

# THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs



## Healthy, Hunger-Free Kids Act of 2010

The Healthy, Hunger-Free Kids Act of 2010 was signed into law by the President on December 13, 2010. This is the federal legislation that will shape the School-Based Child Nutrition Programs for many years to come. While the law has been signed and has an effective date of October 1, 2010 for many provisions, we are waiting for further USDA guidance in many areas.

To assist schools in Illinois, we have created a Healthy Hunger-Free Kids Act of 2010 [http://www.isbe.net/nutrition/htmls/hunger\\_free.htm](http://www.isbe.net/nutrition/htmls/hunger_free.htm) to provide one place to look for guidance issued by ISBE on this topic. From this website, you can access the legislation, proposed regulations, as well as further guidance for implementation of the many provisions of this law.

We realize many questions exist about how this new law will affect school meal programs and what will be required for successful implementation. As information from the USDA becomes available— ISBE, Nutrition Programs Division staff will work to provide you with the guidance, training, and technical assistance needed to apply these changes within your programs.

An important area of the new legislation is the update on the meal patterns for the National School Lunch and School Breakfast Programs. USDA issued proposed regulations in January 2011 on this topic. ISBE hosted a webinar summarizing 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>. This ISBE webinar is archived for viewing at your convenience.

Please visit Illinois' Healthy Hunger-Free Kids Act of 2010 website often, as more detailed information on the implementation of the Act will be provided in the near future.

## Fresh Fruit and Vegetable Program Grant Opportunity!

The Illinois State Board of Education (ISBE) is happy to announce it will be accepting applications for the Fresh Fruit and Vegetable Program (FFVP) Grant for the 2011–2012 school year! The FFVP grant has been a very successful program in Illinois and we are very excited to be



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### CALENDAR OF EVENTS.....

This institution is an equal opportunity provider.

able to have this grant available again this year!

In order to participate in the FFVP grant the school site must:

- Participate in the NSLP
- Be an elementary school
- Priority will be given to schools with at least 50% free and reduced-price eligibility.
- Offer fresh fruits and vegetables to students during the school day at times other than during the meal periods at least twice a week during the entire 2011-2012 school year
- Submit a completed application by **March 31, 2011**
- Attend a required training (if applicable)
- Adhere to all program requirements

Visit our website at [http://www.isbe.net/nutrition/htmls/ffv\\_program.htm](http://www.isbe.net/nutrition/htmls/ffv_program.htm) for additional information about the FFVP Grant, program requirements, and to access the FFVP Grant application. Your complete FFVP Grant application must be submitted to ISBE no later than March 31, 2011, to be considered for this exciting program for the 2011–2012 school year!

If you have any questions, please contact Lindsay Blough ([lblough@isbe.net](mailto:lblough@isbe.net)) or Roxanne Ramage ([ramage@isbe.net](mailto:ramage@isbe.net)) at 800/545-7892 or 217/782-2491. We look forward to another successful year of working with schools to increase children's fresh fruit and vegetable consumption and to influence lifelong healthful eating habits.

### Third Illinois School to Receive Highest HealthierUS School Challenge Award

Congratulations to Golfview Elementary School, Community Unit School District 300, in Carpentersville, the third Illinois school to attain the Gold Award of Distinction certification in the USDA's HealthierUS School Challenge (HUSC)! Golfview Elementary School will be recognized by receiving:

- A large HealthierUS Gold banner for immediate display in their school
- A plaque of recognition signed by the Secretary of Agriculture, which will be presented to the staff
- A financial award of \$2,000 to be deposited into their nonprofit foodservice account.
- Recognition on the Team Nutrition website

Golfview joins Illinois' HUSC certified schools, Namaste Charter School and the Academy for Global Citi-

zenship (AGC), Chicago Public Schools in the Gold Award of Distinction certification, and Bushnell-Prairie City Elementary School from Bushnell-Prairie City Community Unit School District 170, a silver certified school.

Students Celebrating HUSC recognition



Golfview Elementary School's HUSC Award Ceremony

## 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](mailto:abianco@isbe.net) or [dcollins@isbe.net](mailto:dcollins@isbe.net).

### **Claim Common Cent\$**



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

### **Updating Claim Contact Information**

When you are submitting your site claim and your sponsor claim each month please check the 'Contact Person' information near the top of each claim entry screen. Please update this information as necessary. This

is the person that we will call if we have any questions regarding the claim. Please ensure that this information has the correct name, phone number and e-mail for the person who can answer questions about the claim. Often we call organizations and ask for the person listed on the claim only to be told that 'they left the organization two years ago' or 'they no longer work on child nutrition claims.' It is important that we have the correct information so that claims can be processed in an efficient and timely manner.

If you have any questions regarding your claims please contact Sharon Hopson or Gladys Rothenberg at 217/782-5256.

## **USDA Foods**

### **Department of Defense Fresh Fruit and Vegetables—Unused Funds**

For the current school year, the Department of Defense allowed participation in the program to all schools that requested to participate subject to a \$500 allocation floor. ISBE allocated the money we could spend with DOD amongst all schools that selected "yes" under *Fresh Fruits and Vegetables Participation* on the *Annual Order Forms* menu option on ICS. Recent reports from 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 ICS. Those schools that have not spent any of the money allocated to them are advised to contact DOD at 215/737-5573 to begin placing orders or risk having the money used by other schools participating in the program.

**As in previous years, we anticipate there will be unused funds available for use by schools participating in the program beginning sometime in March 2011. Funds will be available until the state as a whole runs out of money.**

Order what you can use, and please use what you order.

## **Spotlight on Schools**

### **Big Changes Impact Over 10,000 Students in Community Unit School District 300**

Community Unit School District 300 (CUSD 300), in Carpentersville, has made big changes that have net-

ted Golfview Elementary school the highest award in the USDA HealthierUS School Challenge and benefited students across the district. Tops among the changes are stricter nutrition criteria for school meals. Students can choose from a variety of nutrient-rich foods each day including whole grain foods, fruits and vegetables and low fat and fat-free milk.

CUSD 300 boosted the number of whole grains they serve each day. This includes whole grain pizza and whole grain cookies with less fat. They have added a variety of whole grain wraps pasta and even pancakes to their cycle menu.

CUSD 300 students are seeing a greater variety of vegetables and fruits on their plate too. Dried bean dishes are served at least once a week. Students can choose dark green and orange veggies from the menu or the daily cold bar. The cold bar features a rotation of cucumber coins, baby carrots, broccoli florets, romaine lettuce salad and celery sticks.

What about costs? Scott Rodgers, school foodservice director, reports that they have seen a \$.02/meal increase with the changes. This is good news, considering some operations have seen a higher increase.

CUSD 300 knows that promotion is the key to success. While student response to the healthier meals has been positive for the most part, there has been an initial dip in student participation. CUSD300 is taking steps to change that. Thanks to a USDA Team Nutrition grant, the district has arranged a *Jump with Jill* tour to excite both students and community about making healthy choices. They have even commissioned a series of "Going Gold" videos to build excitement for making all CUSD 300 elementary schools award winners. Look for their videos on YouTube and CUSD 300's social networking outlets.

### **District of Excellence Distinction— Applications Due March 30**

Applications are due March 30 for the District of Excellence Distinction through the School Nutrition Association's Key's to Excellence program. The program permits schools to create strategic plans to meet specific benchmarks. It provides recognition to schools across the country that have met or exceeded industry best practices standards.

The Keys to Excellence is a 3-part program consisting of an online self-assessment tool, District of Excellence Dis-

tion, and District of the Year Award. The self-assessment tool covers four key areas: Administration, Communications/Marketing, Nutrition/Nutrition Education, and Operations.

District of Excellence Distinction schools are certified for a 3-year period. Visit <http://www.schoolnutrition.org/Content.aspx?id=13093> for more information.

## **Professional Development**

### **Upcoming Workshops and Webinars— School-based Child Nutrition Programs**

In an effort to save districts travel time and cost, as well as allow access to training to anyone at anytime, ISBE Nutrition Programs Division will begin offering the Basic Training for School-Based Child Nutrition Programs online this upcoming school year. While we will no longer be offering the full-day Basic Training, we will continue to provide some in-person, half-day training throughout the year at various locations statewide on topics which require discussion or hands-on activities (see below).

#### Certification and Verification of School Meal Applications

Gain a solid understanding of the process for certifying and verifying Household Eligibility Applications for school meal programs, including use of the direct certification and direct verification process. Check-in will begin at 8:30 and workshop will run 9:00-12:00. Registration is required and available on-line at <http://www.isbe.net/nutrition/htmls/workshops.htm>.

- July 26, 2011
- July 27, 2011
- August 10, 2011
- August 11, 2011

Additional workshops and webinars on topics such as Menu Planning and Dietary Guidelines and Developing a Food Safety Plan are being planned for 2011-2012 school year and will be announced soon!

### **Fourth Annual Wellness Conference Announces Lineup**

Dr. Toni Yancey, author of *Instant Recess: Building a Fit National 10 Minutes at a Time*, has been selected as keynote speaker for the 4th Annual Illinois School

Wellness ... from A to Z Conference on May 3 at the Decatur Hotel and Conference Center in Decatur.

Yancey, who played basketball for Northwestern University, is currently a professor in the UCLA Department of Health and a national board member for Action for Healthy Kids. Her presentation will be based on her book, which provides “doable” solutions for any setting to get Americans moving, according to Dr. David Satcher, a former U.S. Surgeon General and founder of AFHK.

The first 50 people to register for the conference will receive a free copy of Dr. Yancey’s book.

The conference, which is co-sponsored by AFHK-Illinois and the Illinois State Board of Education, is perfect for school administrators, school nurses, educators, food service staff, wellness committee members and anyone else who wants to learn more about encouraging healthy lifestyles and healthy food at school. Other topics will include Food Trends in Schools, Fuel Up To Play 60, The New P.E., wellness success stories from Illinois and selling healthier fundraisers including healthy food options in school stores and concession stands. During lunch, representatives of AFHK and FORWARD of DuPage will talk about plans for a Get in the Action volunteer project and how other counties and communities might organize similar events.

Early registration (through April 19) is \$45; late registration is \$55. A registration link and more information about the conference will be posted on the [IL-AFHK](#) website. For more information about Dr. Yancey, please visit her website at [www.toniyancey.com/home.html](http://www.toniyancey.com/home.html).

## The Melting Pot

### Shaking Sources of Salt

Since high blood pressure, heart disease and stroke have been linked to higher levels of salt, (sodium chloride) in our diets, especially for vulnerable groups and individuals; the recently released 2010 Dietary Guidelines for Americans report includes a decrease to the sodium recommendation of less than 1500 mg/day, about 2/3 teaspoon of salt. The previous recommendation was 2,300 mg/day, about 1 teaspoon of salt. It’s been reported, we now consume 3,400 mg of sodium daily (males 3,100-4,700 mg, females 2,300-3,100 mg.).

The following chart provides a breakdown of the amount of sodium in different salt measurements.\*

- 1/4 tsp. salt = 500 mg sodium
- 1/2 tsp. salt = 1,000 mg sodium

- 3/4 tsp. salt = 1,500 mg sodium

- 1 tsp. salt = 2,000 mg sodium

The Dietary Approaches to Stop Hypertension or DASH diet includes fruits, vegetables, low-fat dairy and is high in potassium, magnesium, and calcium. A gradual reduction in sodium in our diets is possible, especially following the DASH diet.

So, what are other ways to reduce sodium in our diets?

- Realize that the biggest contributors of salt is packaged foods and meals consumed away from home
- Avoid adding salt to water when cooking pasta, rice, cereals, and vegetables
- Taste first, then salt food if necessary
- Increase fruits and vegetables in your diet, naturally low-sodium foods
- Replace salt with herbs, spice rubs, and fruit juices
- Become a label reader- Look for low sodium, sodium-free, and no added salt items
- Eat unsalted nuts
- Drain or rinse canned beans or vegetables when using in other dishes
- Prepare condiments, dressings, and sauces from scratch

To learn more about the DASH diet, go to [http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm).

The voluntary National Salt Reduction Initiative (NSRI), begun in New York City is a public/private partnership which includes 16 U.S. Food companies and over 55 cities, states, and national health organizations. The NSRI goal is to reduce American’s salt intake by 20 percent over a 5-year period. The program looks at categories of foods such as crackers, rather than individual foods. A database, the NSRI Packaged Food Database includes 62 packaged food categories.

Through the NSRI, major manufacturers, and restaurant chains are pursuing salt reductions. Some of the food companies have begun to reduce the sodium in as many as 40 percent in some of their products.

To learn more about the NSRI, go to [www.nyc.gov/health/salt](http://www.nyc.gov/health/salt).

\*Source: Colorado State Extension

### Explore Current Resources at NEW USDA’s Database

If you have not checked out USDA’s new Education and Training database, then do so today. USDA encourages

## Calendar of Events – April 2011

Child Nutrition sponsors to visit their searchable database with over 150 items at [http://healthymeals.nal.usda.gov/schoolmeals/Resource\\_Cafe/Resource\\_SetSearch.php?Audience=&Format=&TN=1&State=&PubDate=&Language=&KW=&Text=&Sortby=State](http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_SetSearch.php?Audience=&Format=&TN=1&State=&PubDate=&Language=&KW=&Text=&Sortby=State). The search feature allows the user to sort by title, developer, year published or state. Items are categorized by activity, book, brochures, curriculum, guides, kits, newsletters, on-line training, posters, presentations, reports, and videos. So, take a few moments soon to learn about these useful current resources.

Examples of some of the free downloadable items are:

- *Being a Role Model for School Wellness* (2010) Iowa Department of Education
- *Healthy Menu Cycles Booklet for the National School Lunch and School Breakfast Program* (2010) Idaho Department of Education
- *Better Breakfast Cereals Boost Brainpower!* (2009) Montana Team Nutrition
- It's Up to You poster (2007) Team Nutrition

So, bookmark this website and visit it whenever you need training and educational materials.

### 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](mailto: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](mailto:jlove@isbe.net) or call 800/545-7892 (in Illinois) or 217/782-2491.

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[www.isbe.net/nutrition](http://www.isbe.net/nutrition)

Your link to the Child Nutrition Programs in Illinois

- 1 Per Public Act 96-0734, 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.)
- 7 SFSP New Sponsor and/or New Staff Orientation—Bloomington
- 10 Submit Reimbursement Claim
- 13 SFSP New Sponsor and/or New Staff Orientation—Rockford
- 13 Comment Period due date on the Nutrition Standards in the National School Lunch and School Breakfast Programs, 76FR2494, (January 13, 2011) [www.regulations.gov](http://www.regulations.gov)
- 14 SFSP New Sponsor and/or New Staff Orientation—Galesburg
- 15 Per Public Act 96-0158, a school district whose request for exemption from operating school breakfast program was denied by their Regional Office of Education may appeal that decision to the State Superintendent of Education no later than April 15.
- 19 Deadline for early registration to the Illinois School Wellness Conference (<http://www.actionforhealthykids.org/>, click on *Illinois*)



Share this newsletter link with staff in your school.

[www.isbe.net/nutrition/htmls/newsletters.htm](http://www.isbe.net/nutrition/htmls/newsletters.htm)



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