

The OUTLOOK

Nutrition Programs

Illinois State Board of Education



bulletin board

Administration

Recess Before Lunch—What Are the Benefits?

Recess before lunch may not be practical for all grades, but elementary-aged students may gain the most benefit. The younger the student the less likely they are to listen to hunger cues. This means the elementary-aged students will be more concerned with the short-term reward of recess rather than the long-term benefit of a healthy, nutritious meal.



Having recess before lunch can provide many benefits. Below are some quick bullet points to consider.

Why recess before lunch?

- Recess burns off energy so students are calmer, more focused on food during lunch.
- Less plate waste means nutrient intake goes up.
- Combination of recess and a full, nutritious meal can give the benefit of a more focused student.
- Lunch after recess provides wind down time for students, which can lead to more instructional time.
- Cafeteria area may be quieter since students are calmer during meal period

February 2008 — The Outlook

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Important Dates



- March 2–5 Legislative Action Conference, Washington, D.C.
- March 3–7 National School Breakfast Week, Fuel Your Imagination (www.schoolnutrition.org)
- March 5 Summer Food Service Program (SFSP) New Sponsor and New Staff Training—Fairview Heights
- March 6 National School Lunch Program (NSLP) Seamless Summer Option Sponsor Training—Fairview Heights
- March 6 SFSP Current Sponsor Orientation—Fairview Heights
- March 19 SFSP New Sponsor and New Staff Training—Alsip
- March 25 SFSP New Sponsor and New Staff Training—Moline
- March 26 SFSP New Sponsor and New Staff Training—Morton
- March 27 NSLP Seamless Summer Option Sponsor Training—Morton
- March 27 SFSP Current Sponsor Orientation—Morton

Questions and Answers



1. Q. When can I provide the Household Eligibility Application to parents for next school year?

A. *The Household Eligibility Application should be sent to households of all school children before the beginning of the school year or as early as possible into the school year to so eligibility determinations may be made and free and reduced-price benefits are provided as soon as possible. However, the Household Eligibility Application should be sent out no earlier than four weeks prior to the first day of school.*

2. Q. Must the school food authority (SFA) provide lunches on field trips?

A. *Meals taken on a school-supervised field trip may be reimbursed if the school participates in the National School Lunch Program and the meals meet the meal pattern requirements and are served and consumed as part of a school-related function (not an extracurricular activity or event).*

3. Q. Must paper files be available for reviewers and auditors, or are electronic files sufficient?

A. *State and local program records can be kept electronically, in a paper format, or on microfilm. However, a paper copy of a given document must always be provided upon request.*

4. Q. Can a household reapply in the same school year if their benefits were either reduced or terminated (changed to paid) due to verification?

A. *Yes; however, if the household reapplies within the same school year, the household is required to submit income documentation or proof of participation in the Food Stamp Program or Temporary Assistance for Needy Families (TANF) at the time of reapplication. These are not considered new applications*

Summer Food Service Program

The Summer Food Service Program (SFSP) is designed to provide nutritious meals during summer months to children from areas where at least 50 percent are eligible



for free or reduced-priced meals during the school year through the National School Lunch and School Breakfast Programs. Does your area meet this criterion? If so, consider becoming a sponsor to help bridge the gap for children in your community. All sponsors will be required to submit the program application and monthly Claims for Reimbursement via the Internet.

Congress has expanded the simplified cost procedures nationwide which will reduce paperwork for sponsors and ensures all sponsors receive the maximum federal reimbursements.

If the responsibilities of sponsorship in the SFSP are not possible, you can still participate in the program by operating as a site under a different sponsor, being a vendor, or volunteering your time. Visit our website at <http://www.isbe.net/nutrition/htmls/summer.htm> to learn more about this vital program and how you can help.

The SFSP offers two types of training, *SFSP Sponsor Training* and *SFSP New Sponsor and New Staff Training*. The training sessions are designed to provide a complete overview of the SFSP including the Illinois State Board of Education's (ISBE's) Internet-based program application and claim system. Details of the expanded simplified cost procedures will be explained. All new sponsors are required to attend training before they can be approved to serve meals. Visit the *Training, Tips, and Tools* section of our website at www.isbe.net/nutriton for dates and locations.

For additional information, contact Amy Bianco at 800/545-7892 or email cnp@isbe.net.

What Are Health Inspectors Looking for When They Visit?

When a health inspector walks into a school's cafeteria, they make observations of possible food code violations. Many violations may be observed during an inspection; however, critical violations are the ones that deserve the most attention from you and your staff. Critical violations are violations "that, if in noncompliance, are more likely than other violations to contribute to food contamination, illness, or environmental health hazard."¹

Correction of non-critical violations are important to overall safety and sanitation, however it is the critical

violations that really cause the majority of food-borne illnesses. The Center for Disease Control (CDC) has identified five risk factors that contribute to food-borne outbreaks. These risk factors are:

1. Poor personal hygiene
2. Inadequate cooking
3. Improper holding temperatures
4. Unsafe food sources
5. Contaminated equipment

After your health inspection is complete and the inspector is long gone, correct the critical items first! Focus your efforts on changing your employees' behavior. You will find this to be time well spent.

If you need assistance providing training to your staff, you can always contact your local health department. The Illinois Department of Public Health will be sending all certified local health departments in Illinois the Food-Safe School Action Kit prepared by the National Coalition for Food-Safe Schools. This is a toolkit to help schools assess their food safety policies, procedures, and programs to develop plans for improvement.

Emphasis is placed on more than meals served in the cafeteria, including school-sponsored events, classroom potluck meals, field trips, bake sales, and athletic events. The kit features a video, DVD, and several print materials for presentations that offer customized recommendations on what teachers, nurses, families, administrators, foodservice personnel, and others can do to prevent food-borne illness outbreaks. Information regarding the Food-Safe Schools Action Guide may also be located online at www.foodsafeschools.org.

¹U.S. Department of Health and Human Services. 2005 Food code Washington: Public Health Service, Food and Drug Administration; 2005.

Claim Common Cent\$

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



Problems Viewing Claim Analysis?

Multiple sponsors have reported problems accessing the Claim Analysis from the *Select a Link* drop-down-box. Our technology department has been trying to fix the problems. In the meantime, if

you are having problems accessing your Claim Analysis from the *Select a Link* drop-down box on the sponsor claim search screen, there is another way to access the report. You can click on *Claim Analysis* from the Main Menu when you access the Child Nutrition Application and Claim Entry System (ACES). Claim Analysis is the third bullet on the list. Just follow the prompts from that point and it will take you to your Claim Analysis.

If you have questions or problems accessing the Claim Analysis, please contact Carol Curto or Gladys Rothenberg in Funding & Disbursements at 217/782-5256.

Food Distribution

Delivery Period Reminder



After your March delivery, there will only be one more delivery in the current school year. Also remember, there will be no over-summer holding of commodities and all school year (SY) 2007 commodities will be delivered during this delivery period.

Update Your Illinois Commodity System Site Information

In recent weeks, we needed to contact all schools and discovered we do not have current information for many schools. Keeping this information accurate helps us greatly when we need to notify schools about food safety issues or recalls.

We ask that you log on to Illinois Commodity System (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, please verify the contact information is accurate and include any information which may be missing, like email address.

Commodity Values for Auditors

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

including the information regarding USDA commodities.

The needed information is very easy to locate, and we suggest this 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 ICS website under *Reports*, then select *Bulletin Report*.

In the *Contract Summary for School Year 2008* 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 *Total Bonus Deductions*. For your convenience, this total is on the bulletin as well; *Total PAL Deductions + Total Bonus Deductions*. 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 ask that the schools provide this information to the auditors when requested.

Food Service and Nutrition

School Nutrition Dietary Assessment III Update

The USDA recently released the School Nutrition Dietary Assessment III (SNDA-III), a national study that found slight improvements in the quality of meals served in the National School Lunch Program (NSLP)—including a notable increase in the percentage of schools meeting standards for saturated fat.

By law, all national school meals must comply with the 2005 Dietary Guidelines for Americans. To reach this challenging but crucial goal, USDA is working with schools to reduce saturated fat and sodium, and increase fiber, fruits and vegetables, whole grains, and fat-free or low-fat milk in school meals. These improvements will address findings that only six to seven percent of schools meet all nutrition standards. Please review the additional article titled “Incorporating Dietary Guidelines in School Meals” in this issue of *The Outlook* on the recently released guidance from USDA on these issues.

The Food and Nutrition Service (FNS) of USDA sponsored the SNDA-III study to provide up-to-date information on the school meal programs, the school

environment that affects the programs, the nutrient content of school meals, and the contributions of school meals to students’ diets.

Based on the SNDA-III, below are a few key findings:

In SY2004–2005, the NSLP lunches offered and served by most schools met USDA goals for target nutrients over a typical week and were lower in saturated fat than meals offered and served in SY1998–1999.

- Over 85 percent of schools offered lunches that met the USDA standard for each of the key target nutrients—protein, vitamin A, vitamin C, calcium, and iron. Taking students’ selection patterns into account, more than 70 percent of schools served lunches that met the USDA standards for each nutrient.
- Less than one-third of public schools offered and served school lunches that met the USDA standards for total fat (no more than 30 percent of calories) or saturated fat (less than 10 percent of calories).
- The percentage of schools serving lunches meeting the USDA standard for saturated fat doubled over this time period—from 15 to 34 percent in elementary schools and from 13 to 26 percent in secondary schools.
- Only 5.7 percent of all schools met all School Meal Initiative (SMI) standards based on unweighted data, and only 7.3 percent of all schools met the SMI standards based on weighted data. In Illinois, schools are evaluated using the weighted data method.
- At the high school level, 77 percent are not serving lunches that meet the calorie SMI standards for that age/grade group.
- When looking at the benchmarks for fiber, cholesterol, and sodium, 80–90 percent met for fiber, 96–99 percent met for cholesterol, but less than 1 percent met for sodium.

In SY2004–2005, most schools offered and served School Breakfast Program (SBP) breakfasts that met the USDA standards.

More than two-thirds of schools offered and served school breakfasts that met each of the following USDA standards: protein, vitamin A, vitamin C, calcium, iron, total fat, and saturated fat.

Foods sold in competition with the USDA school meals were widely available on campus, particularly in secondary schools.

- The most common sources of competitive foods were a la carte sales in the cafeteria, fundraisers, and vending machines.
- Roughly one-third of elementary schools and close to two-thirds of middle and high schools had foods or beverages other than milk for sale a la carte during lunch.
- Vending machines were available in 17 percent of elementary schools, 82 percent of middle schools, and 97 percent of high schools.

NSLP participants consumed more nutrients at lunch than nonparticipants. The average lunches consumed by NSLP participants at all school levels provided significantly greater amounts of the following nutrients—protein, vitamin A, vitamin B12, riboflavin, calcium, phosphorus, and potassium. This difference is, in large part, attributable to the fact that NSLP participants were four times as likely as nonparticipants to consume milk at lunch.

For the full report, as well as additional information on SNDA-III, please visit the USDA's website at <http://www.fns.usda.gov/oane/menu/Published/CNP/cnp.htm>.

Incorporating Dietary Guidelines in School Meals

The *Dietary Guidelines for Americans* (DGAs) are published every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture. The most recent version of the Dietary Guidelines were released in 2005 and are focused on encouraging people to take in fewer calories, be more active, and making wise food choices.

Following the release of the DGAs, the USDA began working with nutrition professionals and program administrators on ways schools can implement the DGAs into their meals. As a result of this process the USDA has contracted with the Institute of Medicine (IOM) to provide formal recommendations that will then be used by the USDA to propose rule changes based on the IOM recommendations.

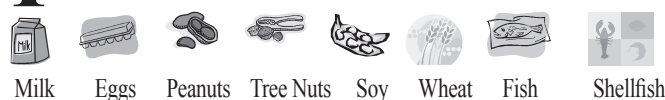
The expected release of the IOM recommendations is 18 to 24 months. During this time the USDA is

encouraging all school food authorities (SFAs) begin implementing the DGAs in their current meals. Specifically SFAs are encouraged to increase intake of whole grains, provide more fresh fruits and vegetables, increase fiber intake, and use 1% or fat-free milk for all meal programs. SFAs are also being asked to limit or reduce intakes of nutrients such as sodium, cholesterol, and trans fats. SFAs that make small changes now will quickly adapt to future rule changes regarding nutrient standards for the various meal programs.

For more details on the DGAs, please visit <http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>.

When Healthy Food Becomes a Risk

The eight most common food allergens are:



If it seems like you have more students every year with food allergies or sensitivities, it is not your imagination. Studies show most Child Nutrition Programs have at least one, if not several, food-allergic children. More children are diagnosed each year with food allergies, many life threatening. Specialist cannot agree if the number is really on the increase or if our medical testing is becoming more advanced and accurate. Whichever the case, more children with allergies are entering schools, lunchrooms, day care centers, and homes.

The severity of a reaction a child may have can vary from a rash to a severe anaphylactic reaction. The best advice is to know your children and their restrictions. Good communication among the caregivers, classroom teachers, food service personnel, school nurses, and families is vital.

Prevention is the best method of protecting students with food allergies. There should be an emergency response plan in place for each individual case. Not only do all child nutrition staff and teachers need to know what should be avoided in the child's diet but also the signs of a reaction. Responding quickly and knowing what to do could be the difference in saving the life of a child.

For more information on accommodating children with special dietary needs, visit our website at http://www.isbe.net/nutrition/pdf/special_dietary.pdf or contact our office at cnp@isbe.net or 800-545-7892.

Grants, Awards, and Honors

Wellness Policy Funding Opportunity

The U.S. Potato Board (USPB) and the School Nutrition Foundation (SNF) are co-sponsoring the first-ever School Wellness Grant Program. They will be awarding ten grants in the amount of \$2500 each to qualified school districts. The grant can be used for:



- Purchase of foodservice equipment for the healthful preparation of fresh or processed potatoes
- Physical activity equipment
- Development or execution of nutrition or physical activity, educational programs, or curriculums

Who can apply? School administrators, foodservice staff, teachers, and parents are eligible to apply on behalf of their schools. The deadline to apply is April 15, 2008. For additional information regarding this grant and access to the online application, visit http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Tools_You_Can_Use/Grant_Application.doc.

Training, Tips, and Tools

Upcoming Workshops and Conferences

The Illinois State Board of Education (ISBE) is offering several different workshops and conferences this year. The topics range from food safety to implementing healthy meals to a brand new conference on wellness and more! Visit our website at <http://www.isbe.net/nutrition/htmls/workshops.htm> for more details and to pre-register (required) for any and all workshops you are interested in.

The School Food Safety Plan, the Process Approach to Hazard Analysis and Critical Control Point Principles—This half-day workshop helps schools learn the requirements of their food safety plan and how to implement it.

June 11	Rockford
June 24	Effingham
June 26	Fairview Heights
July 10	Lombard
August 27	Springfield
September 17	Galesburg

Healthy Meals, Healthy Students—Implementing the 2005 Dietary Guidelines at Your School—This new half-day workshop is designed to help schools plan menus that are more in line with the recommendations of the 2005 Dietary Guidelines, Healthier US Challenge, and current research.

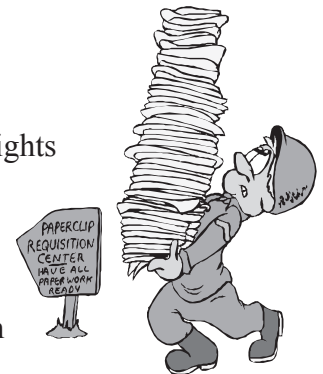
June 26	Fairview Heights
July 10	Lombard
Aug 27	Springfield

Seamless Summer Sponsor Training—The Seamless Summer Option is available to participants in the National School Lunch Program who want to continue feeding children in the school and community during the summer months. Topics include the basics of menu planning, completing the application process, and outreach.

March 6	Fairview Heights
March 27	Morton
April 4	Marion
April 10	Schaumburg

Basic Training—Basic Training workshops are great for all new staff that works with household applications, reports, and/or meal preparation and service. We also encourage seasoned employees who would like a refresher course to attend.

July 16	Schaumburg
July 17	Tinley Park
July 30	Effingham
July 31	Fairview Heights
August 6	Oak Lawn
August 7	Bolingbrook
August 13	Galesburg
August 14	Bloomington
September 4	Springfield



Other Workshops

Accommodating Special Diets in the School Nutrition Programs—A one and a half-day conference sponsored by the USDA FNS Midwest Regional Office and State Agencies administering USDA School Nutrition Programs. The conference will be **July 8 and 9** in Chicago and feature local and national level expert speakers and showcase best

practices and challenges in accommodating children with special dietary needs. There is no registration fee. Space is extremely limited and will be filled on a first come first served basis. Contact Roxanne Ramage at ISBE at 800-545-7892 to register. Please, only one person from each district.

Wellness Conference—This exciting new conference is focused on overall school wellness. The day will be filled with wonderful presenters speaking on physical education, curriculums, and wellness along with exhibits and a closing motivational speaker. The conference is scheduled for **May 6** in Decatur, there is a \$25 registration, and lunch and snacks will be provided. Check our website for additional information and registration information.

Illinois School Nutrition Association (ILSNA) Annual Conference—ILSNA will hold their annual conference in Moline **June 17–19**. Watch for upcoming information at www.isfsa.net.

School Nutrition Association (SNA) Annual Conference—SNA will hold their annual conference in Philadelphia, Pennsylvania **July 20–23**. Check SNA's website (<http://docs.schoolnutrition.org/meetingsandevents/anc2008/>) for details.



MyPyramid Library Resources

MyPyramid replaced the Food Guide Pyramid in 2005 to incorporate the recommendation of the 2005 Dietary Guidelines for Americans. The MyPyramid symbol was developed to encourage consumers to make healthier food choices and to be active every day. Below are several items available through the Nutrition Education Loan Library that utilize and/or incorporate MyPyramid.

Roxy's Eat Right Games—Join Roxy and her friends are on a quest to gather five fruits and vegetables in the game, *5-A-Day*. Also included are the games *Build-A-Meal* where children can learn to make a balanced meal, and two bonus games *Snack Attack* and *Duel*. These games provide exciting ways to learn about MyPyramid, the food groups, healthy eating, and calories, vitamins, and junk food.

MyPyramid Pursuit—*MyPyramid Pursuit* is a fun and energetic game to learn and review the USDA's MyPyramid and good nutrition. The objectives of this game are to get children to think about food and nutrition, and to introduce them to the USDA's MyPyramid.

Smart Nutrition Bingo—*Smart Nutrition Bingo* is for 1–24 players ages 8 to adult and utilizes an interactive and informative way to educate about healthy nutrition and MyPyramid. Repetition of information on the letter call cards helps the participants to completely absorb the wealth of information provided with this educational and fun bingo game.

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*. This pack makes for great lessons on nutrition and physical activities for children.

Arianna's Nutrition Expedition—Adrianna is exploring the world of nutrition and MyPyramid is one of her favorite places to explore. Materials include *Adrianna's Nutrition Expedition* poster, reproducible handouts, overhead transparencies, and an interactive CD. This is a fun and new age way to learn about nutrition, MyPyramid, and physical activity.

Recall

The U.S. Department of Agriculture (USDA) recently changed the hold status on Westland Meat Company products to a **RECALL**. The recall covers two commodity products, A608 Fine Ground Beef and A594 Coarse Ground Beef. We are advising all schools of this recall.

For more information regarding this recall, please reference the Illinois State Board of Education website at <http://www.isbe.net/nutrition/default.htm>.

For a question and answer document issued by the USDA, please reference their website at <http://www.usda.gov/wps/portal/usdahome>.

If you have any questions relating to this **RECALL**, please call Food Distribution staff of the Illinois State Board of Education at 800-545-7892.

**PLEASE
SHARE THIS
NEWSLETTER
WITH . . .**

- . . . your administrator
- . . . your food service staff
- . . . your educators
- . . . your local wellness policy committee



CALENDAR OF EVENTS —MARCH

- Soy Foods Month
- Soft Pretzel Month
- Physical Wellness Month
- 2 SFSP Current Sponsor Orientation—Marion
- 3 NSLP Seamless Summer Option Sponsor Training—Marion
- 5–8 American Commodity Distribution Association Annual National Conference—Kansas City, Missouri (<http://www.commodityfoods.org/>)
- 9 SFSP New Sponsor and New Staff Training—Schaumburg
- 10 NSLP Seamless Summer Option Sponsor Training—Schaumburg
- 10 NSLP Current Sponsor Orientation—Schaumburg
- 20 Absolutely Incredible Kids Day!



Illinois State Board of Education

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