The OUTLOOK
Nutrition Programs
Illinois State Board of Education

bulletin board

National Child Nutrition Employee Appreciation Week—May 7–11

CHILD NUTRITION EMPLOYEE APPRECIATION WEEK OFFICIAL PROCLAMATION

WHEREAS	nutritious meals at school are an essential part of the school day; and
WHEREAS	the staff of the Illinois district's school meals and nutrition departments are committed to providing healthful, nutritious meals to the District's children; and
WHEREAS	the men and women who prepare and serve school meals help nurture our children through their daily interaction and support; and
WHEREAS	the week of May 7–11, 2007, is Child Nutrition Employee Appreciation Week;
NOW THEREFORE	be it resolved that the Nutrition Programs Division of the Illinois State Board of Education expresses its deep appreciation to these valuable employees and commends their good work on behalf of children.

School Wellness Policy Task Force Update

The Illinois School Wellness Policy Task Force continues its work as required by legislation on the review of local district wellness polices. Several districts were randomly selected and task force members are currently conducting interviews at those schools. A report that summarizes the findings on local wellness policies is due to the Governor and General Assembly no later than January 1, 2008. In addition, the task force report on statewide nutrition standards was submitted to the Governor and General Assembly in January 2007 and is currently available online at http://www.isbe.net/nutrition/pdf/nutrition_standards.pdf. Please contact the Nutrition Programs Division of the Illinois State Board of Education (ISBE) at 800/545-7892 or via email at cnp@isbe.net with any questions regarding the Illinois School Wellness Policy Task Force and their work.

Important Dates

- *3-A-Day of Dairy Grant* Due April 6
- Illinois HealthierUS School Challenge grant application due April 13
- Deadline for School Nutrition Association (SNA) scholarship applications is April 15 (Refer to http://www.schoolnutrition.org/Index.aspx?id=1043 for further information)
- National Child Nutrition Employee Appreciation Week is May 7–11

April 2007 Outlook

In this issue . . . .

School Nutrition Association's 2007 Legislative Agenda

The School Nutrition Association wrapped up their Legislative Action Conference 2007 in early March. SNA addressed the following four issues during the conference and during Capitol Hill visits.

Nutrition Standards. SNA urges Congress to require a uniform national standard to govern the sale of all foods sold or made available on the school campus during the school day.

Funding of the Reduced-Price School Meal Pilot. SNA urges Congress to provide $23 millions over three years to carry out the reduced price school meal pilot.

School Breakfast Commodities. SNA urges that 10¢ be provided in USDA commodities for each school **breakfast** served**.**

Fresh Fruit and Vegetable Program. SNA supports expanding the Fresh Fruit and Vegetable Program.

To read more about the 2007 SNA Legislative Issue Paper, visit http://capwiz.com/asfsa/home/ and click on *2007 SNA Legislative Issue Paper.*

Administration

Barriers to Implementing Breakfast Survey Results

Funding Identified as Biggest Need

In compliance with Public Act 94-0981, ISBE, Nutrition Programs conducted an electronic survey designed to document barriers to establishing the School Breakfast Program (SBP) and to identify parental interest in the SBP. As indicated in the November 2006 issue of *The Outlook*, we are now providing the results of this survey below.

School Staff Results

Eighty respondents representing 43 Illinois counties completed the survey. Of these respondents, 85 percent presently operate a SBP. The majority of the respondents were administrators (71 percent), followed by food service staff or food service directors (18 percent).

Fifty-six percent agreed strongly that a SBP provided benefits, i.e. students who receive school breakfast may not eat at home; students perform better in classroom activities, on standardized tests, and retain more information.

Funding was the top response for types of assistance needed to implement a SBP. Pricing, what other schools are doing related to school breakfast, financial management and marketing of the SBP, and finally food preparation followed closely after funding. (Range of 25 percent to 18 percent, respectively.)

School staff ranked the barriers to implementing a SBP as follows in order of most difficult to least difficult to overcome.

- Limited school funds
- Bus schedules
- Requires additional staff
- School schedule
- Lack of time before the start of the school day
- Perception that only low-income students eat school breakfast
- Too many state/federal guidelines to follow
- Lack of parental support
- Not enough students to use the program
- Lack of space and facilities

Parent Survey Results

Thirty-one respondents representing 12 Illinois counties, indicated 84 percent have a child(ren) in a school operating a SBP. Of the 31 surveys, 25 percent indicated a child never eats at school because he/she does not like the food. All respondents who indicated their school did not operate a SBP indicated they would like their school to implement the SBP. Fifty-seven percent of this group indicated their child would eat school breakfast everyday if it was offered.

To view the entire survey, visit our website at www.isbe.net/nutrition. Under *What's New*, click on *Annual Report on School Breakfast Incentives*.

Claim Common Cents

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

Claim Completeness

Please review your site claim to ensure all programs for which each site is approved are on the claim. If claim fields are missing for programs you think the site is approved for, check your Site Application to be sure they are approved for that program and update the Site Application if necessary. If the application shows the site is approved and claim fields are not showing, you need to contact our office. Be sure to complete each field showing on the site claim. If the site does not participate in a program for which claim

fields are showing, update the Site Application to remove the site from that program. The Site Application should be an accurate picture of what programs/meal services the site actually participates in.

If you have any claim questions please contact Carol Curto or Gladys Rothenberg in Funding & Disbursements at 217/782-5256.

Food Distribution

Department of Defense Fresh Fruit and Vegetable Program—Unused Funds

For the current school year, the Department of Defense (DoD) allowed participation in the program to all schools that requested to participate subject to a $500 allocation floor. ISBE 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 (ICS). 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 was allocated to them by selecting *Fresh Fruits and Vegetables Participation* on the *Annual Order Forms* menu option on the 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 or risk having the money used by other schools participating in the program. Unused funds will be available for use by other schools participating in the program beginning April 1, 2007.

Print and Save Your April Bulletin Report

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 Fresh Fruit and Vegetable Program.

The needed information for commodities is easy to locate. 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 website under Reports, then 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 the schools provide this information to auditors when requested.

New USDA *Food and Commodity Connection* Website

The USDA, Agriculture Marketing Service hosts a website titled the USDA Food and Commodity Connection whose audience is schools, institutional food groups, and companies that supply them. The Food Commodity Connection's mission statement reads

> *To provide a communication and information source for schools, other procurement groups, and the companies that supply them. To maximize the exposure of services provided by the United States Department of Agriculture (USDA) to its customers, and to maximize USDA's customer participation.*

Visit the new USDA Food and Commodity Connection at http://www.foodconnect.usda.gov/fcc/index.aspx.

Food Service and Nutrition

Focus on Fiber Needs

Are children and adults in America eating enough fiber? How can we improve our dietary fiber consumption and why should we even try?

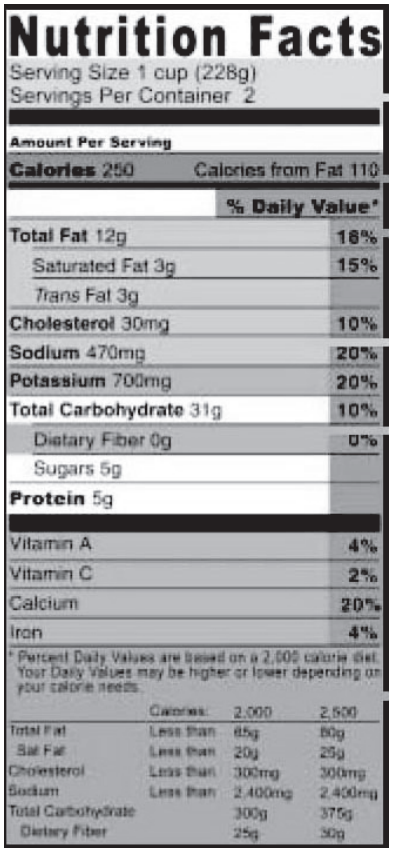
Why do we need to consume fiber-rich foods? To improve the health of the digestive system and to lower cholesterol (soluble fiber) and fills us up. Dietary fiber is plant material that our body cannot digest, but is important for normal bowel function. One advantage of eating fiber-rich foods is that these foods usually contribute other important minerals and vitamins. The two classifications of fiber are soluble and insoluble. Fruits, vegetables, whole-grain and fortified foods, whole grain cereals, beans and legumes are good sources of both soluble and insoluble dietary fiber. Soluble fiber includes oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries, and apple pulp. Insoluble fiber includes whole-wheat breads, wheat cereals, wheat bran, rye, rice, most other grains, cabbage,

beets, carrots, brussels sprouts, turnips, cauliflower, and apple skin.

What are our needs? For children, one formula is to take the child's age and add five. For example, an 11-year old would need 16 grams a day (age 11 + 5). This formula applies to children through the age of 15. For persons over age 15, most organizations recommend adults get 25 to 30 grams a day. Presently we get on average, 15 grams. Another formula is to consume 14 grams of fiber per 1,000 calories, daily.

Is it possible for us to increase our fiber intake? Certainly! Fortunately, food manufacturers continue to develop and offer higher-fiber food formulations to the public. Cereal manufacturers are providing whole wheat in their cereals. Grocery stores offer new and different fruits and vegetables. Remember to add variety in your fiber food choices to maximize your fiber intake. To increase fiber in your diet, consider the following practices:

- Choose fiber-rich snack choices, i.e. nuts, fresh fruits and veggies, whole-grains.
- Add nuts, bran, dried fruit, and wheat germ to cereals and baked goods.
- In baked products, use whole wheat flour. Begin by using 25 percent, and gradually increasing the ratio of whole wheat to white flour. Add wheat germ, bran, or bulgur to baked cooks.
- Become a label reader! Read the Nutrition Facts label.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Dietary fiber, in grams, is listed under *Total Carbohydrates* on the Nutrition Facts label. Read labels carefully. High-fiber foods contain 5 grams or more of fiber per serving. Good sources of fiber are foods that provide 2.5 to 4.9 grams per serving. When reading the Nutrition Facts label, be cautious to read the serving size so when you are comparing two products, you are comparing similar serving sizes.

Some examples of good sources of fiber include the following:

- 1/2 cup cooked navy beans (9.5 grams)
- 1/2 cup cooked lima beans (6.6 grams)
- 1 medium baked sweet potato with peel (4.8 grams)
- 1/2 cup cooked green peas (4.4 grams)
- 1 medium raw pear with skin (4 grams)
- 1 medium baked potato with skin (3.8 grams)
- 1 ounce almonds (3.3 grams)
- 1 medium raw apple with skin (3.3 grams)
- 1/2 cup raisins (3 grams)
- 1/2 cup baked beans (3 grams)
- 1 medium orange (3 grams)
- 1 medium banana (3 grams)

Another resource available to identify and compare food sources of fiber is available at http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixB.htm. Download the Appendix B-8 (Food Sources of Dietary Fiber) of the which lists over 50 food items.

Grants, Awards, and Honors

2007 Breakfast Awards

New! Announcing the 2007 Breakfast Awards! Midwest Dairy Council and St. Louis District Dairy Council are each recognizing schools in their service area that are bringing breakfast to students in creative ways with great results.

The benefits children receive from eating a nutritious breakfast are numerous and well documented. Eating breakfast yields better student test scores, increases concentration and attendance, decreases disciplinary problems, and more. Many schools recognize this opportunity and offer breakfast in the cafeteria. But there is an even better way to bring breakfast to children by using alternate breakfast service options. Offering breakfast in the classroom or outside of the cafeteria increases participation by providing service for children who arrive late or who prefer to socialize rather than eat, and by helping to remove

the potential social stigma that the program is meant for low-income students.

Any school (elementary through high school) that offers a breakfast service or expanded breakfast option(s) is encouraged to enter to win a monetary Breakfast Award. This means that more than one school in a district may apply. For additional information, please contact your local Dairy Council representative; in Northern Illinois visit Midwest Dairy Council's website at www.midwestdairy.com, or in Central and Southern Illinois visit St. Louis District Dairy Council's website at www.stldairycouncil.org. The application deadline is November 30, 2007. **Awards will be announced January 7, 2008.**

School Nutrition Association's Awards and Scholarships

As you begin planning for fiscal year 2008, remember that the School Nutrition Association (SNA) offers a variety of awards and scholarships to its members. Membership in the SNA may provide incentives to your employees to further their education, and receive acknowledgement of their hard work and service to Illinois school children.

Awards

- Louise Sublette Award of Excellence
- Heart of the Program Award
- Outstanding Director of the Year Award
- Thelma Flanagan Gold Award of Service
- Membership and Professional Development Awards

Scholarships and Research Grants

The Child Nutrition Foundation (CNF) offers opportunities for further education.

If interested, visit www.schoolnutrition.org for further information on the awards programs, scholarships, and research grant opportunities.

Training, Tips, and Tools

Orientation to Child Nutrition Management Seminars Offered

May Deadlines Approaching for Texas and Mississippi Sites

Targeting new and aspiring Child Nutrition Program directors, National Food Service Management Institute's (FNSMI) five-day seminars provide participants with the Child Nutrition Programs history and overview, roles and responsibilities of a director, and reviews and the relationship between local policies and State/Federal regulations. The cost is $150 for the five-day seminar. Two seminars are scheduled this spring and summer:

- May 21–25—Edinburg, Texas (registration deadline May 7)
- June 11–15—Oxford, Mississippi (registration deadline May 18)

Contact the NFSMI at 800/321-3054 or via website at www.nfsmi.org for more information or contact Melba Hollingsworth, Education and Training Specialist at mholling@olemiss.edu.

Successful Special Events Begin with Early Planning

Plan Now for Fiscal Year 2008 Observances

As you begin to look back at the school year highlights, were you pleased with the quality and quantity of your special events in your food service and nutrition program? Mark the dates below on your calendars today. Bring your team together including students and start drafting your action plan to make next year's observances even more meaningful and important to your quality school meals programs.

- National School Lunch Week—October 15–19, 2007 (www.schoolnutrition.org)

- National School Breakfast Week—March 3–7, 2008 (www.schoolnutrition.org)
- Child Nutrition Employee Appreciation Week—May 5–9, 2008 (www.schoolnutrition.org)
- Illinois School Breakfast Week, American Education Week—November 12–16, 2007 (http://www.isbe.state.il.us/board/archivemessages/message_110606.pdf)
- National Nutrition Month®—each March (www.eatright.org)

If you are looking for special health observances, the National Health Observances Calendar website provides a goldmine of information. The *2007 National Health Observances* resource is posted and is categorized by a variety of ways for easy referencing. Download or order a hard copy of this resource at www.health.gov/NHIC/Pubs/.

Source: 2007 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, D.C.

Illinois School Nutrition Association's Conference, June 19–21

Register for the Illinois School Nutrition Association's Conference at Drury Lane, Oak Brook by May 16 to take advantage of the early registration fee. *Step Up to the Plate* is this year's theme. For more information, visit www.ilsna.net.

PLEASE SHARE THIS NEWSLETTER WITH . . .

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

Calendar of Events—MAY

	Household income eligibility documents for FY2008 available at our website at www.isbe.net/nutrition
	Complete the Meal Count Edit prior to submission of the Claim for Reimbursement
2	All Children Exercising Simultaneously Day, Project ACES http://www.lensaunders.com/aces/aces.html
6	Deadline for early bird registration for the Illinois School Nutrition Associations Annual Conference
7	World Health Day
7–11	National Child Nutrition Employee Appreciation Week
10	Submit Claim for Reimbursement
16–18	56th Annual Illinois Association of School Business Officials, Peoria Civic Center
19-21	2007 National Restaurant Association Show—Chicago (http://www.restaurant.org/show/)
28	Memorial Day—ISBE office closed

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