

THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs



Enter the Recipes for Healthy Kids Challenge

The *Recipes for Healthy Kids Challenge* is a new, national school recipe challenge with three categories culminating with a national cook-off.



Q. Do you have recipes featuring dark green and orange vegetables, or whole grains, or dry beans and peas?

A. Then your school may be a viable candidate to enter the *Recipes for Healthy Kids Challenge*.

Q. What does forming a team of a school foodservice professional, a local chef, and students accomplish?

A. The first step to entering the new *Recipes for Healthy Kids challenge!*

Watch for details of the national *Recipes for Healthy Kids* challenge on <http://www.fns.usda.gov/tn/HealthierUS/recipesforhealthykids.html>

Taking Care of Business

IMPORTANT! Annual Sponsor/Site Applications Due September 15

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 are now available. These on-line applications, which are due no later than September 15, 2010, are accessible by logging into IWAS (ISBE Web Application Security) and selecting Application and Claim Entry System (ACES). It is highly recommended that you print off the instructions available at <http://www.isbe.net/nutrition/htmls/instructions.htm>.



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Fiscal Year 2010 Illinois Free Breakfast/Lunch Program Funding

In late June, ISBE became aware of the fact that there was not going to be sufficient state funding to pay all Illinois Free Breakfast and Lunch Program claims for State Fiscal Year 2010 (July 2009-June 2010) at the established rate of \$0.1275 per meal. Illinois Free Breakfast and Lunch Program claims that were vouchered by ISBE on June 2, June 8, and June 15 were cancelled at the Comptroller's office, voided by ISBE, and will be reissued.

After thorough analysis of remaining fund balances, it was determined that all April and prior claims could be paid at the established rate of \$.1275 per meal. May and June claims would be paid at a lower rate of \$0.0964 per meal. This was done to ensure that all claims were paid equitably and not paid on a first-come, first-serve basis. All replacement vouchers will be sent to the Comptroller by the end of August to be processed for payment. Keep in mind that payment of the voucher by the Comptroller's Office will likely be delayed similarly to other state funded vouchers.

Due to this funding issue, there will be no pro-ration of remaining funds for the Illinois Free Breakfast and Lunch Programs as has been done in the past.

If you have any questions regarding this situation or difficulty locating payments in our online reporting systems, please contact Beth Burkhalter or Dara Strode in Funding and Disbursement Services at 217-782-5256 or via email at bburkhal@isbe.net or dstrode@isbe.net.

IMPORTANT: Updating Your Sponsor and Site Information

Settling into a new school year, you may realize that you have updates and changes to make to your address, contact information, or new sites to add to the National School Lunch Program (NSLP). This information is extremely important to ISBE and we can quickly and efficiently get the information into the hands of those who need it.

To help you with this, here are instructions to update your Sponsor and Site Applications. For all of the following updates, login to IWAS, choose *System Listing*, click on *Child Nutrition ACES*, and then on the left-hand side of the screen, change *Claim* to *Application*, select the dot for *Sponsor*, for Program Type choose *NSL*, and the Program

Year will be *2011*.

Address Changes—Go to the *Select a Link* box. If you are updating your sponsor address, select *Sponsor Application* from the *Select a Link* box and then click on the *Request Change* button next to the current address. There will be a pop-up box to enter the new address information. Once completed, ISBE will be notified that you have requested an address change. We then match your request to state records. As long as these records match, we will approve the change and your application will be updated. However, if the records do not match, you will receive an email providing you with instructions on how to update the state records so we can proceed with the updates.

If it is a site you want to update, go to the *Select a Link* box and click on *View Sites*. The screen will show the site number, site name, and a *Select a Link* box for each site. Go to the *Select a Link* box for the site you wish to update and click on *Site Application*. The Site Application will appear, go to the address, click on *Request Change*, and input the new address. This will be sent to ISBE for approval as discussed above with the sponsor address request.

Authorized Representative Organization Contact Changes—Keeping your Authorized Representative Organization contact information current on your Sponsor and Site Applications is very important. ISBE often provides important information, updates, and upcoming due dates to contacts listed on applications. The online Sponsor Application can only hold information for the authorized representative and one contact person. In addition, each Site Application can have one contact person. You can update this information at anytime through IWAS. Go to the *Select a Link* box. If you are updating your sponsor contact information, select *Sponsor Application* from the *Select a Link* box. Type in the new contact information, scroll to the bottom of the screen, and click on *Submit to ISBE*. The new contact information has now been saved.

If you need to update the contact information for one or multiple sites, go to the *Select a Link* box and click on *View Sites*. The screen will show the site number, site name, and a *Select a Link* box for each of your sites. Go to the *Select a Link* box for the site you wish to update and click on *Site Application*. The Site Application will appear. Go to *Contact Information* and type in your update, scroll to the bottom of the application and click on *Submit to ISBE*. The new contact information has now been saved.

Adding a New Site—After logging into IWAS and pulling up your sponsor application, go to the *Select a Link* box

and choose *Add a New Site*. Complete the online application for the new site and click on *Submit*. ISBE will then receive notification that you added a new site and we will verify all information on the application. As long as all information is accurate, we will approve the new site. If you have any questions regarding this process, please contact ISBE at cnp@isbe.net or 800/545-7892.

Time—A Public Health Control

Many food service workers understand that “temperature” is a public health control. Potentially hazardous food either must be cold, held below 41°F; or hot, held above 135°F; but did you know that “time” is also a public health control? This allows you, the worker, to keep potentially hazardous food “out of temperature control” for up to four hours. The reason being is that it takes bad bacteria several hours to become harmful to people. This “four- hour window” is considered safe. This is useful for larger kitchens that transport food to satellite facilities. Section 750.153 of the Illinois Food Service Sanitation Code requires:

1. The time begins once the food temperature rises above 41°F or falls below 135°F;
2. The food shall be marked or otherwise identified to indicate the time that is four hours past the point in time when the food is removed from temperature control;
3. The food shall be cooked and served, served if ready to eat, or discarded within four hours from the point in time when the food is removed from temperature control;
4. The food in unmarked containers or packages, or marked to exceed a four hour limit, shall be discarded;
5. Written procedures shall be maintained in the food establishment and made available to the regulatory authority (Local Health Department) upon request. The procedures shall ensure compliance with this Section and Section 750.140(b) for food that is prepared, cooked, and refrigerated before time is used as a public health control.

In a food establishment that serves a highly susceptible population, time only, rather than time in conjunction with temperature, shall not be used as the public health control for raw eggs. Please contact your local health department for further information at http://www.idph.state.il.us/contact_us.htm.

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>.

Claim Common Cent\$



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

Federal Fiscal Year Begins October 1

As you start submitting claims for the 2010-11 school year, remember that the programs and claims run on a Federal Fiscal Year of October through September. This means that September and prior claims are **Fiscal Year (FY) 2010** and October and after claims are **Fiscal Year (FY) 2011**. Be sure to select the correct program year when filing your claims online.

If the status of the site claim says ‘consolidated’ or there are numbers already filled-in on the claim; it is very likely that you are in the wrong fiscal year. Double-check the

Program Year field on the gold bar on the left side of the screen.

If a site claim is not available for a certain month or fields are missing from the claim screen for a program that the site participates in; you will need to update the site application to make the necessary changes.

Reminder—**August and September claims must be filed separately.** You cannot combine them together regardless of the number of serving days in each month.

If you have any claim questions please contact Gladys Rothenberg in Funding & Disbursements at 217/782-5256.

USDA 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 to attend this informative and product-filled event.

Total Commodity Value Received Posted on Food Distribution Website

All schools are audited each year by their own independent auditors. Part of this audit includes the value of USDA commodities allocated to your school.

The needed information for commodities is easy to locate, and we suggest this information be given to the school bookkeeper each school year. The information is available on the Food Distribution website at www.isbe.net/business.htm under the "Total Value of Commodities Received by School" heading at the top of the page.

We ask that the schools provide this information to auditors when requested.

Register for USDA Foods and Illinois Commodity System Training

Nutrition Programs staff is providing a USDA Foods and Illinois Commodity System Training which focuses on the Illinois Commodity System, placing annual commodity order, diversions to processors, Department of Defense (DOD) fresh fruit and vegetable program, and additional monthly processes to teach better management of USDA foods at seven sites this November and December. Preregistration is required. You can register for these and other ISBE trainings at <http://www.isbe.net/nutrition/htmls/workshops.htm>. Trainings are half-day sessions, except Bloomington, and morning and afternoon sessions are offered based on location. Space is limited, so do not hesitate and register today!

- November 3 Bloomington (1 hour session during Taste Test) –register at www.ilsna.net.
- November 8 Northbrook – Crowne Plaza
- November 9 Downers Grove – Holiday Inn Express
- November 10 Tinley Park – Holiday Inn Select
- November 17 Marion – Williamson County Pavilion
- November 18 Fairview Heights - Ramada
- December 8 Champaign – Hawthorne Suites
- December 9 Galesburg – Best Western Prairie Inn
- December 16 Springfield – Illinois Education Association

Spotlight on Schools

Schools Play their Part in Fighting Hunger for Children through the Seamless Summer Option and the Summer Food Service Program



During the summer of 2010, the *Seamless Summer Option* saw an increase in the number of schools participating in the program. Sponsoring districts increased from 104 to 109 with sites remaining consistent from last year.

In addition, 39 school districts participated as sponsors in the *Summer Food Service Program* with the number of

sites doubling as a result of the Archdiocese of Chicago’s participating with over 200 sites. Together, a total of 148 school districts throughout Illinois served breakfast and/or lunch to children at over 925 school or community sites; a more than 30 percent increase over the previous year.

Visit the links below for a listing of schools that participated:

- http://www.isbe.net/nutrition/htmls/seamless_summer.htm
- <http://www.isbe.net/nutrition/htmls/summer.htm>

HealthierUS School Challenge Mini-Grants Available to All School Levels

Pending USDA Team Nutrition funding, the Illinois Nutrition Education and Training (NET) Program plans to award competitive grants of \$3,500 to 13 elementary and/or secondary schools to prepare for and take the HealthierUS School Challenge. Mini-grant funds can be used to purchase wellness curriculum, student education materials, and support professional development for staff to meet the HealthierUS School Challenge criteria.

The HUSSC is a voluntary initiative which recognizes schools participating in the National School Lunch Program that have taken the lead in creating a healthier school environment by enhancing school meals and promoting nutrition and physical activity. Three schools in Illinois have earned a HealthierUS School Challenge certification—Academy for Global Citizenship (Chicago), Ridgeview Elementary (Colfax) and Bushnell-Prairie City (Bushnell). You can be a part of this elite group too!

The HealthierUS School Challenge (HUSSC) is incorporated into First Lady Michelle Obama’s *Let’s Move* campaign to raise a healthier generation of children. The First Lady has a goal that by June 2011, there will be 1,250 schools certified as a HealthierUS School Challenge School.

For more information about this grant opportunity, visit www.KidsEatWell.org or contact ILNET at 800/466-7998.

2010-2011 After-School Care Program Mini-Grant Recipients

Congratulations to the ten After-School Care Program Mini-grant recipients listed below. Each grantee will

receive \$2,000 to train staff and purchased educational resources to provide hand-on food/cooking activities, parent education, garden-based projects, and peer education. The funding is provided through USDA’s Team Nutrition Initiative.

Program	Site	City
The Cooking Show	Chopin Elementary School	Chicago
Gregory Elementary School	Rockford School District 205	Rockford
Julia Lathrop Elementary School	Rockford School District 205	Rockford
King School Teen Reach Afterschool Program	Dr. M.L. King Elementary School	Urbana
Prairie Du Rocher Afterschool Program	Prairie Du Rocher School District 134	Prairie Du Rocher
Spartan Reach Afterschool Program	Sycamore Middle School	Sycamore
Summerdale Elementary School	Rockford School District 205	Rockford
Summersville Latchkey Program	Summersville Grade School District 79	Mt. Vernon
Whitehead Elementary School	Rockford School District 205	Rockford
William Nashold Elementary	Rockford School District 205	Rockford

State Board Awards Nearly \$1 Million to Improve School Cafeterias

In May 2010, the Illinois State Board of Education awarded nearly \$1 million in federal funds to improve cafeterias in some of Illinois’ neediest schools. The competitive federal grants were awarded to 57 schools in 43

districts and academic centers that participate in the National School Lunch Program to improve the quality of the meals, increase energy efficiency of cafeteria operations, and boost participation in school meal programs.

Schools participating in the National School Lunch Program that did not receive an FY09 NSLP equipment Assistance Grant under the American Recovery and Reinvestment Act of 2009 (ARRA) were eligible to apply for the competitive grant. Participating sites had to have at least 50 percent of students eligible for free and reduced-priced meals. Funds are to be used to purchase equipment that improves the quality of the meals, the safety of food served, the efficiency of the school nutrition operations, and/or the participation in school meal program.

A listing of those schools and districts awarded these grants is available at <http://www.isbe.net/nutrition/pdf/nslp equip awardees10.pdf>.

Flavor of the Month

Flavored Milk

This month's featured flavor is "flavored" milk.

Low-fat and fat-free milk is a nutrient rich food, containing three of the five nutrients of concern for children, specifically calcium, potassium, and Vitamin D. Milk also contributes phosphorous, protein, Vitamins A and B12, riboflavin and niacin in our diets. It is included in one of the Food Groups to Encourage (Dairy), as well as the Dietary Guidelines for Americans 2005.

Flavored milk is popular with students. Low-fat chocolate milk is the most popular milk choice in schools, according to the National Dairy Council, and when it is removed, students drink less milk. Flavored milk comes in a wide variety of flavors: strawberry, chocolate, vanilla, mocha, and root beer, as well as others.

The sweeteners used in flavored milk are both natural and added sweeteners. Formulas vary by the manufacturer. Flavored milks contain two to four teaspoons of added sugar, adding about 60 more calories per serving as compared to unflavored milk.

Including flavored milk in your menu plan provides a healthy beverage option to your students. The colorful chart comparing beverage options titled *Think Your Drink*

is located at the following URL: http://www.nutritionexplorations.org/pdf/educators/quick/think_your_drink_color.pdf. Consider placing this important nutrition message on or near your cafeteria's milk coolers.

Adapted from *Flavored Milk in Perspective*, 2009 National Dairy Council

Professional Development

Basic Training—A Guide to School-Based Child Nutrition Programs

The *Basic Training* workshop provides participants an overview of the United States Department of Agriculture's regulations that govern the school-based programs including processing household applications, verification, completing the annual application process and required reports, menu planning, food commodities, and much more. Topics covered during this workshop are based on information from the Illinois State Board of Education's [School-Based Child Nutrition Programs Administrative Handbook](#).

This workshop is ideal for new, school foodservice personnel and administrative staff, and also allows veteran school staff a refresher course on the National School Lunch and/or School Breakfast Programs. If you only work with the Illinois Free and/or Special Milk Program, you do not need to attend the Basic Training workshops unless you are interested in enrolling in the National School Lunch and/or School Breakfast Programs.

To register, visit www.isbe.net/nutrition, click on *Special Events and Workshops*, and then click on *Basic Training—A Guide to School-Based Child Nutrition Programs*.

Healthy School Meals Training

On the Road to Healthy School Meals is a free, half-day seminar to help you plan and promote healthy school meals. The agenda is packed with hot topics sure to put your program on top in helping to raise a healthier generation of children. This training is funded, in part, by a USDA Team Nutrition Training grant and provides three continuing education units (CEUs).

[Whole Grains for Healthy School Meals](#)—Become a whole grains expert in this new workshop for Child Nutri-

tion staff. Discover the benefits of whole grains and how to accurately identify whole grain food products using the label or recipe. Explore cost-effective menu options including whole grain commodities and resources that can make adding whole grains to your menus a snap.

Marketing Meal Appeal—Pick up tips on how to successfully promote healthy, nutrient-rich foods in your Child Nutrition Programs, including whole grains, a greater variety of fruits and vegetables, lean proteins and calcium-rich foods. Discover strategies to give your serving line a “make-over.” Walk away with ready-to-use resources to involve teachers and parents in reinforcing healthy choices.

HealthierUS School Challenge Grant Opportunity—Check out new criteria for winning a HealthierUS School Challenge certification for your school. This prestigious award is now available to middle schools and high schools as well as elementary schools. Criteria for each of the four award levels will be shared along with the latest resources. Details will also be shared on how your school can apply for a new HealthierUS School Challenge mini-grant (pending funding).

The seminars run from 8:00-11:30 a.m. Mark your calendars for one of these training dates:

- Friday, October 8, 2010—Elgin Community College, Elgin
- Friday, October 22, 2010—John A. Logan College, Carterville
- Tuesday, October 26, 2010—Heartland Community College, Normal

This seminar is approved by the School Nutrition Association for three **continuing education units (CEUs)**. Registration is required. Visit www.KidsEatWell.org to register for one of the training programs. Contact ILNET at 800/466-7998 with any questions.

The Melting Pot

Loan Library Selection of the Month

This month’s featured Loan Library Selection of the Month is a 33-page PowerPoint (CD), titled *Obesity in a Bottle*. The kit contains activities, web sites, presenter’s notes, copy-ready handouts, and is targeted for sixth graders through adults. Use in the classroom and/or cafeteria along with the colorful *Think Your Drink* poster mentioned in the Flavor of the Month section above, to help

your students make better beverage choices. To borrow the *Obesity in a Bottle* CD, visit www.KidsEatWell.org, click on *Net Services*, and then *Loan Library*. The identification number is 51.

2010–2011 Special Observances

National School Lunch Week will be celebrated October 11–15, 2010. This year’s theme is *What’s on Your Tray?* For more information please visit <http://docs.schoolnutrition.org/meetingsandevents/nslw2010/>.



Illinois School Breakfast Week will be celebrated November 14–20, 2010. Illinois School Breakfast week is celebrated in conjunction with American Education Week. Take advantage of this great opportunity to educate students on the importance of health and academic performance. For additional information please visit www.nea.org.



National School Breakfast Week will be celebrated March 7–11, 2011. This year’s theme is School Breakfast Detectives. Visit www.schoolnutrition.org/nsbw for additional information on National School Breakfast Week.



School Nutrition Employee (formerly Child Nutrition) Employee Appreciation Week is celebrated in May. This week was developed to thank those who serve nearly 32 million meals to children every day. Additional information can be found at <http://www.schoolnutrition.org/>.

Enroll in Free Team Nutrition Initiative

Why would you take five to ten minutes today to complete the one-page Team Nutrition Enrollment form?

Because as a Team Nutrition enrollee, the benefits include:

- Nutrition education resources for children and their parents
- Training and technical assistance for foodservice professionals
- School and community support for healthy eating and physical activity
- A searchable database of all Team Nutrition Schools
- School and community events success stories
- An events Calendar at <http://www.fns.usda.gov/tn/Resources/Calendar/index.htm>

The enrollment form is located at www.teamnutrition.usda.gov. A Team Nutrition Coordinator needs to be identified and a food service manager and Principal's signature are required. Join the over 1,200 Illinois Team Nutrition schools today!

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.



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

Calendar of Events – October 2010

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

Select verification sample size and begin confirmation and verification process

Begin On-Site Reviews (required for all multi-site sponsors) must be done annually-due February 11

Record number of *approved applications* (by category) for the Verification Summary Report; select sample size and begin verification process

1 Illinois Recycling Day

6 Basic Training- Oak Lawn

6 International Walk to School Day
(www.walktoschool.org)



10 Submit Claim for Reimbursement

11 Columbus Day—ISBE office closed



11–15 National School Lunch Week—*School Lunch-What's On Your Tray?*

13–20 Make changes, if needed, for October commodity deliveries

16 World Food Day
(<http://www.worldfooddayusa.org/>)

Last operating day in October—Record the number of *approved students* by ALL categories for the Verification Summary Report



Illinois State Board of Education

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