

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

bulletin board

Welcome New Nutrition Programs Staff

Glenda has been with ISBE for many years in the area of Curriculum and Instruction—Technology. She brings many years of grant experience with her and will be working in the day care homes section of the Child and Adult Care Food Program.



Important Dates



- September—National Food Safety Education Month®
- September 14—Submission Due Date for Annual Sponsor/Site Application to Participate in School-Based Child Nutrition Programs

Date Savers

- National School Lunch Week, October 15–19
- Illinois School Breakfast Week, November 12–16
- American Education Week, November 12–16
- Reprocessed Commodity Taste Tests
 - November 28, 2007—Drury Lane, Oakbrook Terrace
 - January 9, 2008—Prairie Capitol Center, Springfield

REMINDER: The Illinois State Board of Education (ISBE) Nutrition Programs Division mailed materials to school sponsors/sites last month. Since there are **IMPORTANT DATES** highlighted on the calendar, we suggest you post it in a conspicuous location and reference it frequently.

September 2007 — The Outlook

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HATS OFF to Summer Food Service Program Sponsors and Seamless Summer Option Schools

Congratulations to the following 41 school districts that participated in the Summer Food Service or the Seamless Summer Option this past summer. Twenty-three school districts participated in the Summer Food Service Program and 18 school districts participated in the Seamless Summer Option. Their efforts helped children receive nutritious meals and snacks throughout the summer months.

School Districts/Schools Participating in the Summer Food Service Program

1. Alton Community Unit School District 11	Alton
2. Bloomington School District 87	Bloomington
3. Brooklyn Unit District 188	Lovejoy
4. Catholic Diocese of Belleville	Belleville
5. Champaign Community Unit School District 4	Champaign
6. Chicago Heights School District 170	Chicago Heights
7. Christopher Unit 99	Christopher
8. Du Quoin Community Unit School District 300	Du Quoin
9. East St. Louis School District 189	East St. Louis
10. Effingham Community Unit School District 40	Effingham
11. Freeport School District 145	Freeport
12. Harvey School District 152	Harvey
13. Macomb Community Unit School District 185	Macomb
14. Meca Elementary School	Bellwood
15. Murphysboro Community Unit School District 186	Murphysboro
16. Pekin Public School District 108	Pekin
17. Pembroke Community Consolidated School District 259	Hopkins Park
18. Pleasant Hill School District 69	Peoria
19. Prairie-Hills Elementary School District 144	Markham
20. Quincy School District 172	Quincy
21. Red Hill Community Unit School District 10	Bridgeport
22. South Holland School District 151	South Holland
23. Springfield School District 186	Springfield

School Districts Participating in the Seamless Summer Option

1. Beardstown Community Unit School District 15	Beardstown
2. Belleville School District 118	Belleville
3. City of Chicago School District 299	Chicago
4. Community Unit School District 300	Carpentersville
5. Dallas City Community Unit School District 336	Dallas City
6. Dolton School District 148	Calumet City
7. High Mount School District 116	Swansea
8. Hoopeston Area Community Unit School District 11	Hoopeston
9. Kankakee School District 111	Kankakee
10. Ludlow Community Consolidated School District 142	Ludlow
11. McLean County Unit District 5	Normal
12. Mt. Vernon School District 80	Mt Vernon
13. Peoria School District 150	Peoria
14. Rock Island School District 41	Rock Island
15. South Beloit Community Unit School District 320	South Beloit
16. South Holland School District 150	South Holland
17. St. Anne Community High School District 302	St Anne
18. Tamaroa School District 5	Tamaroa

Administration

Claim Common Cents



Funding & Disbursement Services Division

Phone: 217/782-5256

Fax: 217/782-3910

The following guidelines and tips will help ensure a timely claim payment.

Some things to remember as we start a new school year

- Claims are due by the 10th of the month for the prior month. We voucher weekly, so the sooner you submit your claim, the sooner you will get paid.
- You must submit a claim for each site and then a sponsor claim to consolidate all the site claims. You will not get paid until the sponsor claim is submitted.
- Check to be sure each program the site is supposed to be approved for is showing on the site claim. If a program is missing, you must update your Site Application.
- The programs and claims run on a Federal fiscal year of October through September. This means September and prior claims are fiscal year (FY) 2007, and October and after claims are FY2008. Be sure you select the correct fiscal year when filing your claims online.
- Know your agreement number—When you call our office with questions, the first thing we will ask for is your agreement number (also known as your region-county-district-type/RCDT code or sponsor ID). This eleven-digit code identifies your district/organization.

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

Food Distribution



Recent Improvements in Commodities Help Schools Serve Up the Dietary Guidelines to Students

USDA office has informed us of the following recent improvements to commodities to reflect the Dietary Guidelines for Americans 2005 (DGAs).

We will continue to provide further updates on nutritional improvements to schools as they occur.

Trans Fats

DGAs—Keep trans fatty acid consumption as low as possible.

Elimination of trans fats from frozen potato rounds, ovens, and wedges

As a result of removing the trans fats from these potato products, schools may receive some product where the primary packaging will have a slightly greasy appearance resulting from the use of non hydrogenated oils that do not solidify like hydrogenated oils. The Agricultural Marketing Service will be working with vendors to switch to commercial poly bags.

Sugars

DGAs—Choose or prepare foods with little added sugars (caloric sweeteners).

Offering unsweetened canned applesauce.

However, schools will continue to receive sweetened applesauce for a while until vendors begin to produce applesauce from their fall crops of apples.

Whole Grains

DGAs—Increase consumption of whole grains.

Offering whole wheat flour, brown rice, whole grain spaghetti, and whole grain pasta-rotini.

Expect a quick-cook brown rice and whole grain macaroni shortly.

Department of Defense Fresh Fruit and Vegetable Program

Once again 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). In previous years many schools that have money allocated to them fail to place any orders for fresh fruits or vegetables. Schools can see how much money has been allocated to them by selecting *Fresh Fruits and Vegetables Participation on the Annual Order Forms* menu option on 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. Any money unused by schools will be used by other schools by the end of the school year.

New USDA Fact Sheets for Commodities

The USDA has newly formatted and updated USDA Commodity Fact Sheets developed for commodities expected to be available for schools and institutions participating in the National School Lunch Program (NSLP), other Child Nutrition Programs, and the Nutrition Services Incentive Program.

Please note that all of the newly updated fact sheets will now include the four-digit USDA Commodity Code. In addition, we added food safety guidance and expanded the nutrient data that are key to planning healthy school meals that support the Dietary Guidelines and MyPyramid recommendations.

For each *food category*, you will be able to view and print individual fact sheets or all fact sheets that are arranged either alphabetically by commodity title or numerically by commodity code. The direct link to the fact sheets is <http://www.fns.usda.gov/fdd/schfacts/default.htm>.

Food Service and Nutrition

Vote for School Lunch This October During National School Lunch Week October 15–19

One special week each school year, schools honor and recognize staff and supporters of the National School Lunch Program. That week, National School Lunch Week, is October 15–19, 2007. This year's theme, again, is *Vote for School Lunch*. Schools across the country are encouraged to serve the designated menus and participate in a design a candidate contest. This year's entrees include Pippa's Pollster Platter, Jesse Wrap, the Biff Burger, Yummi Rice Bowl, and Patty Mac "n" and Cheese. Go to www.Voteforschoolunch.com for recipes, logos, *Design a Candidate* contest entry forms, a 12-page tool kit, proclamation, banners, costumes, and more! Engage your school community in an election this October to *Vote for School Lunch*.

Shortcuts to Successful Health and Fitness Fairs

Is your school(s) planning a health and fitness fair this year? As you begin to plan for the event, consider the following great resources. Begin your search with the Nutrition Education and Loan Library

at the Illinois State Board of Education (<http://www.kidseatwell.org/asp/search.asp>).

One popular resource for health fairs is the *Body Walk* kit, part of a 2003 Team Nutrition Training Grant awarded to Illinois, based on the Kansas material “Body Walk: An Exciting Education Exhibit for K–5 Students.” This material allows a school to hold a body walk event developed with tips from a guidebook.

Other useful resources include:

- A Guide to Organizing and Promoting Your Health Fair—www.aap.org/family/healthfairkit.htm (American Academy of Pediatrics)
- Eat Smart. Play Hard.™ Campaign—<http://www.fns.usda.gov/eatsmartplayhard/default.htm>
- Team Nutrition—<http://teammnutrition.usda.gov/team.html>

Remember to start early, recruit volunteers, and have fun!

Grants, Awards, and Honors

Illinois Boasts 27 Credentialed as School Nutrition Specialists



Congratulations to the School Nutrition Association’s Newest School Nutrition Specialists!

Congratulations to the newest individuals receiving the School Nutrition Association’s School Nutrition Specialist (SNS) credential. According to the School Nutrition Association, effective August 2007, Illinois has 27 School Nutrition Specialists. The SNS provides formal recognition of professional achievement at a national level as well as professional

Illinois School Nutrition Specialists (Effective August 2007)	
1	Darlene Brooks Mount Vernon School District 80
2	Regina Chappell Roxana Community Unit School District 1
3	Maureen Conley Conley Workman Associates
4	Bobbie Desprat Palatine Community Consolidated School District 15
5	Tab Forgac National Dairy Council
6	Cindy Gaffney School District 46
7	Mark Haller Illinois State Board of Education
8	Dean Held Illinois State Board of Education
9	Coletta Hines-Newell Arlington Heights School District 25
10	Mary Idleman Olympia Community Unit School District 16
11	Ruth Jonen Retired
12	Clare Keating Preferred Meal Systems, Inc.
13	Joan Love Illinois State Board of Education
14	Mary Ann Lusk National Dairy Council
15	Constance Mueller Bloomington School District 87
16	Sharon Nichols Valley View Community Unit School District 365U
17	Madeleine Pachay St. Vincent De Paul Center
18	Camellia Patey National Dairy Council
19	Micheline Piekarski Oak Park and River Forest District 200
20	Patricia Powers McLean County Unit District No. 5
21	Roxanne Ramage Illinois State Board of Education
22	Tracie Suter Valley View Community Unit School District #365U
23	Lauren Thomas Township High School District 211
24	Elizabeth Tinken Argo Community High School District 217
25	Kristin Voigts Palatine Community Consolidated School District 15
26	Kathleen Workman Conley Workman Associates
27	Toni Wright SIU-C Head Start

recognition from subordinates, peers, and superiors. For information on credentialing, go to <http://www.schoolnutrition.org/Credentialing.aspx?id=1021>.

School Food Authority Mini-Grant Accomplishments

At the beginning of August 2006, 15 Illinois schools were awarded with up to \$1,000 in grant monies to utilize for training, materials, and resources to support the development, implementation, and measurement of their Local Wellness Policy. These schools creatively used the funds in a variety of projects to train 934 school staff and nearly 8,000 students. Check out how these schools utilized their funds to support their Local Wellness Policy.

Staff at *Bushnell-Prairie City Elementary* and *Stark County School* attended a regional Local Wellness Policy workshop. Additionally, Bushnell-Prairie staff completed an online nutrition education training course and demonstrated how to create healthy snacks at several family nights. *Iroquois West District*, *St. Rose Elementary School*, *West Central District*, and *West Prairie School* purchased the NUTRIKIDS software, which will assist the food service staff in analyzing school meals to ensure they align with the USDA school nutrition guidelines. Staff at *West Central* and *St. Rose* Schools received NUTRIKIDS training to assist them further in enhancing their school meals program. *West Prairie* School also purchased Coordinated Approach to Child Health (CATCH) curriculum components and a School Nutrition Association membership, which will keep staff updated on the latest news in school nutrition. *Kankakee School District* created wellness policy bags that included a copy of the district wellness policy, healthy eating tips, an apple, and a water bottle. These bags were utilized to educate district staff on the wellness policy and its importance. Food service staff at *McLean County Unit District* attended two inservices relating to School Wellness Policy, which provided them with practical information and strategies for them to enhance the quality of their school meals and a la carte program.

Staff from *Shirland District* and *Sycamore Unit School District* attended KidsFest Chicago 2006, an interactive and motivational event where they learned how to motivate children to make healthy choices and have fun while being active. Additionally, staff at *Shirland District* created nutrition bags and provided these bags

to school staff and parents at their Annual Fun Night. *Sycamore* staff also attended the Illinois Association for Health, Physical Education, Recreation, and Dance conference where they gained ideas that will assist them in meeting their physical activity goals. *Silvis District* staff trained on newly purchased menu analysis software. A registered dietitian educated food service employees at *St. Anne Community High School District* on school wellness and healthy eating. Additionally, *St. Anne's* staff provided a taste-testing of healthy snacks at a parent's night. Staff members at *Wabash District* participated in the Body Walk for the school by promoting the new Local Wellness Policy; the MyPyramid; as well as educating students, staff, and parents on fitness and healthy foods. Also, a registered dietitian educated staff at *Wabash* on healthy food preparation and menu planning, which assisted them in implementing the Body Walk. During the Body Walk, students take a walk through a body exhibit and learn how the body functions with an emphasis on choosing healthy foods. Training was provided to staff at *Warrensburg-Latham District* to educate staff on how to design lesson plans that integrate their wellness policy goals into their curriculum. *Wayne City District* staff received nutrition education training. In addition, *Wayne City* utilized their funds to purchase fast food and healthy snacks education pamphlets for students. **Congratulations to all of these schools on their accomplishments.**

Love Your Veggies™ \$10,000 Grant Opportunity for Elementary Schools

Applications Accepted Online Now Through November 30, 2007

Hidden Valley recognizes students are not eating enough fruits and vegetables, so they are providing each state a \$10,000 grant to one elementary school to increase fresh produce consumption in the school cafeteria and to increase nutrition education in the classroom.

A \$10,000* grant in direct funding will be used for any of the following:

- Fresh produce (vegetables and fruits)
- A vegetable station (such as a dedicated salad bar)
- Kitchen equipment (primary usage must relate to proposed program)
- Program staffing (cafeteria personnel, lunchroom staff, etc.)

- Nutrition education supplies

* Of the \$10,000 grant, each grant will allocate \$1,500 toward food service personnel training on a variety of topics provided by the School Nutrition Association, during the 2008–2009 school year. Complete the application online at <http://www.loveyourveggiesgrants.com/apply.html> by November 30, 2007. Award notices will be made soon after February 1, 2008.

Training, Tips, and Tools

Basic Training Workshops—Space Still Available

There are three remaining FREE Basic Training Workshops scheduled if you have not attended one yet this school year. The dates and locations follow:

- September 19—Rockford, Radisson
- September 27—Bloomington, Jumer's Chateau
- October 3—Whittington, Rend Lake Resort and Conference Center

Register at www.isbe.net/nutrition/htmls/workshops.htm. Contact cnp@isbe.net if you have any questions.

Calendar Keeps Wellness Scheduled at Hatch and Oak Park Elementary Schools in Oak Park

Vacations and holiday breaks are no reason to forego “wellness” at Hatch and Oak Park Elementary Schools in Oak Park Elementary School District 97, according to Sandy Noel, the physical education teacher with over 30 years experience. Noel's mission is to provide the students with nutrition and fitness knowledge that will last a lifetime. In an effort to improve student health, Sandy has created a yearly wellness calendar for her school district using an activity-based approach to teaching health and nutrition. Noel's intent is to “*Convey to students that health is not simply something that we learn, it is something we do.*”

Scheduled monthly events and activities that promote nutrition and fitness include the Action for Healthy Kids program *Game On! The Ultimate Wellness Challenge*, hands-on food tastings, farm tours, family cooking demonstrations, guest chefs preparing healthful school breakfasts and dinner for families, a yearly

school health expo for students, wellness workshops for parents, turkey trot, Walk Across Illinois*, exercise nights with parents, beach party, a winter workout, star runners challenge and much more!

In addition, wellness is scheduled after schools as well with After School Hoops®, one-hour clinics with one-on-one basketball. Noel maintains communication with the school, the community, and student body via a PTO newsletter, parent letters, and a monthly calendar of learning and living health messages.

The calendar is a simple and easy concept that could be applied in any school community.

Pivotal to the integration of wellness at these schools is that “wellness” has been integrated across the curriculum- throughout the school day in the *Walk Across Illinois*, a 20-week curriculum. In the summer of 2006, in collaboration with Lieutenant Governor Patrick Quinn’s office, Noel wrote the *Walk Across Illinois* curriculum which is currently being piloted in 28 Chicago public schools.

*For further information on the *Walk Across Illinois* program, visit <http://standingupforillinois.org/walk/>.

IMPORTANT! Sponsor/Site Applications due September 14

Sponsor/Site Applications to participate in the National School Lunch Program, School Breakfast Program, Special Milk Program, and/or After-School Care Snack Program during the 2007–08 school year are now available on-line. Applications are accessible through IWAS (ISBE Web Application Security)/Application and Claim Entry System (ACES) and are due no later than September 14, 2007. For instructions on completing the applications, go to <http://www.isbe.net/nutrition/htmls/instructions.htm>.

Calendar of Events—OCTOBER

- Submit Claim for Reimbursement
- Complete the meal count edit prior to submission of the Claim for Reimbursement
- 1 Illinois Recycling Day
- 1 Determine the number of applications for verification and begin confirmation reviews and verification process
- 3 National School Lunch Program Basic Training Workshop—Whittington, Rend Lake
- 3 International Walk to School Day (www.walktoschool.org)
- 8 Columbus Day—ISBE office closed
- 13–20 Make changes, if needed, for November commodity deliveries
- 15–19 National School Lunch Week—Vote for School Lunch
- 16 World Food Day



Illinois State Board of Education

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