

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

Spotlight on Schools Web Pages Coming Soon

Watch for the new Nutrition Programs Division *Spotlight on Schools* web pages at www.isbe.net/nutrition. We are thrilled to present a compilation of the ever-growing Illinois school success stories in relation to health, wellness, School Breakfast Program participation, school food authority (SFA) sponsorship in the Child Nutrition Programs, and so much more! The intent of the site is to recognize new sponsors in the School-Based Child Nutrition Programs; new grantees of a variety of programs and initiatives; highlight honors and awards bestowed on Illinois schools, at both the national as well as state level; and highlight individual recognitions.



Check this website regularly as we intend to post grant opportunities as they arise, announce newest grant awardees and provide due date reminders for grant applications. Hint: *you may want to bookmark it.*

bulletin board

FEBRUARY 2010 — THE OUTLOOK

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Important Dates—February



- 1 School year (SY) 2011 Annual Commodity Order deadline

Date Savers

The Childhood Hunger Relief Act Public Act 096-0734, (105 ILCS 126/20) Summer Food Service Program Time Line

- Prior to March 1—Regional superintendent of schools must convene a public hearing to hear testimony from the school district and interested community members
- March 1—Deadline for regional superintendent to:
 - o Inform the school district, in writing, of his or her decision, along with the reasons why the exemption was granted or denied
 - o Provide a listing to the Nutrition Programs Division of all districts that applied to *opt-out*, along with the affected schools, whether the exemption was *granted* or *denied*, and the reasons for each action

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Administration

Purchasing Thresholds

For public schools only, the Illinois School Code states that all purchases \$25,000 or over, except perishable food and beverages, must be competitively bid and awarded to the lowest, responsible bidder. Therefore, annual purchases for non-perishable items such as supplies, paper goods, and equipment in excess of \$25,000 must be competitively bid.

Purchases or contracts for perishable food and/or beverages only that are \$100,000 or more on an annual basis (the federal threshold) must be competitively bid and awarded to the lowest, responsible bidder. To determine if you exceed this threshold, examine the manner in which food and beverages are purchased.

- When using vendors that supply only one particular type of product such as bread, milk, or meat, the competitive bid process must be implemented when the annual amount of purchases exceeds \$100,000 per type of product.
- When one or more full-line vendors supply various items such as canned, frozen, and dry goods, the total annual purchase amount for all vendors must be added together. If the amount exceeds \$100,000, the food must be competitively bid.

Purchases from full-line vendors for canned, frozen, and/or dry goods that include any non-perishable items such as supplies or paper goods must use the \$25,000 threshold.

If purchases for perishable food and beverages do not exceed \$100,000, or if purchases that include non-perishable items and do not exceed \$25,000 as described above, informal bid procedures may be used. Informal bid procedures may be found on our website at http://www.isbe.net/nutrition/htmls/contract_other.htm.

Each threshold level must be determined based on aggregate purchases on an annual basis. Whether competitive (formal) or informal bid procedures are used, bids or quotes must always be sought from a minimum of three prospective bidders.

Non-public schools are not required to adhere to the Illinois School Code and, therefore may use the \$100,000 threshold for all purchases.

HACCP Based Food Safety Program Guidance

The United States Department of Agriculture has provided guidance regarding the Hazard Analysis and Critical Control Point (HACCP) requirements for school food safety plans. All school food authorities (SFAs) were required to have a fully implemented food safety program that complies with HACCP principals no later than the end of the 2005–2006 school year. Any SFAs not in compliance should visit the Illinois State Board of Education (ISBE) website at <http://www.isbe.net/nutrition/htmls/safety.htm> for further information. ISBE will be providing workshops on HACCP in 2010. For a listing of ISBE workshops, please visit <http://www.isbe.net/nutrition/htmls/workshops.htm>.

Food Distribution

Check Your Diversion of Commodities to Processors

Processors who had enough schools order products from them will be awarded contracts this month. This means schools need to check and see if the processor you diverted commodities to will be awarded a contract. If the processor to which you diverted commodities IS getting a contract, you do not have to do anything. If the processor to which you diverted commodities is NOT getting a contract, you might want to switch the commodities to a processor who IS going to receive a contract. We will post a message on the Illinois Commodity System Message Board by February 15, 2010, listing which processors will be getting a contract and instructions on how to switch commodities. Schools will have until February 19, 2010, to switch their commodities. If a school does not switch their commodities, ISBE will ‘zero out’ those pounds diverted to a processor NOT receiving a contract.

Excess Inventory at Processors

Pursuant to the procedures relating to excess inventory at processors, we have been updating the excess processing module on the Illinois Commodity System (ICS) with new excess commodity items. The module is located under the *Annual Order Forms* main menu option on the ICS and is called *Excess Processing*.

Any excess inventory is listed by processor and can be claimed by any school that does not have excess inventory at processors. The inventory will be offered on a first come first served basis. Those schools claiming pounds

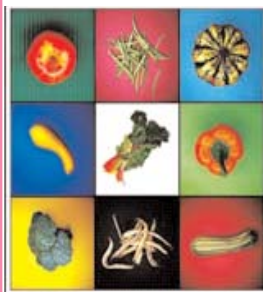
should be familiar with commodity processing procedures and end product distribution.

Excess inventory from processors could come at any time so we advise checking the list on a weekly, if not daily basis, as we anticipate any inventory that comes along will be claimed quickly. The excess inventory procedures can be found on the food distribution website by selecting *Inventory Level Procedures at Further Processors Letter*.

If you have any questions about the procedures or the module, please call the Food Distribution Program staff at 217/782-2491.

Food Service and Nutrition

Illinois Schools Enhancing Students Diets With Colorful Fresh Fruits and Vegetables



Question: What do farmers' markets; fruit baskets; papaya, honeydew and pineapple fruit kabobs; and the Fruit Fairy have in common?

Answer: *These are all successful components of some of the Illinois schools participating in the Fresh Fruit and Vegetable Program (FFVP) this school year.*

The primary focus of the FFVP is to provide fresh produce to students. Nutrition education is critical to the program's success. As evidenced in the following scenarios, Illinois FFVP schools are taking advantage of the program using creative means to introduce new fresh fruits and vegetables, coupling that with nutrition education to maximize the program's intent. Hopefully, students make eating fresh fruits and vegetables a lifelong habit.



Rockford School District 205, Montessori Magnet School

Going Beyond the ABCs—Apples, Bananas, and Carrots

Many FFVP schools have provided a variety of fresh fruits and vegetables going beyond the usual ABCs—apples, bananas, and carrots. Read about the creative efforts of Illinois FFVP schools below.

- One school nurse was given an unofficial new title by a third grader—the Fruit Fairy.
- Montessori School featured a farmers' market to kick-off the FFVP.
- Elgin's Highland Elementary School offered per-simmons.
- Tamaroa School created fruit baskets for holiday parties in December, replacing candy and cookie treats.
- Fruit kabobs and papaya are items served at Danville's Northeast School.
- School District 46's Highland Elementary School used the book *Growing Vegetable Soup* to introduce root vegetables to students.
- At Northwestern Elementary School in Palmyra, older students teach elementary students about fruits and vegetables.
- Anecdotally, many FFVP school recipients have shared that children are asking for the same fruits and vegetables served at school to be available at home.



Northwestern Elementary School in Palmyra

Montessori Magnet School in Rockford



Useful Resources

The USDA's FFVP Handbook, August 2008, is posted online at http://www.isbe.net/nutrition/pdf/USDA_ffvp_handbook.pdf.

A *Fruit and Vegetable Holidays and In-Season Fruits and Vegetables Calendar* is posted at http://www.isbe.net/nutrition/pdf/ffv_calendar.pdf.

Even if your school does not participate in the FFVP you may download the above resources to get ideas to prepare, serve, and educate your students about fresh fruits and vegetables in their diets. The handbook has numerous websites including a listing of educational materials, menus, and recipes.

Consider applying for the FFVP for SY2010–2011. Refer to the article under the grants section of this newsletter for further information. The due date is March 15, 2010.

Goal: End Childhood Hunger by 2015

In July of 2009, the Food Research and Action Council (FRAC) developed seven strategies to reduce childhood hunger by 2015 in the United States of America. They follow:

- Restore economic growth and create jobs with better wages for lower-income workers
- Raise the incomes of the lowest-income families
- Strengthen the Supplemental Nutrition Assistance Program (SNAP) (formerly known as the Food Stamp Program)
- Strengthen the Child Nutrition Programs, specifically school breakfast; after-school and summer programs; expansion of child care; improvements in the Women, Infants, and Children (WIC) Program; and improvement of meal quality
- Engage the entire federal government in ending childhood hunger
- Work with states, localities, and nonprofits to expand and improve participation in federal nutrition programs
- Make sure all families have convenient access to reasonably priced, healthy food

The public may comment on FRAC's strategies, by emailing 2015@frac.org. Visit www.endingchildhunger2015.org for more information.

Grants, Awards, and Honors

Fresh Fruit and Vegetable Program Grant Opportunity!

The Illinois State Board of Education is happy to announce it will be accepting applications for the

Fresh Fruit and Vegetable Program Grant for the 2010–2011 school year! The FFVP Grant has been a very successful program in Illinois and we are very excited to be able to have this grant available again this year!



In order to participate in the FFVP Grant, the school site must:

- Participate in the NSLP
- Be an elementary school
- Priority will be given to schools with at least 50 percent free and reduced-price eligibility
- At least twice weekly, offer fresh fruits and vegetables to students during the school day at times other than during the meal periods during the 2010–2011 school year
- Submit a completed application by March 15, 2010
- Attend a required training
- Adhere to all program requirements

Visit our website at http://www.isbe.net/nutrition/htmls/ffv_program.htm for additional information about the FFVP Grant, program requirements, and to access the FFVP Grant application. You must complete and submit the completed FFVP Grant application to ISBE no later than March 15, 2010, to be considered for this exciting program for the 2010–2011 school year!

If you have any questions, please contact Lindsay Blough (lblough@isbe.net), Stephanie Hinds (shinds@isbe.net), or Roxanne Ramage (rramage@isbe.net) at 800/545-7892 or 217/782-2491. We look forward to another successful year of working with schools to increase children's fresh fruit and vegetable consumption and to influence lifelong healthful eating habits.

HealthierUS School Challenge Updates

Secondary Schools May Now Take the Challenge

Apply for the HealthierUS School Challenge this year to have your efforts to promote a healthier food, nutrition, and physical education and activity environment recognized. The voluntary national certification initiative, HealthierUS School Challenge (HUSCC) application is available online for schools at award levels: Bronze, Silver, Gold, and Gold of Distinction.

Recently, the program was expanded to secondary schools. The HUSCC criteria for middle and high schools are located at http://teamnutrition.usda.gov/HealthierUS/secondary_chart.pdf. The initiative includes nutrition stan-

dards, minimum average daily participation levels, as well as nutrition education and physical activity requirements.

The Food and Nutrition Service (FNS) has provided numerous resources on the HUUSC website at www.fns.usda.gov/tn/healthierus/index.html. New features include a general information page, drop-down boxes to minimize typing, and a Competitive Foods Calculator.

Illinois currently has two silver level HUSSC award recipients, (1) Ridgeview County Unified School District 19's Ridgeview Elementary School and (2) Bushnell-Prairie City Community Unit School District 170's Bushnell-Prairie City Elementary School. Consider taking the HUSSC challenge this year! Or begin planning to meet the criteria in 2011.

Project Orange Thumb®: Fiskars Grant Due February 19

Attention: If you are involved in gardening or gardening projects with community involvement, neighborhood beautification, horticulture education, and /or sustainable agriculture, then apply NOW for the \$1000 Fiskars Project Orange Thumb® Grant for garden tools and materials such as plants, seeds, mulch, and more. Visit http://www.fiskars.com/content/garden_en_us/Garden/ProjectOrangeThumb/grantprogram for more information.

Training, Tips, and Tools

Second Midwest Region School Wellness Policy Webinar Scheduled for March 2

The second USDA Midwest Region School Wellness Policy Webinar has been scheduled for March 2, 2010. With the focus on school wellness policy evaluation, this webinar will cover Indiana's Healthy Hoosier award as an evaluation tool, the national Action for Healthy Kids Local Wellness Policy Evaluation Tool Kit, and much more!

Two years ago, we published a reminder in *The Outlook* newsletter on the following:

The 2004 Child Nutrition and WIC Reauthorization Act (Public Law 108-265, Section 204) requires districts *to establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring*

that the school is meeting their locally developed policy. Successful implementation includes a plan for monitoring improvement to gauge progress and allow for continuous improvement.

As noted below, online resources are plentiful on all steps involved with Local Wellness Policies from development through evaluation and maintenance.

- Action for Healthy Kids—www.actionforhealthykids.org/wellnesstool/index.php
- American School Health Association—www.ashaweb.org
- Illinois Nutrition Education and Training—www.kidseatwell.org
- National Association of State Boards of Education—www.nasbe.org
- School Nutrition Association—www.schoolnutrition.org
- USDA, Food and Nutrition Services—http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html
- USDA, Food and Nutrition Services, Implementation Tools and Resources—http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_tools.html

Since December 2007, more resources have been developed to assist schools to implement their school wellness policies. Participate in this winter's wellness webinar to hear about some of them.

School Wellness Programs, From to Continued

As indicated in the November issue of *The Outlook*, we are including descriptions of the numerous wellness and health initiatives, projects, and programs to be highlighted at the May 4, 2010, *Illinois School Wellness From A to Z Conference* in Decatur. Read about three initiatives below.

- *State School Breakfast Program Start-Up Grant*—www.isbe.net/nutrition/htmls/breakfast_state.htm
- *Share Your Wellness Policy Success Story*—(ISBE), Nutrition Programs Division—These are voluntary contributions from school districts in Illinois with effective strategies to implement and evaluate their own district wellness policies.
- STARS Schools—National Association for Sport and Physical Education (NASPE), STARS is a nationally recognized self-study program for quality physical education.

Look for the remaining A to Z initiatives in the March issue of *The Outlook*.

Nutrition Education Loan Library Expands Offerings

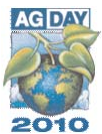
The Nutrition Education Loan Library provides ready access to nutrition education materials which can be used for student instruction, staff training, parent education and program planning. New items that have recently been added are listed below.

- Promotional posters focusing on breakfast, caffeinated beverages, and whole grains
- A game show activity focusing on nutrition: *Snap Recap: Nutrition*
- DVDs and PowerPoint presentations focusing on:
 - MyPyramid: *Anatomy of MyPyramid*
 - Breakfast: *Breakfast . . . Because and The Case for Breakfast*
 - Reading labels: *Nutrition Labels—Starting With Breakfast*
 - Portion Distortion: *Avoid Portion Distortion*
 - Dietary Fat: *Fats—Know the Difference, Healthy or Harmful*
 - Sugared beverages and obesity: *Obesity in a Bottle*

Got to www.kidseatwell.org/loan-library.htm to search the Loan Library or contact Jlove@isbe.net for more information.

Celebrate All Things Agriculture This March National Agriculture Week—March 14–20, 2010

If National School Breakfast Week and National Nutrition Month[®] are not reason enough to celebrate next month, then plan to celebrate National Agriculture Week, March 14–20. *American Agriculture: Abundant. Affordable. Amazing.* is this year's theme.



American Agriculture:
Abundant. Affordable. **AMAZING.**

Did You Know That?

- *Blueberries are the second most popular fruit in the USA?*
- *Americans eat 350 slices of pizza a second or almost 100 acres of pizza each day?*
- *The state of Illinois is a leading producer of soy beans, corn, and pigs?*
- *Broccoli consumption has risen 900 percent in the last 20 years?*

For specific Illinois agriculture information, go to www.agr.state.il.us/about/agfacts.html.

For special activity ideas, event planning, educational resources, fun facts, websites, and much more, visit the Agriculture Day website at www.agday.org/events/event_ideas.php.

Team Nutrition Updates

USDA's Team Nutrition Initiative strategies are three-fold:

- Provide training and technical assistance to child nutrition food service professionals to enable them to prepare and serve nutritious meals that appeal to students.
- Promote nutrition curriculum and education in schools through multiple communication channels to reinforce positive nutrition messages and encourage students to make healthy food and physical activity choices as part of a healthy lifestyle.
- Build school and community support for creating healthy school environments conducive to healthy eating and physical activity.

Easy to Join Team Nutrition

The number of schools in Illinois participating in the Team Nutrition initiative now surpasses 1,200. Consider joining Team Nutrition by completing the short enrollment form at <http://teamnutrition.usda.gov/team.html>.

Use Free Team Nutrition Resources (www.fns.usda.gov/tn)

As a Child Nutrition Programs sponsor, did you know that through USDA's Team Nutrition Initiative, you may request free resources including posters, recipes, training manuals, nutrition education worksheets, fact sheets, and much more? Visit <http://teamnutrition.usda.gov/library.html> to scope out the great resources and online modules for all ages (PreK–12th grade). Spanish materials are also available. The resources are categorized by the following target audience: food service professionals, educators, parents, child care providers, and Spanish resources.

If you are preparing a special event or activity for March's National Nutrition Month[®], or training sessions later this school year, be sure to order and/or download related materials online at <http://teamnutrition.usda.gov/library.html>.

Examples of free resources include posters and the Team Nutrition newsletter, *Connections*.



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



Illinois State Board of Education

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Calendar of Events—March

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

National Nutrition Month®—*Nutrition From the Ground Up*

- 3 SFSP Current Sponsor Orientation—Alsip
- 4 SFSP New Sponsor Orientation—Alsip
- 8–12 National School Breakfast Week (www.schoolnutrition.org)
- 10 Submit Claim for Reimbursement
- 13–20 Make changes, if needed, for April commodity deliveries
- 14–20 National Agriculture Week
- 16 SFSP New Sponsor Orientation—Champaign
- 20 National Agriculture Day
- 24 Developing A Food Safety Plan—Carterville
- 25 Developing a Food Safety Plan—Charleston
- 25 SFSP New Sponsor Orientation—Fairview Heights