

The OUTLOOK

Nutrition Programs

Illinois State Board of Education



Kudos to Illinois Schools Serving Breakfast

In honor of National School Breakfast Week, March 5–9, the Illinois State Board of Education Nutrition Programs Division recognizes the 2,900 plus Illinois schools participating in the School Breakfast Program (SBP) serving over 39,775,000 breakfasts annually. These schools have identified the established link between eating breakfast and academic success.

If your school is interested in starting a School Breakfast Program, visit www.isbe.net/nutrition for information on breakfast incentives, reimbursement rates, and more!

bulletin board

All of the top achievers I know are life-long learners . . . looking for new skills, insights, and ideas. If they're not learning, they're not growing . . . not moving toward excellence.

—Denis Waitley

Nutrition Programs Announces 2007 Training Schedule

If you have been looking for new skills, insights and ideas related to your profession in school food service, read on! The Nutrition Programs Division of the Illinois State Board of Education is pleased to announce the school year 2007 training schedule for school food service and nutrition staff. These FREE workshops were planned with your needs in mind, covering current topics such as *Developing a School Food Safety Program*, school meals, administration updates, and more! Plan ahead to join your peers and participate in these beneficial opportunities today!

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Nutrition Program Training Schedule

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How to Register:

Preregistration is required for these trainings. You may register for these trainings on our website at www.isbe.net/nutrition. Please plan on spending the day. Complimentary lunch will be provided.

School-Based Child Nutrition Administrative Workshops—June 2007

School food authorities (SFAs) are required to have a food safety program based on Hazard Analysis and Critical Control Point (HACCP) principals for the preparation and service of school meals served to children. To assist districts in this effort, this year's Administrative Workshops (for school food employees who participate in the National School Lunch and/or Breakfast Programs) will be provided by the National Food Service Management Institute (NFSMI) and focus on Developing a Food Safety Program. A complimentary lunch will be provided. Space is limited so please register only one representative from your school food authority. Ideally that individual will share the information with other food service staff in their district. Registration begins at 8 a.m. and the workshop ends at 4:30 p.m. The following lists the scheduled dates and locations of the seven workshops.

<u>Date</u>	<u>Location</u>
Wednesday, June 6	Carbondale, Civic Center
Thursday, June 7	Fairview Heights, 4 Points Sheraton
Tuesday, June 12	Springfield, The Route 66 Hotel and Conference Center
Wednesday, June 13	Decatur, Decatur Conference Center & Hotel
Thursday, June 14	Peoria, Holiday Inn City Center
Wednesday, June 27	Rockford, Clocktower Resort and Conference Center
Thursday, June 28	Oak Lawn, The Hilton

Basic Training—August Through October 2007

Perhaps you are new to the school-based Child Nutrition Programs or maybe you have worked with the programs for years, but have not heard the latest regulatory updates. If either applies to you, please plan to attend one of these informative workshops this Fall! This workshop serves as an excellent overview of the latest program regulations for anyone with

responsibilities of processing household applications, completing the verification process, submitting annual applications and required reports, planning menus, ordering commodities, and much more. A Basic Training Manual along with a complimentary lunch will be provided. Registration begins at 8 a.m. and the workshop ends at 4 p.m. Preregistration is required and will soon be available online at www.isbe.net/nutrition.

Other Training Opportunities Scheduled in 2007

Watch our division website at www.isbe.net/nutrition and future *The Outlook* newsletters for details and announcements regarding professional development opportunities. For further training opportunities, check the following websites and remember to bookmark them.

- Illinois Nutrition Education and Training Program, Illinois Schools Can! Workshops, (February and March). Visit www.kidseatwell.org for further information
- Illinois School Nutrition Association's Conference, Oak Brook Drury Lane, June 19–21, 2007. Visit www.ilsna.net for further information.
- School Nutrition Association's Annual National Conference, July 15–18, 2007. Visit www.schoolnutrition.org to register.

Important Dates

March—National Nutrition Month®
100% Fat Free
National School Breakfast Week,
March 5–9,
A World of School Breakfasts



Summer Food Service Program Training Workshops—To register for one of the Summer Food Service Program training workshops listed below, visit <http://www.isbe.net/nutrition/htmls/workshops.htm>.

- March 1 Carterville
- March 6 Decatur
- March 8 Fairview Heights
- March 14 Alsip
- March 27 Galesburg
- April 3 Rockford
- May 22 Springfield

Administration

Civil Rights Compliance Reviews

Have you ever been through a civil rights compliance review? The purpose of a compliance review is to determine if the applicant or recipient of Federal financial assistance is in compliance with civil rights requirements. These reviews do not occur very often, however, we want you to be prepared should you ever have one.

There are three types of compliance reviews:

1. Pre-award or pre-approval review—takes place before the Site Application is approved for program operation.
2. has been authorized to receive federal financial assistance. This review may be done as a routine part of the program compliance review or as a special in-depth review.
3. Special compliance review—scheduled or unscheduled review conducted for any of the following reasons: follow-up on previous noncompliance findings, statistical data indicates a particular group is not participating in or benefiting from the program, reports of noncompliance, and/or systemic complaints of discrimination.

The following are items checked during a compliance review:

- Whether potential eligible persons and households have an equal opportunity to participate in the program.
- Whether race and ethnicity data are collected and maintained for 3 years plus the current year.
- Whether cafeterias are displaying the USDA nondiscrimination *And Justice for All* poster in a prominent location.
- Whether the nondiscrimination statement is included on all printed USDA program materials distributed to the public and on websites.
- Whether civil rights complaints are being handled in accordance with procedures.
- Whether the local agency or other sub-recipient has conducted civil rights training for its staff.

Compliance reviews are an important component of the Food and Nutrition Service (FNS)

evaluation review process which is necessary to determine that programs are being administered in compliance.



Giving Feet to Their Wellness Policy at New Berlin

In its second year, the *Feelin' Good Mileage Club* at New Berlin Elementary, with an enrollment of 286 PreK-3rd graders, attracts students to eagerly lace up their walking shoes and hit a quarter mile all-weather track daily. Students keep a mileage card and as they round out each new mile, they are given a Toe Token™. After ten miles they are rewarded with a distinctive colored foot indicating they have hit the ten-mile marker.



Students are not the only ones to enjoy walks during their lunch hour and afternoon recess. Many teachers join in

for the benefits as well. Students walk everyday during their lunch hour and every other day for 30 minutes on days they do not have physical education class. This school year alone, over 45 students (16 percent) have crossed the 20-mile marker and another 17 students (6 percent) have passed the 30-mile marker and are still going. One student tops the list, walking 50 miles.

Schools, such as New Berlin Elementary School, across Illinois are developing walking and fitness clubs, creating resource centers, holding health and fitness fairs, scheduling field days, providing healthful food choices as snacks, initiating cooking programs with students, implementing breakfast programs, and more. Many healthy changes are taking place across Illinois as a result of local wellness policies and through the hard work and dedication of groups like the Pretzel PTA in New Berlin who has been a significant partner in helping this program succeed.

We would like to know what you are doing. If your school has implemented a new program as a result of your school wellness policy, let us know so we can share your success story. Please send your ideas to cnp@isbe.net. Photos are welcome.

Claim Common Cents



Funding & Disbursement Services Division
Phone: 217/782-5256
Fax: 217/782-3910

Claim Analysis Information

You may access the Claim Analysis (which shows total meals claimed for the month along with payment information) after any sponsor claim is in 'processed' status. "Processed status" means the claim has been vouchered for payment.

The Claim Analysis information can be accessed two ways:

OPTION 1. From the Child Nutrition-ACES (Application and Claim Entry System) Main Menu, click on the third bullet item, *Claim Analysis* and follow the prompts (Program Year, Program Type, Agreement Number, and Claim Month.)

OR

OPTION 2. From the Child Nutrition ACES Main Menu, click on the first bullet item, *Applications and Claims*, and enter "Claim" for *Search Type*, "NSL" for *Program Type*, *Year* and *Month*. Then, under *Select a Link*, click on "Claim Analysis"

You may print the Claim Analysis and keep for your files. If you have any claim questions, please contact Carol Curto or Gladys Rothenberg in Funding & Disbursements at 217/782-5256.

Food Distribution

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 and the amount received

from the Department of Defense (DoD) Fresh Fruit and Vegetable Program.

The needed information for commodities is easy to locate, and we suggest this information be given to the school bookkeeper by the end of each school year. The information is available on the Monthly Commodity Bulletin for April, which is located on the Illinois Commodity System (ICS) website (isbe.net/business.htm) under *Reports*, select *Bulletin Report*.

In the *Contract Summary for School Year 2007* section, the value of commodities allocated for that year will be the total of the amounts shown as *A PAL (Planned Assistance Level) Allocated*, *B PAL Allocated*, *Processing Deductions*, and *Value of Bonus Commodities*. If you received DoD fresh fruits and vegetables, you will need to include that value as well. You need to calculate this from your DoD invoices.

We ask that schools provide this information to auditors when requested.

Storage of Commodities Over Summer Break

Illinois State Board of Education (ISBE) policy does not allow "over summer" storage of prior year commodities at the Lanter warehouse. For example, we are currently in school year 2007; at the end of the 2007 school year, we will not allow school year (SY) 2006 commodities to be held in the warehouse. This policy is an attempt to reduce/eliminate out-of-date commodities being shipped in the subsequent school year. If you have 2006 commodities you know you will not use, please contact the Food Distribution Program as soon as possible so we can unallocate these items from you and allocate them to schools that can use them before the expiration date. You can find what 2006 commodities you have been allocated by looking at your most recent Monthly Commodity Bulletin on the Illinois Commodity System.

Again, we need to hear from you quickly. If we do not receive notice to unallocate commodities, we will deliver these commodities to schools with the April 2007 delivery unless you have taken delivery prior to then. We also request that if you are going to hold any 2007 items over the summer break, you take delivery of those items within the first two delivery periods in SY2008. Please contact the Food

Distribution Program soon so we can avoid unwanted commodities being delivered to your school. For assistance, call Food Distribution Program staff at 800/545-7892 or email jflentje@isbe.net.

Department of Defense Fresh Fruit and Vegetable Program

For the current school year, the Department of Defense allowed participation in the program to all schools that requested to participate subject to a \$500 allocation floor. The Illinois State Board of Education allocated the money we could spend with DoD amongst all schools that selected yes under *Fresh Fruits and Vegetables Participation* on the *Annual Order Forms* menu option on the Illinois Commodity System. Recent reports from DoD indicate many schools that have money allocated to them have yet to place any orders for fresh fruits or vegetables. Schools can see how much money has been allocated to them by selecting *Fresh Fruits and Vegetables Participation* on the *Annual Order Forms* menu option on ICS. **Those schools that have not spent any of the money allocated to them are advised to contact DoD at 800/795-3544 to begin placing orders.**

Food Service and Nutrition

New Games and Activities Available in the Nutrition Education Loan Library!

In a continuous effort to update and keep the Nutrition Education Loan Library holdings current, we are pleased to announce these new additions. Consider checking out one or more to enhance your food and nutrition services, especially during March which is National Nutrition Month®.

Color Me Healthy—*Color Me Healthy* is a nutrition and physical activity program for children ages four and five. It is designed to stimulate all the senses of young children: touch, smell, sight, sound, and, of course, taste. Components of *Color Me Healthy* include a teacher's guide, reproducible parent newsletters, three posters, four sets of picture cards, hand stamps, and original music (tape and CD).

MyPyramid Pursuit—*MyPyramid Pursuit* is a fun and energetic game to learn and review the USDA's MyPyramid and good nutrition.

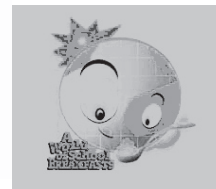
MyPyramid pocket chart and card set—This 41" x 40" MyPyramid pocket chart makes teaching healthy eating habits fun! This is a visual guide to a balanced diet and includes 95 real photographic food and word cards that can be put into the pocket corresponding to the correct food group. Great for classroom activities or for health fairs!

Wheel-O-Health—*The Wheel-O-Health* is a spin wheel with a variety of physical activities to engage children in. Some of the activities on the wheel include lunges, jumping jacks, march in place, and arm curls. This item would be great for health fairs, gym classes, or just getting the kids up and moving.

The OrganWise Guys MyPyramid Pack—This pack includes a MyPyramid puzzle and four activity books. The activity books include *MyPyramid Activities*, *Poetry in Motion*, *An Active Role Model*, and *A Family Meal Plan*.

To take a look at these new items and more, visit www.kidseatwell.org and click on the Search Loan Library for School and Childcare Resources link. You can order up to five items at a time directly from the website.

Breakfast Bulletin Board Ideas Available Online



With National School Breakfast Week this month, March 5–9, have you been looking for bulletin board ideas centering on breakfast? If so, then stop looking and access USDA Team Nutrition's website (http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1) for free graphics and bulletin board ideas, posters, and healthy breakfast suggestions. Or plan to use these useful resources next September during All American Breakfast Month, or in November during Illinois School Breakfast Week, November 11–17, 2007.

Click on *Resource Library*, under *Browse by Subject*. The *Bulletin Board Resources* is located under *Spotlight*. Bookmark this useful website for other bulletin board resources as well covering calcium and bone health,

food safety, fruits and vegetables, general nutrition, MyPyramid, oral health, physical activity, etc.

Twelve Reasons to Join the School Nutrition Association/ Illinois School Nutrition Association



Here are a dozen reasons to become a member in the School Nutrition Association (SNA) and the Illinois School Nutrition Association (ILSNA).

12. www.schoolnutrition.org—Your national child nutrition eSource,
11. www.ilsna.net—Your state affiliation eSource
10. Financial aid opportunities through the School Foodservice Foundation
9. School Nutrition Association Certification/School Nutrition Specialists (SNS) credentialing programs
8. Nine issues of the *School Foodservice & Nutrition Journal* (\$75 value)
7. Quarterly issues of ILSNA's Newsgram
6. Member rates on convention registration and meetings
5. School Nutrition Association's Emporium marketplace rates
4. Educational opportunities and voting rights
3. Legislative/regulatory representation/public advocacy—Tuesday morning at www.schoolnutrition.org
2. Networking opportunities. Have questions and need an answer? Call another ILSNA/SNA member to help you. Meet your peers in the field, share your ideas that work; and talk with other managers, directors, supervisors, and staff
1. Increase the value and effectiveness of yourself and the foodservice program

Investing in SNA and ILSNA makes sense. So what are you waiting for? Complete an application today online at www.ilsna.net or email the state membership chair, Toni Kunkel at tkunkel@rtsd26.org for further information.

Name Change to School Nutrition Association's Credential



Effective October 2006, the School Nutrition Association (SNA) has changed the name for its credentialing program to School Nutrition Specialist (SNS). This easier to remember name replaces School Foodservice and Nutrition Specialist, SFNS. Currently, 20 persons have received this credential in Illinois. For further information, contact SNA at <http://www.schoolnutrition.org/Credentialing.aspx?id=1021>.

Grants, Awards, and Honors

3-A-Day-of-Dairy Nutrition Education Grant Due April 6

America's low calcium intake is recognized as a major public health problem. To address this concern, The National Dairy Council will award grants of \$5,000 for innovative nutrition education programs that empower youth to become advocates for healthy eating, including three daily servings of milk, cheese, or yogurt through its *3-A-Day of Dairy* nutrition education program. Applications must be postmarked by **April 6**, and winners will be announced on *May 11*. Depending on your location, contact either the St. Louis District Dairy Council or the Midwest Dairy Council at the locations below to access submission guidelines and to download a sample application. Good luck!

St. Louis District Dairy Council
www.stldairycouncil.org
314/961-3100



Midwest Dairy Council
visit www.midwestdairy.com
800/642-3895



Training, Tips, and Tools

First 100 Volunteers Receive Half-Price Registration for School Nutrition Association's Conference July 15–18, 2007

Why You Should Attend the Annual National Conference 2007 Chicago

Each year, School Nutrition Association (SNA) brings together thousands of child nutrition professionals for its Annual National Conference (ANC). It is the largest and most substantive meeting of its kind in the nation for the child nutrition industry. ANC features over ninety quality education sessions; informative and entertaining speakers; educational program tracks that reflect the top concerns of school nutrition professionals; exhibits showing the very latest in food, supplies, and services; tours; special events and participation by individuals representing all school foodservice disciplines.

SNA invites you to register for the ANC before May 25, 2007, and receive a HALF-PRICE REGISTRATION if you sign up to be a volunteer Hospitality Staff Member. Not only will you get the chance to enjoy an amazing professional conference, but also you will learn, grow,

and exchange ideas with others committed to the healthful feeding of our children.

Registration Discount—To receive a 50 percent discount, you must sign up to volunteer a total of eight hours between July 15 and 18. The conference hosts are limited to 100 volunteers, so this will be on a first come, first served basis. Please contact Micheline Piekarski, Local Arrangements Chair for Chicago, at mpiekarski@oprfs.org or 708/434-3142 for registration information. A special form is required.

National Restaurant Association Show a Must for New Staff

Register Today!

What does the \$35 early registration fee buy you at the National Restaurant Association show at McCormick Place in Chicago on May 19–21? The fee will grant you access to over 2,000 exhibits and 60 free education sessions, International Cuisine Pavilion, kitchen innovations, design experts, the American Food Fair, natural and organic pavilion, frozen food pavilion, and more! School food service and nutrition staff new to the industry will benefit by attending this conference by comparison shopping, meeting suppliers, and researching new products and services. Register online at www.restaurant.org/show/index.cfm.

Find the Evidence Theme for Illinois Dietetic Association's Spring Assembly

The Illinois Dietetic Association's Spring Assembly is March 30–31, 2007, at the Chicago Marriott Hotel in Oak Brook, Illinois. Register online at <http://www.eatrightillinois.org/ContinuingEd/springassembly.asp>. The program covers whole grains, the importance of evidence-based practice, the Health Initiative Dietary Modifications, Fruits and Veggies: More Matters, Nutrition Education, and more!

Action for Healthy Kids Campaign for School Wellness New Field Reports

Action for Healthy Kids (AFHK) announces its series of new field reports as part of the *Campaign for School Wellness*. The *Campaign for School Wellness* is a multifaceted communications and outreach effort providing resources to schools on wellness.

The field reports listed below are available to download at www.ActionForHealthyKids.org.

- *Giving Kids the Voice of Authority: Engaging Students in the Fight Against Childhood Obesity*

- *Tapping Into the Power: Engaging Parents in the Fight Against Childhood Obesity*
- *From the Top Down: Engaging School Leaders in Creating a Healthier, More Physically Active School Environment*

Read the *A Mission Becomes a Mandate: Campaign for School Wellness* to learn more about the *Campaign for School Wellness*.

Download Free Portion Control Chart Basics at a Glance

The National Food Service Management Institute (NFSMI) has provided this useful chart to download as one or in parts at <http://www.nfsmi.org/Information/basicsindex.html>. Laminate it and post it in your kitchens in conspicuous areas for easy reference.

Fiscal Year 2006 Illinois School Meal Statistics

National School Lunch Program

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

School Breakfast Program Breakfast Program

Number Participating Schools	2,908
Number of Breakfasts Served Annually	39,775,340
Number of Free	32,585,314
Number of Reduced-price	2,224,268
Number of 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
Federal Reimbursements:	
School Breakfast Program	\$47,462,027
State Reimbursements:	
National School Lunch and Breakfast Programs	\$20,500,000

Commodities

School Entitlement Value of USDA Commodities	
SY05 for National School Lunch X .175 per meal	\$32,106,988.20

Expect Physical Activity Guidelines for Americans in 2008

As important as a healthy diet is, so is engaging in physical activity. Health and Human Services has announced that it will issue comprehensive Physical Activity Guidelines for Americans in 2008. This year, a Physical Activity Scientific Advisory Committee will convene to formulate recommendations for the Physical Activity Guidelines for Americans.



Plan to Take the HealthierUS Challenge

Calling All Elementary Team Nutrition Schools in Illinois

The United States Department of Agriculture (USDA) announced the HealthierUS Challenge in 2004 to recognize schools that are taking leadership roles in helping students learn to make healthy eating and active lifestyle choices. The HealthierUS Challenge

encourages schools to apply for recognition for achieving results in positive directions with quality meals, nutritious environments, promoting physical activity, and more! Visit <http://www.fns.usda.gov/tn/HealthierUS/index.html> for the application, recognition information, submittal procedures, and more!

Calendar of Events—APRIL

	Soy Foods Month
	Soft Pretzel Month
	Physical Wellness Month
	Complete the Meal Count Edit prior to submission of the Claim for Reimbursement
Mar 31–April 4	American Commodity Distribution Association Annual Conference—Orlando, Florida
3	Summer Food Service Program Workshop—Rockford
10	Submit Claims for Reimbursement
11	National D.A.R.E. Day
23–29	National Turn-Off TV Week
27	Arbor Day
30	International Walk Day



Illinois State Board of Education

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