

The OUTLOOK

Nutrition Programs

Illinois State Board of Education



bulletin board

Welcome Back!



Important Dates

- September 15 Sponsor and Site Application-Completion due date
- October 13-17 National School Lunch Week, *Vote for School Lunch 2008*
- November 16-22 Illinois School Breakfast Week/ American Education Week, <http://www.nea.org/aew/index.html>

IMPORTANT! Sponsor/Site Applications Due September 15

The Sponsor/Site Applications to participate in the National School Lunch Program, School Breakfast Program, Special Milk Program, and/or After-School Care Snack Program during the 2008–09 school year will be accessible through IWAS (ISBE Web Application Security)/Application and Claim Entry System (ACES) beginning mid-August. Applications will cover operating months of October 2008 – September 2009 and are due no later than September 15, 2008. For instructions on completing the applications, go to <http://www.isbe.net/nutrition/htmls/instructions.htm>.

AUGUST 2008 — THE OUTLOOK

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Three Illinois Elementary Schools Move & Crunch to Success

The Move & Crunch Challenge was designed to assist elementary school staff in creating a school environment that supports student wellness. The purpose of the project was to encourage school community members to model healthy food choices and physical activity for students. Thirty-two elementary schools throughout Illinois participated in this fun contest for one week in March in an effort to improve wellness for children.

Three Illinois elementary schools were awarded \$800 toward the purchase of nutrition education curriculum for submitting winning applications in the Move & Crunch Challenge. Winners are Woodrow Wilson School from East Peoria, Dieterich Elementary School from Dieterich and Prairie Hill School from Cary. Winning schools achieved the highest total combined scores for:

- student, school staff and parent participation in the Challenge;
- the principal's success in meeting daily fruit and vegetable consumption and physical activity recommendations; and
- additional activities planned to support Challenge goals.



Red Hill Community Unit School District #10 students *Move and Crunch* in gymnasium

The Move & Crunch Challenge for Principals was coordinated by the Illinois Nutrition Education and Training Program, in partnership with the Illinois State Board of Education, Department of Human Services and the Illinois Association of Health, Physical Education, Recreation and Dance. Project funding was provided by a 2006 USDA Team Nutrition Training Grant. If you would like to plan a similar event in your community, visit www.KidsEatWell.org/IllinoisSchoolsCan.html to download Move & Crunch resources.

Administration

2008-2009 School-Based Child Nutrition Programs Rates of Reimbursement

Effective July 1, 2008, Through June 30, 2009

National School Lunch Program			
		Less Than 60%	60% or More
	Paid	\$0.24	\$0.26
	Reduced-Price	\$2.17	\$2.19
	Free	\$2.57	\$2.59

The maximum price for a student reduced-price lunch is \$0.40.

School Breakfast Program			
		Non-Severe Need	Severe Need
	Paid	\$0.25	\$0.25
	Reduced-Price	\$1.10	\$1.38
	Free	\$1.40	\$1.68

The maximum price for a student reduced-price breakfast is \$0.30.

Special Milk Program			
	All Milk	Paid Milk	Free Milk
Pricing Program Without Free Option and Nonpricing Programs	\$0.1825		
Pricing Program With Free Option		\$0.1825	Average cost per ½ pint milk

After-School Snacks in After-School Care Programs		
	Paid	\$0.06
	Reduced-Price	\$0.35
	Free	\$0.71

The maximum price for a student reduced-price after-school snack is \$0.15.

Food Distribution Program
Planned Assistance Level (PAL) \$0.2075 per lunch

Illinois Free Breakfast and Lunch Programs
\$0.1350 per each free breakfast and/or lunch

Household Eligibility Applications

The Household Eligibility Application forms and materials for school year 2008–2009 are available online at http://www.isbe.net/nutrition/htmls/household_eligibility.htm. Local educational agencies (LEAs) are required to implement household applications and use the current school year's forms. LEAs should send out the Household Eligibility Application no earlier than four calendar weeks prior to the time students start school. Household Eligibility Applications cannot be sent home at the end of the school year for next year nor can the LEAs begin accepting and processing Household Eligibility Applications before the beginning of the federally-defined school year which runs July 1 through June 30 annually.

School District Policy on Outstanding School Food Services Balances

In Illinois, policies on outstanding school food service balances are set at the school district level. Such policies must adhere to USDA regulations and instructions. It is advisable to limit charges per student to a relatively small amount. The term “charging” refers to any and all forms of exchange of verbal or signed agreement for payment of a meal after the service of the meal. For example, a school could establish \$10 or five meals as the maximum amount that a child can charge to their account.

Per the USDA, students eligible for reduced-price or paid meals must be provided a meal if they have money at the point of sale to pay for the current meal. Schools may deny a reduced-price or paid student if they do not provide the required payment for that meal. Students eligible for free meals must be provided a reimbursable meal even if the student owes money for example on a la carte items or second meals purchased.

In cases of meals being charged, a written notice must be sent to parent(s) outlining the account balance, the school policy, and a date on which the adverse actions will go into effect. As with the replacement of benefit issuance documentation, a letter must be mailed stating that the account balance is \$11, which is over the policy limit (provide information regarding the policy) and therefore meals/food/beverages will no longer be able to be charged to the account as of specific date (i.e. January 10, xxxx). The date should provide the parent time to pay the balance. You may use all collection procedures available to the SFA for collection of debt including collection agencies. Just a reminder, per the USDA, students eligible for free meals sometimes accrue debt due to purchasing a la carte items and those students must receive their reimbursable meal; however, a la carte items should be handled according to the school's policy on student accounts.

Finally, policies must be implemented and followed consistently. To ensure there is not overt identification of free or reduced-price eligible students, schools are encouraged to use the same procedures for all students, including full-price paid students, when dealing with benefit issuance documentation, outstanding food service account, and discipline.

Denying, Delaying, or Changing Meals as Discipline

The USDA regulations set rules on the denial of meals and milk, delaying meal/milk services and changing of meals components as a form of discipline. Each area is discussed in more detail below.

The denial of meals and milk as a disciplinary action against any child enrolled in a school participating in a federal Child Nutrition Program is prohibited. If the withholding of meals or milk is the disciplinary action or the disciplinary action directly results in the loss of meals or milk, it is not allowable (e.g., a student is suspended from school during the meal or milk periods only). If however, the disciplinary action indirectly results in the loss of meals or milk, it is allowable (e.g., a student is suspended from school).

Delaying meal/milk services is permitted as a form of discipline provided that no consequent discrimination against persons with disabilities or other protected groups occurs. Delaying meal/milk service as a disciplinary action may involve serving outside the normally designated period or serving in an unusual location, such as a classroom or detention area.

Changing meal components is also permitted as a form of discipline, although not recommended by the USDA or the State Agency, provided that no consequent discrimination against persons with disabilities or other protected groups occurs. Changing meal components often takes the form of substituting peanut butter or cheese sandwiches for the normal entrée. The required components however must still be served and in offer versus serve situations the full range of component choices must still be offered. This means that in food-based menu planning systems, school may not provide only a three-item bag lunch. The menu planning process is designed to meet overall nutrition guidelines over a week. Adding, deleting or replacing food components may result in the menu planning process not meeting weekly nutritional guidelines.



Emergency Care for Choking Posters

The *Emergency Care for Choking* Poster is required to be displayed in all food establishments, including school cafeterias. This poster was recently updated but still remains available at no cost by the Illinois Department of Public Health. Please contact the Illinois Department of Public Health, Division of Emergency Medical Services and Highway Safety, 500 East Monroe Street, Floor 8, Springfield, Illinois 62701 or via telephone at 217/785-2080 to order free copies for your schools.

Claim Common Cent\$

Funding and Disbursements Division
Phone: 217/782-5256
Fax: 217/782-3910



Revised Claims

When you submit a revised claim for any reason there are several things to keep in mind:

- Upward revisions to claims must be made within 90 days of the end of the claiming month; downward revisions can be submitted anytime.
- Revise the necessary Site claim(s), open the Sponsor claim and click on the 'Recalculate' button to pull in all the revisions. Check your figures and submit the sponsor claim to ISBE.
- **PLEASE** put a note explaining the reason for the revision and what was changed in the 'Comments' box at the bottom of the Sponsor claim before you submit. Including a note may expedite the processing of the payment for the revision.

Reminder – For August and September you must file a *separate* monthly claim for each month regardless of the number of days in August.

If you have any questions regarding claims or payments, please contact Carol Curto or Gladys Rothenberg at 217/782-5256.

Food Distribution

Changes in Planned Assistance Level

The National School Lunch Program Commodity Assistance rate for SY09 is \$0.2075 per meal claimed. This rate has been calculated from the Producer Price Index that is published by the Bureau of Labor Statistics. We have updated the changes to the Planned Assistance Level (PAL) rate on the Illinois Commodity System and, accordingly, your SY09 beginning PAL will reflect this increase on your annual order form. Please change your annual order accordingly.

Reprocessed Commodity Taste Tests

Be sure to mark your calendars and come hungry for the annual taste test. The Illinois School Nutrition Association (ILSNA) is sponsoring the event on November 5, 2008 in Bloomington at the Interstate Center. More information will be available on the ILSNA's website at www.ilsna.net in the near future.

Taste tests are a great place to try different commodities that will be offered for the 2009-2010 school year. There is no cost and you do not have to divert commodities to a processor to attend. Before the taste test begins a brief presentation will be given explaining the commodity diversion process. Please plan on attending this information filled taste test.

School Year 2009 Commodity Purchasing

The United States Department of Agriculture (USDA) has alerted the states that due to higher prices, they have significantly less purchasing capabilities for the first half of school year (SY) 2009. We do not know the full impact this may have on our state at this time, but to assist you with planning for SY09, we want to make you aware that we may have a slow start to the new school year. Historically August and September allocations have been fairly small. We anticipate August through December will be affected for SY09. We will keep you updated via the Illinois Commodity System message board as more information becomes available.

Food Service and Nutrition

Temperature, Not Color, Important Determinate of Ground Beef Safety

What You Need to Know About Safely Preparing Hamburgers

Here is an annual reminder of the importance of taking temperatures and not relying on the internal color of hamburger patties.

The Food Safety and Inspection Service (FSIS) continues to advise consumers to use a meat thermometer when cooking hamburger and not rely on the internal color of the meat to be sure it is safe to eat. Visual testing for clear juices is no longer sufficient.

Research indicates some ground meat may prematurely brown before a safe internal temperature of 160 F has been reached. Also, some lean ground beef, or ground beef that contains approved seasonings or flavorings such as spices and spice extractives, may remain pink at temperatures well above the 160 F Final cooking temperature recommended for consumers.

To accurately measure the internal temperature of a ground beef patty, a food preparer must insert the thermometer through the side of the patty to the center. For more information about this subject or other food safety articles, visit the FSIS website at <http://www.fsis.usda.gov>.

Preparing for Change: Reducing Fat Content

Did you know that a recent national study of school lunch programs (*SNDA III) concluded that less than one-third of public schools offer and serve reimbursable lunches that met the USDA standards for total fat? Exceeding fat recommendations for school meals may contribute to higher than recommended calorie intake for children. Dietary intake that exceeds recommended calories and fat can contribute to childhood overweight and other related health issues like heart disease and diabetes.

Here are seven great ways to reduce fat content to meet USDA standards:

- Offer only low-fat (1%) and non-fat (skim) milk and add additional flavors to your offering. Make the transition successful with these flavored milk promotion ideas from the Midwest Dairy Council at www.midwestdairy.com/files/PDF/NewFlavorsPromotionsIdeahandout.pdf.
- Remove deep-fat fryers from your kitchen and bake your potato products.
- Serve steamed vegetables with butter flavored seasoning or lemon/garlic seasoning instead of using butter or margarine.
- Offer only low-fat or fat-free salad dressing for salads, salad bars and dipping vegetables.
- Increase the bean content and decrease the meat within recipes that include both items. In addition, consider increasing your vegetarian entrée offerings. Try this great, meatless USDA school meal recipe for Bean Burritos at

www.nfsmi.org/Information/school_recipes/D-12A.pdf.

- Add textured soy protein in place of ground meat in your recipes. For soy recipes, check out *Soy on the Menu: Recipes for Foodservice* by the Illinois Center for Soy Foods at www.soyfoodsillinois.uiuc.edu/pubs.html.
- Utilize unsweetened applesauce to replace half of the oil in muffins and prune puree to replace half of the oil in brownies.

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

In an effort to help school nutrition staff plan, prepare and promote school meals that demonstrate these principals, the Illinois Nutrition Education and Training (NET) Program has developed the *Step Up Illinois School Meals* website.

For more information on the *Step Up Illinois School Meals* initiative and ideas for incorporating the Dietary Guidelines into your school meal program, please visit www.kidseatwell.org/stepup.html.

*Third School Nutrition Dietary Assessment Study; www.fns.usda.gov/OANE/menu/SNDAI/III/SNDAI/III.htm

SEPTEMBER IS



National Food Safety Education Month®

Take Action to Prevent an Allergic Reaction is the theme for the 14th annual National Food Safety Education Month® (NFSEM). The National Restaurant Association Educational Foundation (NRAEF) provides free weekly training materials, posters and promotional pieces with the following themes:

1. Know the Common Food Allergens
2. Communication with the Customer
3. Avoiding Cross-Contact
4. When Mistakes Happen
5. Symptoms of an Allergic Reaction

The resources are available to download at the NRAEF website at www.nraef.org/nfsem. For more information on how to get involved in NFSEM, contact 312/715-1010, ext. 712.

Updated *Think Your Drink* Poster Available

The National Dairy Council has updated its *Think Your Drink* Poster at

<http://www.nationaldairyCouncil.org/NationalDairyCouncil/Health/Materials/MoreFreeEducationMaterials.htm>.

Download this great graphic and post near your milk coolers.

Congratulations!



The Illinois State Board of Education, Nutrition Programs Division congratulates the following schools that have been selected to participate in USDA's Fresh Fruit and Vegetable Program in Illinois for school year 2008-2009. For a map of the selected schools, please visit www.isbe.net/nutrition/pdf/fv_awardees.pdf

Name of District	Name of School	City
Akin CCSD 91	Akin Community Elem School	Akin
Allendale CCSD 17	Allendale Elementary School	Allendale
Bethalto CUSD 8	Bethalto West Intermediate School	Bethalto
Bloomington SD 87	Bent Elem School	Bloomington
Brookwood SD 167	Brookwood Middle School	Glenwood
Bushnell Prairie City CUSD 170	Bushnell-Prairie City Elem School	Bushnell
City of Chicago SD 299	Inter-American Elem Magnet School	Chicago
Cook County SD 130	Veterans Memorial Middle School	Blue Island
DeSoto Cons SD 86	DeSoto Elementary School	De Soto
Fairmont SD 89	Fairmont School	Lockport
Johnsburg CUSD 12	Ringwood School Primary Center	Johnsburg
Jonesboro CCSD 43	Jonesboro Elem School	Jonesboro
Macomb CUSD 185	MaCarthur Early Childhood Center	Macomb
Meridian CUSD 101	Meridian Elementary School	Mounds
Namaste Charter School	Namaste Charter School	Chicago
Nashville CCSD 49	Nashville Grade School	Nashville
Nokomis CUSD 22	Nokomis South Middle School	Nokomis
North Shore SD 112	Oak Terrace Elem School	Highland Park
Peoria Heights CUSD 325	Peoria Heights Grade School	Peoria Heights
Princeton Bible Church Christian Academy	Princeton Christian Academy	Princeton
Princeville CUSD 326	Princeville Elem School	Princeville
School District U-46	Highland Elem School	Elgin
South Central CUD 401	South Central Elementary-Kinmundy	Kinmundy
Wabash CUSD 348	South Elem School	Mt Carmel
Wayne City CUSD 100	Wayne City Attendance Center	Wayne City

School Breakfast Start-Up Grants Available

Fifty-four schools took advantage of the \$3,500 state-funded School Breakfast Program Start-Up Grant in 2007-08! Funds are again available this year and can be used towards any non-recurring costs (costs related to the start-up of the program only), equipment (refrigeration equipment, serving equipment, warming trays, carts, menu boards, toasters, cereal dispensers, etc.), outreach and materials (conference attendance, brochures, flyers, menus, etc.).

Any school that does not currently operate a School Breakfast Program, but agrees to operate a program for at least 20 serving days in the start-up year and three years beyond is eligible to apply. The application process is simple. Go to <http://www.isbe.net/nutrition> and click on the box entitled School Breakfast Program.

Training, Tips, and Tools

Date Savers!

The following listing indicates upcoming training opportunities including workshops, summits, conferences and more!

- October 2-3—Consortium to Lower Obesity in Chicago Children (CLOCC) conference- Social Marketing with community and school-based programming for childhood obesity prevention-Chicago www.healthyfoodshealthymoves.org
- November 5—Food Summit 2008-The Illinois Interagency Nutrition Council (INC) will be hosting the Illinois Food Summit again this year on November 5, 2008 at Kankakee Community College. The event will be filled with information related to increasing awareness of locally grown produce, fostering collaborations, food security and more. Additional information will be available on INC's website at <http://inc.aces.uiuc.edu/>.
- May 2009—2nd Annual Illinois School Wellness Conference, Decatur, Illinois. The date has not been determined.

Midwest Region Special Needs Conference

Over 200 Midwest state agency staff, school foodservice directors, and individuals interested in special diets in schools attended the first USDA Midwest Region sponsored, *Accommodating Special Diets in the School Nutrition Programs* conference held in Chicago last month. Sec. 504, state law and regulations, gluten-free diets, diabetes, autism spectrum, celiac disease, modifying school menus, and peanut allergies were covered by registered dietitians, lawyers, and state and federal staff. With the increase in food allergies seen in schools; the conference proved extremely timely and useful for the attendees. Visit these websites for Special Needs information:

- Food Allergy and Anaphylaxis Network www.foodallergy.org
- Illinois Food Allergy Education Association www.illinoisfaea.org
- National Food Service Management Institute- www.nfsmi.org

As a result of the conference, watch for Special Needs website postings and training announcements by ISBE, Nutrition Programs in the future.

Special Needs Fact Sheets and Streamlined Video

If you have been looking for Special Needs information then be sure to visit the National Food Service Management's website at www.nfsmi.org to view the streamlined Special Needs in Child Nutrition Programs 60-minute video and download the Special Needs Fact

Sheets at <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=107>
The fact sheets topics include diabetes, allergy, lactose intolerance and swallowing.



COMING SOON! Online Courses

Need training, but have a minimal travel budget or can't take time away from the cafeteria or office? A solution will soon be here!

The National Food Service Management Institute (NFSMI) will soon be offering continuing education courses online at low or no cost to support the professional development and training of child nutrition program personnel! The continuing education units (CEU) may be used for certification and credentialing requirements with the School Nutrition Association (For more information on certification and credentialing requirements, go to <http://www.schoolnutrition.org>)

Topics include:

- Meeting the Wellness Challenge
- Procurement Training for Child Nutrition Programs
- Serving It Safe
- Implementing and Evaluating School Wellness Policies
- Culinary Techniques for Healthy School Meals
- Foundations in Child Nutrition Program Management
- Financial Management.

These advanced online courses accommodate your busy lives by using the latest Internet technology that will allow you to take each course on your own schedule and give you access from work, school, or home! For more information on these upcoming online courses and other training opportunities, go to <http://www.nfsmi.org>.

USDA Reauthorization Listening Session to be held in Chicago

The USDA Midwest Region has extended an invitation to participate in the Midwest Region's Child Nutrition and WIC Programs Reauthorization Listening Session to be held in Chicago on September 10, 2008 from 1:00 to 4:00 p.m. Each USDA Food and Nutrition Service (FNS) Region is hosting a listening session to gather public comments on the upcoming reauthorization of the Child Nutrition and WIC Programs. Programs impacted in the upcoming reauthorization are the National School Lunch Program, School Breakfast Program, Summer Food Service Program, Child and Adult Care Food Program, and WIC Program/WIC Farmers Market Program. **The Listening Session is an opportunity to share your views on improving these important programs**

BOOKMARK These Websites as Favorites

Nutrition Programs

www.isbe.net/nutrition

Illinois Nutrition Education and Training (NET) Program

www.kidseatwell.org

Food and Nutrition Service, USDA

www.fns.usda.gov

School Nutrition Association

www.schoolnutrition.org

Illinois School Nutrition Association

www.ilsna.net

Healthy School Meals

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

with USDA FNS officials.

RSVP is mandatory for attendance. Click on the USDA Reauthorization Listening Session link available on our website, www.isbe.net/nutrition and follow the instructions to participate in the Listening Session. The RSVP deadline is August 22, 2008. We hope to see you there!

If you have any questions, please contact USDA Food and Nutrition Service - Midwest Region Public Affairs Office, at publicaffairs@fns.usda.gov or 312/ 353-1044.

Calendar of Events—SEPTEMBER

Submit Claim for Reimbursement
National Food Safety Education Month ®
Complete the meal count edit prior to submission
of the Claim for Reimbursement

- 1 Labor Day—ISBE office closed
- 4 Basic Training, A Guide to School Based Child Nutrition Programs—Springfield, Northfield Inn
- 13-20 Make changes, if needed, for October commodity deliveries
- 15 Sponsor and Site Application submission deadline (annual application for participation in school-based Child Nutrition Programs)
- 17 Developing a Food Safety Plan, Process Approach to Hazard Analysis and Critical Control Point Principles (HACCP)—Galesburg

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



Illinois State Board of Education

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