

# THE OUTLOOK

*Your Guide to School-Based Child Nutrition Programs*

**May 2013**

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## **CALENDAR OF EVENTS**

## Administrative Alerts

### Talk-It-Up Tuesday Webinars!

Please mark your calendar for the last Talk It Up Tuesday of this school year – **May 21, 2013 2:00-2:30 pm**. Join ISBE's Nutrition and Wellness Programs Division staff as we discuss hot topics, provide new information, and address frequently asked questions! These webinars are an open forum to hear from schools and to address any questions and/or concerns school may have regarding the National School Lunch and Breakfast Programs. Register at <http://www.isbe.net/nutrition> (under *Upcoming Webinars*).

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### Expect School Year 13-14 Household Eligibility Application Online

The Household Eligibility Application for free and reduced-price meals for the school year 2013-2014 will be posted on our website ([www.isbe.net/nutrition](http://www.isbe.net/nutrition)) in early June 2013. All forms used in prior years to create copies for distribution should be discarded. The new application form must be used. Program regulations require schools to distribute free and reduced-price Household Eligibility Applications *no earlier than four calendar weeks prior to the time the students start school*. Schools cannot send letters home at the end of the current school year for the next school year nor can the schools begin accepting and processing applications before July 1 annually.

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### Americans with Disabilities Act – AMENDED

USDA recently released guidance for Child Nutrition Programs on the Americans with Disabilities Amendments Act of 2008 (ADAAA). This Act amended the Federal definition of disability, broadening it to cover additional individuals, by **adding a new category called “Major Bodily Functions”** – “functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, cardiovascular, endocrine, and reproductive functions.”

The process for identifying children with disabilities requiring an accommodation has not changed. Child's family must still provide a statement from a licensed physician identifying the food-related disability and indicating the required meal accommodation. Note too that children who take mitigating measures to improve or control any of the conditions recognized as a disability are still considered to have a disability and require an accommodation.

For further information on accommodating students with special dietary needs, including all categories of disabilities and a sample Physician's Statement, please visit [http://www.isbe.net/nutrition/htmls/special\\_dietary.htm](http://www.isbe.net/nutrition/htmls/special_dietary.htm).

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### SY 2013-14 Paid Lunch Equity Exemption

Under the Paid Lunch Equity (PLE) requirement. School food authorities are required to ensure that there are sufficient funds provided to the nonprofit school food service account for lunches served to students not eligible for free or reduced priced meals. There are two ways to meet this

requirement: either through gradually raising the prices charge for paid lunches or through providing equivalent amount of funds from non-Federal sources to the nonprofit school food service account.

The USDA memo as well as a recorded webinar outlining the calculations School Food Authorities must make in order to be in compliance with this requirement for School Year 2013-2014 is available at [http://www.isbe.net/nutrition/htmls/nslp\\_hhfka\\_implementation.htm](http://www.isbe.net/nutrition/htmls/nslp_hhfka_implementation.htm).

You, as a school food authority (SFA), are required to be non-profit, and you therefore cannot exceed a three-month operating balance on your account. It has been noted during the implementation of PLE that requiring school districts in strong financial positions to increase prices or contribute funds to the food service account may not further the goals of the Act. The goal of the paid lunch equity provision was to bring in new revenue to districts, to strengthen their financial standing and financially support the improvements required by the new meal patterns. However for some SFAs, the additional revenue may not be necessary to achieve that goal.

**The USDA recently announced availability of exemptions to the paid lunch revenue requirement for School Year 2013-2014. The guidance, dated April 17, 2013 and available at [http://www.isbe.net/nutrition/htmls/nslp\\_hhfka\\_implementation.htm](http://www.isbe.net/nutrition/htmls/nslp_hhfka_implementation.htm), states that an SFA may request an exemption from the PLE requirement from their state agency if it has been certified as meeting the new meal pattern requirements and can demonstrate that the required increase to paid lunch prices or revenue contributions would cause the SFA to exceed the three-month operating balance limit. Please be aware that the USDA may seek additional information on the financial standing of an SFA approved for exemptions in order to inform future policy considerations.**

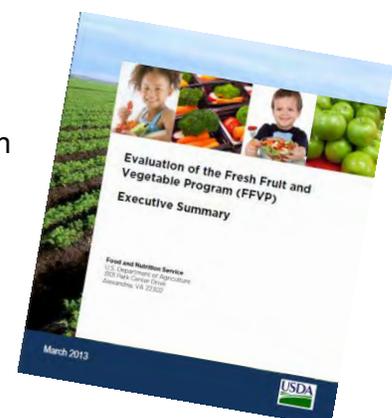
The IL State Board of Education is working to outline the exemption process, including an exemption form, and will post this information as soon as possible at [http://www.isbe.net/nutrition/htmls/nslp\\_hhfka\\_implementation.htm](http://www.isbe.net/nutrition/htmls/nslp_hhfka_implementation.htm).

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## Fresh Fruit and Vegetable Program (FFVP) Grant Study Results

The FFVP Grant is a competitive grant that K-8 schools in the National School Lunch Program (NSLP) can apply for each year. The grant provides for funds for fresh fruits and vegetables to be served as a snack during the school day. The grant also requires nutrition education be provided to all students participating in the grant. The FFVP grant is a different program from the USDA DoD Fresh Fruit and Vegetable Program, the DoD program is not a grant and is available to all schools that receive USDA Foods. The DoD program is for fresh produce to serve during your meal periods. For more information on the DoD Fresh Fruit and Vegetable Program please visit the [DoD website](#).

The USDA recently conducted a study to determine the effects the FFVP grant has on the eating habits of students in grant recipient schools. The study also looked at how the grant was implemented in participating schools. The first part of the study compared total quantities of fruits and vegetables consumed in schools that received the grant and in schools that did not receive the grant. The second part of the study looked at secondary outcomes of the grant, for example, student knowledge, attitudes, and perceptions of fruits and vegetables and the impact of the required nutrition



education component of the grant. The third part of the study assessed the application process and implementation of the grant, along with program satisfaction from the students, parents and other stakeholders.

#### Results:

- Students in FFVP schools consumed more fruits and vegetables than students in non-participating schools. There was an increase in fruit and vegetables by 1/3 cup per day for students in FFVP schools.
- The increase in fruit and vegetables consumption was mostly fruits.
- There were no significant changes in the caloric intake of students in participating schools.
- FFVP students consumed more carbohydrates, beta-carotene, vitamins A & C and fiber than non-participating schools.
- FFVP schools offered nutrition education more frequently than non-participating schools. On average FFVP schools provided nutrition education 2.4 times per week.
- A majority of FFVP schools served fruit and vegetable snacks during the school day/not during meal periods 3-5 days per week.
- A majority of the students in FFVP schools took the fruit and vegetables snack when offered. The study indicated that 85% of the students took the fruit snack offered and 63% of students took the vegetable snack offered most or all of the time.
- More than 85% of School Food Service Directors, Principals, food service staff, teachers, students and parents studied reported a positive opinion of the FFVP grant. 97% of students in FFVP schools reported they wanted to continue to receive the FFVP.

Overall, the results of the study indicate that the FFVP grant is a wonderful program that increases students intake of fruits and vegetables, provides more nutrition education and is a well liked program by stakeholders. For more information on the study the full report can be found on the USDA [webpage](#). If you are interested in learning more about the FFVP program you can also visit the [ISBE FFVP webpage](#) for more information. The FFVP grant application periods for SY13-14 has passed, but keep your eyes open for the next grant application period around February of 2014.

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## Save these Dates! Special Event Weeks for School Year 2014

Although 2014 seems far away, save these dates and plan to celebrate these special events next school year.

- National School Lunch Week (NSLW) (October 14-18, 2013) *Lunch, Liberty and the Pursuit of Happiness*
- Illinois School Breakfast Week celebrated with American Education Week (November 10-14, 2013)
- National School Breakfast Week (NSBW) (March 3-7, 2014) *Take Time for School Breakfast*
- School Nutrition Employee Week (May 5-9, 2014)

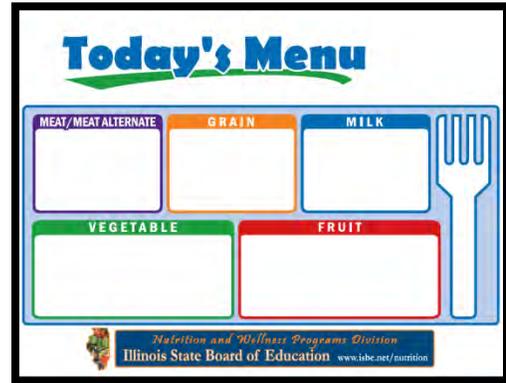
Visit the School Nutrition Association's website for information on NSLW and NSBW at <http://www.schoolnutrition.org/Content.aspx?id=54/>.

## The Melting Pot

### What's on the School Menu?

The implementation of the new meal patterns for the National School Lunch and School Breakfast Programs brings with it many changes including the new requirement to identify at or near the beginning of the service lines, the food items that constitute the unit-prices reimbursable school breakfast and/or lunch. Schools have discretion to determine the best way to present this information.

Earlier this school year, to assist schools to achieve compliance with this requirement, the Illinois State Board of Education, Nutrition and Wellness Programs Division mailed dry erase marker posters (18" x 24") featuring this graphic to all NSLP participating schools. The poster also had a circle cling for schools to use that implement offer versus serve to help identify the required components. The poster can be easily secured to the beginning of any serving line.



We have a limited number of posters still available. If you would like to request for your schools, please send an email to [cnp@isbe.net](mailto:cnp@isbe.net) with the subject line *NSLP Menu Poster Request*. Include in the body of the email, the agreement number, name of school, complete mailing address and the number of posters requested. Posters will be available on a first come, first served basis.

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### Celebrate School Nutrition Employee Appreciation Week May 6-10

*Recognize Your School Lunch Superheroes on May 3, 2013*

Are you celebrating School Nutrition Employee (formerly Child Nutrition) Appreciation Week, May 6-10, 2013? One simple way to do that is by sending an email card to your School Nutrition employees. Just go to [http://www.schoolnutrition.org/Level2\\_SNEW2013.aspx?id=18422](http://www.schoolnutrition.org/Level2_SNEW2013.aspx?id=18422) and click away.

New to School Nutrition Employee Appreciation week is the School Lunch Superhero Day, May 3, 2013. Visit the School Nutrition Association's website at <http://www.schoollunchsuperheroday.com/> to learn more about SNA's partnership with Jarrett J. Krosoczka, author of the "Lunch Lady" book series. Make plans to recognize the School Lunch Superheroes in your schools in early May.

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### Healthy Lunchtime Challenge

First Lady Michelle Obama, Epicurious, the U.S. Department of Education, and the Department of Agriculture are hosting a recipe challenge! The Healthy Lunchtime Challenge is a fun contest to create an original lunch recipe that is healthy, affordable and also tastes great. U.S. Secretary of Education Arne Duncan states that "We know healthy kids are healthy students, and healthy students are better able to engage in the classroom and excel academically". The criteria of the recipe contest is that it must be in line with the USDA's MyPlate information,

meaning that the recipes must contain each of the food groups, either in one dish or as a part of the lunch meal. Visit the [USDA's MyPlate website](#) for more information on the food groups that must be included. The recipe should be developed by a team that includes children, ages 8-12 and their parent(s) and/or guardian(s). Full requirements of the contest are available on the [Epicurious website](#). Recipes must be submitted by May 12, 2013 at [www.recipechallenge.epicurious.com](http://www.recipechallenge.epicurious.com) or via mail:

The Healthy Lunchtime Challenge  
c/o Epicurious.com  
1166 Avenue of the Americas,  
15<sup>th</sup> Floor  
New York, NY 10036

Winners will be notified at the end of June and a free, downloadable and printable e-cookbook with the winning recipes will be available at [www.letsmove.gov](http://www.letsmove.gov). Fifty-six children and their parents/guardians will be flown to Washington, D.C. to attend the Kids' "State Dinner" at the White House this summer, hosted by Michelle Obama.

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## Team Nutrition Grants Awarded

Congratulations to the four schools that received the USDA Team Nutrition Training Grant 2012 grants, awarded this spring. The schools are:

- Calumet CUSD 132, Calumet School, Calumet Park, Illinois
- East Richland CUSD1, East Richland High School, Olney, Illinois
- Illinois School for the Visually Impaired-Department of Human Services, Jacksonville, Illinois
- Pembroke CCSD 259, Lorenzo Smith School, Hopkins Park, Illinois

These schools are planning to meet the criteria of the HealthierUS School Challenge and submit application by next March. If your school is interested in applying for the HealthierUS School Challenge, please visit <http://www.fns.usda.gov/hussc>.

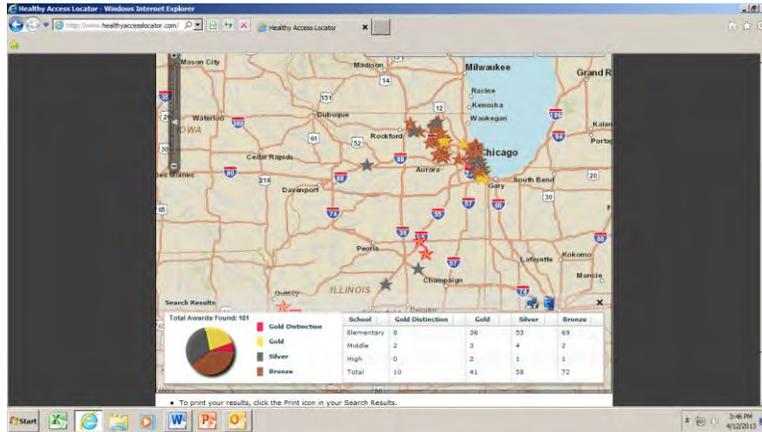
To view the listing of currently certified HealthierUS Schools, visit

<http://www.fns.usda.gov/tn/HealthierUS/awardwinners.html>, and click on Illinois.

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## Kudos to FY2013 HealthierUS School Challenge Certified Schools

Effective mid-April, 91 schools have become certified in USDA's HealthierUS School Challenge in Illinois since July 2, 2012. Of this number, Fifty-nine, almost 65 percent are Chicago Public Schools District 299, and the other 35 percent represent 7 other districts and 32 schools. View the Healthy Access Locator to see a graphic and search awards by county, state, region, and nationally at [www.healthyaccesslocator.com](http://www.healthyaccesslocator.com). This graphic depicts all of the schools currently certified, not just the ones certified this school year.



## New USDA Resources

### Serving Up MyPlate: A Yummy Curriculum and Classroom Materials

The Serving Up MyPlate: A Yummy Curriculum is designed to meet English, Math, and Science Standards for Grades 1-6 is located at

<http://teammnutrition.usda.gov/Resources/servingupmyplate.htm>

In addition, classroom materials are available at <http://tn.ntis.gov/> and include a Teacher's Guides, *Eat Smart to Play Hard With MyPlate* poster and mini-posters, and *MyPlate at Home* parent materials (in English, Spanish, Traditional Chinese, and French).

### Graphics for School Menus

Also, colorful graphics for School Menus are available at <http://teammnutrition.usda.gov/graphics.html>. Use these resources as part of nutrition promotion in your school's Local Wellness Policy, add color to your menu, or to supplement classroom nutrition education.

Order and download these materials now in preparation for School Year 2014.



## Professional Development

### Illinois School Nutrition Association (ILSNA) Annual Conference



*Save the Date!* ILSNA Annual Conference  
 June 26 – June 28, 2013  
 Tinley Park Convention Center  
 Tinley Park, IL

Plan to join school nutrition professionals from across Illinois at the 63<sup>rd</sup> Annual ILSNA Conference! This conference will feature professional development opportunities for every food service worker. Attendees may want to register for one of several pre-conference opportunities. Options include 10 hour Nutrition 101 Course, a tour of a dairy farm, the 5 hour Sanitation Refresher Course, sitting for the School Nutrition Specialist (SNS) Credentialing exam or a Cooking Competition with teams representing Illinois schools.

After the pre-conferences end, the learning will continue! The conference will host a variety of educational sessions, industry exhibits, culinary demonstrations and much more focusing on the key areas of professional development. The key areas include Operations, Nutrition, Administration and Communications/Marketing!

Registration information forthcoming! Exhibitor application is available on the ILSNA website, [www.ilsna.net](http://www.ilsna.net), meetings/events tab, annual conference.

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## Calendar of Events

### May 2013

- 1 SFSP New Sponsor Orientation—Holiday Inn, Willowbrook
- 3 School Lunch Superhero Day - <http://www.schoollunchsuperheroday.com/>  
6<sup>th</sup> Annual School Wellness Conference – Hilton, Springfield,  
Register at <http://www.isbe.net/nutrition/> (under *What's New*)
- 6-10 National Child Nutrition Employee Appreciation Week
- 18-21 National Restaurant Association Show—Chicago McCormick Place
- 21 ISBE's *Talk it Up!* Tuesday NSLP Webinar – 2:00 – 2:30 pm  
Register at <http://www.isbe.net/nutrition> under *Upcoming Webinars*
- 27 Memorial Day—ISBE Holiday



**Nutrition and Wellness Programs**  
Illinois State Board of Education  
100 North First Street, W-270  
Springfield, IL 62777  
Phone: 800/545-7892 or 217/782-2491  
Fax: 217/524-6124  
Email: [cnp@isbe.net](mailto:cnp@isbe.net)