

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

Interagency Nutrition Council Presents National Nutrition Month® Awards

Last month, March was National Nutrition Month® and each year the Illinois Interagency Nutrition Council (INC) honors programs that are doing great things with wellness in Illinois. They honor the programs and the people who work hard each year to promote healthy eating, regular exercise, partnerships, and overall wellness. This year there were 38 nominees for the INC March Nutrition Month Award. The nominations represented a variety of programs including schools, Head Start programs, summer programs, after-school programs, and more. An awards ceremony took place on March 19, 2010, in the Illinois State Capitol Rotunda for the following awardees:

- 1) Clearview Elementary School, Waukegan Public Schools District 6—Jan McBee (school nurse)
- 2) Community Organizing for Obesity



bulletin board

APRIL 2010 — THE OUTLOOK

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Important Dates—April

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| 7 | Menu Planning and Dietary Guidelines Training, Northbrook |
| 13 | Menu Planning and Dietary Guidelines Training, Bolingbrook |
| 15 | Menu Planning and Dietary Guidelines Training, Springfield |
| 19 | Menu Planning and Dietary Guidelines Training, Marion |
| 19 | Deadline for early registration to the Illinois School Wellness . . . From A to Z Conference |

Date Savers

MAY 15—Per Public Act 96-0158, the State Superintendent of Education shall inform the school district in writing if an exemption from the School Breakfast Program mandate was granted or denied. (This situation only occurs if the original exemption was appealed to the State Superintendent of Education.)



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- Prevention, Humboldt Park—Jose Luis Rodriquez
- 3) Ford-Iroquois Public Health Department—
DeeAnn Schippert
- 4) Healthy Families 4 Life, Coles County Health
Department—Misti Farler
- 5) Tri-County Opportunities Council Head
Start/Early Head Start—Jackie Molln and Lorri
Bernier
- 6) Westside School, Harrisburg School District 3—
Karen Cole (parent educator)

In addition to honoring those throughout the state for the great things they are doing, INC also commended Robin Orr for her years of service to nutrition education for our most vulnerable families in the state. March 19 was proclaimed as *Robin A. Orr Day* in Illinois by the Governor. Future INC Nutrition Month Awards will be termed the Robin A. Orr Community Partner Awards. It was a great day for celebrating those that work hard every day to improve the wellness of those in our communities. Thanks to the awardees and all Illinois residents who help enrich Illinois lives.

Reminder! Wellness Conference Approaching, Register Now

Rock Student Wellness at the Illinois School Wellness ... From A to Z conference being held Tuesday, May 4 in Decatur. Jill Jayne, a professional Rockstar Nutritionist, former New York City public school teacher, and host of the nationally-syndicated, nationally-acclaimed children's nutrition news program *What's in the News* for PBS, kicks off the conference as the keynote speaker. Early registration is due April 19. Register at the Action for Healthy Kids® (Illinois) website at <http://www.actionforhealthykids.org/>, and click on *Illinois*.

Administration

Fiscal Year 2010 NSLP Equipment Assistance Grant Application Coming Soon!

In accordance with Section 7(a)(2) of the Child Nutrition Act of 1966 (42 U.S.C. 1776(a)(2)), the Secretary of the United States Department of Agriculture (USDA) awarded a one-time appropriation to Illinois of \$902,953 for equipment assistance to eligible school food



authorities (SFA's).

Information provided from the USDA requires the funds be distributed to sponsors participating in the National School Lunch Program via a competitive grant process with priority given to sponsors for equipment for schools in which at least 50 percent of the students are eligible for free or reduced-priced meals and did not receive an fiscal year (FY) 2009 American Recovery and Reinvestment Act's (ARRA) NSLP Equipment Assistance Grant.

The Illinois State Board of Education (ISBE) will announce the grant applications and the deadlines as soon as they are available. Please watch our Web site (www.isbe.net/nutrition) for more information.

Seamless Summer Option 2010

Are there hungry kids in your district when school is out? Now it is even easier to feed those kids! You can apply to operate the Seamless Summer Option in the National School Lunch Program or School Breakfast Program.

What Is the Seamless Summer Option?

The Seamless Summer Option (SSO) combines features of the National School Lunch Program, the School Breakfast Program (SBP), and the Summer Food Service Program (SFSP). This option reduces paperwork and administrative burden, making it easier for schools to feed children from low-income areas during the traditional summer vacation periods, for year-round schools, and long school vacation periods (generally exceeding two to three weeks).

Training Opportunity:

Sponsors who are continuing the SSO or first-time sponsors are encouraged to take a few minutes and read through the self guided SSO PowerPoint training. The presentation is available May 1, 2010, on the SSO Web page.

*For additional information, contact Debbie Collins at
217.782.2491 or 800.545.7892*

OR

visit our Web site at

http://www.isbe.net/nutrition/htmls/seamless_summer.htm

Administrative Handbook Available Online

The *School-Based Child Nutrition Programs Administrative Handbook* July 2009 is available online at http://www.isbe.net/nutrition/pdf/sbn_admin_handbook.pdf or you can request a hard copy by emailing or calling our office at cnp@isbe.net or 800.545.7892.

Food Distribution

New Commodity Offerings and Improvements

ISBE and the USDA are committed to helping all program participants receive nutritious, healthful foods that are lower in fat, salt, and sugar as recommended by the *Dietary Guidelines for Americans*. In recent years, this commitment has been shown in a number of initiatives, including the following:

New Products – ISBE and the USDA continue to evaluate requests made by schools for a greater variety of new products in more convenient forms. Below are examples of some of the new products added to our USDA Commodity Annual Order Form.

Entitlement Commodities Offered

- A173 Fat Free Potato Wedges
- A580 Lean Beef Patties 5% fat
- B151 Whole Grain Pancakes
- B153 Whole Grain Tortillas
- B426 Whole Grain Macaroni
- B428 Whole Grain Rotini
- B537 Brown Rice

Bonus Commodities Offered

- A449 Apricot Cups
- A550 Deli Sliced Turkey
- A720 Pork Crumbles w/Soy Protein Product

Improved Labeling—In the past few years, the USDA has designed new labels for many of the donated commodity products it provides to schools. The labels are more colorful and include new art work. The Nutrition Facts Panel and food guide pyramid have been added in recognition of the importance of nutrition education to Food Distribution Program recipients. The new labels, which are designed to look more like their commercial counterparts, will be extremely effective in conveying the importance of good nutrition, and in sending the message that USDA commodities are of the highest quality.

Commodity Fact Sheets—Commodity Fact Sheet Database for Schools and Institutional Programs includes over 150 fact sheets including new products now available to schools and institutions. Many have been revised to reflect lower fat offerings; lower sodium offerings; lower sugar offerings, and increased offerings of bonus items such as Apricot Cups, Deli Sliced Turkey, and Pork crumbles.

Commodity Food Fact sheets are continually updated and posted on the Internet as the need to update information on such things as nutrition, storage, handling, and preparation arise. To obtain a list of the USDA commodity food fact sheets that have been revised or added to the fact sheet database, visit the School Fact Sheet's What's New page at: www.fns.usda.gov/fdd/facts/schfacts/whnew-facts.htm.

Recall Information—Email Sign-Up

The best way for anyone to get email notifications of all food recalls is by signing up for free email updates from www.recalls.gov. This is a one-stop shop for U.S. Government recalls. We encourage everyone who needs recall information to sign up today! Follow the steps below and you will receive an instant acknowledgement of your subscription from the U.S. Department of Health and Human Services.

1. Log on to www.recalls.gov
2. Click on the Food tab at the top
3. Click on *Sign Up for Free Recall Updates By Email* (in red toward top of page)
4. This takes you to the U.S. Department of Health and Human Services sign-up page, where you will:
 - a. Enter your email address and confirm same, and
 - b. Check the box titled *FoodSafety.gov Recalls and Alerts* under the *FoodSafety.gov Updates* section.

NOTE: School food service directors with a Web site need to post these instructions on your Web site.

Food Service and Nutrition

2010 Dietary Guidelines Update

The Dietary Guidelines for Americans provides the basis for federal nutrition and nutrition education activities, and is updated approximately every five years. The Dietary Guidelines Advisory Committee (DGAC) has completed four webinars, since last fall. Only two more webinars are planned for the Dietary Guidelines Advisory Committee. The fifth webinar of the 2010 Dietary Guidelines is scheduled for April 13–14, 2010, and the sixth webinar has yet to be scheduled. Interested parties are invited to participate and register for the webinar by visiting the Dietary Guidelines Web site at

<http://www.DietaryGuidelines.gov>. That site includes the summary reports on specific key topic areas for each of the previous held meetings. The topics include: alcoholic beverages; carbohydrates and protein; eating patterns; energy balance and physical activity; evidence-based review process; fats; food groups; food safety; minerals; nutrient density, other; sodium, potassium, and water; and vitamins.

Later this spring, the DGAC report will be published for public comment. This summer, the Dietary Guidelines Policy Document will be prepared, and finally the 7th edition of the DGAC will be released later in the fall.

Download Free Nutrition Education Resources

The following list describes useful resources on nutrition education, wellness policies, whole grains, and so much more! Bookmark these for future reference when you need information at your fingertips, just a few keystrokes away.

- *Federal Nutrition Education Resources from January 2005 to February 2010*
<http://bit.ly/9nAMT8>
- <http://www.mypyramid.gov/professionals/index.html>
This document provides a comprehensive compilation, with links, of currently available federally published nutrition education resources based on the Dietary Guidelines for Americans 2005.
- NutritionEducationStore.com
<http://nutritioneducationstore.com>
Go to this Web site for free posters and handouts.
- Food and Health—<http://foodandhealth.com>
This Web site includes a calendar, clipart, and a directory of recipes. It is geared for both institutional as well as home use.
- *Making Wellness Work: A Guide to Implementing and Monitoring School Wellness Policies in Maryland*, Maryland State Department of Education
This resource includes sample goals for physical activity or physical education, nutrition standards, nutrition education, and other school-based activities that increase student wellness. www.marylandpublicschools.org/MSDE/programs/school_wellness/mww

- *Promising Practices for Implementing Local Wellness Policies*, Pennsylvania Department of Education and Project PA.
This resource shares successful strategies which PA schools are implementing to help their students choose healthy foods and engage in physical activity.
<http://nutrition.psu.edu/projectpa/2007Style/html/promisingpractices/index.html>
- *Healthy Whole Wheat Kit*, Pennsylvania Department of Education and Project PA.
These are handouts for students to help them to increase their consumption of whole grain foods. The kit is located at <http://nutrition.psu.edu/projectpa>.
- *Nutrition Lessons*, Indiana Department of Education. Lessons for K–12, with integration of nutrition into math, science, reading/language arts, and others. Visit www.doe.in.gov/food/training/nutrition_lessons.html.

Share these with other school staff looking for helpful information.

Grants, Awards, and Honors

Changes Announced for Criteria for HealthierUS School Challenge

Now is the time to take the HealthierUS School Challenge! Why? Because the USDA has modified the criteria and is offering financial incentives!

The newly announced financial incentives are \$2,000 for the Gold of Distinction level; \$1,500 for the Gold level; \$1,000 for the Silver level; and \$500 for Bronze recipients. The HealthierUS School Challenge's Web site (http://www.fns.usda.gov/tn/healthierus/all_chart.pdf) includes a chart that compares the criteria for each of the four levels as well as separate charts for elementary and secondary schools.

A few highlights of the changes include:

- Schools will be certified for four years instead of two years.
- Removed the average daily participation (ADP) requirements for the Bronze level
- Removed the requirement for production records for the Bronze level
- Expanded the program to middle and high schools (since October 2009)

- Eased the ADP requirements for Silver: 60 percent for middle and elementary schools, and 45 percent for high schools
- Eased paperwork requirements for multiple schools in ONE district that implement the SAME menus, competitive foods, school policies, and practices
 - ~ Submit one set of menus, menu work sheets and recipes (substitutions should still be noted)
 - ~ Submit one Competitive Foods worksheet
 - ~ Submit one School Policies and Practices Checklist
 - ~ Remainder of application should be completed by each school, including signature panel

If your school is interested in applying, please complete the online application at <http://teammnutrition.usda.gov/healthierUS/index.html> and submit to:

ATTN: Joan Love
Nutrition Programs
Illinois State Board of Education
100 North First Street, W-270
Springfield, Illinois 62777-0001

Presently, Illinois has two Silver level HealthierUS School Challenge recipients, Ridgeview Elementary School from Ridgeview Community Unit School District 19, and Bushnell-Prairie City Elementary School from Bushnell-Prairie City Community Unit School District 170.

After-School Care Program Grant Opportunity

The Illinois Nutrition Education and Training Program through a USDA Team Nutrition Training grant is offering mini-grants for school year 2010–2011 to Illinois after-school programs participating in the After-School Care Program. This mini-grant supports planning and implementing fun, interactive nutrition education and physical activity projects into after-school programs.

The purpose of this grant is to fund educational resources and staff training needed to create or implement organized projects, enrichment activities, interactive activities or other innovative projects that will increase healthy food choices and physical activity by students and/or their families. Visit their Web site (<http://www.kidseatwell.org/Healthy-After-school-Programs.html>) for the application. Applications are due July 1, 2010.

Wellness Initiatives, From **A to Z**

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

1. American Recovery and Reinvestment Act of 2009 National School Lunch Program Equipment Assistance Grant
http://www.isbe.net/nutrition/htmls/nslp_grant.htm

The American Recovery and Reinvestment Act of 2009 National School Lunch Program Equipment Assistance Grant provided funding to schools to purchase equipment meeting one or more federally mandated priorities:

- Improved quality of school nutrition meals that meet the dietary guidelines,
- Improved safety of food served in the school meal programs
- Improved overall energy efficiency of the school nutrition operations
- Allowed support for expanded participation in a school meal program.

2. Child Nutrition Breakfast Grant—General Mills, National Dairy Council®
http://www.futpforms.com/Breakfast_Grant_Program/introduction.php

Child Nutrition Breakfast Grant program is sponsored by General Mills as part of a partnership with National Dairy Council®. The grant provides funds to help schools improve or expand their breakfast programs.

3. Expanding Breakfast Awards—Midwest Dairy Council and St. Louis District Dairy Council (SLDDC)
<http://www.midwestdairy.com/> and
<http://www.stldairyCouncil.org/home.asp>

Expanding Breakfast Awards is an award program created to take breakfast to the students instead of making students come to the cafeteria; giving all students the opportunity to eat breakfast and increase participation. The Expanding Breakfast strategies include breakfast in the classroom, grab and go breakfast or breakfast after first period. Offering breakfast outside of the classroom 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.

4. Fruit and Vegetable Program—U.S. Department of Defense
<http://www.fns.usda.gov/fdd/programs/dod/>

Annually, over 600 schools in Illinois voluntarily participate in the Fruit and Vegetable Program, receiving a wide variety of fresh produce to serve in their school meals.

5. Safe Routes to Schools—Illinois Department of Transportation
<http://www.dot.il.gov/saferoutes/saferouteshome.aspx>

The Illinois Safe Routes to School (SRTS) Program supports projects and programs that enable and encourage walking and bicycling to and from school. The program applies to schools serving grades Kindergarten through 8th grade.

6. Refuel with Chocolate Milk—Midwest Dairy Council®
<http://refuel.drink-milk.com/>

Refuel with Chocolate Milk Grant was a competitive grant launched in 2009 targeting Northern Illinois high schools to promote better nutrition in high school athletes by encouraging the consumption of 16 ounces of chocolate milk within one-half hour after practice, workouts, and competitions.

7. School Breakfast Program Sponsors—Illinois State Board of Education
www.isbe.net/nutrition/htmls/breakfast.htm

The School Breakfast Program (SBP) is a voluntary program available to all public schools, private schools, and residential child care institutions which agree to operate a non-profit program offering breakfasts meeting federal requirements to all children in attendance. The SBP is part of the National School Lunch Program. Fifty-four schools began implementing a School Breakfast Program in Illinois during FY2010.

8. *Students Taking Charge*—glacéau smartwater through the Entertainment Industry Foundation
<http://www.studentstakingcharge.org/>

Students have a right to a healthy school! *Students Taking Charge* is a national program from Action for Healthy Kids for high school students to learn, join and take action to make their schools healthier places to learn and achieve. In Illinois, and 11 other states across the country, youth are becoming advocates for new policies and programs that help them—and their peers—learn to eat right and be active every day.

Register today for the Illinois School Wellness From A to Z conference at www.actionforhealthykids.org to hear about over two dozen health and wellness initiatives that will be showcased.

Training, Tips, and Tools

Menu Planning and Dietary Guidelines Training Opportunities

The Illinois State Board of Education (ISBE), Nutrition Programs Division is happy to announce Menu Planning and Dietary Guidelines Trainings at locations across the state. These workshops will provide tools schools can use to design menus that are in line with the recommendations of the 2005 Dietary Guidelines, Healthier US School Challenge, and current research. We will also include recommendations on how to successfully complete your School Meals Initiative (SMI) Reviews. Participants will learn about current nutrition research, trends, and practical tips on how they can implement healthy options in their school menus.

Illinois dates and locations include the following:

- April 6, 2010, in Northbrook
- April 7, 2010, in Bolingbrook
- April 13, 2010, in Springfield
- April 15, 2010, in Marion

To register and find out more about other School-Based Child Nutrition Programs trainings being offered, visit our Web site at <http://www.isbe.net/nutrition/htmls/workshops.htm>.

If you have any questions, contact our office at cnp@isbe.net or 800.545.7892.

Calendar of Events—May 2010

Renew any meal service contracts or school-to-school agreements (if applicable)

Complete the Meal Count Edit prior to submission of the Claim for Reimbursement

- 3–7 School Nutrition (formerly Child Nutrition) Employee Appreciation Week
- 4 Illinois School Wellness Conference—Decatur
- 6 SFSP New Sponsor and New Staff Training—Chicago
- 10 SFSP New Sponsor and New Staff Training—Springfield
- 10 Submit Claim for Reimbursement
- 22–25 National Restaurant Association Show—Chicago
- 31 Memorial Day—ISBE office closed



Share this newsletter link with staff in your school.

www.isbe.net/nutrition/htmls/newsletters.htm

www.isbe.net/nutrition

Your link to the Child Nutrition Programs in Illinois



Illinois State Board of Education

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