

# The OUTLOOK

## Nutrition Programs

Illinois State Board of Education

bulletin board

### Welcome New Staff

We are happy to welcome Marlon Cummings as a new employee in the Nutrition Programs Division effective February 16. He comes to us from Washington D.C where he was working as the Director of Programs for the Empower Program. He will be working as a monitor for Nutrition Programs in the Cook County area. Welcome aboard!



### Reminders

Summer Food Service Program Training Workshops—Reminder, these are the March dates for training workshops for the Summer Food Service Program. Register online at <http://www.isbe.net/nutrition/htmls/summer.htm>. There is no charge to attend.

- March 2—Champaign
- March 7—Alsip
- March 21—Fairview Heights
- March 28—St. Charles

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### National School Breakfast Week—*Go Places With School Breakfast*

March 6–10, 2006  
 Visit <http://www.schoolnutrition.org/nsbw/> for proclamations, activities, logos, themes, slogans, menus, recipes, and much more to help celebrate National School Breakfast Week!



## Legislative Updates

### Federal

Child Nutrition and the Women, Infants, and Children (WIC) Reauthorization Act of 2005 Section 204—School districts have four months remaining to establish their wellness policy with the objective of reducing childhood obesity and promoting health.

### State

SB 162/PA 94-0199 (School Wellness Policy State Goal and Task Force)—The School Wellness Policy Task Force will hold its second meeting on March 22, 2006, to investigate statewide school nutrition standards in preparation for the report on recommendations due to the General Assembly and the Governor on January 1, 2007.

## Kudos to 200-Plus Breakfast Schools

**K**UDOS and best wishes for a very special School Breakfast Week to those 200-plus schools statewide that started a School Breakfast Program with the assistance of the federal School Breakfast Program Start-Up Grants between August 2003 and December 2005. A listing of the new breakfast schools is posted on our website at [www.isbe.net/nutrition](http://www.isbe.net/nutrition). We appreciate their hard work, energy, cooperation, and communication to make breakfast service a part of their students' school day.

If you are interested in beginning a School Breakfast Program, state grants of \$3,500 are still available to those schools meeting the criteria per the following article.

## Childhood Hunger Relief Act

**O**n February 15, 2005, Governor Rod Blagojevich signed the Childhood Hunger Relief Act requiring more Illinois schools to implement a breakfast program. The law stipulates that all schools in which at least 40 percent of the students are eligible for free or reduced-price lunches must also provide a breakfast meal. Provisions are included in the law to allow a school district to opt out of the breakfast program under certain financial circumstances.

To assist schools in overcoming some of the barriers associated with starting a new program the Illinois State Board of Education is offering School Breakfast Program Start-Up Grants of up to **\$3,500 per school**. Any school that did not participate in the School Breakfast Program (SBP) during the 2004–05 school year and agrees to operate a SBP for a period of not less than three years from the date that meal service is initiated, is eligible to apply. The school must also operate a breakfast program for a minimum of 20 days during the 2005–06 school year. The application packet is available on the Nutrition Programs Division website at [http://www.isbe.net/nutrition/htmls/breakfast\\_state.htm](http://www.isbe.net/nutrition/htmls/breakfast_state.htm).

To view the full text of the Childhood Hungry Relief Act, go to <http://www.ilga.gov/legislation/93/hb/09300hb07561v.htm>.



*Two hungry students are happy to Grab 'n' Go with their Breakfast in a Bag*

## Leepertown Elementary School Overcomes Barriers to Offering School Breakfast

*Contributor: St. Louis District Dairy Council Staff*

**G**ood, delicious, cool, and awesome are words Leepertown Elementary School students use to describe the new School Breakfast Program. And teachers echo the students' praises: *it is a blessing, a lifesaver, and a God-send*. Students are not hungry any more, instead they are more upbeat, have more energy to do school work, and participate more in class.

Leepertown Elementary Community Consolidated School District 175 in Bureau County knew its 51 students needed to begin the day with a well-balanced breakfast. Study after study shows a healthy breakfast boosts student achievement, improves nutrition, and reduces absenteeism.

However, without a kitchen or stove it seemed impossible to serve students breakfast. Then, at a breakfast conference sponsored by the Illinois State Board of Education in December 2002, the district learned about alternative breakfast service. They also learned they were eligible to receive federal and state grants to start a breakfast program.

On Monday, March 22, 2004, Leepertown School District, which received both state and federal grants, started offering all students a Grab 'n' Go Breakfast in a Bag. Diane Birkey, Breakfast Coordinator, used grant money to purchase a toaster, two microwaves, an upright freezer, refrigerator, and three new cafeteria tables.

St. Louis District Dairy Council, working in partnership with the Illinois State Board of Education, provided resources to help promote the School Breakfast Program to parents and students. As a result of starting the School Breakfast Program, 37 students, or 73 percent of students at the elementary school, began to eat breakfast regularly at school.

In response to starting the School Breakfast Program, Birkey said, "This is a job I love. It's rewarding to see I'm making a difference." Birkey's advice to schools thinking about starting a School Breakfast Program: the Grab 'n' Go breakfast is the way to go. It is very quick and easy to put together and it is balanced. It also can be implemented to fit a variety of needs: children can eat in the classroom; be

handed Breakfast in a Bag as they are coming off the bus; or as Birkey chose, children can be served in the cafeteria.

Thinking *outside the box* and overcoming barriers to starting a School Breakfast Program has been rewarding to both students and teachers at Leepertown Elementary School.

## Top Ten Reasons to Serve Breakfast at School

1. Breakfast eaters perform better on tests and make fewer mistakes.
2. Breakfast eaters miss less school.
3. Breakfast eaters are more alert and attentive.
4. Breakfast eaters are less likely to cause disciplinary problems.
5. Breakfast eaters are less likely to end up in the nurse's office complaining of stomachaches caused by hunger.
6. Breakfast eaters develop social skill outside the structured setting of the classroom.
7. Breakfast eaters are more likely to get the 40-plus daily nutrients, such as calcium, essential for growth and development.
8. Breakfast eaters are more willing to try new foods.
9. Breakfast eaters develop good eating habits.
10. Breakfast eaters work faster and are more creative.



*Farmington students enjoy breakfast during National School Breakfast Week.*

## Farmington Feeds Hungry Kids With School Breakfast

*Contributor: St. Louis District Dairy Council*

"Our job is to feed hungry kids," declares Teresa Wise, Farmington Central Community Unit School District 265 Food Service Director. It was due to this desire that Wise, who was already serving elementary and junior high students breakfast, decided to offer high school students breakfast.

Wise applied for the federal and state School Breakfast Program Start-Up Grants for the 2004–05 school year to assist in starting a high school breakfast program. Her goal was to make the cafeteria a welcoming site in the morning for the students. "I wanted to give them a reason to eat breakfast," Wise said. Grant money was used to buy decorations, including a wall mural to add pizzazz to the cafeteria, and a radio to play music in the morning. The serving line also received a face lift with new menu boards, featuring daily breakfast items and a corner bakery display case.

To help promote the School Breakfast Program with elementary, junior high and senior high students, Wise held promotional activities during National School Breakfast Week, March 11–17, 2005. *Bring Your Bus Driver to Breakfast* day was a hit with elementary students. And *Free Breakfast for Everyone* day was a hit with all students. "It was so busy that the superintendent had to direct students to chairs. We even ran out of seating in the junior and senior high school cafeterias," exclaimed Wise.

To add more excitement to *Free Breakfast for Everyone Day*, Wise used part of the grant money to have WAAG radio, 95 FM in Galesburg do a live remote broadcast from the high school cafeteria. "They did a great job of promoting the School Breakfast Program. Parents, students, and board members all heard about us and our great breakfast," said Wise.

The best part of the promotional week is that more students are now eating school breakfast. Participation increased up to 31 percent in the elementary cafeteria after the promotion. That means that the Farmington School District Food Service Department is doing their job of feeding hungry kids.

## Administration

### Download New School Meals Initiative Resources

The United States Department of Agriculture has informed this office of the newly developed *Frequently Asked Questions (FAQs)* resource and other items related to School Meals Initiatives. The document is additional School Meal Initiative (SMI) guidance for school food authorities (SFAs) to use in implementing SMI requirements. SFAs will be receiving print copies of the FAQs as well as *Road to SMI Success—A Guide for School Foodservice Directors and Nutrient Analysis Protocols—How to Analyze Menus for USDA's School Meals Programs* when they become available. Both of the above items are available to download at their respective websites: <http://www.fns.usda.gov/tn/Resources/roadtosuccess.html> and <http://www.fns.usda.gov/tn/resources/nutrientanalysis.html>.

## Wellness Policy Considerations

The following are *must visit* websites to get you on the road to establishing your local wellness policy!

- Illinois Nutrition Education and Training's (NET) website ([www.kidseatwell.org](http://www.kidseatwell.org)) includes local wellness policy template and tool kit.
- USDA's Resource Library (<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>) has healthy resources and more.
- Action for Healthy Kids (<http://www.actionforhealthykids.org>) has an interactive wellness policy tool.
- USDA's *Making It Happen! School Nutrition Success Stories* (<http://www.fns.usda.gov/tn/Resources/makingithappen.html>) has several approaches listed to improve student nutrition.
- The Centers for Disease Control and Prevention's website (<http://apps.nccd.cdc.gov/shi/default.aspx>) offers the School Health Index and a Self-Assessment and Planning Guide tool schools can use to improve their health and safety policies and programs. It is easy to use and completely confidential.

## Claim Common Cent\$

*Funding & Disbursement Services Division*

*Phone 217/782-5256*

*Fax 217/782-3910*

Reminder Regarding Child Nutrition Claim Due Dates



Child Nutrition Monthly Claims for Reimbursement should be submitted by the 10th day following the month that the claim covers (i.e., January claim should be submitted by February 10). Submitting your claim by the tenth day of the following month ensures it will be paid in a timely manner.

Payments may be delayed up to a month for late claims (received after 30 calendar days following the month the claim covers), due to the United States Department of Agriculture's reporting requirements. If you have any questions regarding the processing of your Child Nutrition Claim, please contact Funding and Disbursements staff at 217/782-5256.

## Use Revised Recipes Now, Discontinue Use of Old Recipes

Beginning July 1, 2006, the revised recipes contained in the *USDA Recipes for Child Nutrition Programs—Schools*, should be the only USDA recipes used for meeting school meal requirements for federal reimbursement. These recipes are available online at <http://www.nfsmi.org/>

[Information/school\\_recipe\\_index\\_alpha.html](http://www.nfsmi.org/Information/school_recipe_index_alpha.html) (listed in alphabetical order) and [http://www.nfsmi.org/Information/school\\_recipe\\_index\\_number.html](http://www.nfsmi.org/Information/school_recipe_index_number.html) (listed in recipe number order).

Please discard the 1988 *Quantity Recipes for School Food Service*, the 1995 Tool Kit for Healthy School Meals, recipes containing Hazard Analysis Critical Control Points based on the 1999 Food Code provided on CD from the National Food Service Management Institute (NFSMI), Chef Challenge recipes, or any other USDA recipes published prior to the revised (April 2005) school meal recipes.

## Food Distribution

### Important Reminders Regarding Deliveries

April is the last commodity delivery for the school year. If you are holding any product from school year (SY) 2005, you will receive this product on your April 2006 delivery.

### Update Your Illinois Commodity System Site Information

We need your assistance to please help us keep your Illinois Commodity System (ICS) site information current. We ask that you log on to ICS, select *Annual Order Form* from the main menu, and then select *Participating Delivery Sites*. A list of all your delivery sites will appear. To the right of each delivery site, click on the *Edit* option. For each delivery site, verify the contact information is accurate and include any information which may be missing, such as an email address. Keeping this information accurate helps us greatly when we have to notify schools about food safety issues or recalls.

### Commodity Values for Auditors

All schools are audited each year by their own independent auditors. Part of this audit includes the value of USDA commodities allocated to your school. It is the responsibility of each school to provide the needed information for the auditors, including the information regarding USDA commodities.

The required information is easy to locate; it is available on the Monthly Commodity Bulletin for April, which is located on ICS's website under *Reports*, then select *Bulletin Report*. Give this information to the school bookkeeper by the end of each school year,

In the Contract Summary for School Year 2006 section, the value of commodities allocated for that year will be the total of the amounts shown as A PAL Allocated, B PAL Allocated, Processing Deductions, and Value of Bonus Commodities. If you received Department of Defense (DOD) Fresh Fruits and Vegetables, you will need to

include that value as well. You need to calculate this from your DOD invoices.

We appreciate your cooperation in this task and ask that the schools provide this information to the auditors when requested.

## Food Service and Nutrition

### Step Up to Nutrition in March

**M**arch has many nutrition-related health observances, such as: National Nutrition Month®—Step Up to Nutrition and Health; March 6–10, National School Breakfast Week; and March 21, American Diabetes Alert Day. Order resources for your school now. There are many materials to choose from and ordering is fast and easy. The best way to search and order items is to visit our website at [www.kidseatwell.org](http://www.kidseatwell.org). Materials that are available will be shipped within 48 hours. If the materials you have ordered are not available, we will contact you to make possible substitutions. A few available items are listed below.

**1136 NE** *Making It Happen! School Nutrition Success Stories (Food Service Staff)*

This resource shares stories from 32 schools and school districts that have made innovative changes to improve the nutritional quality of all foods and beverages offered and sold on school campuses. A wide variety of approaches are described.

**1138 NE** *Middle School and Above, Steps to a Healthier You (Grades 6–12)* Use MyPyramid to teach individuals to get adequate nutrients in calories allotted. This kit seeks to organize the 2005 MyPyramid information into an interesting and interactive presentation. The handouts and leader guide provide over 30 pages of copy-ready materials and activities for lessons on grains, vegetables, fruits, milk, oil, meat and beans, physical activity, discretionary calories, and personalizing MyPyramid online.

**1062 FS** *One-Minute Nutrition Messages: Nutrition Information With a Punch! (Food Service Staff, Child Care Providers, Teachers)*

This resource contains twenty-five short, one-minute mini-lessons you can use to promote healthy eating to any audience, in a variety of settings including cafeterias, classrooms, or health fairs. Topics include low fat snacks, picky eaters, eating out, breakfast, fruits, and vegetables.

If you do not have access to the Internet and would like a printed Loan Library Catalog, or to order by phone please contact Stephanie Modglin at 618/993-2696 or 800/455/5843 or email [smodglin@roe21.k12.il.us](mailto:smodglin@roe21.k12.il.us).

## Grants, Awards, and Honors

### Dairy Grant Applications Due Date March 31

**I**s your school interested in conducting a milk promotion next school year? Grant funds of \$5,000 are available on a competitive basis through the 3-A-Day of Dairy and the National Dairy Council grant. Eligible applicants include state/regional basis organizations or individuals proposing nutrition education programs to help empower kids to be advocates for healthy eating, including three servings of dairy a day. Further information on this funding opportunity and the application materials are available at either [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org) or [www.3aday.org](http://www.3aday.org).

## Training, Tips and Tools

### Schedule a New NET Workshop Training This Spring

**I**llinois Nutrition Education and Training staff has been busy preparing the following training programs to assist school staff to develop local wellness policies and enhance food offerings.

Visit [www.kidseatwell.org](http://www.kidseatwell.org) to register for one of the training workshops described below.

- *Building a Better a La Carte Program*—provides skills-based training and marketing resources to school food service staff to enable them to shape nutritionally and fiscally sound a la carte programs.
- *Local Wellness Policy*—provides an overview of the local wellness policy requirement in the 2004 Child Nutrition and WIC Reauthorization Act including the policy requirements, basic steps to development, and resources available to help school districts develop a winning policy.

In addition, an *e-Learning Team Nutrition In-School Curriculum* is now available for K–5 educators to receive the skills and information needed to successfully integrate nutrition education into existing Team Nutrition curricula

## Fiscal Year 2005 Illinois School Meal Statistics

### National School Lunch Program

Number of Participating Schools	4,364
Number of Lunches Served Annually	184,226,100
Number Free	103,448,789
Number Reduced-price	13,835,173
Number Paid	66,942,138

### School Breakfast Program

Number Participating Schools	2,908
Number of Breakfasts Served Annually	39,775,340
Number Free	32,585,314
Number Reduced-price	2,224,268
Number Paid	4,965,758

### After-School Snack Program

Number of Participating Schools	732
Number of Snacks Served Annually	4,143,255
Number of Snacks Served Daily	231,370

### Funding

Federal Reimbursements: National School Lunch and After-School Snacks	\$276,989,259
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### Federal Reimbursements:

School Breakfast Program	\$47,462,027
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### State Reimbursements

National School Lunch and Breakfast Programs	\$20,500,000
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### Commodities

School Entitlement Value of USDA Commodities School Year 2005 for National School Lunch X .175 per meal	\$32,106,988.20
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## Hazard Analysis and Critical Control Point Seminars Announced

### School Nutrition Association Announces New Food Safety Seminars

Watch the SNA website ([www.schoolnutrition.org](http://www.schoolnutrition.org)) for registration information for the March 2006 one-day Hazard Analysis and Critical Control Point (HACCP) seminars. A Chicago location is expected. The seminars will be taught by SNA-certified HACCP trainers and continuing education units (CEUs) will be awarded in accordance with SNA's Credentialing and Certification programs.

## Illinois Dietetic Association 2006 Assembly

*Nutrition All Around Us* is this year's theme of the Illinois Dietetic Association's (IDA's) assembly held April 7 and 8 at the Chicago Marriott—Oak Brook, 1401 West 22nd Street in Oak Brook, Illinois. The deadline for registration is March 24. Twelve CPUs are available if you participate in both days' assembly. The session topics are varied including, networking, legislation, exercise tips, soy, fats, organic foods, leadership, and much more! Visit [www.eatrightillinois.org](http://www.eatrightillinois.org) to register online.

CALENDAR OF EVENTS

### April

- Complete the Meal Count Edit prior to submission of the Claim for Reimbursement
- Attend Summer Food Service Program training
- 5 Submit Claim for Reimbursement
- 8–12 American Commodity Distribution Association (ACDA) Annual Conference—Denver Colorado; Marriott Tech Center
- 13 Make changes, if needed, for May commodity deliveries



## Illinois State Board of Education

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