



THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs



The Illinois State Board of Education teams up with partners and sponsors across the state to offer free meals to children during the summer months for the [Summer Food Service Program](#) and [Seamless Summer Option](#). Both summer meal programs are funded by the U.S. Department of Agriculture and administered by ISBE.

Families and children can call (800) 359-2163, text "FoodIL" to 877-877, or visit SummerMealsIllinois.org to find the closest meal sites. Read more online in the [ISBE news release](#). Please help us spread the word on your websites and social media; use #SummerMealsIL.

School districts, local government entities and nonprofit organizations serve as summer food sponsors and sites to ensure children have free, healthy meals and snacks all summer long. ISBE's partners, No Kid Hungry and the Illinois Hunger Coalition, staff the hotline and texting numbers, referring families to feeding sites.



ISBE staff was at Horner Park on June 23 for the Chicago Summer Meals Kick-Off 2017 event. Thanks to everyone who stopped by our booth and for joining in the festivities, which included free meals for children 18 and younger.



Illinois Lt. Gov. Evelyn Sanguinetti speaks to attendees at the Chicago Summer Meals Kick-Off 2017 event on June 23.

NEWS BRIEFS

FARM TO SCHOOL TOOLS

The [Farm to Child Nutrition Programs Planning Guide](#) directs you through questions to consider when starting or growing a Farm to School, Farm to CACFP, or Farm to Summer program. This planning guide should be used as a supplemental tool to the [Farm to School Planning Toolkit](#). This guide can be updated annually to ensure you are working towards your long-term goals. It follows the same steps as the Farm to School Planning Toolkit, but in a more concise and action-oriented manner. Now is the perfect time to plan your farm to school activities for the next school year!

USDA GRANT

Congratulations to **Aurora East Unified School District 131**, one of the 2017 Farm to School Grant recipients. The [U.S. Department of Agriculture awarded only 65 grants nationwide](#). Through partnerships with Seven Generations Ahead, VNA Health Care, and Sodexo, the district will develop a plan to increase the amount of local and regional foods served in its schools. This project will also improve access to fresh foods while increasing understanding of food sources through the development of school gardens. Students will receive additional instruction in nutrition and healthy eating through Harvest of the Month promotions and family-oriented Cooking Matters classes. [Read more online.](#)

ISBE Announcing Process for Whole Grain-Rich and Flavored Milk Exemptions

In accordance with the U.S. Department of Agriculture memo SP 32-2017, the Illinois State Board of Education is offering exemptions from the Whole Grain-Rich (WGR) requirements and flavored milk requirements in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) for School Year 2017-18. Exemption requests for specific WGR products can be requested if the School Food Authority (SFA) can **demonstrate** with documentation hardship(s) in:

- Procurement of the specific whole grain-rich product or
- Preparation of the specific whole grain-rich product or
- Student acceptability of the specific whole grain-rich product

The temporary exemptions are allowed for any type of grain product(s) such as pasta, bread, brown rice, etc., and may be granted by the State agency based on documentation or written justification. SFA's that receive an exemption are considered compliant with the whole grain-rich requirements during an Administrative Review or a performance-based certification review if the following requirements are met:

- the grain offerings are consistent with the specific product exemptions that were approved by the

State agency (ex. if an exemption is approved for brown rice, that exemption is only good for brown rice) AND

- that the SFA is in compliance with the SY2013-2014 requirements that at least half of the grains offered over the week must be whole grain-rich AND
- all non-whole grain-rich products must be enriched.

Once the exemption request form and additional information are finalized, which we anticipate will be around mid-July, the information will be located under What's New on our [webpage](#).



View policy memos for the National School Lunch Program, School Breakfast Program, and the Special Milk Program: <https://www.fns.usda.gov/school-meals/policy>

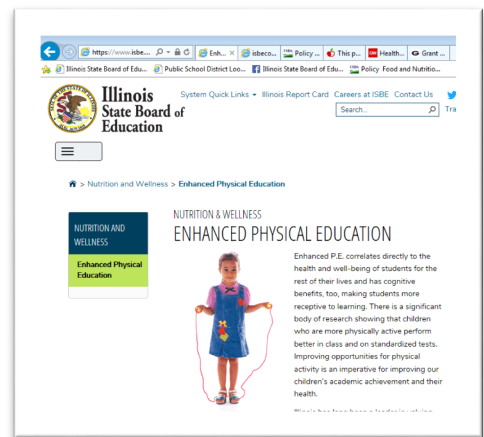
ISBE Celebrates With Award-Winning Education Professionals

The Illinois State Board of Education joined the Illinois Federation of Teachers and the Illinois Education Association on June 20 in Normal to honor education professionals at the seventh annual Exemplary Teacher Recognition Luncheon. The teachers and other professionals in education were selected by various organizations as the best in their fields of expertise during the 2016-17 school year.

Each spring, ISBE invites as many award-winners as possible to celebrate their achievements together. This year the invitees included several from the fields of nutrition and wellness:

- **Linda Carlson**; Secondary Physical Education Teacher of the Year and National Secondary Physical Education Teacher of the Year; Illinois Association of Health, Physical Education, Recreation and Dance (IAHPERD), Oak Park and River Forest High School
- **Martha Carman**, Elementary Physical Education Teacher of the Year, IAHPERD, Edison Park Elementary School
- **Eva Detloff**, School Nurse Administrator of the Year, Illinois Association of School Nurses, Barrington CUSD 220
- **Sandra Duniphan**, School Nutrition Champion, ISBE, Pontiac-William Holliday School District 105
- **Chris Fish**, Young Professional Physical Education Teacher of the Year, IAHPERD, Prairie Grove Junior High School
- **Kaitlyn Hall**, Young Professional Health Teacher of the Year, IAHPERD, Central Middle School
- **Katrina Hayes**, Middle School Physical Education Teacher of the Year, IAHPERD, Clinton Elementary School
- **Linda Kimel**, School Nurse of the Year, Illinois Association of School Nurses, Rockford Public School District 205
- **Erik McNeil**, Secondary Physical Education Teacher of the Year, IAHPERD, Maine West School
- **Jerry Miceli**, Adventure Teacher of the Year, IAHPERD, Vernon Hills High School
- **Andy Milne**, Midwest Health Education Teacher of the Year and American National Health Teacher of the Year, Society of Health and Physical Education, New Trier High School
- **Melinda Wilson**, Dance Teacher of the Year and National Dance Teacher of the Year Award, IAHPERD, Curie Metropolitan High School

A complete list of honorees is included in the [ISBE news release](#).



Check ISBE's [Enhanced Physical Education page](#), which is maintained by the Nutrition and Wellness Programs Division.

P.E. Workshop Scheduled for July 12-13 at ISU

Illinois State University will host a two-day physical education professional development workshop July 12-13 to learn about best practices in PE, current trends, and fitness and activity technology designed for PE.

The ISU PE Tech Camp will include a presentation by Shawn Backs of the Illinois State Board of Education's Nutrition and Wellness Programs. She will speak on "PE Assessment Requirements and Data Reporting." Also featured will be Sarah Chusid of the Illinois Public Health Institute/Illinois Alliance to Prevent Obesity. She will share updates on the latest legislative efforts, statewide trainings, and other PE related initiatives. Visit <http://petechcamp.illinoisstate.edu/register/> for a tentative agenda and additional information.

Both days are set for 8:30 a.m. to 4 p.m. and [registration is underway online](#) for this latest ISU Summer Teacher Workshop. An additional informal interactive forum on "Best Practices: Solutions From the Field" will be held the Wednesday evening (July 12). Registration after June 15 is \$60. (Educators can bring one administrator with them for no additional charge.)

Please Don't Delay!

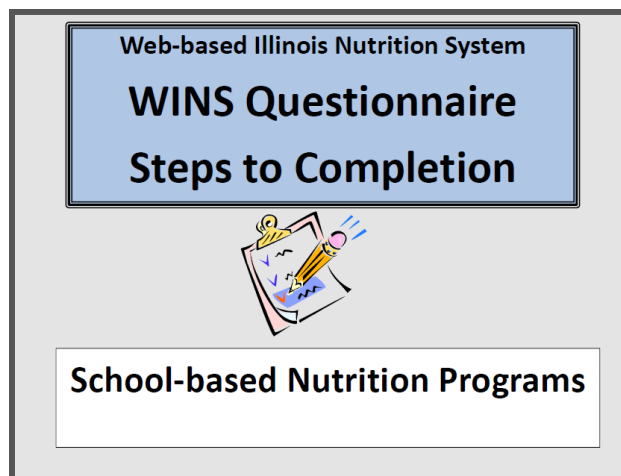
Application Required for New Program Year

The 2018 program year application for the School Nutrition Programs (SNP), which covers July 1, 2017 through June 30, 2018, is available in WINS and should be completed as soon as possible if you have not already done so. The application must be complete no later than Aug. 30 or before service begins this fiscal year.

Instructions for completing the application are located [on our website](#) or under the blue and yellow question mark in the Web-based Illinois Nutrition System (WINS) system.

Districts wishing to participate in any of the programs listed below during Program Year 2017-18, must complete the 2018 application: **National School Lunch Program, National School Breakfast Program, Special Milk Program, After School Snack Program, Illinois Free Lunch Program, Illinois Free Breakfast Program, Seamless Summer Option**

For those who have already clicked the “renew application” button in WINS, you will need to make sure to change your program year to 2017 when claiming meals or milk for April, May and/or June. A communication with additional details on adding and removing serving days was sent to



Instructions for completing Program Year 2017-18 application are at the <https://www.isbe.net/Documents/WINS-FY18app-instructions.pdf>.

sponsors on Friday, June 9, through WINS and are posted in WINS under the blue and yellow question mark icon. Please do not delay renewing the annual application.

If you are in a contractual arrangement for your food service, make sure to submit all renewal documentation before the current contract ends. You can email documentation or questions to cnp@isbe.net.

New Household Eligibility Application

The new Household Eligibility Application (HEA) for School Year 2017-18 will be available soon on our [Household Eligibility Resources page](#). This includes the application form, instructions, and template letter to households. The document includes Income Eligibility Guidelines effective from July 1, 2017, to June 30, 2018. We will send out email notification upon its availability.

Near the beginning of each school year, the letter to household,

HEA, and instructions (Form 68-06) announcing the availability of nutrition programs must be distributed to all households, except students that are directly certified. Please note it is not acceptable to only post the HEA on a website and require households to download and print the HEA for submission.

Please review the “[Certification of Eligibility – Processing of HEAs](#)” section of our [School Nutrition Programs Administrative Handbook](#) for additional guidance.

BREAKFAST AFTER THE BELL

PUBLIC ACT 99-0850

New Requirement Launches SY 17-18

Per [Public Act 99-0850](#), starting school year 2017-18, every public school in which at least 70 percent of the students were eligible for free or reduced-price lunches in October of the preceding year must operate a “breakfast after the bell program.” Breakfast After the Bell means breakfast is provided to all students after the instructional day has officially begun. It however, does not prohibit schools from also providing breakfast before the instructional day begins. Schools may choose whatever delivery model that best suits the students. Typical options include:

- **Breakfast in the classroom:** Food is delivered (by staff, students, or volunteers) to each classroom after school begins and students are permitted to eat in the classroom.
- **Grab and go:** Students pick up bagged or boxed breakfast from carts or specified areas and are permitted to eat in either designated areas or the classroom.
- **Second-chance breakfast:** An extended passing or breakfast period is offered in the cafeteria, following the first or second period of the day.
- **Other options include** serving breakfast during an early recess or outdoor lesson. As long as breakfast is offered to all students after the instructional day has begun, schools and districts have great flexibility in serving breakfast after-the-bell.

Assistance with determining whether or not your district meets the 70 percent threshold is available at



Decatur Public Schools uses the breakfast in the classroom delivery model in many of its schools.



Decatur Public Schools

www.isbe.net/nutrition/pdf/schools_mandated_operate_sbp.pdf. Both state and federal reimbursement is available if a site enrolls in the School Breakfast Program.

Schools participating in the School Breakfast Program must inform families of the availability of breakfasts just prior to the beginning of the school year and throughout the school year via routine methods of communicating with families, such as website posting, weekly messages, public address system, etc.

BREAKFAST AFTER THE BELL

PUBLIC ACT 99-0850



Students in Patoka CUSD 100 participated in a Breakfast After the Bell pilot.

A Success Story

The [University of Illinois Extension](#) has been providing technical assistance and support in piloting Breakfast After the Bell in select schools throughout the state, one of them being Patoka Community Unit School District 100. Junior and senior high students tried a grab and go model and elementary students tried Breakfast in the Classroom for two weeks. As a result from the breakfast pilot, school breakfast participation increased from 29 percent to 71 percent. State Rep. John Cavaletto was a co-sponsor of the legislation and visited Patoka during their breakfast pilot to see the program in action. [Read more here!](#)

Team Up for Success

Half-day “Team Up for School Breakfast Success” trainings were held in May in Decatur, Collinsville, and Lisle. During those meetings, guidance, technical assistance and the sharing of best practices on the implementation of the School Breakfast Program, specifically on the [Breakfast After the Bell mandate](#) were shared. Resources that were discussed and shared include the [Playbook: Breakfast After the Bell 2017 Implementation Toolkit](#) from Rise and Shine Illinois.

The 27-page document includes resources for school nutrition staff, principals, and teachers. It features videos, including one from a [Keller Elementary School in Peoria with them talking about their success with breakfast in the classroom](#).

Other resources for Breakfast After the Bell include:

- [ISBE’s School Breakfast Program webpage](#)
- [Breakfast in the Classroom – District Tools, Presented by Partners for Breakfast in the Classroom](#)
- [Los Angeles Unified School District Breakfast in the Classroom](#)



Districts may be relieved from the Breakfast After the Bell requirement if they demonstrate either:

- They are delivering a school breakfast effectively, as defined by 70 percent or more of the free and reduced-price students participating in the School Breakfast Program, or
- Due to circumstances specific to that school district, the expense reimbursement would not fully cover the costs of implementing and operating a Breakfast After the Bell program. District must submit cost analysis to district’s board of education, district board holds public hearing, and district board passes a resolution that district cannot afford to operate a breakfast after the bell program. District must post date, time, place, and subject matter of meeting on its website; notify ISBE by emailing cnp@isbe.net at least 14 days prior to the hearing; and submit final resolution approving upon passage.



**Illinois State
Board of Education
Nutrition & Wellness
Programs Division**

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Springfield, IL 62777
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ISBE Events, Meetings & Deadlines

July 4 – ISBE offices closed for Independence Day
Aug. 2-3 – [School Nutrition Programs Back to School Conference](#)
Aug. 30 – [School Nutrition Programs SY 2017-18 WINS application](#) deadline
Sept. 4 – ISBE offices closed for Labor Day
Oct. 9 – ISBE offices closed for Columbus Day
Please note this is not a complete list of Nutrition Wellness Programs Division events, meetings, and deadlines. Visit us online at www.isbe.net.



What's New Online?

- [SNP SY 2017-18 WINS Application Instructions](#)
- [Fiscal Year 2018 Income Eligibility Guidelines](#)
- [Household Eligibility Resources for SY 2017-18](#)

Visit the Nutrition and Wellness Programs Division at <https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>.

Non-Discrimination Statement

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at <https://www.ascr.usda.gov/how-file-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or **Email:** program.intake@usda.gov.

This institution is an equal opportunity provider.





University of Illinois Extension

the ABCs of school nutrition

Professional Standards Portal for Illinois School Nutrition Employees

Funding provided by the Illinois State Board of Education

What's New on the Website?

Upcoming Online Offerings

Salt? Who Needs It! Taking Advantage of Spices and Flavor to Satisfy Tastebuds (30 minutes credit)

In this course, we review strategies to reduce sodium in school meals, cooking techniques to add flavor without salt, how to use herbs and spices, and more!

Fruit in School Food Service (15 minutes credit)

In this course, we discuss health benefits of fruit, requirements for reimbursable meals, and ways to incorporate and promote fruit in school meals.

Access all of our online courses at <http://go.illinois.edu/abcsofschoolnutrition>



Meal of the Month is on hiatus for the summer!

We'll be starting back up in August, so here are some tips to bring your "A" game and WIN:

1. Make sure to have a variety of BRIGHT and VIBRANT colors represented! Contrast is key.
2. Try unique plating options, such as disposable black serving bowls for salads or stir-fries.
3. Your photo background should not distract from the subject of the photo - your meal! Also, make sure to showcase your meal in its best "light" - experiment with camera flash or even try natural light (by a window).
4. Try a different angle! Entries don't need to be an overhead photo of a lunch tray. Try taking a close-up shot of your entree with side dishes in the background (but still visible), or take your photo at counter-level.

Remember, connect with us on social media to stay up to date on contests and giveaways!



FEATURED SCHOOL RECIPE - Fun Fruit Breakfast Pizza

Perfect for summer meal programs, this recipe uses seasonal fresh fruit and is decorated like the American flag!

Get the recipe here: <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/fun-fruit-breakfast-pizza-usda-recipe-j-050-cacfp>



Food Service Lead shares feedback from Breakfast in the Classroom pilot

Mrs. Phippen Stewart, Food Service Lead with Chartwells Dining Service, was a little wary when she heard that East St. Louis School District 189 would be participating in a Breakfast After the Bell pilot program:

"At first, I thought this [would be] an overload of work for me to do along with the work load I already have." But after the week-long trial at Annette Officer Elementary School, she said, "surprisingly, it wasn't that difficult."

It went over well with students, too. Mrs. Stewart explained, "On May 1st [after the pilot had ended], the kindergartners went to their classrooms and wanted to eat in their rooms... One kid said to me, 'what happened to our food? It wasn't in my room when I got there.' Another kid said, 'I didn't eat at home because I wanted to eat in my classroom with my friends.'" Teachers also enjoyed the program and said that kids were more focused, happy, and less disruptive in the classroom.



Mrs. Stewart was glad to have had the chance to pilot the program and troubleshoot issues that came up. She shared with us some suggestions for others to consider when implementing (or just trying out) Breakfast in the Classroom.

[Get her feedback and tips here!](#)

What else is on the blog?

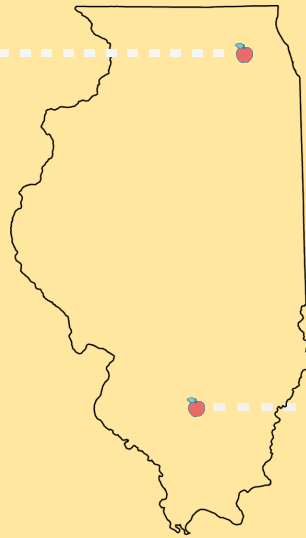
We share successes from schools around Illinois who have worked with us on Smarter Lunchroom initiatives, Breakfast After the Bell, and more!

Spotlight on Success!



Ronald D. O'Neal Elementary School in Elgin, IL has been working with ABCs of School Nutrition staff to integrate Smarter Lunchroom principles and are now implementing 36 best practices!

We love their colorful and informative school meals window featuring information on what makes a reimbursable meal, special entree promotions, and healthy eating signage!



Extension has been providing technical assistance and support for Breakfast After the Bell pilots before programs are mandated for SY 2017-2018. With assistance from Ashley Hoffman, Casey Middle School trialed a hybrid Second Chance/Grab and Go model. Students not participating in traditional breakfast or who arrived late were given the opportunity to grab breakfast from the front office, where food is stored in a small refrigerator and insulated bag. The school plans to continue this model for the next school year.



Does your district need nutrition guidance? We can help with Breakfast After the Bell, Smarter Lunchroom strategies, grant applications, staff training, and more. E-mail us today to get connected with your local ABCs of School Nutrition staff!

STAY IN TOUCH!

E-mail: schoolnutrition@illinois.edu
Website: <http://go.illinois.edu/abcsofschoolnutrition>
Sign up for our monthly e-newsletter: http://eepurl.com/csOT_9

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