

# THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs



## Illinois School Breakfast in Action Summit—November 16, 2010

School breakfast participation increased almost 20 percent in fiscal year 2010 in Illinois. In recognition of this significant improvement, the Nutrition Programs Division announces the *Illinois School Breakfast in Action Summit* during Illinois School Breakfast Week, November 15-19, 2010. This one-half day, one-of-a-kind complimentary event will offer:

- Proven best practices of nontraditional breakfast service in different sizes of schools across Illinois;
- Current research related to breakfast consumption by a representative from the Bell Institute of Health and Nutrition;
- Effective marketing strategies to increase student breakfast participation;
- An examination of expenses and revenue related to breakfast service;
- Ways to maximize nutrition in the breakfast meal with USDA Foods;
- Grant and scholarship resources, tips of the trade, and samples of breakfast items; and
- Ideas for developing school and community partnerships to foster high breakfast involvement by all school staff.

The conference date is Tuesday, November 16, 2010. The program begins at 8:00 a.m. and concludes at 12:30 p.m. The location is 40 West Intermediate Service Center, 2701 West Washington Blvd., Bellwood, Illinois 60104.

Pre-registration is required. Go to [www.isbe.net/nutrition](http://www.isbe.net/nutrition) and click on *Illinois School Breakfast in Action Summit* under *Special Events and Workshops*. If you have any questions, please contact us at 800/545-7892 or 217/782-2491.

## Illinois Awarded Team Nutrition Training Grant

The USDA has notified the Illinois State Board of Education (ISBE) that Illinois has been selected as a recipient of the 2010 Team Nutrition Training Grant. Illinois will receive approximately \$315,000 for a two-year grant. Addressing the overall health and well-being of Illinois

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This institution is an equal opportunity provider.

children, the grant's three approved initiatives are:

- The *HealthierUS School Challenge Webinar* initiative will encourage Illinois elementary and secondary schools to take the HealthierUS School Challenge and provide school staff with technical assistance to meet Challenge criteria for a healthier school environment.
- The *HUSSC Mini-Grants* initiative will assist 13 Illinois elementary and/or secondary schools to work toward meeting the HUSSC criteria and submitting successful HUSSC applications by providing the opportunity to be awarded competitive mini-grants of \$3,500 and HUSSC onsite training and technical assistance.
- The *Teachers' eCourse* initiative will empower K-12 teachers to integrate into their classrooms fun and interactive nutrition education and/or physical activity for students with new educational technologies.

The Illinois Nutrition Education and Training Program staff fulfills the grant responsibilities through the Illinois State Board of Education. Watch for upcoming grant opportunities in the *Grants, Awards, and Honors* section of future *The Outlook* newsletters, located at [www.isbe.net/nutrition](http://www.isbe.net/nutrition).

## Reserve the Power Panther Costume for Special Events

The Eat Smart. Play Hard™ campaign initiated in 2000's spokesperson, The Power Panther™ is back! And it could be coming to your school soon for a special event! Read below to discover how.



If your school is interested in reserving the complimentary Power Panther™ costume for a two-week time period; please provide the Anticipated Date(s) of Use, a Contact person, your School Name/District, the Agreement Number (XX-XXX-XXXX-XX), a Phone Number and an Email Address to Joan Love via email at [jlove@isbe.net](mailto:jlove@isbe.net) or contact us at 217/782-2491 or 800/545-7892 with this information. Once we receive the above from your school, we will contact you for further details.

Use the Power Panther™ character costume to interact with your audiences through images in materials (stories, activity sheets, comics, songs) and as a walk-about character. Some of our Illinois Team Nutrition schools have successfully used it with nutrition education, health, wellness, and Body Walk events.

## Taking Care of Business

### Food Guidelines – Local Policies Required by Start of 2011

Per Public Act 96-0349, the Illinois State Board of Education, in conjunction with the Illinois Department of Public Health, 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, representatives from public schools management organizations, and representatives from two statewide teachers' organizations. By Jan. 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 and training resources, is available at [http://www.isbe.net/nutrition/htmls/food\\_allergy\\_guidelines.htm](http://www.isbe.net/nutrition/htmls/food_allergy_guidelines.htm). A sample policy and administrative procedure are available through the Illinois Association of School Board's Policy Reference Education Subscription Service (PRESS). These sample materials were included in Issue 73, August 2010 of PRESS, and have been mailed to all PRESS subscribers. The Illinois Association of School Boards (IASB) will also provide these samples complimentary to its member school boards and non-member school boards in Illinois that request them. To make a request for these samples, contact Anna Lovern at the IASB Springfield location at 217/528-9688, ext. 1125, or Laurel DiPrima at the IASB Lombard location at 630/629-3776, ext. 1245.

### Verification Deadlines

Verification is the process of confirming student eligibility for free and reduced-price meals in the National School Lunch and School Breakfast Programs. Annually, each local educational agency must select and verify a sample of applications approved for benefits as of October 1. (This does not include applications from the previous year for which a child's eligibility is being carried over.) The LEA must complete the verification process by November 15. Once the verification process is done, the LEA must then electronically submit a Verification Summary Report (VSR) to the Illinois State Board of Education by December 15. The VSR, along with instructions, will be available at the

end of November through IWAS/Application and Claim Entry System (ACES). For a listing of steps to complete the verification process and sample letters to households, go to [http://www.isbe.net/nutrition/htmls/forms\\_sbn.htm](http://www.isbe.net/nutrition/htmls/forms_sbn.htm).

### Claim Common Cent\$



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

### FY 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 and 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 were sent to the Comptroller by August 20 to be processed for payment. Keep in mind that payment of the voucher by the Comptroller's Office will be delayed similar to other state funded vouchers. Currently there are vouchers dated back to 2/9/10 for the Illinois Free Breakfast/Lunch Program awaiting payment by the Comptroller.

Due to this funding issue, there will be no annual 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](mailto:bburkhal@isbe.net) or [dstrode@isbe.net](mailto:dstrode@isbe.net).

## USDA foods

### 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](http://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

### Useful Reminders-Department of Defense Fresh Fruit and Vegetable Program Contact and Checking Your Allocations

If you are experiencing difficulties with your login or password to the FFAVORS system you will need to contact the Department of Defense (DoD) directly as ISBE does not administer the FFAVORS system. Our contact person with the Department of Defense (DoD) is Jane Boyle and her phone number is 215/737-5573 and her e-mail address is [Jane.Boyle@dla.mil](mailto:Jane.Boyle@dla.mil).

Also, be sure to spend the funds allocated to you or other schools will. Schools can see how much money has been allocated to them by selecting *Fresh Fruits and Vegetables*



Participation on the *Annual Order Forms* menu option on ICS. Those schools that have funds allocated to them and do not have a login and password to the FFAVORS system are advised to contact DoD at the contact information given above to begin placing orders. Any other questions related to the DoD program can be addressed with the Food Distribution staff at 217/782-2491.

## Oven Roasted Chicken—New Commodity for February

The USDA has offered A494 - Chicken Oven Roasted as an alternative to the batter breaded chicken, previously offered. The nutritional profile for oven-roasted chicken supports the Dietary Guidelines recommendations by offering less sodium and fat. This commodity has been added to the PAL Request form in the *poultry/eggs* category. We are anticipating having this available for the February allocation only. If you are interested in ordering this commodity, please indicate the maximum quantity you could use. (Be sure you click the "Save" button when placing your orders.)

Product Description – Frozen fully cooked oven-roasted cut-up chicken with skin from U.S. Grade A chickens. Chicken pieces are fully cooked and ready to eat after thawing and reheating. Pieces are individually frozen and packed in plastic bags. Each plastic bag contains breasts, thighs, wings and legs.

Pack/Yield – Each case is 30#’s. One 30# box provides a minimum of 60 servings. Two ounces cooked chicken provides a two ounce equivalent meat/meat alternate.

## Spotlight on Schools

### Save the Date! May 3, 2011 Fourth Annual Illinois School Wellness From A to Z Conference



Highlight May 3, 2011 on your calendar and plan to attend the 4<sup>th</sup> Annual Illinois School Wellness conference. This one-of-a-kind conference in Decatur, Illinois is presented jointly by ISBE and the Action for Healthy Kids—Illinois Team. This conference includes speakers, breakout sessions, exhibits and highlights successful implementation of school wellness programs involving nutrition, nutrition education, physical activity, and physical

education. In addition, to help meet Public Act 094-0190 School Health Recognition Program, the conference will recognize and celebrate schools having success with their wellness efforts.

## School Nutrition Association Professional Development Opportunities

ATTENTION SCHOOL FOOD SERVICE STAFF --- Are you looking for professional development opportunities to further your skills and highlight your successes? Then look no further. The School Nutrition Association (SNA) offers individuals the opportunity to showcase their achievements through the certification and/or credentialing program.



The Illinois State Board of Education, Nutrition Programs Division recognizes Illinois SNA certification and/or credentialed on our Spotlight on Schools webpage, <http://www.isbe.net/nutrition/htmls/sos.htm>. Illinois is proud of the 53 certified and 35 credentialed individuals!

For more information about the School Nutrition Association Certification and Credentialing Programs and to learn what is required to achieve this honor as an individual, visit online at <http://www.schoolnutrition.org/Content.aspx?id=10748>.

## Flavor of the Month

### Going Green and Orange

Dark green and orange veggies that is! The HealthierUS School Challenge’s (HUSCC) criteria for vegetables is to offer a dark green or orange vegetable three or more days per week, of which two of the vegetables must be different. How can you incorporate more green and orange vegetables into your menu plan? While raw carrots (with dip), steamed broccoli, and spinach are popular offerings, schools have found success with romaine lettuce in Caesar salads, California Medley vegetables, sweet potatoes, and sweet potato fries. Consider other dark green and orange veggies such as dark leafy greens, acorn and butternut squash, and pumpkin.



# Professional Development

## Bridging the Gap in School Meal Service Procurement

The *Bridging the Gap in School Meal Service Procurement* training is designed to assist school food authorities (SFAs) who contract or are seeking to contract for meal services with a food service management company or meal vendor in meeting all requirements associated with the Invitation for Bid and Contract process. Attendees will better understand the three-step document submission and review process and receive hands-on training in developing Invitation for Bid and Contract documents that will meet federal and state regulations and statutes.

All SFAs conducting a new procurement or considering contracting for school meal services for the 2011—2012 school year are highly encouraged to attend. Attendees must be employees of the SFA (school or district). Registration begins at 8 a.m. and training is held from 8:30 a.m.—3:00 p.m. Complimentary beverages only will be provided throughout the day with a one-hour lunch on your own.

**Pre-registration is required.** There is no registration fee. To pre-register, go to <http://www.isbe.net/nutrition/htmls/workshops.htm>.

- November 17, 2010 Courtyard by Marriott—Schaumburg
- November 18, 2010 Hilton—Oak Lawn
- November 30, 2010 Illinois Education Association Building—Springfield

## The Melting Pot

### Loan Library Selection of the Month

This month's loan library selection is the card game, *You'd Be Surprised! The Fat, Sugar, and Sodium in Your Foods*. It is loan library item number 62. The game consists of a reproducible nutrition handout, and answer key to help students identify the fat, sugar, and sodium in over 40 common foods. This is a useful resource to use with test tubes in exhibits as well. To order this item, go to [www.kidseatwell.org](http://www.kidseatwell.org) and click on Nutrition Education Loan Library.

## Sugar in Holiday Treats

As we approach the season of holidays~ Halloween, Thanksgiving, and Christmas, are you curious how much sugar is in the treats you may be serving in and outside of school?

To calculate the percentage of Sugar by weight in any food/beverage, looking at the nutrient label on the package, determine the following:

### Calculating Sugar Percentage by Weight in Foods

Total grams of sugar in the food (A): \_\_\_\_\_

Gram weight of the food (B): \_\_\_\_\_

Divide A by B = \_\_\_\_\_

To convert to a %, move decimal point two places to the right, or multiply by 10; round to the largest whole number.

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240 Calories from Fat 25	
	% Daily Value*
Total Fat 3g	4 %
Saturated Fat 1.5g	9 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 140mg	6 %
Total Carbohydrate 46g	15 %
Dietary Fiber Less than 1g	3 %
Sugars 44g	
Protein 9g	
Vitamin A 2 %	Vitamin C 4 %
Calcium 35 %	Iron 0 %

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

In the example above, A is 44 grams of sugar, the gram weight of the food item is 227 grams. Dividing A by B yields 0.1938, and then multiplying by 100 means this product is 20 percent sugar.

Strive for the HealthierUS School Challenge (HUSSC) criteria for suitable a la carte and/or vended items of no more than 35 percent sugar by weight of the product. Or consider reading the resource, *Healthier Choices for School Functions, Fundraising and Classroom Rewards* at the Illinois Nutrition Education and Training (ILNET) website, [www.kidseatwell.org/local-wellness-policy.htm](http://www.kidseatwell.org/local-wellness-policy.htm), and click on *Healthier Choices for School Functions, Fundraising and Classroom Rewards*, under the *Implement* section.

## Fresh-Cut Fruit and Vegetables are an Option

Is your school looking to increase or add additional fruits and vegetables in your school meal service? With the

push for higher quality meals, an increase interest in farm to school programs, school gardens, and grant based programs such the USDA Fresh Fruit and Vegetable Program, food producers are looking for ways to capitalize.

In comes the fresh-cut fruit and vegetable option. Retail grocers have long been offering the prepackaged fruit and vegetable trays, and now that trend is becoming increasing popular for schools. Many schools see the fresh-cut option as the next best thing to fresh from the garden and a healthier option than canned fruits and vegetables. Going with fresh-cut has pros and cons. The cons: upfront food costs are higher, and the availability or access to a fresh-cut facility. The pros: while schools may see an upfront food cost increase, schools will not have the increased labor costs that are needed to prep fresh fruits and vegetables; fresh-cut facilities are required to follow a Hazard Analysis Critical Control Point based food safety plan; higher quality fruits and vegetables are used when compared to canned; fruits and veggies are picked at optimal freshness and processed in temperature controlled environments to retain freshness; and the fresh-cut facilities currently operating will cut and package to order.

For more information on fresh-cut options in your area, please contact your local grocer or food distributor.

## Fresh Apple Cider Safety

Pasteurizing apple cider helps kill dangerous bacteria without noticeably affecting the flavor of the product. Unpasteurized apple cider may contain the dangerous *E. coli* bacteria (*E. coli* O157:H7), which can cause serious illness.

While the risk of fresh (unpasteurized) apple cider becoming contaminated by *E. coli* O157:H7 is low, certain people are at greater risk of complications from foodborne pathogens, especially children, the elderly and people with a weakened immune system. These individuals should take precautions to protect themselves from any food that might be contaminated. This includes boiling unpasteurized apple cider or only drinking pasteurized cider or juice.

Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Parents of children in day-care centers and schools that serve cider and juice may want to ask if the products are pasteurized. *Children on field trips to apple cider mills or farm markets should not drink unpasteurized cider.*

Unpasteurized or untreated juice is normally found in the refrigerated sections of grocery stores, health-food stores, cider mills, or farm markets. Such juices must include this wording on the label:

“WARNING: This product has not been pasteurized and therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.”

If you cannot tell whether a juice has been processed to destroy harmful bacteria, either don't use the product or boil it to kill any harmful bacteria.

The symptoms of *E. coli* O157:H7 can include stomach cramps, vomiting, fever, diarrhea and possibly bloody diarrhea, and can occur within two to 10 days of consuming contaminated food. These symptoms may be followed by conditions that can cause kidney failure, death or a need for kidney dialysis. Cider which is contaminated by *E. coli* O157:H7 does not look, smell, or taste different from normal apple cider.

## National School Lunch Week 2010 Has Arrived October 11-15

*National School Lunch Week* (NSLW) asks us, *School Lunch: What's On Your Tray?* Take the week of October 11-15 to highlight your school lunch program's daily achievements by the food and nutrition staff in the National School Lunch Program. We applaud your efforts and wish you continued success in providing nutritious, balanced, and tasty meals helping your students perform in and outside of the classroom.



## Get in the Action Initiative Launched in Chicago

Action for Healthy Kids, the nation's leading nonprofit and largest volunteer network fighting childhood obesity and undernourishment, launched its first "Get in the Action" initiative in two Chicago schools, Frederic Chopin Elementary and Theophilus Schmid Elementary last month. The schools benefited with an indoor fitness center



stocked with equipment, improvements to school cafeterias including a mural design to encourage healthy behaviors, and healthy and tasty food offerings. The goal is to hold these *Get in the Action* initiatives across the nation. Attendees at the launch will hopefully learn from this experience and take the skills and knowledge and replicate it in their own communities. To join AFHK and learn more about other initiatives, visit [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

## 2010 National Food Service Management Institute's Resource Guide

Of the many services that the National Food Service Management Institute's (NFSMI) provides, information is critical to support the Child Nutrition Programs in the U.S. Permanently authorized 16 years ago, the NFSMI continues to provide current research, information and training and education opportunities. One example of their valuable services is the 2010 NFSMI resource guide that contains over 400 resources free to download. So, to use the items for educational purposes, bookmark, then either download or view the 2010 National Food Service Management Institute's Resource Guide at <http://www.nfsmi.org/documentlibraryfiles/PDF/20100209034627.pdf>. The resources are categorized by subject area, specifically:

- Breakfast Lunch Training Modules
- CACFP (Child and Adult Care Food Program)
- Competencies, Knowledge and Skills
- Customer Service
- Equipment/ Facility Design
- Financial Management
- Food Production
- Food Safety
- Food Service Management
- Human Resource Management
- Menu Planning
- Nutrient Analysis
- Procurement
- Recipes
- Research
- Satellite Seminars
- School Nutrition Program
- Spanish Language Materials
- Special Nutrition Needs
- USDA Foods (formerly Commodities)

For further information about NFSMI's services, contact them at 800/321-3054, or is email at [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu).



## Correction to *The Outlook*, Calendar of Events-October

Please note in the *September Outlook*, under Calendar of Events-October, an incorrect date is listed regarding the On-Site Review due date. The due date to complete your On-site review is February 1, not February 11 as printed.

- Begin On-Site Review (required for all multi-site sponsors) must be done annually- due February 1.

## 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](mailto: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](mailto: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](http://www.isbe.net/nutrition/htmls/newsletters.htm)

[www.isbe.net/nutrition](http://www.isbe.net/nutrition)  
Your link to the Child Nutrition Programs in Illinois



### Illinois State Board of Education

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## Calendar of Events – November 2010

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

- 2 General Election Day—ISBE Office Closed
- 3 Commodity Product Exhibit 2010 (formerly the Commodity Reprocessing Taste Tests—Bloomington, Parke Hotel and Conference Center, Register at [www.ilsna.net](http://www.ilsna.net))
- 5 Illinois NET Advisory Council Meeting—Sycamore
- 7 Reminder to fall back one hour 
- 8 USDA Foods and Illinois Commodity System Training—Northbrook, Crowne Plaza
- 9 USDA Foods and Illinois Commodity System Training—Downers Grove, Holiday Inn Express
- 10 USDA Foods and Illinois Commodity System Training—Tinley Park, Holiday Inn Select
- 10 Submit Claim for Reimbursement
- 11 Veteran’s Day—ISBE office closed
- 13–20 Make changes, if needed, for December commodity deliveries
- 15 Verification process should be completed, Verification Summary report due December 15
- 15 America Recycles Day, [www.americarecyclesday.org](http://www.americarecyclesday.org)
- 15–19 *Illinois School Breakfast Week/American Education Week*
- 16 Illinois School Breakfast Summit—Bellwood, West 40 Intermediate Service Center
- 17 USDA Foods and Illinois Commodity System Training — Marion, Williamson County Pavilion
- 17 Bridging the Gap in School Meal Service Procurement—Schaumburg, Courtyard by Marriott
- 18 USDA Foods and Illinois Commodity System Training—Fairview Heights, Ramada
- 18 *Bridging the Gap in School Meal Service Procurement*—Oak Lawn, Hilton
- 19-21 Illinois Association of School Boards (IASB)/Illinois Association of School Administrators (IASA)/Illinois Association of School Board Officials (IASBO) Joint Annual Conference—Chicago, Hyatt Regency
- 25–26 Thanksgiving—ISBE office closed
- 30 *Bridging the Gap in School Meal Service Procurement*—Springfield, Illinois Education Association Building