

THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs



New Look for *The Outlook* Newsletter this Year

With this new fiscal year comes along a fresh new design for *The Outlook* newsletter. We are pleased to present the first issue reflecting these improvements. Hopefully, the subject headings better reflect the contents. The new subject headings are:

- *What's New!* This section includes current important notices.
- *Taking Care of Business* reflects administrative issues, updates, and regulations. Within this section you will find the *Do You Know?* question and answer corner.
- *USDA Foods* (formerly *Food Distribution*) depicts regulatory and noteworthy news on the USDA Foods Program.
- *Spotlight on Schools* replaces the Grants, Awards, and Honors section.
- *Flavor of the Month* expect to read about seasonal fruits and veggies, low-sodium cooking, increasing fiber with whole grains, critical vitamins and minerals, and recipe suggestions.
- *Professional Development* watch for in person and online training announcements.
- *The Melting Pot* includes tips and tools, useful websites, free resources, current research on children's nutrition, and much more! A new feature to watch for is the "loan library selection of the month" highlighting one loan library resource to use in your foodservice and nutrition programs, cafeteria and classroom.

We plan to continue to include the Claim Common Cent\$ articles and the Calendar of Events in each issue. If you have any comments or questions regarding the "new" look, please feel free to share them with us at cnp@isbe.net. Thanks and happy reading!



AUGUST 2010 — THE OUTLOOK

WHAT'S NEW

New Look for The Outlook Newsletter this Year	1
Food Allergy Guidelines—Local Policies Required by January 1, 2011	2
Chef's Move to Schools!	2

TAKING CARE OF BUSINESS

IMPORTANT! Sponsor/Site Applications Due September 15...2	
Household Eligibility Documents	2
Electronic Direct Certification System—Now Available for School Year 2010-2011	3
School Breakfast Incentives Funding Discontinued	3
School-Based Child Nutrition Programs Rates of Reimbursement.....	3
School District Policy on Outstanding School Food Services Balances.....	5
Denying, Delaying, or Changing Meals as Discipline	5
Claim Common Cent\$.....	5

USDA FOODS

Warehouse/Delivery Rates	6
Storage and Inventory Management of USDA Donated Foods ..	6
Reprocessed Commodity Taste Test.....	7

SPOTLIGHT ON SCHOOLS

Academy for Global Citizenship Achieves Illinois' First Gold Award of Distinction	7
Congratulations Fresh Fruit and Vegetable Program Grant Recipients!.....	7
Go for the Gold! HealthierUS School Challenge Goals.....	8
Grants Galore! Apply Now.....	8
Fuel Up to Play 60 School Wellness Toolkit Available.....	9

FLAVOR OF THE MONTH

Cherry!.....	9
National Whole Grains Month in September	9
Celebrate National School Lunch Week in October.....	9

PROFESSIONAL DEVELOPMENT

<i>On the Road to Healthy School Meals: Whole Grains and Marketing</i>	9
Refuel After-school with Food and Fitness Webinar	10

THE MELTING POT

Loan Library Selection of the Month	10
Bookmark Nutrition Programs Website.....	11
Free Healthy Eating Posters to Download.....	11
Nutrition Education Materials Just a Keystroke Away	11
Looking for Resources in Spanish?.....	11
Fiscal Year 2010 Outlook Index Posted Online.....	11
Staff Retires	11
Join The Outlook Newsletter List Serve.....	11

CALENDAR OF EVENTS.....	12
-------------------------	----

This institution is an equal opportunity provider.

Food Allergy Guidelines—Local Policies Required by January 1, 2011

Per Public Act 96-0349, the Illinois State Board of Education (ISBE), in conjunction with the Illinois Department of Public Health (IDPH), has released the *Guidelines for Managing Life-Threatening Food Allergies in Illinois Schools*. These guidelines were assembled by an ad hoc committee comprised of experts in the field of food allergens, representatives on behalf of students with food allergies, public schools management organizations, and two statewide teachers' organizations.

By **January 1, 2011**, each school board is required to implement a policy based on these guidelines. Also, at least every two years, an in-service training program for school personnel who work with students must be conducted by persons with expertise in anaphylactic reactions and management.

The *Guidelines for Managing Life-Threatening Food Allergies in Illinois Schools*, which includes checklists for district employees as well as training resources, can be found at http://www.isbe.net/nutrition/htmls/food_allergy_guidelines.htm. **A sample policy will be developed by the Illinois Association of School Board's (IASB) Policy Reference Education Subscription Service (PRESS). All PRESS subscribers will receive the publication in the late summer or early fall. IASB also plans to provide the sample policy to its member school districts and any non-member districts that request it. IASB will provide details about how to request the sample policy when the policy is released for publication.** If you have questions, please contact the Nutrition Programs Division at 800/545-7892 or cnp@isbe.net.

Chefs Move To Schools



One of the newest initiatives under the *Let's Move* umbrella is the *Chef's Move to Schools*. It involves chefs partnering with local schools to help educate students about good nutrition, serving healthful choices.

The website below contains a *Chefs Move To Schools* national map. Check out the Illinois map to register your school in the school database and to see which chefs have already registered on the chef database, so you can get a chef match. A local chef if registered will contact your school directly. http://healthymeals.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=14&tax_subject=225.

Taking Care of Business

IMPORTANT! Sponsor/Site Applications Due September 15, 2010

Sponsor/Site Applications to participate in the National School Lunch Program, School Breakfast Program, Special Milk Program, and/or After-School Care Program during the 2010-2011 school year will be available in mid-August. These on-line applications will be accessible by logging into ISBE Web Application Security (IWAS) and selecting the Child Nutrition Application and Claim Entry System (ACES). These applications are due no later than September 15, 2010. It is highly recommended that you print the instructions available at <http://www.isbe.net/nutrition/htmls/instructions.htm>.

Household Eligibility Documents

The 2010—2011 Household Eligibility Documents (Letter to Household, Application, and Instructions) for the National School Lunch, School Breakfast, and Special Milk Programs, as well as the IL Free Program are now posted in both English and Spanish at http://www.isbe.net/nutrition/htmls/household_eligibility.htm.

Please note:

- 1) There is only ONE application for ALL School-Based Child Nutrition Programs. This SINGLE application covers the National School Lunch Program, School Breakfast Program, Special Milk Program AND the IL Free Lunch and Breakfast Program.
- 2) Schools and institutions are to utilize the 2009—2010 Income Eligibility Guidelines when processing applications and making eligibility determinations for the 2010—2011 school year. Such determinations shall be effective from the date of approval through the remainder of the current school year and up to 30 operating days of the following school year.
- 3) Household Eligibility Applications must be distributed to households no earlier than four weeks prior to the first day of school.
- 4) If your district printed the Household Eligibility Application prior to July 22, 2010, please make the following amendment before you begin processing applications:

within the INITIAL DETERMINATION section at the bottom of the application, next to the Signature line where it reads "DATE WITHDRAWN," please cross out the word "WITHDRAWN" and leave only "DATE." This is the line on which you enter the date that the determination of free/reduced/paid was made.

- 5) Please remember to obtain a social security number if Part 4 is completed or the "no income" box is checked in Part 1.

If you have any questions, please contact the Illinois State Board of Education, Nutrition Programs Division at 800/545-7892 in Illinois or 217/782-2491. Staff may also be reached via electronic mail at cnp@isbe.net.

Electronic Direct Certification System— Now Available for School Year 2010—2011

The *Electronic Direct Certification System* is now available for school year 2010—2011. All schools participating in the National School Lunch Program must utilize this system. Once enrolled students are located in the *Electronic Direct Certification System*, households must be notified. Schools may use the Direct Certification Sample Letter (ISBE 69-15) available in both pdf or Microsoft Word on the website listed below.

Households that have been notified of free meal benefits due to direct certification are NOT required to be provided a Household Eligibility Application (HEA). Completing the required direct certification of students BEFORE the distribution of HEA will help to minimize duplicate applications from households already approved for free meal benefits.

All public schools should access their *Annual* file as soon as possible. All Local Education Agencies (LEAs, public and non-public) participating in the School-Based Child Nutrition Programs can complete sponsor upload files or single child lookups at this time.

Further guidance on the *Electronic Direct Certification System*, including a recorded webinar; guidance document; and sample forms for school year 2010—2011 including the Direct Certification Sample Letter (ISBE 69-15), are available online at <http://www.isbe.net/nutrition/htmls/dcs.htm>.

If you have any questions regarding the direct certification process or the *Electronic Direct Certification System*,

please contact the Illinois State Board of Education, Nutrition Programs Division, at 800/545-7892 (in Illinois) or 217/782-2491. Staff may also be reached via electronic mail at cnp@isbe.net.

School Breakfast Incentives Funding Discontinued

The Fiscal Year (FY) 2011 budget passed by the General Assembly included a reduction of nearly \$480 million to education. It was a difficult decision what educational programs would be reduced or eliminated.

While not easy, it was determined that funding would be discontinued starting in FY2011 for the state-funded School Breakfast Program Incentives, which includes the School Breakfast Start-up Incentive Grants, the Additional \$0.10 Reimbursement, and the Non-Traditional School Breakfast Program Grants.

Please understand that although these state-funded incentives have been discontinued for FY2011, you are still eligible for federal reimbursement for breakfasts served to free, reduced-price and paid students, as well as state reimbursement for breakfasts served to free students if you participate in the federal School Breakfast Program. If you participate only in the Illinois Free Program, you will continue to receive state reimbursement for breakfasts served to free students.

The Illinois State Board of Education will continue to advocate for additional funding for students, both at the state and federal levels.

We appreciate your continued commitment to serving breakfast.



School-Based Child Nutrition Programs Rates of Reimbursement

The reimbursement rates for School-Based Child Nutrition Programs for the 2010-2011 school year are now available at <http://www.isbe.net/nutrition/htmls/data.htm> and are listed below.

**School-Based Child Nutrition Programs
Rates of Reimbursement
Effective July 1, 2010, Through June 30, 2011**

National School Lunch Program			
		Less Than 60%	60% or More
	Paid	\$0.26	\$0.28
	Reduced-Price	\$2.32	\$2.34
	Free	\$2.72	\$2.74

The maximum price for a student reduced-price lunch is \$.40.

School Breakfast Program			
		Non-Severe Need	Severe Need
	Paid	\$0.26	\$0.26
	Reduced-Price	\$1.18	\$1.46
	Free	\$1.48	\$1.76

The maximum price for a student reduced-price breakfast is \$.30.

Special Milk Program			
	All Milk	Paid Milk	Free Milk
Pricing Program Without Free Option and Nonpricing Programs	\$0.1775		
Pricing Program With Free Option		\$0.1775	Average cost per ½ pint milk

After-School Snacks in After-School Care Programs		
	Paid	\$0.06
	Reduced-Price	\$0.37
	Free	\$0.74

The maximum price for a student reduced-price after-school snack is \$.15.

Food Distribution Program
Planned Assistance Level (PAL) \$0.2275 per lunch

Illinois Free Breakfast and Lunch Programs
\$0.10 per each free breakfast and/or lunch

School District Policy on Outstanding School Food Service 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 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 USDA guidance, 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 the student does 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 a la carte items or second meals purchased.

In cases of meals being charged, a written notice must be sent to households regarding account balance (i.e. \$11), school policy (provide information regarding the policy), and date (i.e., January 10, XXXX) on which adverse actions will go into effect (i.e. meals/food/beverages will no longer be able to be charged). The date provided should allow the household sufficient time to pay the balance due.

Any collection procedures or resources available to the SFA may be used 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 no 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

Per USDA regulation, 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. However if, the disciplinary action *indirectly* results in the loss of meals or milk, it is allowable; e.g., a student is suspended from school.

Additionally, as long as there is no consequent discrimination against persons with disabilities or other protected groups, schools may delay meal/milk service or change meal components as a form of discipline. 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 as a disciplinary action often takes the form of substituting peanut butter or cheese sandwiches for the normal entrée. This is not recommended by USDA or ISBE, although it is permitted.

However, when changing meal components, the required components must still be served, and in Offer versus Serve situations, the full range of component choices must still be offered. This means that Food-Based Menu Planning Approach schools may not provide only a three-item bag lunch. The State Agency does not encourage substitution of meal components. 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.

Claim Common Cent\$



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

Do You Have Back-Up Staff Trained?

Do you have more than one person trained on how to submit the monthly reimbursement claim? All organizations should have more than one person familiar with the claim submission process through the online web sys-

tem. If one person is on vacation, becomes ill, or is otherwise unable to complete the claim, then the back-up staff person can submit the claim for your organization. Instructions for the claim submission process can be found on the claim screens themselves by clicking on the blue question mark in the upper right-hand corner of the claim screen. The instructions are also available at the following link: http://www.isbe.net/funding/pdf/cnp_online_claim_instruct.pdf.

It is recommended that claims be submitted by the 10th of the month following the claim month (i.e. August claims should be submitted by September 10). Claims submitted more than 60 calendar days after the end of the claiming month cannot be paid. Not having a back-up person trained or encountering computer problems because you waited until the last day to submit your claim are not valid reasons for late claims.

Do not forget to remind your back-up person that the claim submission process has two parts; first, submit your site claim(s) and then submit a sponsor claim that consolidates all the site information. Payments will not be processed until the sponsor claim has been submitted.

If you have any questions on the claim submission process please contact Gladys Rothenberg at 217/782-5256.

USDA Foods

Warehouse/Delivery Rates

For School Year 2010—2011, the base delivery rates will remain unchanged. In Zone 1, which consists of Jo Davies, Stephenson, Winnebago, Boone, Lake, Carroll, Ogle, DeKalb, Kane, Cook, Whiteside, Lee, LaSalle, Kendall, DuPage, Will and Grundy counties, the delivery rate per 100 pounds is as follows: dry = \$9.41, refrigerated = \$11.73, and frozen = \$12.52. In Zone 2, which is all other counties, the delivery rate per 100 pounds is as follows: dry = \$10.18, refrigerated = \$11.42, and frozen = \$13.51. As in previous years, depending on the price of diesel fuel, you may be subject to a surcharge. The surcharge is based on the average price of diesel fuel as reported by the U.S. Energy Information Administration. The surcharge is 1% of the delivery charge for every \$.10 increase in diesel fuel over the base rate of \$2.41 per gallon.

Storage and Inventory Management of USDA Donated Foods

In accordance with 7 CFR 250.14(b), State distributing agencies and recipient agencies must ensure that foods donated by the Department of Agriculture (i.e., USDA donated foods) are stored in a manner to protect them from spoilage, infestation, damage, or any condition that may jeopardize the wholesomeness or safety of the foods. USDA donated foods must be maintained in sanitary conditions, at the proper temperature and humidity, and with adequate air circulation. In addition to proper storage practices, effective inventory management is necessary to ensure that USDA donated foods are distributed in a timely manner and in optimal condition.

As a general rule, distributing and recipient agencies should use a first-in-first-out (FIFO) system of inventory management. In order to implement FIFO, USDA donated food cases or other containers should be marked with the date of their receipt at the storage facility. However, distributing and recipient agencies should also be aware of dates placed on food products by the manufacturers that help to determine how long food products can be expected to remain in optimal condition. Such product dates must be considered, along with FIFO, in management of donated food inventories. Because different product dates have different meanings, it is important to know which product date is used and to understand what it means. It is also important to understand that, except for expiration dates, product dates do not necessarily indicate when foods are no longer safe to consume. The following describe the meaning of some product dates that may be found on USDA-donated foods.

Expiration and Use-by Dates— Generally, "expiration" dates and "use-by" dates are the last dates that the manufacturer *recommends* a food item be consumed to ensure peak quality and nutrient retention. However, there is no regulation requiring that manufacturers mark their product with such dates.

Best-if-used-by Dates— A "best-if-used-by" date is the last date a food item will be at its peak, in terms of flavor and quality. At some point after that date, the product will begin to undergo changes in taste, color, texture, and/or nutrient content. However, the product may be wholesome and safe to consume, and retain most of its nutrient value, long after the "best-if-used-by" date. Nevertheless, distributing and recipient agencies must consider "best-if-used-by" dates in managing their USDA donated food

inventories, and distribute USDA-donated foods in a manner that allows them to be consumed by such date.

Sell-by Dates and Pack Dates—A "sell-by" date is the date by which the manufacturer recommends that a store sell the food product and is not necessarily a reliable indicator of how long it may retain its wholesomeness or nutritional value. A "pack date" indicates when the product was packaged or processed. While it may help to determine the age of the product, it does not necessarily provide useful information on its wholesomeness or nutritional value.

Food Safety

USDA-donated foods that show signs of spoilage, infestation, or other visible defects should not be used or distributed, regardless of product dates or when the foods were received, as such food is generally considered not fit for human consumption. If there are no visible defects; but there is a question as to the wholesomeness or safety of USDA-donated foods, the distributing or recipient agency must have the foods inspected by State or local health authorities as soon as possible, and must contact Food and Nutrition Services before taking further action.

Single Inventory Management

School food authorities, other recipient agencies in child nutrition programs, and charitable institutions may use single inventory management, in which USDA-donated foods are stored and inventoried together with purchased foods or other foods. In such case, USDA-donated foods are subject to the same safeguards and effective management practices as other foods, and must be treated as other foods when safety is in question. Consequently, such recipient agencies must comply with State or local laws or regulations in determining the safety of foods (including USDA-donated foods).

Reprocessed Commodity Taste Test

Mark your schedule for the annual reprocessed commodity taste test November 3, 2010. If you have never diverted commodities to a processor before or divert every year this event is a must to learn about all that is available to you in processing commodities. The Illinois School Nutrition Association (ILSNA) is sponsoring the event in Bloomington at the Parke Hotel and Conference Center. Information for this event will be posted on the ILSNA's website, <http://www.ilsna.net/>.

Taste tests are a great place to try different commodities that will be offered for the 2012 school year. There is no cost and you do not have to divert commodities to a processor to attend. ISBE will give a brief presentation before the taste tests begin explaining the commodity divert process. Please plan on attending this informative and product-filled event.

Spotlight on Schools

Academy for Global Citizenship Achieves Illinois' First Gold Award of Distinction

Congratulations to the Academy for Global Citizenship (AGC), Chicago Public Schools, Illinois' first recipient of the HealthierUS School Challenge (HUSSC) Gold Award of Distinction certification! Demonstrating leadership in creating a healthier school environment by offering nutritious choices, opportunities for nutrition education and physical activity, and an environment that is conducive to making healthy choices, AGC is the first school in the Midwest Region to attain this recognition, as well. As a Gold Award of Distinction designated school, AGC will receive a HealthierUS Gold banner, recognition on USDA's Team Nutrition website, a plaque signed by Secretary of Agriculture Tom Vilsack, and a \$2,000 check to be used in the general non-profit school foodservice account.

Other Illinois HUSSC certified schools include: Ridgeview Elementary School from Ridgeview Community Unit School District 19, and Bushnell-Prairie City Elementary School from Bushnell-Prairie City Community Unit School District 170, both recipients of the silver level certification.

Schools interested in applying for the HUSSC, may do so at <http://teammnutrition.usda.gov/healthierUS/index.html>.

Congratulations Fresh Fruit and Vegetable Program Grant Recipients!

The Illinois State Board of Education is happy to announce that 188 schools in Illinois will be participating in the Fresh Fruit and Vegetable Program (FFVP) for school year 2010-2011. The FFVP is a grant that schools can apply for each year with the purpose to provide free



fresh fruits and vegetables to students. The goal of the program is to increase fruit and vegetable consumption by children. This program has been a huge success in past years. Schools are required to use a majority of their funds on fresh fruits and vegetables and to incorporate nutrition education along with this program. We find that it is not just important to introduce children to fresh fruits and vegetables on a regular basis but to teach them why it is important for them to eat healthy foods and exercise. For a listing of all grant awardees, please visit our website at: http://www.isbe.net/nutrition/htmls/ffv_program.htm. We look forward to another successful year!

Unit #40 School District students enjoying veggie faces.



Go for the Gold! HealthierUS School Challenge Goals

Consider taking the HealthierUS School Challenge (HUSSC) this school year. With the recent modifications to the criteria, more schools are realizing they meet the nutrition and physical activity requirements that make them eligible for the monetary incentives; specifically, \$2,000 for the Gold of Distinction level, \$1,500 for the Gold level, \$1,000 for the Silver level, and \$500 for Bronze recipients. If interested in applying, please complete the online application at <http://teammnutrition.usda.gov/healthierUS/index.html> and submit to:

ATTN: Joan Love
 Nutrition Programs
 Illinois State Board of Education
 100 North First Street, W-270
 Springfield, Illinois 62777-0001

USDA has set ambitious goals for the level of schools to be certified within the next few years as demonstrated in the chart below. Currently, over 770 schools nationally have received HUSSC certification. Let's make Illinois' numbers increase this school year. Go for the Gold! in 2011.



Grants Galore! Apply Now

The following are upcoming nutrition, health, and wellness-related grant and contest opportunities including their respective due dates.

August 15, 2010—*Fuel Up To Play 60 and Breakfast Grant*

Attention *Fuel Up to Play 60* participating schools! The National Dairy Council's Fuel Up to Play 60 and General Mills are offering grants to your schools, with enrollments of 500 or higher, up to \$3,000 to expand and improve your School Breakfast Programs. Application deadlines are August 15, October 1, and December 1, with Spring 2011 deadlines to be announced later. Contact the National Dairy Council at <http://enroll.fueluptoplay60.com/funds/introduction.php>.

August 16, 2010—*America's Best Raisin Bread Contest*

The winner receives a five-day California vacation to the Culinary Institute of America, visit to Yosemite National Park and San Joaquin Valley, which is California Raisin country. (www.loveyourraisins.com)

August 31, 2010—*Hobart*

The award is \$5,000 for the best executed foodservice sustainability project. (www.hcfsforum.com)

September 1, 2010—*Hunger-Free Communities Grants*

Up to \$5 million is available to support planning and assessment grants and implementation grants to evaluate food insecurity, and to develop strategies to become hunger free. Allowable uses of the funding include food distribu-

tion, community outreach, resource development, and means to increase accessibility of food to the neediest. (http://www.fns.usda.gov/fns/outreach/hfc_grants.htm)

Bookmark our *Spotlight on Schools* web pages and check back regularly for new grant announcements at <http://www.isbe.net/nutrition/htmls/sos.htm>.

Fuel Up to Play 60 School Wellness Kit Available

Fuel Up to Play 60 (FUTP60) is offering funding opportunities after July 1. *Fuel Up to Play 60* is a school-based program, enjoyed by over 60,000 schools in the US.

Initiate your school's FUTP60 School Year 2011 plans now! Register for the School Wellness Kit. FUTP60's goal is to introduce sustainable and physical activity action strategies within school environments and is sponsored by the National Football League and the National Dairy Council.

Flavor of the Month

CHERRY!

Cherry is this month's featured flavor! Did you know that cherries contain flavonoids with anticarcinogenic properties and anthocyanins that help with arthritis pain relief? They also contribute Vitamin A and fiber in the diet.

ISBE's Nutrition Program Anticipated Commodities School year 2011 chart lists the availability of frozen cherries this month. According to the USDA Fact Sheet (A365) for Cherries, Frozen, Red, Tart, Pitted, 30 LB, some suggested uses and tips for frozen cherries include serving them in fruit cups and using them in recipes for jellied salads, desserts, pies, cobblers, or quick breads. Do not forget to mix the original container of thawed cherries for best distribution of the sugar.

Schools can expect *dried cherries* in December if you order them. The USDA Commodity Food Fact Sheet (A293) suggests these uses: salads and salad bars, hot and cold cereals, fruit mixes, rice dishes, trail mixes, and baked items.



For the *USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions*, go to http://www.fns.usda.gov/fdd/schfacts/rpts/allfacts_bycode_veg-fruits.pdf. For quantity recipes using cherries, go to www.choosecherries.com.

National Whole Grains Month this September

What contributes phytochemicals, antioxidants, B vitamins, Vitamin E, magnesium, iron and fiber in our diets? You guessed correctly if you responded, "whole grains". Did you know National Whole Grains month is held in September? Consider educating your school staff and students with Whole Grain bulletin boards; or introduce a new whole grain item each week and provide sample taste testing of whole grain products. For more information on National Whole Grains month, go to www.wholegrainscouncil.org.

Celebrate National School Lunch Week in October

It is not too early to begin planning for your National School Lunch Week celebration in October. The School Nutrition Association (SNA) makes this task a lot easier by providing the theme, *School Lunch-What's on Your Tray?*, as well as related resources such as a sample menu for the week, decorations, press releases, proclamations, logos, and much more! Visit SNA's website at <http://docs.schoolnutrition.org/meetingsandevents/nslw2009/>.



Professional Development

On the Road to Healthy School Meals: Whole Grains and Marketing

Illinois Nutrition Education and Training announces the *On the Road to Healthy School Meals: Whole Grains and Marketing* training in October. Data from the most recent USDA School Nutrition Dietary Assessment III study shows that students have minimal exposure to whole grain foods, with only five percent of school lunch menus offering foods made from whole grains and hardly any breakfast menus meeting the 2005 Dietary Guidelines for Americans recommendation for fiber per day. Become a

whole grains expert by learning fool-proof ways to identify and write purchasing specification for whole grain products to ensure you are getting the “real thing”. Explore cost-effective menu possibilities, whole grain commodities and resources that can make adding whole grains a snap.

In the second half of this training program, pick up tips on how to successfully market healthy, nutrient-rich foods in Child Nutrition programs including whole grains, a greater variety of fruits and vegetables, lean proteins, and nonfat and 1 percent dairy foods. Gather free information and resources you can use to give your serving line a “make-over” and entice students to select healthy options.

Mark your calendar for one of the training dates below to attend *On the Road to Healthy School Meals: Whole Grains and Marketing*.

- October 8—College of DuPage, Elgin
- October 22—John A. Logan College, Carterville
- October 26—Heartland College, Normal

The three regional trainings will be held from 8:00 a.m. until noon. Watch for registration information at www.kidseatwell.org.

Refuel After-School with Food and Fitness Webinar

Refuel After-School is a free webinar training provided by the Illinois Nutrition Education and Training Program. The webinar, funded by USDA Team Nutrition, will provide after-school program administrators and education staff with the tools and confidence to incorporate fun activities that teach kids from Kindergarten-Grade 12 about eating right and being physically active. Participants will discover resources for integrating evidence-based nutrition education activities into core subjects, hands-on food and gardening activities that promote healthy eating, non-competitive games and activities to get kids moving, and ways to reach out to parents to reinforce healthy behaviors at home. Guest speakers will share successfully- implemented nutrition education and physical activity programs.

Attendees will learn about fun, interactive programs that can be easily used in an after-school setting to promote children’s health and support wellness initiatives. Many programs can be integrated into core subject areas. Resources for the training also include links for information on federal child nutrition programs and requirements for after-school programs and a menu planning tool to provide

fun, healthy and budget-friendly snacks for children in after-school programs.

This webinar is scheduled for Wednesday, September 22, 2010 from 10:00 a.m. to 11:15 am. Register at www.kidseatwell.org later this month. It will be archived through March 2011.

The Melting Pot

Loan Library Selection of the Month— Body Walk Trunk

Illinois sponsors in the Child Nutrition Programs are fortunate to have access to a statewide Nutrition Education Loan Library with over 600 holdings. The Loan Library service is available on a first-come, first-serve basis with the only cost to your school being the return shipment. The items are available for two-week periods, with the exception of the Body Walk Trunk which is available for three weeks with no return shipping charges.

The loan library holdings have recently been reviewed to represent current holdings reflecting updated information. The items include nutrition, nutrition education, food safety, special needs, cookbooks, curricula, health, wellness and much more! To peruse the online catalog, go to www.kidseatwell.org and click on *Nutrition Education Loan Library*. You may search by topic, ID number, or grade level.

This month’s Loan Library selection is the Body Walk Trunk and Body Walk Manual, an exciting educational exhibit for K-5 students. It is loan library item number 1140. The Body Walk Traveling Trunk includes the props and flipbooks of 11 stations.

ISBE will provide a prepaid UPS return shipping label with the Body Walk delivery for you to use to return the trunk to us.



New Berlin Elementary Students Learning with Help From High School Students.



One of the modified Body Walk stations exhibited at the CATCH (Coordinated Approach to Child Health) Family Carnival, Mercer County School District 4040 two elementary Schools.

Bookmark Nutrition Program's Website

Take a minute to bookmark the Nutrition Program's website, which is a collection of valuable resources including program updates, guidance documents, training opportunities, and references to educate the school community about the school meals programs. The website is <http://www.isbe.net/nutrition>.

Free Healthy Eating Posters to Download

The Children's Nutrition Research Center, located at Baylor College of Medicine in Houston, Texas, offers free healthy eating posters for schools. View the galleries and download the posters at <http://www.bcm.edu/cnrc/index.cfm?pmid=9874>. This resource might make planning your monthly cafeteria bulletin board schedule easier.

Nutrition Education Materials Just a Keystroke Away

Have you been looking for some new nutrition education resources and trainings? Then visit the following website developed by SNAP-Ed resources. http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=2&tax_subject=261&toopic_id=1243.

Looking for Resources in Spanish?

USDA's Team Nutrition program provides 14 free Spanish nutrition education and physical activity resources available upon request. They are listed below:

- 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
- MiPiramide 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

To request any or all of these items, please visit http://teamnutrition.usda.gov/Resources/resources_spanish.html.

Fiscal Year 2010 Outlook Index Posted Online

If you ever need to reference an earlier *Outlook* article, then visit our division's web pages for archived *Outlook* Indexes from FY2006 through last year's issues. They are sorted by subject headings for easier retrieval.

Staff Retires

The Division of Funding and Disbursements announces the retirement of Carol Curto from ISBE, effective this June. Carol processed Child Nutrition Claims for over 38 years. She will be missed as she starts a new chapter in her life. Best wishes to her!



Join The Outlook Newsletter List Serve

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

Calendar of Events—September 2010



National Food Safety Education Month®

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

- 6 Labor Day—ISBE office closed
- 10 Submit Reimbursement Claim
- 11 Illinois Dietetic Association's Fall Workshop, ISU, Normal (www.eatrightillinois.org)
- 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*)
- 28 After-School Webinar (www.kidseatwell.org)
- 28 Basic Training—Fairview Heights
- 29 Basic Training—Springfield
- 30 Basic Training—Bloomington
- October 6 Basic Training—Oak Lawn



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



Illinois State Board of Education

100 North First Street • Springfield, Illinois 62777-0001
www.isbe.net

Pat Quinn
Governor

Jesse H. Ruiz
Chairman

Dr. Christopher Koch, Ed.D.
State Superintendent of Education

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