



*Your Guide to School-Based Child Nutrition Programs*

## **December 2014**

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## Milk – A Local Food?

Did you know that milk is picked up daily from dairy farms and processed very quickly? Did you know that there are currently over 700 dairy farms in Illinois?

In most instances, pasteurized milk arrives to your school (or even the grocery store) within 4 days of getting it from the cow. As you think about your local Farm to School efforts, consider checking with your school's dairy vendor to determine where the milk that is served each day in your school meals is produced. You might be surprised that it is a local food!



On November 3, 2014, the Midwest Dairy Council hosted staff from the USDA Midwest Regional Office, the Illinois State Board of Education, the Illinois Department of Agriculture, the Greater Chicago Food Depository, and the City of Chicago Public Schools on a Dairy Farm Tour at Lindale Holsteins in Hampshire, IL. Dale and Linda Drendel were wonderful hosts taking the group on a tour of their 600 acre farm, explained the daily care, feed regimen and overall milking process of the cows. One of the biggest highlights was seeing a baby calf just minutes after the birth during our visit. For more information about dairy, visit <http://dairygood.org/>. For more information about the USDA Farm to School Program, visit <http://www.fns.usda.gov/farmtoschool/farm-school>.

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## ***Make the Grade with School Breakfast – 2015 National School Breakfast Week Theme***

In 2015, National School Breakfast Week (NSBW) will be celebrated March 2-6. Begin planning to get the word out about the value of school breakfast during NSBW. The School Nutrition Association (SNA) offers a variety of online resources to help you celebrate NSBW at [www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw). An online toolkit, “Before and After School Breakfast” art contest, a participation sweepstakes form to win prizes, menu tips, a backpack brochure for families in your community, and Press Release samples are just some of the helpful resources available.

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## **Presentation Proposals Sought for Annual Illinois School Wellness Conference**

Illinois Action for Healthy Kids (IL AFHK) invites individuals with expertise in school health and wellness to submit session ideas for presentation during the eighth annual Illinois School Wellness Conference.

The conference is scheduled for April 23 at the Hilton Garden Inn, 1501 S. Neil St., in Champaign.

AFHK is specifically interested in presentations that highlight successful school health and wellness-related outreach in schools, innovative projects that improve the overall health of the school community and emerging issues affecting school health and wellness. Presentations will be selected

based on the need for the topic as it relates to school health and wellness and the speaker's knowledge and expertise on the subject.

More information and the proposal application are available [here](#) or contact Jocelyn Toney at [jtoney@actionforhealthykids.org](mailto:jtoney@actionforhealthykids.org). Please call (312) 878-2712 if you have questions. All proposals are due by 5 p.m. on Dec. 12.

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## Register for the HealthierUS School Challenge: Smarter Lunchroom Workshop- January 14, 2015

Is your school/district ready to take the USDA HealthierUS School Challenge: Smarter Lunchrooms (HUSC: SL)? Has your school achieved excellence in nutrition and physical activity? Do you practice Smarter Lunchroom techniques?

A voluntary certification initiative, HUSC: SL, recognizes schools nationally that are enrolled in Team Nutrition, participate in both the National School Lunch Program and School Breakfast Program, and have created healthier school environments through nutrition and physical activity initiatives. The Nutrition and Wellness Programs Division and Illinois Action for Healthy Kids (ILAFHK) is providing training at no charge to school staff in Illinois to learn more about the new 2014 HUSC: SL criteria and begin to take steps to meet the HUSC: SL criteria. The training is made available through USDA's 2013 Team Nutrition Training Grant. Tips and steps to completing the HUSC Criteria, Nutrition Education, Physical Education and Physical Activity, Smart Snacks, Smarter Lunchrooms and much more will be covered!

The agenda and registration site will be available in early December at [www.isbe.net/nutrition](http://www.isbe.net/nutrition), under What's New. Preregistration is required. Please register for this training by December 31, 2014. Because space is limited, no more than three persons may register from any one district. To learn more about HUSC: SL go to The application and supporting information is posted at <http://www.fns.usda.gov/husc/healthierus-school-challenge-smarter-lunchrooms>.

*Make a New Year's Resolution to take the HUSC Challenge in FY15!*



The graphic features a blue ribbon banner at the top with a gold medal on the left and the text "Attend a Workshop!". Below this, the text reads "Take the HUSC: Smarter Lunchrooms Challenge! Workshop" followed by "Wednesday, January 14, 2015", "Madison County", "Regional Office of Education #41", and "Edwardsville". A circular badge on the left says "Register by Dec. 31st!". At the bottom, it states "Funded through a USDA 2013 Team Nutrition Training Grant" and includes logos for USDA, Let's Move!, and Action for Healthy Kids.

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# USDA FOODS PRODUCT SAMPLING

On behalf of PFG-Fox River Foods we would like to invite you to a sampling of USDA Foods products.



**WHERE: Carterville High School 1415 W Grand Ave, Carterville, IL**

**WHEN: Wednesday, January 28, 2015 2:30-5:00 pm**

**No registration required!**

**Come and see what USDA Foods is offering that is new and will be great for your menus.**

**Come meet Jim Copp from ISBE and get your questions about USDA Foods answered.**

**Anyone in K-12 that wants to know more about USDA Foods is welcome to attend.**

**You do not need to be a customer of PFG-Fox River**

**Special thanks to Jeannie Ellis and Carterville High School for opening their kitchen and school to us!**



**PERFORMANCE**  
FOODSERVICE - Fox River  
[www.performancefoodservice](http://www.performancefoodservice)

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## Calendar of Events

### December 2014

- 3        USDA Food Show - Abington Banquets, Glen Ellyn  
[http://www.ilsna.net/USDA\\_foods\\_show.asp](http://www.ilsna.net/USDA_foods_show.asp)
  
- 10        Begin submitting last month's child nutrition claims for reimbursement in WINS through IWAS. ALL child nutrition program claims (original and revised) must be received by ISBE no later than 60 days from the last day of the month you are claiming. Due dates for reimbursement claims are listed at  
[http://www.isbe.net/funding/pdf/nutrition\\_claim\\_due\\_dates.pdf](http://www.isbe.net/funding/pdf/nutrition_claim_due_dates.pdf)
  
- 13-20    Make changes to next month's USDA Foods order
  
- 17        ISBE Board Meeting - 4th Floor Board Room at 100 North First Street, Springfield  
<http://www.isbe.net/board/default.htm>
  
- 25        ISBE Offices Closed – Christmas



### Nutrition and Wellness Programs

Illinois State Board of Education  
100 North First Street, W-270  
Springfield, IL 62777  
Phone: 800/545-7892 or 217/782-2491  
Fax: 217/524-6124  
Email: [cnp@isbe.net](mailto:cnp@isbe.net)

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*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](http://www.fns.usda.gov/snap/contact_info/hotlines.htm).*

*USDA is an equal opportunity provider and employer.*