

The OUTLOOK

Nutrition Programs

Illinois State Board of Education



bulletin board

Rules Part 305 School Food Service

The School Food Service Rules (23 Illinois Administrative Code 305), effective October 17, 2006, establish food and beverage requirements for items sold to students in grades 8 and below before or during the school day, clarify the Illinois Free Lunch and Breakfast Program requirements for all public schools, establish procedures for student workers in the food service area, and clarify state requirements for government-donated commodities.

Visit our website at www.isbe.net/nutrition for the links below which provide updated information and technical assistance in implementing the amended rules.

1. School Food Service Rules (23 Illinois Administrative Code 305)
2. Guidance Document on School Food Service Rules, includes updated questions and answers
3. Request for Exemption from Food and Beverage Requirements (ISBE Form 69-10)
Illinois Food Requirement Calculator



School Wellness Policy Task Force Statewide Nutrition Standards Report Released

The Illinois School Wellness Policy Task Force continues its work as outlined in the Public Act 094-0199. The required report on statewide nutrition standards was submitted to the Governor and General Assembly as of January 1, 2007. For access to this report and a complete list of Task Force members, please visit http://www.isbe.net/nutrition/htmls/wellness_policy.htm.

Important Dates

- Fluid Milk Substitutions Comment Period Ends January 8, 2007 (<http://www.fns.usda.gov/cnd/Governance/proposed/11-09-06.pdf>)
- Verification Summary Report Due Date January 18, 2007 (<http://www.isbe.net/nutrition/htmls/instructions.htm#ver>)
- Local on-site review completion deadline (keep file at school), February 1, 2007 (<http://www.isbe.net/nutrition/htmls/requirements.htm>)
- Annual Commodity Order Form deadline February 2, 2007 (<http://www.isbe.net/business.htm>)

January 2007 Outlook

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Breakfast Survey

The Illinois State Board of Education (ISBE), Nutrition Programs Division is conducting a breakfast survey and we are asking for your assistance. There are two surveys, one for parents and one for administrators. The goal of the parent survey is to gauge parental interests in the School Breakfast Program. You can share this with your parents through an upcoming school newsletter, via the school lunch menu, or share with parent organizations in your school. The goal of the administrator survey is to determine, from the administrators perspective, advantages and barriers to operating the School Breakfast Programs. ISBE is requesting your voluntary and anonymous assistance in completing this electronic survey.

The easiest way to complete the survey is online at www.isbe.net/nutrition. If, however, you wish to print the survey, feel free to do so. Completed surveys may be returned to the Nutrition Programs Division via fax at 217/524-6124 or mail to 100 North First Street, W-270, Springfield, IL, 62777-0001 no later than **February 9, 2007**. The results of the survey will be made available in a future *The Outlook* newsletter. If you have questions or need further assistance please email cnp@isbe.net or call our office at 217/782-2491 or 800/545-7892.

Wrapping Up KidsFest 2006

Over 4,700 people attended this year's KidsFest Chicago at the DuPage Expo in St. Charles, Illinois October 12-14! School field trips and group attendees topped 3,400 people alone! Thanks to major sponsors like the Illinois Soybean Association, Radio Disney, and Children's Memorial at Central DuPage Hospital, KidsFest was able to directly impact 34 percent more children, families, and school staff this year. Media coverage of the event reached many thousands more with the important message that healthy food choices and an active lifestyle are important for every child.

Children, families, and school staff challenged themselves by trying fun, new physical activities like rock climbing, kickboxing, Irish dancing, the Game On! obstacle course, and even yoga. After the activities, they were able to refresh themselves with tasty, yet healthy snacks and beverages like soy nuts, fresh fruit, chocolate soymilk, and fruit smoothies. Attendees learned how to make quick and nutritious snacks as well at the Meijer's Healthy Living Culinary Stage. The competition heated up between four selected teams in the Sodexo's Junior Chef Challenge on Saturday. Each recipe was judged on appearance, taste, nutrition, and showmanship. Congratulations to Thompson Middle School from St. Charles who had the winning recipe of Individual Chicken Pesto Pizzas!

We hope to see you at next year's KidsFest Chicago, where staying healthy can be fun and tasty!

Administration

Food Allergies—Avoiding Cross Contamination

One of the key factors in keeping a lunch room safe for students who suffer from food allergies is avoiding cross contamination. A few ways to avoid cross contamination include:

- Prepare allergen-free foods first, clearly label them and then store them in a protected area.
- Use a separate sanitation system. Meaning that you would clean allergy free areas with cloths and water not previously used with other foods or for serving.
- Thoroughly clean all equipment, preparation areas, serving utensils, and serving areas.
- Reserve lunch tables for students with allergies and monitor the foods eaten at those tables.
- Use a separate sanitation method for allergy free tables, such as separate cleaning cloths and water or disposable cleaning towels, so allergens will not be carried over from other unmonitored areas.
- Remind all students not to share foods from lunch trays or brought from home.

Serving a safe and healthy lunch to students with food allergies can be done with slight alterations in recipes and preparation routines. Always have an emergency plan in place so if an allergic reaction does take place you and your staff is prepared.



Peanut Allergy and Your School's Responsibilities

Many of you are serving children who have a peanut allergy. We realize that determining your schools responsibilities to children with peanut allergies can be confusing; therefore, we are providing these United States Department of Agriculture (USDA) guidelines regarding the student's rights and your schools responsibilities.

- Students that have a life threatening allergy to peanuts must provide a note from a licensed physician stating that they have the allergy, the specific food to be removed from the diet and a specific replacement food. (For example, you might replace a peanut butter and jelly sandwich with a cheese sandwich, or replace peanuts with a cheese stick, or a peanut butter cookie with an oatmeal raisin cookie).
- Under no circumstances is school food service staff to revise or change a diet prescription or medical order.
- The diet orders do not need to be renewed on a yearly basis; however schools are encouraged to ensure the diet orders reflect the current dietary needs of the child.
- Schools may not charge children with disabilities or with certified special dietary needs who require food substitutions or modifications more than they charge other children for program meals or snacks.
- Children with special dietary restrictions such as peanut allergy must be served and provided a safe place to eat within the food service area, unless otherwise requested by the family or the physician.
- Schools may choose to become "peanut free" but are not required by the federal guidelines.

For further clarification, please refer to the USDA Guidance for School Food Service Staff Accommodating Children with Special Dietary Needs in the School Nutrition Programs available at http://www.isbe.net/nutrition/pdf/special_dietary.pdf.

REMINDER! Verification Summary Report Due January 18, 2007

The Verification Summary Report (summarizing the results of your verification efforts) must be submitted electronically to the Illinois State Board of Education by **January 18, 2007**. Instructions on accessing and completing the Verification Summary Report are available at <http://www.isbe.net/nutrition>, under *What's New*.

Civil Rights Complaint Procedures

Allegations of discrimination are a very serious matter and the USDA has mapped out a detailed procedure including timelines and responsibilities. These detailed procedures are available in full on our website www.isbe.net/nutrition within the USDA's Civil Rights Compliance and Enforcement document.

All complaints alleging discrimination on the basis of race, color, national origin, age, sex, and disability either written or verbal, must be processed within the time frames established by the department of regulations and agreements. Any person alleging discrimination has the right to file a complaint within 180 days of the alleged discriminatory action. Once that complaint is made, the FNS has five working days to mail the complaint to the USDA Office of Civil Rights (OCR), 1400 Independence Avenue SW, Washington, D.C. 20250-9410. The remaining responsibilities lie with the USDA OCR. They in turn have 90 days to process the complaint and determine the corrective action to be taken. During that 90 day period the USDA OCR will prepare and issue letters of acknowledgement to the complainants and contact them in order to gather facts related to the complaint. Those facts will then be reviewed and a case decision letter issued to inform the complainant of closure of the case or any follow **up action needed**.

In the event that a complaint is made verbally or in person and that person refuses to place a written allegation, the person to whom the allegations are made must write up the complaint for that individual. Any verbal or written allegation of discrimination that indicates an FNS program is being conducted or administered out of compliance will be investigated. The USDA OCR takes discrimination allegations seriously and will gather facts to refute or substantiate all allegations.

Food Distribution

Maximize Your Commodity Usage This Winter and Spring

New commodity fact sheets for pork and chicken items may be viewed at <http://www.fns.usda.gov/fdd/facts/schfacts/cats.htm>. Make it a habit to view the Anticipated Commodities—School Year 2007 regularly at www.isbe.net/business.html.

For recipes using commodities, and also for guest recipes, go to <http://www.fns.usda.gov/fdd/recipes/schrecipes.htm>.

Food Service and Nutrition

When Is a Grain Whole?

Answer the following questions as *True* or *False*.

- Q.** Wild rice, crushed wheat, and graham flour are whole grains.
A. *True.*
- Q.** Label terms such as multigrain, stone ground, seven grain, and 100 percent wheat indicate the product is a whole grain.
A. *False. Read the ingredient listing to determine if a product contains whole grains.*
- Q.** Soybeans and chickpeas are not considered whole grains?
A. *True, neither soybeans nor chickpeas are whole grains. They are considered legumes*
- Q.** Rolled oats are not whole grains.
A. *False. Rolled oats and "quick oats" contain all of the bran, germ, and endosperm of whole oats. Processing of whole oats by flattening creates rolled oats and processing by steaming the oats creates "quick oats."*

Are you slightly confused about whole grains? The Food and Drug Administration issued draft guidance or recommendations in February 2006, on "whole grains" to help consumers understand whole grain label statements.

A whole grain kernel contains three edible parts: the endosperm, germ, and bran. These provide vitamins, minerals, fiber, and protective substances. Refined grains are missing the germ and bran. Flour and meals must have the germ, the bran, and the endosperm to be whole. Other whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

Fortunately, USDA has developed the *HealthierUS School Challenge Whole Grains* resource which established criteria for the amount of whole grains to be included in grain/bread products served in school meals for the HealthierUS School Challenge. It includes purchasing tips, common and usual names for whole grains, serving ideas, and suggestions on conducting taste-testing of whole grain products with your students. This resource is available at <http://teamn nutrition.usda.gov/HealthierUS/WholeGrainsforHealthierUS.pdf>.

Certain food products have standards of identity that are general quality requirements. The standard of identity includes the food's name, what it must contain, and what it may contain. Presently only the items below have standards of identity for whole grains and flours.

Whole Grain Bakery Products With Standards of Identity

- Whole wheat bread
- Whole wheat rolls
- Whole wheat buns

Whole Grain Macaroni Products With Standards of Identity

- Whole wheat macaroni
- Whole wheat spaghetti
- Whole wheat vermicelli

Whole Grain Cereal Flours and Related Products With Standards of Identity

- Cracked wheat
- Crushed wheat
- Whole wheat flour
- Graham flour
- Entire wheat flour
- Bromated whole wheat flour
- Whole durum flour

The 2005 Dietary Guidelines for Americans recommends you make half of your grains whole, consume three or more one-ounce servings of whole grains daily, and eat foods from a variety of whole grains. Examples include whole wheat, brown rice, oats, and whole grain corn.

Consider the following practical suggestions to increase whole grains in your school's menu plan.

- Choose a whole white-wheat variety bread
- Serve oatmeal, whole-grain ready-to-eat cereals
- Substitute half of the white flour in your recipes with whole wheat flour
- Serve whole grain tortillas and taco shells
- Use whole grain bagels, muffins, or waffles
- Shop for whole grain pasta
- Serve whole grain cornbread

Refer to the USDA *Food Buying Guide*, Section 3, Grains/Breads for further information.

National School Breakfast Week

A World of School Breakfasts

Mark your calendars for March 5–9, 2007, for National School Breakfast Week (NSBW). Visit the School Nutrition Association's website (www.schoolnutrition.org) for materials, recipes, menus with nutritional analysis, an informational flyer, promotion ideas, student activity sheets, and a fact sheet about breakfast. This year's theme is A World of School Breakfast which promotes introducing students to different breakfast foods and teaching them about cultures from around the world. Below are the National School Breakfast Week menus.

NSBW Menus

When in Rome . . .
Breakfast Frittata
Bagel and Cream Cheese, Jelly
Fruit Juice
Milk

Beijing Breakfast
Congee (similar to rice pudding)
Nut and Banana Cup
Graham Crackers
Fruit Juice
Skim Milk

Walk Like an Egyptian
Pita and Hummus
Citrus Fruit Cup
Fruit Juice
Milk

Bonzer Breakfast From Oz, Mate
Muesli
Whole-Wheat Toast and Jelly
Fruit Juice
Milk

Awesome Aztec Desayuno (Breakfast)
Breakfast Burrito
Strawberry Cup
Fruit Juice
Milk

Plan to serve one or all of the above breakfast menus during NSBW. Consider involving the student body to help prepare for NSBW by developing murals, posters, or mobiles all using the theme, A World of School Breakfasts.

Grants, Awards, and Honors

Grant Writing Tips

Here are a few, hopefully useful, tips to remember whenever you develop grant proposals.

- Assemble a team to develop, review, and critique the proposal
- Have a clear concept
- Provide hard facts
- Use strong, clear, and easy-to-read writing
- Brief means "brief"
- Explain complex concepts
- Research previous awards
- Guidelines are there for a reason, read them and follow them
- Ask someone outside of the area to read it
- Reread the proposal

If you are going to expend the time, energy, and labor involved in developing a good proposal, make the most of the opportunity and good luck!

Training, Tips, and Tools

Food Service Sanitation Manager Certification

Calibrating a thermometer; potentially hazardous foods; the "temperature zone"; food borne illness; Hazard Analysis Critical Control Points (HACCP); bacteria; first-in, first out (FIFO)—do these items ring a bell for you? If not, then maybe your food service sanitation manager certification needs renewing soon!

Are you aware that when your food service sanitation manager certification needs renewing you have specific options? It is highly advisable that you examine these options carefully in advance of the expiration date; because the steps must be completed prior to the expiration of your certificate. Visit the Illinois Department of Public Health's website (http://www.idph.state.il.us/about/fdd/fdd_fs_certificate.htm) for a Food Safety Fact Sheet Certificate Holder Information. This useful site lists frequently asked questions regarding renewal.

To help Illinois food service professionals complete their recertification, the Illinois School Nutrition Association is offering

the Food Service Sanitation Refresher course as a preconference at the Illinois School Nutrition Association's 57th Annual Conference on Tuesday, June 19, 2007, at Oak Brook. Read the following article for more information on this annual conference.

Illinois School Nutrition Association's 57th Annual Conference Announced—*School Nutrition Steps Up to the Plate*

The 57th annual Illinois School Nutrition Association Conference will be held June 19-21, 2007, at Drury Lane in Oak Brook, Illinois. Several pre-conference sessions will be offered early Tuesday morning followed by the first general session. Tuesday evening will be filled with fun and food with a baseball theme. Wednesday will feature the food show and exhibits. Thursday you will have a number of breakout sessions to choose from that will cover the hot points of school nutrition services. This conference will provide plenty of opportunity to learn more about school nutrition and share ideas with other professionals doing the same thing you do. For more information, contact Conference Chair Cathy Breeck at 815/802-7772 or via email at cathy-breeck@ksd111.org or Leona Madaj at ILSNA-LEONA@Comcast.net.

Nutrition Education That Works: An Integrated Approach

An Online Course By the Illinois NET Program for PreK-5 Educators

For nearly eight months, the Illinois NET (Nutrition Education and Training) Program has proudly highlighted Illinois NET Online, a web-based training service that will expand access to nutrition education training for school staff members. Each course is free of charge and can be completed at the learner's convenience in two hours or less. The first course, *Nutrition Education That Works: An Integrated Approach* for PreK-5 educators, explores statistics that indicate kids are not meeting current health recommendations. This interactive program highlights how schools can be a part of the solution to improve children's health and provides educators with the information and skills needed to integrate nutrition education into core curricula. *Nutrition Education That Works: An Integrated Approach* also serves as an excellent way to meet staff nutrition education requirements for local wellness policies. Visit Illinois NET Online at www.kidseatwell.org/onlinelearning for additional course information.

Mealtime Sampler Newsletter Online

The National Dairy Council newsletter, Mealtime Sampler will now be posted online. Visit www.NutritionExplorations.org and sign up today to get email alerts. Go to the website, and under *School Foodservice*, click on *Sign Up to Get Mealtime Sampler Online*.

Top Ten Food Service Resources Available Through the Nutrition Education Loan Library

- 1) HACCP: The Way to Food Safety
- 2) Basics for Food Service Assistants—Part I

- 3) Basics for Food Service Assistants—Part II
- 4) Wash Your Hands
- 5) Five A Day Idea Kit
- 6) Cooking Up Healthy Meals in Illinois
- 7) School Foodservice Management for the 21st Century
- 8) Team Nutrition: A Marketing Kit
- 9) CARE: Special Nutrition for Kids
- 10) First Choice: A Purchasing Systems Manual for School Food Service

These items and more are available to borrow through the Nutrition Education Loan Library. We have items available on many different topics, including food safety, nutrition education, exercise, healthy recipes, etc. Check out these items via the online catalog at www.kidseatwell.org. Think of the Nutrition Education Loan Library for health fairs, interactive activities, employee trainings, and classroom educational activities. If you have further questions you can contact us at 800/545-7892 or email your questions to cnp@isbe.net.

State and National Internet Resources for Allergies

Did you know Illinois has its own allergy related organizations and resources? Please visit the sites listed below to find out what is happening in your local area as well as news releases related to schools and food allergies. Many national organizations are also great resources for recipes, recipe conversion ideas, and the latest research.

- Illinois Food Allergy Education Association (<http://www.illinoisfaea.org/>)
- Central Illinois Food Allergy Network (<http://www.cifan.org/About/default.asp>)
- The Food Allergy & Anaphylaxis Network (<http://www.foodallergy.org>)
- USDA Food Nutrition Services, Allergies, and Food Sensitivities (http://healthymeals.nal.usda.gov/nal/display/index.php?info_center=4&tax_level=2&tax_subject=278&topic_id=1379&placement_default=0)
- Food Allergy Initiative (<http://www.foodallergyinitiative.org/>)
- Allergy Kids (<http://www.allergykids.com/>)
- The Food Allergy Project (<http://www.foodallergyproject.org/>)

MyPyramid for Kids FREE Resources

Have you taken the opportunity to order FREE MyPyramid for Kids posters, within limits, for the classroom and cafeteria yet? It includes three levels of classroom lessons for grades 1 to 6, posters for the classroom and cafeteria, worksheets, coloring pages, and the MyPyramid Blast Off, interactive computer game.

The MyPyramid graphic stresses the following key messages.

- Make half your grains whole
- Vary your veggies
- Focus on fruits
- Get your calcium-rich foods
- Go lean with protein

Visit USDA's Team Nutrition website (www.teamnutrition.usda.gov) to view the interactive website. You may order these items

online at www.ntis.gov/USDA/MyPyramid.aspx. March, National Nutrition Month®, is right around the corner, so make the time to order these free materials now!

National Restaurant Association Show Save the Date, May 19–22, 2007

Watch for registration information after the new year for the National Restaurant Association’s Show (<http://www.restaurant.org/events/>) to be held at McCormick Place, May 19–22, 2007, in Chicago.

If you have never attended this mammoth event, consider making this the year and make your hotel reservation today. Plan a minimum of one day; although two would ensure you would see the whole show. There are exhibits, equipment, demonstrations, competitions, speakers, and tastings galore! Wear comfortable shoes, the show covers a lot of floor space.

February is American Heart Month

February was proclaimed American Heart Month in 2004 by President George W. Bush. Heart health not only includes physical activity, but also healthful food choices. Use this special event this February to remind your students that the foods they choose will not only impact their health today but the future as well. Check out the ideas below to increase the awareness of heart healthy choices not only for your students but possibly the parents in your school:

- Add a heart symbol next to the heart healthy choices on your lunch menu.

- Feature fresh fruits and vegetables on your menu.
- Coordinate with teachers heart health lessons that carry over into the cafeteria.

Encourage students and parents to begin a lifestyle change that incorporates these healthy choices.



CALENDAR OF EVENTS

February

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

- 1 Summer Food Service Program Contract Workshop—Jumers Chateau in Bloomington
- 1 On-site review completion deadline (keep on file at school)
- 2 Annual Commodity Order Form deadline
- 9 Deadline for Submitting School Breakfast Survey
- 10 Submit Claim for Reimbursement
- 12 Lincoln’s Birthday—ISBE office closed
- 13–20 Make changes, if needed, for March commodity deliveries
- 19 Washington’s Birthday—ISBE office closed

Happy New Year!!!



Illinois State Board of Education

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