

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

bulletin
board

Cobden School District Promoting Healthy Futures

Creation of the Cobden Wellness Council; implementation of the School Health Index; expanding breakfast service to high school students; joining USDA's Team Nutrition initiative; surveying students, staff, and faculty about cafeteria food service and vending machines; and developing an after-school weight lifting club describe some of the activities of Cobden Unit School District #17 (CUSD #17) to help improve their students wellness.



Cobden School District's Wellness Council hard at work.

CUSD #17 (kindergarten through grade 12) with an enrollment of 660+ students, is nestled in Shawnee Hills in Union county. Union county is home to 16 public schools, three of which constitute CUSD #17. The demographic make-up of CUSD #17 is approximately 12 percent Hispanic population.

Starting From Scratch

The focus on student wellness this year was initiated by the federal regulation to have a Local Wellness Policy approved by July 1, 2006. According to Don Bless, school improvement plan coordinator and high school science educator, the Cobden Wellness Council was put in charge of developing a Local Wellness Policy, and was to make it a "meaningful document that speaks directly to the school district's situation, and resounds in our hearts." The district did not plan to make changes just to make changes and chose not to follow a template guide. Bless's work with the School

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Cobden School District Promoting Healthy Futures *(continued)*

Improvement Plan was a logical tie-in with the Local Wellness Policy, hence, he is the Wellness Policy Coordinator. Selection of students to serve on the Cobden Wellness Council was simple; students who were involved with farmers' markets were chosen to participate.

Talk the Talk

Bless exemplifies wellness in the district as a role model providing his own "living the life" experiences. A weight loss of 50 pounds and a year-long weightlifting and exercise log journal are physical evidence of his personal commitment to living a healthy life. He stresses spiritual, mental, as well as physical health in his life. Each day, he challenges himself to try something new or do something different. He sets aside time every day for meditation, and physical and mental exercises.

Doing Their Homework

To assess the current wellness situation of the district, the district completed the National Center for Chronic Disease Prevention and Health Promotion School Health Index (SHI) as a self-assessment and planning tool. The SHI uses the following eight modules of a Coordinated School Health Program.

1. School Health and Safety Policies and Environment

Important Dates

- May 7–11—National Child Nutrition Employee Appreciation Week
- May 16—Early registration deadline for Illinois School Nutrition Association's Annual Conference June 19 through 21 in Oakbrook Terrace
- May 16–18—Illinois Association of School Business Officials Conference and Exhibitions at the Peoria Civic Center in Peoria
- May 18—Household eligibility documents for school year 2007–08 available on our website (www.isbe.net/nutrition)
- May 19–21—National Restaurant Association Show at the McCormick Place in Chicago
- June 1—Deadline to submit the Summer Food Service Program application

Important
DATE!

2. Health Education
3. Physical Education and Other Physical Activity Programs
4. Nutrition Services
5. Health Services
6. Counseling, Psychological, and Social Services
7. Health Promotion for Staff
8. Family and Community Involvement

Numerous individuals, especially teachers and staff directly involved in specific focus areas, conducted the assessment and the findings in the SHI helped the group determine top priority actions.

In addition to implementing the School Health Index, the Cobden Wellness Council queried students in class on menu likes and dislikes, cafeteria services, as well as vending machine offerings. School foodservice staff and faculty members participated in the survey discussions.

Change Is a Good Thing

Since the inception of the wellness policy, the food service staff has made menu changes, and increased salad bar offerings. Typical school lunch fare includes burritos, tacos, and pizza; barbequed riblets are the favorite lunch entrée.

CUSD #17 has expanded its breakfast service in the high school study hall in addition to the regular breakfast in the cafeteria.

The school district's physical education (PE) is fitness-based, not game-based and involves all kids in the activities. In PE classes, more than 50 percent of the class period is devoted to vigorous physical activity. In the winter months, citrus fundraisers are held.

It Takes a Community

Community support has been vital in the success of the Cobden Wellness Policy work. One strong partner is Healthy Futures Initiative. Begun in 2004, it is dedicated to improving the health and wellness of children. Members include health organizations, the Illinois Department of Human Services, and the Regional Office of Education. Molly Johnson, nurse practitioner at Rural Health, Inc. handles the Healthy Futures communications including a listserv, newsletters, and other communication. Healthy Futures has organized a free mini-conference for



school foodservice staff, participated in Family Fun Nights, and published a health newsletter, *Healthy Futures, Small Changes, Big Differences*.

In addition to the school district programs, the community has taken an active role via mini-grant awards to encourage participation in physical activity outside of school hours. An exercise program developed in Carbondale is available to Hispanic residents from Cobden; volleyball and a culture club are also popular activities for the Spanish-speaking population. Also, families are encouraged to use nearby fitness and wellness facilities.

Physical activities such as hiking trails and biking are abundant since the locale has great terrain. To encourage further physical fitness, as a continuation of the Cobden School Landscaping Project, plans are underway to develop a 1/3 mile exercise trail connecting to a park trail which circles the school's soccer fields.

Lifelong Learning—Training Offered

A mini-conference for food service workers at Southern Illinois University provided opportunity for food service staff to network and share ideas. The district encourages professional development and professional memberships for the staff and faculty.

Plans for School Year 2008

Both Don Bless and Molly Johnson agreed that the Local Wellness Policy has increased the awareness and sensitivity of being more active and eating more healthfully to students, parents, and the community. The Cobden Wellness Council's purpose in successive years is to make recommendations to improving the school wellness policy.

School year 2008 plans include getting parents more involved; working to offering lower-fat milk choices; increasing whole grains; possibly resurveying the students; spicing up some ethnic food offerings, including spicy refried beans and spicy salsa; and continuing the fine work of the first year.

Resources

1. April 2007 Interviews:
 - Don Bless, Cobden CUSD #17
 - Molly Johnson, Rural Health, Inc.

2. School Health Index (<http://apps.nccd.cdc.gov/shi/default.aspx>) online or paper formats.
3. USDA's Team Nutrition (<http://www.fns.usda.gov/tn/about.html>).

Administration

Expect School Year 2007–2008 Household Eligibility Application Online in May

The 2007–2008 Household Eligibility Application for free and reduced-price meals will be available on our website (www.isbe.net/nutrition) no later than May 18, 2007. All forms used in prior years to create copies for distribution should be discarded and the new application form must be used. We realize schools like to prepare materials before this time for the upcoming school year; however, program regulations require schools to distribute free and reduced-price Household Eligibility Applications *at the beginning of the school year* (July/August).

If you have any questions, please contact Nutrition Programs at 800/545-7892, 217/782-2491, or via email at cnp@isbe.net.

Seamless Summer Option Applications Online

Summer starts soon and students who relied on the National School Lunch and School Breakfast Programs as their primary sources of nutrition are still hungry everyday. Schools already enrolled in the School Breakfast Program (SBP) and/or National School Lunch Program (NSLP) may wish to participate in the Seamless Summer Option. Reimbursement rates for the Seamless Summer Option are the same as the SBP and NSLP rates during the school year.

If a school operates an academic summer school and wishes to participate in the Seamless Summer Option, meals must be served to students in attendance and also to children from the community.

By enrolling in the Seamless Summer Option, schools will not only provide a service to children in their school but the community at large.

For more information about the Seamless Summer Option or to apply for participation in the program,

visit our website at www.isbe.net/nutrition/htmls/summer.htm#seamless.

Offering Recess Before Lunch Research

As schools evaluate their Local Wellness Policies, one easy procedure to consider improving student's eating habits is to offer recess before lunch. The Action for Healthy Kids® website contains numerous resources reiterating the numerous benefits of this kind of school day scheduling. The benefits include:

- Improved cafeteria atmosphere
- Less supervision in the cafeteria
- Fewer classroom discipline problems, after lunch
- Increase in classroom time on-task
- Increased milk, vegetable, and entrée consumption
- Decreased number of nurse visits for tummy aches after recess

To read more about recess before lunch, visit the Action for Healthy Kids® website, reference pages on RECESS at http://www.actionforhealthykids.org/resources_search.php?frmAction=search&term=recess&submit.x=32&submit.y=11.

Claim Common Cent\$

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



Listed below are a few reminders to assist you with filing Claims for Reimbursement.

- Have trouble viewing your Claim Analysis Report? Once you open the report, check the top of the report and if it says 1 of 1+, then click on the forward arrow and the next page of the report will show. If multiple monthly claims are processed at the same time, the Claim Analysis report will combine those months and the report will have separate pages for each month.
- Combined Claims Reminder. Since claims are completed online, you can no longer combine May claims with June or August with September. A separate claim must be submitted for each month regardless of the number of serving days.
- Agreement number/sponsor ID/RCDT code.

PLEASE have your agreement number (also referred to as sponsor ID or Region-County-District-Type [RCDT] code) available when you call Funding and Disbursements for claim questions. It is the first thing we will ask in order to assist you.

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

Food Distribution

Information for Your Auditors

Now that the delivery periods for this school year are over, make sure you print out the April 2007 Bulletin Report for your auditors. It is the responsibility of each school to provide this information for the auditors, including the amount received from the Department of Defense (DoD) Fresh Fruit and Vegetable Program.

The April 2007 Bulletin Report 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 Illinois Commodity System (ICS) website under Reports, and 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 schools provide this information to auditors when requested.

School Year 2008 Deliveries

School year (SY) 2008 will begin with August 2007 deliveries. Schools will be able to go on ICS and look at the commodities allocated to them for this first delivery period on July 13, 2007. During the period of July 13 through July 20, changes can be made to the allocation if needed. Also, please be sure to check the delivery schedule located on the Food Distribution homepage to find out when your

first delivery of SY2008 will be. If your scheduled delivery date for August 2007 is before you will be in session or before you need commodities, be sure to mark “Do Not Deliver” during the July 13–20 adjustment period. Have a great summer and be sure to contact the Food Distribution Program at 217/782-2491 with any questions.

Double Check Your Processing Orders

If you have not heard from any processor you diverted commodities to by the July 13–20 adjustment period mentioned in the SY2008 deliveries message, you need to contact those processors and confirm your orders for the 2008 school year. If you do not have a contact name and number for any processor, you can obtain contact information on the food distribution website (<http://www.isbe.net/business.htm>) and select the *Processing Companies* link.

Food Service and Nutrition

2007–2008 Special Observances Themes Announced

The School Nutrition Association has announced 2007–2008 National School Lunch Week and the National School Breakfast Week themes. Bookmark their respective websites to use for planning, promoting, and publicizing your special events. Each site contains recipes, menus, logos and artwork, suggestions for events, proclamations, and much more!



October 15–19, 2007—National School Lunch Week (NSLW), *Vote for School Lunch* (<http://docs.schoolnutrition.org/meetingsandevents/nslw2007/index.asp>)

March 3–7, 2008—National School Breakfast Week (NSBW), *School Breakfast: Fuel Your Imagination* (www.schoolbreakfast.org)



Fruits and Veggies—More Matters™

Visit the Fruit and Veggies —More Matters™ website (www.fruitsandveggiesmorematters.org) for family-size recipes, free coloring pages for

children featuring the Fruit and Veggie Color Champions™, and to enter the Fruit and Veggies—More Matters™ challenge. Learn about new vegetables such as caulicors and read the chef’s tips to add more fruits and veggies to our diets.



Top 12 Produce Picks

Think color to eat healthfully. From apricots through yellow onions, consider adding these top dozen fruits and vegetables to your diet this summer.

- | | |
|-----------------------|--------------------|
| 1. Apricots | 7. Raspberries |
| 2. Bell peppers (red) | 8. Romaine lettuce |
| 3. Blueberries | 9. Spinach |
| 4. Broccoli | 10. Tangerines |
| 5. Cantaloupe | 11. Tomatoes |
| 6. Carrots | 12. Yellow onions |



Source: Food & Fitness Advisory, March 2007, Weill Medical College of Cornell University, Vol. 10/No.3.

Food Bar Safety Tips

Food bars can provide a wide variety of fiber-rich, nutrient-dense foods. Although food bars are very popular, food safety measures cannot be overlooked. Tips for keeping food safe at food bars include:

- Follow manufacturer’s instructions for pre-heating and pre-chilling food bar equipment before use.
- Place all exposed food under sneeze guards.
- Provide an appropriate clean and sanitized utensil for each container on the food bar.
- Replace existing containers of food with new containers when replenishing the food bar.
- Assist students who are unable to properly use utensils.
- Store eating utensils with the handles up or in a manner to prevent students from touching the food contact surfaces.
- Avoid using spray chemicals to clean food bars when in use.
- Follow State and local health department requirements.

Source: U.S. Department of Agriculture, Food and Nutrition Service, and National Food Service Management Institute. (2005). HACCP-based standard operating procedures (SOPs). University, MS: Author.

Grants, Awards, and Honors

Classroom Breakfast Funds Available

Share Our Strength, a national non-profit anti-hunger organization, is seeking grant applications from schools interested in receiving grants to implement or improve classroom breakfast programs in Illinois. Grants will be available for the 2007–2008 school year and can be used for the implementation, improvement, or facilitation of classroom breakfast programming. To be eligible, your program must make breakfast in the classroom available to all students within the school. Preference will be given to those schools demonstrating the highest need in terms of free and reduced meal eligibility. For more information and/or to receive an application, please email Katherine Johnson, Program Coordinator for the National Childhood Hunger Strategy, at kjohnson@strength.org.

Remember Search Engines for Funding Opportunities

Is lack of funds preventing you from undertaking some ambitious projects for your school foodservice and nutrition program? If so, then take advantage of the easy access to grant announcements available online at one of the many search engines. A cursory glance at Google™ and Yahoo® search engines turned up the following websites.

- Center for Health and Healthcare in Schools (www.healthinschools.org/grants/ops080.asp)
- The Foundation Center (<http://fconline.fdncenter.org/>)
- Fundsnet Services (www.fundsnet.com/)
- School Grants ([hwww.schoolgrants.org/grant_opps.htm](http://www.schoolgrants.org/grant_opps.htm))
- U.S. Dept. of Health and Human Services—Administration for Children and Families (www.acf.dhhs.gov/acf_working_with.html#grants)
- School Nutrition Association (<http://www.schoolnutrition.org/Index.aspx?id=1051>)

Planning early is one key to success in grant writing and fundraising; so remember to bookmark the most useful sites and reference them routinely.

Training, Tips, and Tools

Register for Free Food Safety and Basic Training Workshops

This is a reminder of upcoming trainings. These trainings are provided free of charge to school foodservice and nutrition staff.

Developing a Food Safety Program (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. *Developing a Food Safety Program* is the focus for this year's administrative workshops. The administrative workshops will be held at seven sites in June.

Basic Training—A Guide to School-Based Child Nutrition Program (August Through October 2007)

This workshop provides participants an overview of the United States Department of Agriculture's regulations that govern school-based programs including processing household applications, verification, completing the annual application process and required reports, menu planning, food commodities, and much more. This workshop serves as an excellent overview of the program regulations for anyone with these responsibilities.

Please visit our website at <http://www.isbe.net/nutrition/htmls/workshops.htm> and scroll to *NSLP Workshops* to register for either or both of the School-Based Child Nutrition Administrative Workshops, *Developing a Food Safety Program* or the *Basic Training—A Guide to School-Based Child Nutrition Programs*. A complimentary lunch will be provided. Space is limited for the *Developing a Food Safety Program*, 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 workshops end at 4:30 p.m. Contact our office at 800/545-7892 or 217/782-2491 if you have questions regarding these training opportunities.

“School Nutrition Steps Up to the Plate”

The Illinois School Nutrition Association (ILSNA) is proud to present their 57th Annual Conference:

Illinois School Nutrition Association Conference

June 19–21, 2007

Drury Lane Theatre and Conference Center
Oakbrook Terrace, Illinois

Experienced school nutrition professionals and industry members have planned exciting sessions that will inspire, educate, and entertain foodservice individuals at all levels. Highlighting the ILSNA Conference will be a bus trip to the Chicago White Sox versus Florida Marlins game on Tuesday evening.

Do not miss this opportunity to network with your peers or strike up a great deal with one of the vendors. Submit your registration prior to **May 20** and hit a home run with early registration benefits! Conference registration information is available at ilsna.net.

Fight BAC!® in September During National Food Safety Education Month

Did you know that the Partnership for Food Safety provides an array of curriculum for all age ranges on their education site (<http://www.fightbac.org/content/view/37/3/>)? The curriculum is broken down into the following grade groups: K–3, 4–8, and 9–12 (directs reader to the Food and Drug Administration’s Food and Safety Program). E-cards, brochures, newsletters, presentations, and Spanish resources are all yours to download with a few keystrokes.



Enhance Your Local Wellness Policy by Joining Team Nutrition

Team Nutrition Schools Exceed 1,100!

Over 1,100 Illinois schools have joined USDA’s Team Nutrition initiative since its inception in 1995. Team Nutrition’s (TN) goal is to improve children’s lifelong eating and physical activity habits through nutrition education based on the principles of

the Dietary Guidelines for Americans and the Food Guide Pyramid.

Why join? Joining Team Nutrition can be one of your Local Wellness Policy projects. Team Nutrition schools receive a free resource kit of promotional materials to help implement TN in your schools, and it is free.

Joining is easy! Just complete the one-page enrollment form at <http://teamnutrition.usda.gov/team.html>, (click on enrollment form), obtain the necessary signatures, and fax to 703/305-2549 or mail to:

Enrollment Form

Team Nutrition

3101 Park Center Drive, Room 632

Alexandria, VA 22102

Please provide a copy to the Illinois State Board of Education, Nutrition Programs. Fax it to 217/524-6124 or send via mail to:

Nutrition Programs

Illinois State Board of Education

100 North First Street, W-270

Springfield, IL 62777-0001

Team Nutrition School Enrollment Form



Our Team Nutrition School Leader is:

- Ms. Mrs.
 Mr. Other

FIRST NAME _____ LAST NAME _____

TITLE _____ SCHOOL'S NAME _____

TOTAL ENROLLMENT _____ GRADES TAUGHT _____

SCHOOL DISTRICT _____ SCHOOL COUNTY _____

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE () _____ FAX () _____

E-MAIL ADDRESS _____

Please check one or more of the appropriate grade ranges:

- P (PRESCHOOL) PRE-K E (ELEMENTARY) K-5/6 M (MIDDLE) 6/7-8 H (HIGH) 9-12

We agree to:

- Support USDA's Team Nutrition goal and values.
- Demonstrate a commitment to help students meet the Dietary Guidelines for Americans.
- Designate a Team Nutrition School Leader who will establish a school team.
- Distribute Team Nutrition materials to teachers, students and parents.
- Involve teachers, students, parents, food service personnel, and the community in interactive and entertaining nutrition education activities.
- Participate in the National School Lunch Program.
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other schools.

We certify our school does not have any outstanding overclaims or significant program violations in our school meals programs.

SCHOOL PRINCIPAL, PRINTED NAME _____ SCHOOL FOOD SERVICE MANAGER, PRINTED NAME _____

SIGNATURE _____ SIGNATURE _____

DATE _____ DATE _____



Congratulations!

You have completed another school year. See you back in August when *The Outlook* newsletter returns. Watch for *The Outlook* in your mailbox and the posting at www.isbe.net/nutrition. Have a safe and fun summer!

PLEASE SHARE THIS NEWSLETTER WITH . . .

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

Calendar of Events—JUNE

National Dairy Month

Complete the meal count edit prior to submission of the Claim for Reimbursement

- 1 Deadline to submit the Summer Food Service Program application
- 4–10 Summer Food Service Program Week
- 6 Developing a School Food Safety Program Based on HACCP workshop—Carbondale
- 7 Developing a School Food Safety Program Based on HACCP workshop—Fairview Heights
- 8 Early registration deadline for School Nutrition Association's Conference—Chicago
- 12 Developing a School Food Safety Program Based on HACCP workshop—Springfield
- 13 Developing a School Food Safety Program Based on HACCP workshop—Decatur



Illinois State Board of Education

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