



Your Guide to School-Based Child Nutrition Programs

AUGUST 2013

ADMINISTRATIVE ALERTS

[Nutrition and Wellness Programs Division Website Updated](#)

[Training Opportunities for School-Based Child Nutrition Programs](#)

[New Nutrition Guidelines for Snacks and Beverages Sold in Schools – Effective School Year 14-15](#)

[Household Eligibility Application Online](#)

[SY 13-14 Reimbursement Rates](#)

[Claims for Reimbursements – 60 day deadline](#)

[SY 2013-14 Paid Lunch Equity Exemption](#)

[Illinois School Breakfast Challenge Continues in FY2014](#)

[Reminder: Food Allergy Guidelines Required](#)

[Fresh Fruit and Vegetable Program Grantees Announced](#)

[Fresh Fruit and Vegetable Grantees – Webinar](#)

[USDA Foods Training – Ordering for SY2014-2015 – \(December 2013 and January 2014\)](#)

[7th Annual Illinois School Wellness Recognition Conference \(May 2014\)](#)

THE MELTING POT

[What's on the School Menu?](#)

[Update From the Enhance Physical Education Task Force \(EPETF\)](#)

[New USDA Foods Help Schools to Meet the Meal Pattern Requirements](#)

[Illinois Schools Can! E-Newsletter](#)

[Local Wellness Policy Update and Resources](#)

[Free Resources -New Fruit and Veggie Posters, Curricula Available from Team Nutrition!](#)

[Celebrate Special Events in School Year 2013-2014](#)

[Power Panther™ Mascot Costume Available for Special Event](#)

[HealthierUS School Challenge Schools Exceed 200!](#)

[New Healthy Lunchtime Recipes](#)

[Join Team Nutrition Today!](#)

CALENDAR OF EVENTS

Administrative Alerts

Division Website Updated

Bookmark the Nutrition and Wellness Program's website at www.isbe.net/nutrition to learn about What's New, including training opportunities, regulation updates, grant announcements, and current and archived copies of the *Outlook* newsletter.

Training Opportunities for School-Based Child Nutrition Programs

The Illinois State Board of Education, Nutrition and Wellness Programs Division is happy to announce training opportunities for School-Based Child Nutrition Program Sponsors for School Year 2013-2014. We will offer both in-person and web-based trainings on a variety of regulatory topics. In addition, through our partnership with the Illinois School Nutrition Association (ILSNA), we hope to include more operational trainings as well.

Please take time to review the following training opportunities and complete the registration information as indicated. Beverage service will be available, but there will be no food provided. If you have any questions, please do not hesitate to contact our staff at (800) 545-7892 or via email at cnp@isbe.net.

Back 2 School Workshops

ISBE's Nutrition and Wellness Programs Division in partnership with the ILSNA and the National Food Service Management Institute (NFSMI) will host *Back 2 School Workshops* at 6 locations in late July/early August. There is no registration fee for these workshops. Registration begins at 8:00am for morning sessions, and 11:45am for afternoon sessions.

Each location will host the following 3 tracks in the morning repeating each track in the afternoon. The three tracks include 1) Menu Planning 2) Administrative Topics and 3) NFSMI- Practical Skills for Quality Meals. Attendees may register for 1 morning workshop and/or 1 afternoon workshop at any of the following dates and locations.

Pre-registration is required at <http://webprod1.isbe.net/cnscaledar/asp/eventlist.asp>.

Morning Sessions: 8:30 am – 11:45 am

Track 1: National School Lunch and School Breakfast Program Menu Planning

Track 2: NSLP Administrative Topics including certification, verification, and local wellness policy, meal pricing including paid lunch equity (PLE), allowable uses of the nonprofit school food service account, procurement, and civil rights.

Track 3: NFSMI – Practical Skills for Preparing Quality Meals

Afternoon Sessions: 12:15 pm – 3:30 pm (repeat of morning sessions)

Track 1: National School Lunch and School Breakfast Program Menu Planning

Track 2: NSLP Administrative Topics including certification, verification, local wellness policy, meal pricing including paid lunch equity (PLE), allowable uses of the nonprofit school food service account, procurement, and civil rights.

Track 3: NFSMI – Practical Skills for Preparing Quality Meals

Dates and Locations

- August 1, 2013 – Peoria
- August 6, 2013 - Champaign/Urbana
- August 7, 2013 - Fairview Heights
- August 8, 2013 - Carbondale

Training Tuesday Webinar Series

Every third Tuesday (except 2 will be offered in August 2013) from 2:00pm – 3:30pm, ISBE’s Nutrition and Wellness Programs Division will host a webinar detailing a variety of NSLP regulations. Each webinar will be recorded and available for future viewing on our website, if this date and time is not convenient for you or your staff. Below is the list of training topics available August – December 2013. An announcement for the January – May 2014 topics, along with registration information, will be posted in the near future.

Date	Training Topic
August 20, 2013	Direct Certification
August 27, 2013	Certification of Household Eligibility Applications (HEA)
September 17, 2013	Verification Process and Summary Report
October 15, 2013	NSLP/SBP Menu Planning

November 19, 2013	The New Administrative Review Process - SY2013-2014
December 17, 2013	USDA Foods (Government Donated Commodities)

New Administrative Review Trainings (October 2013)

The USDA has updated the requirements for the School-Based Child Nutrition Programs Administrative Review effective SY 2013-2014. The reviews will be conducted on a three year cycle, with SY2013-2014 being year one. In order to provide you information about the review topics and the overall review process, ISBE's Nutrition and Wellness Programs Division will provide ½ day in-person trainings at a variety of locations in late October 2013. Please watch our website for the announcement of these dates and locations in the near future. Workshop space will be limited, therefore, please register no more than two (2) staff members per sponsor to ensure we have adequate space for all sponsors that may wish to attend. Registration is first come, first served.

New Nutrition Guidelines for Snacks and Beverages Sold in Schools

USDA recently published an Interim Rule entitled *Nutrition Standards for All Foods Sold in Schools*, a.k.a. Smart Snacks in Schools. These new rules impact snacks and beverages sold outside the reimbursable meal to all grade levels in schools that participate in the National School Lunch Program effective School Year 2014-15. In order to prepare for these new guidelines, trainings will be provided this school year. For SY13-14, continue to use IL School Food Service Rules Part 305.

Household Eligibility Application Online

The Household Eligibility Application for families to complete for SY 13-14 free and reduced-price meals are posted on our website at http://www.isbe.net/nutrition/htmls/household_eligibility.htm. 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.

School-based Child Nutrition Programs Reimbursement Rates

The reimbursement rates for School-Based Child Nutrition Programs for the 2013-2014 school year are now available at <http://www.isbe.net/nutrition/htmls/data.htm> (click on *Schools - FY2014* under *Reimbursement Rates*) and are listed below.

School-Based Child Nutrition Programs Rates of Reimbursement

Effective July 1, 2013 - June 30, 2014

National School Lunch Program					
		Less Than 60%	Less Than 60% + 6 Cents**	60% or More*	60% or More* + 6 Cents**
	Paid	\$0.28	\$0.34	\$0.30	\$0.36
	Reduced-Price	\$2.53	\$2.59	\$2.55	\$2.61
	Free	\$2.93	\$2.99	\$2.95	\$3.01
<p>The maximum price a sponsor can charge for a student reduced-price lunch is \$.40.</p> <p>* The higher rate of reimbursement for lunch (60% or more) applies if 60% or more of the lunches served by an SFA during the second preceding school year were served free or at a reduced price.</p> <p>** Additional 6 cents requires a one-time menu certification</p>					

School Breakfast Program			
		Non-Severe Need	Severe Need *
	Paid	\$0.28	\$0.28
	Reduced-Price	\$1.28	\$1.59
	Free	\$1.58	\$1.89
<p>The maximum price a sponsor can charge for a student reduced-price breakfast is \$.30.</p> <p>* The higher rate of reimbursement for breakfast (Severe-Need) applies if 40% or more of the lunches served at the site in the second preceding school year were served free or at a reduced price.</p>			

Special Milk Program			
	All Milk	Paid Milk	Free Milk
Pricing Program Without Free Option and Nonpricing Programs	\$0.2025		
Pricing Program With Free Option		\$0.2025	Average cost per ½ pint milk

After-School Snacks in After-School Care Programs		
	Paid	\$0.07
	Reduced-Price	\$0.40
	Free	\$0.80
<p>The maximum price a sponsor can charge for a student reduced-price after-school snack is \$.15.</p>		

<p>Food Distribution Program Planned Assistance Level (PAL) \$0.2325 per lunch</p>

<p>Illinois Free Breakfast and Lunch Programs \$0.05 per each free breakfast and/or lunch</p>

Claims for Reimbursements – 60 day deadline

ALL claims, original and upward revised claims, must be submitted by sponsors within 60 calendar days of the end of the claiming month (please reference calendar below). Downward revisions may continue to be submitted at any time.

It is however recommended that claims be submitted by the 10th calendar day following the end of the claim month. This will allow time for upward revisions within the 60 day deadline. In addition, claims are generally vouchered for payment on a weekly basis, so the sooner the claim is submitted, the sooner payment will be received.

CLAIM DUE DATES

<u>Claim Month</u>	<u>Due Date</u>
October	December 30
November	January 29
December	March 1 (February 29 if leap year)
January	April 1 (March 31 if leap year)
February	April 29
March	May 30
April	June 29
May	July 30
June	August 29
July	September 29
August	October 30
September	November 29

If you have any questions regarding claim due dates, please contact Funding and Disbursements staff at 217-782-5256.

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.

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, 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.

Once guidance is released to states by USDA on August 13th, the exemption form will be available at http://www.isbe.net/nutrition/htmls/nslp_hhfka_implementation.htm.

Illinois School Breakfast Challenge Continues in FY2014

Research strongly shows that children who eat a nutritious breakfast tend to perform better in school, have a better attendance record, and exhibit fewer behavior problems. In order to increase participation in the School Breakfast Program (SBP) in Illinois, ISBE, the Illinois No Kid Hungry Campaign, and the Midwest Dairy Council partnered in a private-public partnership to sponsor the new School Breakfast Challenge during the school year 2012-2013 which will be continued this school year.

All Illinois schools participating in the School Breakfast Program (SBP) are eligible to participate automatically in the Illinois Breakfast Challenge. Participation increases will be calculated by comparing the SBP participation rates from January–May of 2013 to August–December of 2013. A dozen awards will be distributed to the schools with the largest percentage increases in average daily participation rates. There are four tiers of the Challenge with each tier awarding three prizes: \$5,000, \$3,000 and \$1,000.

To learn more about the benefits of breakfast, creative ways of serving breakfast, and increasing participation, please visit il.nokidhungry.org/ and <http://www.fns.usda.gov/sbp>.

Reminder: Food Allergy Guidelines Required

By Jan. 1, 2011, each school board was required to implement a local policy based on the *Guidelines for Managing Life-Threatening Food Allergies*. 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. Please visit http://www.isbe.net/nutrition/htmls/food_allergy_guidelines.htm to access the *Guidelines for Managing Life-Threatening Food Allergies in Illinois Schools* as well as instructions on how to obtain a sample policy and administrative procedures.

Fresh Fruit and Vegetable Program Grantees Announced

Almost 100,000 students enrolled in the 2013-2014 Fresh Fruit and Vegetable Program (FFVP) will receive fresh fruits and vegetables during the school year as students enrolled in the USDA's Fresh Fruit and Vegetable Program Grant schools. Visit the following link to view the 2013-2014 FFVP grantees. http://www.isbe.net/nutrition/htmls/ffv_program.htm.

Fresh Fruit and Vegetable Grantees – Webinar

The Nutrition and Wellness Programs Division of the Illinois State Board of Education will present a webinar on **August 13, 2013 9:00 am – 10:30 am** for schools selected to participate in the Fresh Fruit and Vegetable Program (FFVP) for school year 2013-2014. This webinar will provide an overview of the FFVP rules and responsibilities of participating schools. The process for submitting monthly claims for reimbursement and for tracking your available FFVP funds will also be discussed. Register at <https://www1.gotomeeting.com/register/496145977>

USDA Foods Training – Ordering for SY2014-2015 – (December 2013 and January 2014)

As NSLP sponsors begin to plan for the SY2014-2015 USDA Foods ordering, ISBE's Nutrition and Wellness Programs Division will conduct ½ day in-person trainings at a variety of locations in December 2013 and January 2014. Please watch our website and the *Illinois Commodity System (ICS)* message board for the announcement of these dates and locations in the near future. Workshop space will be limited. Registration is first come, first served and will be available at <http://www.isbe.net/nutrition>.

7th Annual Illinois School Wellness Recognition Conference (May 2014)

In early May 2014, the 7th Annual Illinois School Wellness Recognition Conference will be held, cosponsored by the ISBE and the Illinois Action for Healthy Kids (AFHK)-Illinois Team. Watch for further information in the Outlook e-newsletter and our website at www.isbe.net/nutrition after January 1, 2014. A nominal registration fee is charged to cover lunch, raffles and other materials. Registration is handled by AFHK. This conference is ideal for school administrators, school nurses, educators, food service professionals, wellness committee members and anyone else who wants to learn more about encouraging healthy lifestyles and healthy food at school.

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 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.

Update From the Enhance Physical Education Task Force (EPETF)

For the last two years, it has been the mission of ISBE, the Illinois Department of Public Health and the Illinois Public Health Institute to implement enhanced physical education programs and improve physical activity and wellness in Illinois schools. An Enhanced Physical Education Strategic Plan was produced in August 2012 and identifies ways in which school boards, superintendents and principals can be leaders in this effort along with corresponding community-level implementation strategies. It provides a high-level roadmap for implementing the vision that all Illinois K-12 students will participate in daily, high-quality physical education.

Seeing this vision, Public Act 97-1102 created the Enhance Physical Education Task Force (EPETF). The purpose of this Task Force is to promote and recommend enhanced physical education programs that can be integrated with a broader wellness strategy and health curriculum in elementary and secondary schools in this state, including:

- educating and promoting leadership on enhanced physical education among school district and school district officials;
- developing and utilizing metrics to assess the impact of enhanced physical education;
- promoting training and professional development in enhanced physical education for teachers and other school and community stakeholders;
- identifying and seeking local, state and national resources to support enhanced physical education;
- and such other strategies as may be identified by the task force.

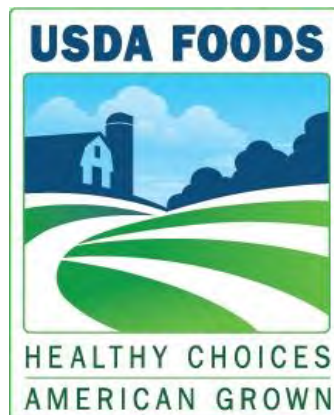
On or before Aug. 31, 2013, the 31-member task force shall make recommendations to the governor and the General Assembly on Goals 19-24 of the Illinois Learning Standards for Physical Development and Health. The task force shall focus on updating the standards based on research in neuroscience that impacts the relationship between physical activity and learning.

The Task Force will meet again on August 2, 2013. A copy of the Enhanced Physical Education Strategic Plan along with meeting dates, agendas and summaries of this task force are available on the ISBE website at <http://www.isbe.net/EPE/html/EPETF.htm>.

New USDA Foods Help Schools to Meet the Meal Pattern Requirements

To help schools continue to meet the new school meal pattern requirements such as the red vegetable subgroup and legumes, additional USDA Foods are now offered as listed below:

110361	APPLESAUCE CUPS, UNSWT, 96/4.5 oz CUPS	96/ 4.5 oz cups
110322	BEEF PATTY W/SPP COOKED HMSTYLE 2.2oz	40# CARTON
110348	BEEF PATTIES RAW IQF w/spp 2.8 oz	40# CARTON
100359	BEANS, BLACK (TURTLE), LOW SODIUM, CND	6/#10 CANS
100373	BEANS, GRT NORTHERN, LOW SODIUM, CND	6/#10 CANS
100318	SWT POTATOES, MASHED, CND, LOW SODIUM	6/#10 CANS
100353	SWT POTATOES, RANDOM CUT FRZ NO SALT	6/5# BAGS
100360	BEANS, GARBANZO, LOW SODIUM, CND	6/#10 CANS
110392	SPINACH, CHOPPED, IQF FRZ 20#	20# Case



These are now included on the SY14 Annual Order Form. Please view the Anticipated Chart to see which months these items are available at

http://www.isbe.net/nutrition/pdf/anticipated_commodities_SY14.pdf. In addition, broccoli florets, frozen, 6/5# packages (110282) were made available at the end of last school year and will be available again this year to help schools meet the dark green vegetable subgroup requirement.

Illinois Schools Can! E-Newsletter

The Illinois Schools Can! eNewsletter is published six times per year (August, October, December, February, April and June). This e-Newsletter keeps school wellness staff posted on funding and training opportunities as well as resources that support school wellness programs. To join the Listserve, contact cnp@isbe.net.

Local Wellness Policy Update and Resources

USDA has announced that a revision of the **5-year LWP technical assistance plan** mandated by the Healthy Hunger-Free Kids Act, will be posted this month (June). Visit the FNS LWP website for updates and resources: <http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>.

The document *Resource to Sustain and Strengthen Local Wellness Initiatives*, developed by the National Food Service Management Institute (NFSMI), is intended to help schools evaluate their Local Wellness Policies. It is located at http://www.fns.usda.gov/tn/healthy/wellnesspolicy_tools.html.

Free Resources -New Fruit and Veggie Posters, Curricula Available from Team Nutrition!

Team Nutrition's Garden Resources-Help Healthy Habits Take Root-It's not too late to plant a garden. Visit <http://teamnnutrition.usda.gov/garden.html> to order free of charge as a Team Nutrition school, the two new USDA Team Nutrition Garden Resources, *Dig In!* and *The Great Garden Detective Adventure*. *Dig In!* includes ten inquiry-based lessons for 5th-6th graders, a gardening guide, six posters, and booklets for parents/caregivers. *The Great Garden Detective Adventure* is an 11-lesson curriculum for 3rd and 4th graders.

Posters-The following new fruit and veggie posters are available to Team Nutrition schools while supplies last at <http://tn.ntis.gov/>. 6 Dig In! posters including Roller Coaster, Veggie Rock Stars and They're Tasty and they Know It! are available, one per school of each.

Celebrate Special Events in School Year 2013-2014

National School Lunch Week, October 14-18, 2013 / National Take Your Parents to Lunch Day



This year's *School Lunch Across the USA*, National School Lunch Week's theme for October 14-18, 2013 highlights this country's regional foods, flavors and cultures. A new celebration, *National Take Your Parents to Lunch Day*, is scheduled for October 16, 2014 or another day of the school's choice to invite parents/guardians to lunch. Go to http://www.schoolnutrition.org/Level2_NSLW2013.aspx?id=18482 for further information.

National School Breakfast Week, March 3-7, 2014

School Breakfast programs are growing both by sponsorship and student participation. Celebrate the impact of breakfast during National School Breakfast Week. Read about menu suggestions, recipes, promotional resources at www.schoolnutrition.org/nsbw

Illinois School Healthier Challenge Week, March 2014

In March 2014, the first-ever Illinois School Healthier Challenge Week will be held to recognize all of the certified HUSSC schools in Illinois. Gold Award of Distinction, Gold, Silver and Bronze, whatever the designated level all of these schools are winners! They've gone the extra mile to create healthier school environment through promotion on nutrition and physical activity.

School Nutrition Employee Week, May 5-9, 2014

Celebrated the first week of May, School Nutrition Employee Week recognizes the daily contributions of School Nutrition professionals. Visit <http://www.schoolnutrition.org> in 2014 for more information on School Nutrition Employee Week.

Power Panther™ Mascot Costume Available for Special Event

Consider reserving the Power Panther™ mascot costume, free of charge, for an upcoming Special Event in your school. As part of the USDA's Eat Smart. Play Hard.™ Campaign, this resource can be used to help students learn to eat healthier. The costume sports the new MyPlate logo. Contact cnp@isbe.net to reserve the costume in advance. Or go to the following website for more information including the costume reservation form, as well as Public Service Announcements, and songs. <http://teamnutrition.usda.gov/Resources/powerpanther.html>.

HealthierUS School Challenge Schools Exceed 200!

Kudos to the 200 plus Illinois schools that have achieved certification in USDA's HealthierUS School Challenge (HUSSC). HUSSC is a voluntary initiative established in 2004 to recognize schools in the National School Lunch and School Breakfast Programs that have created healthier school environments through promotion of nutrition and physical activity.

Schools receiving a HUSSC award commit to meeting the criteria throughout their 4-year certification period. The HealthierUS criteria is consistent with the 2010 Dietary Guidelines and reflect the Institute of Medicine's recommendations for foods sold outside of the school meals program. The criteria continues to recognize schools that go above and beyond Federal requirements for school meals. The criteria is specific for 4 levels of recognition: Bronze, Silver, Gold and Gold of Distinction. Visit <http://www.fns.usda.gov/healthierus-school-challenge> to learn more about this important initiative.

New Healthy Lunchtime Recipes

The 2013 Healthy Lunchtime Challenge Cookbook, developed by Epicurious, contains 54 winning recipes from over 1,300 junior chef (ages 8-12) submissions. The recipes are available at <http://www.letsmove.gov/sites/letsmove.gov/files/pdfs/healthy-lunch-challenge-cookbook.pdf>. The student winners received a trip to Washington, D.C. with a parent or legal guardian to attend a State Dinner this past July. Kudos to Taddy Pettit from Oakwood, Illinois whose recipe, Black Bean Wrap with Jicama-Grilled Corn Salsa, was the Illinois winner.

Join Team Nutrition Today!

Did you know that joining USDA's Team Nutrition Initiative is the first step to becoming a certified HealthierUS School Challenge (HUSSC) school? Illinois boasts over 1,600 Team Nutrition schools. Make your school be the next TN school; join today at Team Nutrition <http://teamnnutrition.usda.gov/team.html>.

Calendar of Events

August 2013

- 2 Enhance Physical Education Task Force Meeting
9:00 am – 12:00 pm
<http://www.isbe.net/EPE/html/EPETF.htm>
- 6 NSLP Back 2 School Workshop – Champaign
8:30-11:45 am and/or 12:15-3:30 pm
Register at <http://www.isbe.net/nutrition/>
- 7 NSLP Back 2 School Workshop – Fairview Heights
8:30-11:45 am and/or 12:15-3:30 pm
Register at <http://www.isbe.net/nutrition/>
- 8 NSLP Back 2 School Workshop – Carbondale
8:30-11:45 am and/or 12:15-3:30 pm
Register at <http://www.isbe.net/nutrition/>
- 13 Fresh Fruit and Vegetable Webinar (for SY13-14 grant recipients)
9:00-10:30 am
Register at <http://www.isbe.net/nutrition/>
- 13-20 Make changes, if needed, for September USDA Foods delivery
- 20 Training Tuesday Webinar – Direct Certification
2:00-3:30 pm
Register at <http://www.isbe.net/nutrition/>
- 27 Training Tuesday Webinar – Certification of Household Eligibility Applications
2:00-3:30 pm
Register at <http://www.isbe.net/nutrition/>



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If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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