness outreach programs. Discover useful strategies for effectively communicating wellness messages to the school community through websites, newsletters, and bulletin boards. Learn how to plan and implement successful wellness events like a chef challenge, wellness fair, or family fun night and where to find the resources to make it easy.

To learn more about the new workshop or to schedule trainings, visit <http://kidseatwell.org/> or call 800.466.7998.

Log Hours for School Nutrition Certification

Short on time? The *Culinary Techniques for Healthy School Meals* online training series can be completed at your own pace in the time you have available. Learn how to incorporate principles of the Dietary Guidelines for Americans into the planning and preparation of school meals. Training is appropriate for all school food service staff involved in meal preparation. There are plenty of incentives for taking advantage of this limited-time opportunity, including a \$75 stipend and *Dietary Guidelines* posters available for school food service staff that completes the series before June 30, 2010. You can link to the courses online at <http://www.nfsmi.org/>. Visit <http://kid-seatwell.org/> for details on the limited-time \$75 stipend and Dietary Guidelines for Americans posters.

School Wellness Programs, From Continued

As indicated in the November issue of *The Outlook*, we are including descriptions of the numerous wellness and health initiatives, projects, and programs to be highlighted at the May 4, 2010, Illinois School Wellness From A to Z Conference in Decatur. Read about five more initiatives below.

- *Action for Healthy Kids*—volunteer network fighting childhood obesity and undernourishment with over 11,000 members. For more information on Illinois Action for Healthy Kids, go to <http://www.actionforhealthykids.org/> and click on Illinois.
- *FuelUptoPlay60* (http://www.fueluptoplay60.com/index_flash.php)—Sponsored by the National Dairy Council and the National Football League as well as USDA, this e-based program entices youth to take action to eat healthy, play for 60 minutes a day, and participate in fun activities inside and outside of school.
- *Stars Schools*—National Association for Sport and Physical Education (NASPE)—The STARS project recognizes excellence in physical education and identifies quality physical education programs.
- *Team Nutrition Schools*—USDA (<http://teammnutrition.usda.gov/team.html>)—Illinois boasts 1,220 schools enrolled in USDA's Team Nutrition Initiative. These schools realize the impact that nutritious meals, nutrition education, and a health-promoting school environment have on helping students attain academic success and develop life-long healthy habits.
- *Walk Across Illinois*—the Office of Lt. Governor,

Safe Routes to School—Go to <http://www.walkacrossillinois.org/>, then click on the schools tab. Read about the ten routes to take and the 45 plus schools participating.

Team Nutrition Resources Available in Spanish

Did you know USDA's Team Nutrition offers the following FREE resources in Spanish? Order the resources below at <http://tn.ntis.gov/>.

- Balance Your Day With Food and Play activity sheet
- Be An All Star activity sheet
- Enter the Fun Zone activity sheet
- Grab Quick and Easy Snacks activity sheet
- Let's Go on a Snack Hunt activity sheet
- MyPyramid Spanish Tips for Families
- Move More, Sit Less activity sheet
- Pack Your Snacks and Go! activity Sheet
- Panther's Picnic activity sheet
- Pointers to Help Your Preschooler
- Power Up to Gear Up activity sheet
- Power Up With Breakfast activity sheet
- Power Your Moves activity sheet
- Rustle Up Good Grub activity sheet

The Outlook Newsletter ListServ Access

If you would like monthly notices of *The Outlook* newsletter link emailed to you and are not presently receiving them as the approved representative on the School-Based National School Lunch Program sponsor and/or site applications, then join *The Outlook* ListServ. Send an email to Outlook10-join@list.isbe.net and type in your email address in the message section. You will receive confirmation and that is all that is necessary. If you have any questions, please email Joan Love at jlove@isbe.net or call 800.545.7892 or 217.782.2491.

Dave Savers

- March 1—Per Public Act 95-0155, regional superintendent shall inform the school district in writing if an exemption from the **Summer Food Service Program mandate** was granted or denied. Regional superintendent shall report to the Nutrition Programs Division of the Illinois State Board of Education a listing of all districts that applied to opt out of either summer meal programs, the decision of the regional superintendent, and the reason for the action.
- Ensure at least two school food safety inspections are completed by end of school year.
- March 15—Per Public Act 96-0158, regional superintendent shall inform the school district in writing if an exemption from the School Breakfast Program mandate was granted or denied. Regional superintendent shall report to the Nutrition Programs Division of the Illinois State Board of Education a listing of all districts that applied to opt out of the School Breakfast Program, the decision of the regional superintendent, and the reason for the action.
- April 19—Due date for early registration for the May 4, 2010, Illinois School Wellness Conference
- May 2–6—American Commodity Distribution Association Annual National Conference—Costa Mesa, California (<http://www.commodityfoods.org/index.php>)
- June 22–24—Illinois School Nutrition Association's Annual Conference, Oakbrook Terrace (www.ilsna.net)



Share this newsletter link with staff in your school.

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

www.isbe.net/nutrition
Your link to the Child Nutrition Programs in Illinois

Calendar of Events—April 2010

- 1 Per Public Act 76-0734, the State Superintendent of Education shall inform the school district in writing if an exemption from the Summer Food Service Program mandate was granted or denied. (This situation only occurs if the original exemption was appealed to the State Superintendent of Education.)
- 8 SFSP New Sponsor Orientation—Palatine
- 10 Submit Reimbursement Claim
- 14 SFSP Current Sponsor Orientation—Morton
- 15 SFSP New Sponsor Orientation—Morton
- 19 Deadline for early registration to the Illinois School Wellness . . . From A to Z Conference (<http://www.actionforhealthykids.org/>, click on *Illinois*)
- April 1** Per Public Act 95-0155, the State Superintendent of Education shall inform the school district in writing if an exemption from the **Summer Food Service** mandate was granted or denied. (This situation only occurs if the original exemption was appealed to the State Superintendent of Education.)
- May 15** Per Public Act 96-0158, the State Superintendent of Education shall inform the school district in writing if an exemption from the **School Breakfast Program** mandate was granted or denied. (This situation only occurs if the original exemption was appealed to the State Superintendent of Education.)



Illinois State Board of Education

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