

# The OUTLOOK

## Nutrition Programs

Illinois State Board of Education

bulletin board

### Verification Summary Report Due January 16, 2009

Verification is the confirmation of eligibility for free and reduced-price meals under the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Annually, each local education agency (LEA) participating in the NSLP and/or SBP must select and verify a sample of household applications approved for benefits. The LEAs must submit a Verification Summary Report (summarizing the results of verification efforts) electronically through ACES to the Illinois State Board of Education (ISBE) by **January 16, 2009**. As a reminder, LEAs are only to report the required sample size and should not include verification done for cause in this report. Instructions on accessing and completing the Verification Summary Report, as well as a sample form, are available at <http://www.isbe.net/nutrition/htmls/instructions.htm>. If you have questions regarding the verification process, visit [http://www.isbe.net/nutrition/htmls/forms\\_sbn.htm](http://www.isbe.net/nutrition/htmls/forms_sbn.htm).

### JANUARY 2009 — THE OUTLOOK

#### In this issue . . .

Important January Dates.....	1
Verification Summary Report Due January 16, 2009.....	1

#### ADMINISTRATION

On-Site Review Requirements—Complete.....	2
No Later Than February 1	
Breakfast Survey.....	2
Make Your Plans for Summer Meals.....	2
Final Rule on Fluid Milk Substitutions in the.....	2
School Nutrition Programs	
Aerated Beverages Categorized as <i>Soda Water From</i> .....	3
the Competitive Food Services Regulation	

#### FOOD DISTRIBUTION

School Year 2010 Annual Commodity.....	3
Order Approaching	
Excess USDA Commodity Inventory at.....	4
Further Processors	

#### FOOD SERVICE AND NUTRITION

March Is National Nutrition Month®.....	4
Fun and Healthy Changes.....	4

#### GRANTS, AWARDS, and HONORS

Tell Us Your Wellness Policy Success Story!.....	4
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#### TRAINING, TIPS, and TOOLS

Hats Off to You and All That You Do.....	5
School-Based Child Nutrition Programs.....	5
Training Update	
Legislation, Programs, and Policies Website.....	5
Volunteer With Illinois Action for Healthy.....	5
Kids Today	
Progress or Promises: What's Working for and.....	5
Against Healthy Schools Report	

#### CALENDAR OF EVENTS

February 2009.....	6
Date Savers.....	6



Wishing You a



- January 1                      New Year's Day—ISBE office closed
- January 2                      Place your school year 2009–2010 Annual Commodity Order on the Illinois Commodity System (ICS)
- January 9                      Submit Claim for Reimbursement
- January 13-20                  Make changes, if needed, for February commodity deliveries
- January 15                      Petition is due to regional superintendent to opt out of the summer mandate Public Act 095-0155
- January 16                      Verification Summary Report Due to ISBE
- January 18-20                  School Nutrition Association Child Nutrition Industry Conference—New Orleans, Louisiana
- January 19                      Martin Luther King, Jr. Day—ISBE office closed
- January 22                      Summer Food Service Program Contract Workshop—Bolingbrook, Illinois

# Administration

## On-Site Review Requirements— Complete No Later than February 1

National School Lunch Program (NSLP) regulations require each school food authority (SFA) with more than one site where reimbursable meals are served to annually review each site's meal count and claiming procedures. This is a reminder that On-Site Reviews must be completed by February 1 of each school year. Documentation must be maintained on file at the site or SFA office for three years plus the current year. The review must be conducted by SFA personnel and may not be conducted by contracted parties.

A sample form (*On-Site Review Form ISBE 67-35*) is available online at [http://www.isbe.net/nutrition/pdf/67-35\\_onsite\\_review.pdf](http://www.isbe.net/nutrition/pdf/67-35_onsite_review.pdf). For more information regarding On-Site Review requirements, please review page 193 of the Administrative Handbook July 2008 available online at [http://www.isbe.net/nutrition/pdf/sbn\\_admin\\_handbook.pdf](http://www.isbe.net/nutrition/pdf/sbn_admin_handbook.pdf).

## Breakfast Survey

The Illinois State Board of Education, 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 Program. ISBE requests your voluntary and anonymous assistance in completing this survey. Please complete the survey online at [www.isbe.net/nutrition](http://www.isbe.net/nutrition). Encourage your parents to visit this site and complete the parent survey as well no later than February 6, 2009. ISBE will make the results of the survey available in a future edition of *The Outlook* newsletter. If you have questions or need further assistance, please email [cnp@isbe.net](mailto:cnp@isbe.net) or call our office at 217/782-2491 or 800/545-7892.

## Make Your Plans for Summer Meals

All schools in Illinois with 50 percent or more of the students eligible for free or reduced-price meals AND that have a summer school program, must operate a summer feeding program in summer 2009. Public Act 095-0155, signed by



Governor Blagojevich on August 14, 2007, amends the Childhood Hunger Relief Act (105 ILCS 126/20). This amendment requires a school district that meets the above requirements to implement a summer breakfast and/or lunch program for the duration of the summer school program.

The Summer Food Service Program and the Seamless Summer Option are the two federal nutrition programs school food authorities may choose to operate. Schools affected by this law must serve children in the summer school program and those from the community between the ages of 1 and 18 years.

Workshops are offered throughout Illinois to train SFAs on the requirements of each program. Be sure to make plans to attend a workshop this spring so you will be ready to open your doors and serve breakfast and/or lunch to the children in your area. There is no fee to attend the workshops, but registration is required. Dates and registration information for the workshops can be found at <http://www.isbe.net/nutrition/htmls/workshops.htm>.

## Final Rule on Fluid Milk Substitutions in the School Nutrition Programs

The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) issued the final rule *Fluid Milk Substitutions in the School Nutrition Program* (73 FR 52903) on September 12, 2008, to implement a provision of the Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004. The final rule is available at <http://www.fns.usda.gov/cnd/governance/regulations/finalrule-milk.pdf> and became effective October 14, 2008.

In summary, this rule:

- Continues the current requirements on meal variations for students with disabilities in the National School Lunch Program and School Breakfast Program;
- Allows school food authorities discretion to offer fluid milk substitutes to students with medical or other special dietary needs that do not rise to the level of a disability;
- Requires nondairy beverages offered as fluid milk substitutes be nutritionally equivalent to fluid milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12 (see chart below); and
- Allows SFAs to accept a written statement from a parent/guardian or from a recognized medical

authority. The supporting statement must identify the student's medical or other special dietary need that precludes cow's milk.

This final rule seeks to ensure students who are provided a substitute for cow's milk for cultural, ethnic, religious, or ethical reasons receive the important nutrients found in milk. The nutrients cited in this rule are not required to be present in the milk substitutes offered to students with disabilities who must be provided a beverage as specified by a physician.

If a school chooses to offer one or more substitutions for fluid milk for non-disabled students with medical or special dietary needs, the nondairy beverage(s) must provide the nutrients listed in the table below:

Nutrient	Per Cup
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

This rule recognizes the valuable contributions of milk to a child's diet and, therefore, does not allow a school to offer other beverages, such as juice, as milk substitutes. The only milk substitutes allowed under this rule for students without disabilities are nondairy beverages that meet the established nutrient standards as listed above. This rule has no effect on a school's ability to offer lactose-free milk to a student with a medical or special dietary need such as lactose intolerance. Lactose-free milk continues to be allowed as part of the reimbursable meal.

Schools that elect to offer milk substitutes for students without disabilities can now accept a statement from a parent/legal guardian or from a medical authority identifying the student's need. Prior to this rule, schools were only able to accept a statement signed by a recognized medical authority. Please note that a statement from a medical authority is still required for any meal variations, other than milk substitution, for a student with medical or other special dietary needs.

Because the nutrients found in milk are very important to the development and growth of students, schools should

consider offering milk substitutes that meet the requirements of this rule when they become available in the market. We encourage schools to seek alternate funding sources if financial barriers are an impediment.

Since no products are currently available to meet the rule's requirements, schools may continue to provide accommodations they have already agreed to under the prior program regulations for students with medical or special dietary needs. However, no new accommodations may be made under the old regulations.

If you have any questions regarding this regulation, please contact our office at 217/782-2491 or 800/545-7892 or via electronic mail at [cnp@isbe.net](mailto:cnp@isbe.net).

## Aerated Beverages Categorized as Soda Water From the Competitive Food Services Regulation

The United States Department of Agriculture, Food and Nutrition Service recently determined all beverages labeled as *aerated* or that bubble and fizz for several minutes after opening are to be categorized as *Soda Water* defined by Competitive Food Service regulation 7 CFR 210.11 and Appendix B of this part.

FNS considers aerated beverages to be foods of minimal nutritional value; therefore, they may not be served in the food service area during the meal periods of either the National School Lunch or School Breakfast Programs.

For more guidance on foods of minimal nutritional value, please refer to pages 120–121 of the School-Based Child Nutrition Programs Administrative Handbook July 2008 available online at [http://www.isbe.net/nutrition/pdf/sbn\\_admin\\_handbook.pdf](http://www.isbe.net/nutrition/pdf/sbn_admin_handbook.pdf).

## Food Distribution

### School Year 2010 Annual Commodity Order Approaching

The Illinois Commodity System (ICS) will begin accepting orders January 2, 2009, for next school year. Due to time constraints placed on states by the USDA, we must require you to complete your order by **Monday February 2, 2009**.

Starting in February, schools choosing to divert commodities to processors should watch the ICS Message Board



carefully for important news regarding processors receiving trucks of commodities. Orders placed with processors that are not receiving trucks can change to those processors that are receiving trucks from **February 16 through February 20**. If you place an order with a processor that does not receive a truck and you do not change to a processor that is receiving a truck, ISBE will delete that order.

You can call Food Distribution Program staff at 217/782-2491 or 800/545-7892 if you have questions regarding the annual order process.

## Excess USDA Commodity Inventory at Further Processors

Based on a processor's average monthly usage, USDA regulations require commodity inventories held at further processors be monitored. Regulations do not allow processors to maintain more than a six-month inventory. To help you meet this requirement, ISBE implemented procedures to address the excess inventories at further processors. The procedures are on the Food Distribution Program website at <http://www.isbe.net/business.htm>. If you have questions regarding these procedures or about processing USDA commodities, contact Food Distribution Program staff at 217/782-2491 or 800/545-78921.

## Food Service and Nutrition

### March Is National Nutrition Month®

*Eat Right™* is the 2009 National Nutrition Month® theme announced by the American Dietetic Association. For more information and resources for National Nutrition Month®, visit [www.eatright.org/nnm](http://www.eatright.org/nnm).



### Fun and Healthy Changes

Students are sometimes resistant to change, especially change in appearance of a familiar food. An Illinois school found a way to ease students into eating whole-wheat bread by simply changing one side of the sandwich at a time to whole-wheat bread and leaving one side as the familiar white. Once students had the chance to try whole-wheat bread, they found they liked it and this school's next bread order will be all wheat bread.

More ideas on how to increase the participation and nutritional value of your meals include:

- School Spirit Days! Mix brown rice and white rice or whole-wheat pastas and enriched-white pastas together to increase the whole-grain quality of your meal. Name it something fun and kids will not be as afraid to try it. Better yet, do it on *mismatch day* at school and join in the school spirit by mixing things up a little in the cafeteria.
- SHHH! Cut the Fat! Mix fat-free dressing into the familiar full-fat dressing to reduce total fat. Over time increase the proportion of fat-free and lower the higher-fat version, before long you are serving a very low- to no-fat dressing and they still love it on the side of their veggies.
- If they can dip it, it they will eat it! Many fresh veggies are tastier to a child with dip. Fat-free or low-fat varieties of dressing can increase the consumption of vegetables. Fresh fruit dipped in vanilla or flavored yogurt is fun and a healthy way to get children to eat the needed servings of fruit. Peanut butter also compliments bananas, apples, celery, carrots, and pretzels. Use your imagination and dip it!
- Same old thing all dressed up! Fast food companies have proven it is not how it looks, but what you call it that makes a child eat it. Kids like anything called a fry. Try making carrot fries by slicing carrots into sticks. You can cut apples into rings, fries, or wedgies! An orange slice can become a smile, half moon, or an igloo.



The bottom line is to have fun with your food and kids will too. If you have had success in changes you made to encourage healthier eating, please share them with us and we can pass them along in future issues. Email your success stories to [cnp@isbe.net](mailto:cnp@isbe.net).

## Grants, Awards, and Honors

### Tell Us Your Wellness Policy Success Story!

Tell us your wellness policy success story and we may publish it in a future edition of *The Outlook* newsletter. Just complete the short submission form located at <http://www.isbe.net/nutrition/htmls/share.htm>.

# Training, Tips, and Tools

## Hats Off to You and All That You Do!

This is the theme of the Illinois School Nutrition Association's 59th Annual Conference to be held at Drury Lane in Oak Brook Terrace on June 16, 17, and 18, 2009. Visit the Illinois School Nutrition Association's website at <http://www.isfsa.net/> for further information and registration.



## School-Based Child Nutrition Programs Training Update

The Illinois State Board of Education, Nutrition Programs Division is pleased to announce the schedule of trainings for 2009 is now available online for registration. Please review each of the following topics, select a location close to you, and register today. Pre-registration is required and can be completed online at <http://webprod1.isbe.net/cnsalendar/asp/EventList.asp>.

Topics for 2009 include the following:

- Accommodating Children With Special Dietary Needs and Civil Rights—Half-day morning training held in late February 2009 and early March 2009 (Same days as Food Safety Plan training)
- Food Safety Plan—Half-day afternoon training held in late February 2009 and early March 2009 (Same days as Accommodating Children With Special Dietary Needs and Civil Rights training)
- Menu Planning and Dietary Guidelines Trainings—Full-day training held in early June 2009
- School-Based Child Nutrition Administrative Workshop (formerly Basic Training)—Full-day training held in late June and early July)
- Certification and Verification—Half-day morning training held in late July 2009 and early August 2009

Please take time to register today! Attendance at trainings is highly recommended for new sponsors or new staff but all program sponsors are welcome. There is no charge for attendance for these trainings.

Send questions to [cnp@isbe.net](mailto:cnp@isbe.net) or call our School-Based Child Nutrition Program staff at 800/545-7892 or 217/782-2491.

## Legislation, Programs, and Policies Website

The Nutrition Programs Division has posted an informative webpage with USDA program legislation, regulations, and policies links that may be helpful throughout the school year. It is located at [http://www.isbe.net/nutrition/htmls/regulations\\_policies.htm](http://www.isbe.net/nutrition/htmls/regulations_policies.htm). Bookmark this site, or visit the sites below.

- If you are interested in school meals legislation, visit <http://www.fns.usda.gov/cnd/Governance/nslp-legislation.htm>.
- For program regulations, Code of Federal Regulations (CFR), go to <http://www.fns.usda.gov/cnd/Governance/regulations.htm>.
- To view Policy Memos from fiscal years 2000 to present, bookmark this website at <http://www.fns.usda.gov/cnd/Governance/policy.htm>.

## Volunteer With Illinois Action for Healthy Kids Today

You can partner with over 300 volunteer administrators, educators, health professionals, parents, and others helping Illinois school children improve their physical activity and nutrition by joining the Illinois Action for Healthy Kids Team today! These volunteers represent regional, state, and local organizations and government agencies representing education, health, fitness, and nutrition. Go to [www.actionforhealthykids.org](http://www.actionforhealthykids.org) and volunteer today! You will be added to the state list serve to learn about helpful resources, workshops, conferences, grant opportunities, and much more!

## Progress or Promises: What's Working for and Against Healthy Schools Report

Action for Healthy Kids *Progress or Promises: What's Working for and Against Healthy Schools* is the newest report depicting current perspectives of school administrators, parents, educators, nutrition and health professionals, wellness advocates, federal and local government agencies, community groups, school board members, students, and others regarding the progress and gaps of school wellness over the past five years. The executive summary and the full report are available at <http://www.actionforhealthykids.org/pdf/Progress%20or%20Promises.pdf>.

## Date Savers

- March 1 Regional superintendent shall inform the school district in writing if an exemption for the summer mandate Public Act 095-0155 was granted or denied.  
Regional superintendent shall report to the Nutrition Programs Division of the Illinois State Board of Education a listing of all districts that applied to *opt out* of either summer meal programs, the decision of the regional superintendent, and the reason for the action.
- April 1 The State Superintendent of Education shall inform the school district in writing if an exemption for the summer mandate Public Act 095-0155 was granted or denied. (This situation only occurs if the original exemption was appealed to the State Superintendent of Education.)
- June 16–18 Hats Off To You and All That You Do!  
The Illinois School Nutrition Association's 59<sup>th</sup> Annual Conference—  
Oak Brook Terrace

## Calendar of Events—FEBRUARY

Complete the Meal Count Edit prior to submission of the Claim for Reimbursement

Submit Claim for Reimbursement

1 Deadline for multi-site sponsors to complete On-Site Reviews

1

2

15

Deadline to place Annual Commodity Order  
School district must declare a plan to have a summer meals program for each school that meets the requirements of Public Act 095-0155



24

25

Civil Rights/Special Needs/Food Safety Training—  
Decatur

Civil Rights/Special Needs/Food Safety Training—  
Carbondale

[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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