

The OUTLOOK

Nutrition Programs

bulletin board

Important DATE!



Illinois State Board of Education

Successful Summer 2008

This summer, over 600 school cafeteria doors across Illinois opened to serve meals to enrolled students and children of the surrounding communities. The number of sponsors in the Seamless Summer Option, an option of the National School Lunch Program, more than doubled statewide while the number of school sponsors in The Summer Food Service Program (SFSP) increased 68 percent from last summer. Due to rising food costs and increases in household expenses, these summer meals served throughout Illinois to children were especially well received. To view a complete listing of sponsors in both the SFSP and the Seamless Summer Option, click the *2008 Schools Participating in Summer* link, which is displayed on the National School Lunch or Summer Food Service Program page at www.isbe.net/nutrition. Congratulations to these sponsors for providing meals and snacks to Illinois children this past summer.

Important Dates

September	National Food Safety Education Month
September 15	Submission Due Date for Annual Sponsor/Site Application to Participate in School-Based Child Nutrition Programs
October 8, 2008	Walk to School Day 
	(http://www.walktoschool.org/)
October 15–19	National School Lunch Week (http://docs.schoolnutrition.org/meetingsandevents/nslw2008/)
October 25–28	American Dietetic Association's Food & Nutrition Conference & Expo, Chicago (http://eatright.org/cps/rde/xchg/ada/hs.xsl/7539 ENU HTML.htm)
November 5	Reprocessed Commodity Taste Test, Bloomington (http://www.ilsna.net/)
November 12–16	Illinois School Breakfast Week/American Education Week
November 14	Due date to submit the Dairy Council 2008 Expanding Breakfast Awards application

2007–2008 The Outlook Index Posted

If you are looking for an article in a previous The Outlook issue, visit the posted The Outlook indexes to help you find it easier. Go to <http://www.isbe.net/nutrition/htmls/newsletters.htm> and click on the year you desire. The articles are sorted alphabetically by topic area.

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School Year 2008–2009 Fresh Fruit and Vegetable Programs

For school year 2008–2009, Illinois will be participating in two fresh fruit and vegetable programs. One of the programs is the traditional Department of Defense (DoD) Fresh Fruit and Vegetable Program and the other is a new grant-based Fresh Fruit and Vegetable Program (FFVP). The DoD program is in conjunction with the Food Distribution Program (Commodities) and schools can elect to participate by making the selection in the Illinois Commodity System (ICS). In the Illinois Commodity System, schools should select *Annual Order Forms* from the main menu and then select *Fresh Fruit and Vegetable Participation*. If a school is large enough to have a minimum allocation (\$500), the amount will be displayed on the Fresh Fruit and Vegetable Participation screen within ICS. Schools participating in the DoD program place their orders through the Fresh Fruit and Vegetable Order Receipt System (FFAVORS) website at <https://www.ffavorsweb.dscpl.dla.mil>. The FFAVORS system is administered by the DoD. If help is needed with the system, please contact Pam Hamlett at 215/737-3676. If you have any questions relating to the DoD program, you can contact Jim Copp with the Illinois State Board of Education at 800/545-7892.

The program is a competitive grant-based program in which schools must complete a grant application and be selected in order to participate. The grant for school year 2008–2009 was due August 29, 2008, and a list of schools selected is available at http://www.isbe.net/nutrition/htmls/ffv_program.htm. Watch our website and The *Outlook* newsletter for grant information for next school year. The overall goal of the FFVP is to provide all children in selected schools with access to a variety of free fresh fruits and vegetables throughout the school day in addition to the reimbursable meal. Additionally the goal is to create healthier school environments by providing healthier food choices, expanding the variety of fruits and vegetables children experience, increasing a child's intake of fruits and vegetables, and making a difference in a child's current diet and future health. If you have any questions relating to the FFVP, you can contact Lindsay Blough or Roxanne Ramage with the Illinois State Board of Education at cnp@isbe.net or 800/545-7892.

Administration

Head Start Eligibility

The recent passage of the *The Improving Head Start for School Readiness Act of 2007* (Public Law 110-134) included changes to the eligibility criteria used in the Child Nutrition Programs. Effective December 12, 2007, all children participating in Head Start are automatically eligible for free meals without further application or eligibility determination. In the past, only those children who were income eligible for Head Start were considered automatically eligible for free meals in the Child Nutrition Programs. School food authorities (SFAs) may submit revised Claims for Reimbursement to claim all reimbursable meals served to Head Start enrollees not previously claimed at the free rate served on December 12, 2007, and beyond. If such a revision is requested, the SFA must refund any money received from the households of such children.

UPDATE: Disclosure of a Student's Free and Reduced-Price Eligibility

The United States Department of Agriculture (USDA) which funds the National School Lunch Program has had inquiries about disclosing individual children's eligibility status and sharing applications with auditors conducting reviews on behalf of the Federal Communications Commission (FCC) and the Universal Service Administrative Company (USAC). The FCC, through USAC, administers the *E-Rate Program* and in turn, contracts with private firms to actually conduct the audits.

To support the discount rate for telecommunications and Internet access to schools through the E-Rate grant, auditors are requesting documentation of the discount calculation. Specifically, auditors have asked for a list of eligible students for selected schools along with the applications for those students.

The USDA has determined that release of information is **permitted** under Section 9(b)(6) of the Richard B. Russell National School Lunch Act (NSLA) **as long as** the following audit protocols are followed:

- Compare aggregate enrollment data with aggregate free and reduced-price eligibility data;
- For a small sample of eligible students, request their applications (which could include direct certification records);
- Confirm an application or other documentation exists for each selected student;
- Prohibit auditors from retaining personal student information;
- Auditors cannot verify the accuracy of the local education agency's (LEA's) determinations for free or reduced-price meal eligibility and cannot contact the household; and
- Auditors cannot share or otherwise release individual information.

School-wide eligibility data is always readily available for auditors on the Illinois State Board of Education's website at http://www.isbe.net/nutrition/htmls/eligibility_listings.htm.

Verification Deadlines

Verification is the process of confirming student eligibility for free and reduced-price meals for the National School Lunch and School Breakfast Programs. Annually, each local education agency (LEA) must select and verify a sample of applications approved for benefits as of October 1. (This does not include applications from the previous year for which a child's eligibility is being carried over.) The LEA must complete the verification process by November 17. Once the verification process is done, the LEA must then electronically submit a Verification Summary Report (VSR) to the Illinois State Board of Education by January 19. The VSR, along with instructions, will be available at the end of November through IWAS/ACES. For a listing of steps to complete the verification process and sample letters to households, go to http://www.isbe.net/nutrition/htmls/forms_sbn.htm.

Claim Common Cent\$

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



Important Reminders for the New School Year!

As you start submitting Claims for Reimbursement for the 2008–2009 school year, remember that the programs and claims run on a Federal fiscal year (FY) of October through September. This means that September and prior claims are **FY2008** and October and after claims are **FY2009**. Be sure you select the correct fiscal year when filing your claims online.

Check your Site Applications to ensure that each program the site is participating in is approved. Also check to ensure the correct months of operation are selected. The FY2008 Site Applications cover August and September of this school year, so please double-check them for accuracy. You may update the Site Application to make the necessary changes.

Reminder—You must file separate Claims for Reimbursement for August and September. You cannot combine them.

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

Food Distribution

Reprocessed Commodity Taste Tests

Be sure to mark your calendars and come hungry for the annual school year taste test. The Illinois School Nutrition Association (ILSNA) is sponsoring the event planned for November 5, 2008, in Bloomington at the Interstate Center. More information can be obtained on the ILSNA's website (<http://www.ilsna.net/>) in the near future.

Taste tests are a great place to try different commodities that will be offered for the 2010 school year. There is no cost and you do not have to divert commodities to a processor to attend. The Illinois State Board of Education (ISBE) will give a brief presentation explaining the commodity-divert process before the taste tests begin. Please plan to attend this information-filled taste test.

Food Service and Nutrition



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

With the presidential election in November, plan now for your school's political event during October 15–19, National School Lunch Week (NSLW). Let students vote on your school lunch menu items. The School Nutrition Association has provided all you need to plan, prepare, and implement special events all week at <http://www.schoolnutrition.org/>. Begin with a sample NSLW proclamation, logos, and press releases; continue on with a school lunch election and serve the NSLW week menu, and complete the event with prizes. Honor and recognize your school nutrition staff's contributions to the school district during this important week. Best wishes for a successful NSLW!



HealthierUS School Challenge Criteria Reflects 2005 Dietary Guidelines for Americans

Attention elementary schools! As you enhance and improve your school lunch menus, you may consider applying for the HealthierUS School Challenge. The criteria were modified to reflect the 2005 Dietary Guidelines for Americans. Elementary schools submitting applications effective January 1, 2009, must use the new criteria. So, hurry and submit your application before January 1, 2009, to be able to use the current criteria. For additional information, please go to <http://www.fns.usda.gov/tn/HealthierUS/Index.html>

Fruit & Vegetable of the Month Calendar

Try something new this year in the cafeteria and the classroom. Feature a fruit and/or a vegetable at each school using the fruit and vegetable of the month calendar developed by Department of Health and Human Services, Centers for Disease Control and Prevention at <http://www.fruitsandveggiesmatter.gov/month/>. Learn about persimmons, rhizomes, and exotic fruits! Recruit art students to draw the fruit and display in hallways, cafeterias and classrooms. Prepare presentations on the specific fruit and vegetable, and teach students the history and how to prepare foods using the fruit or vegetable of the month.

Fruit and Vegetable Serving Tips

Consider using some of the following ideas to prepare and serve fruits and vegetables.

- Entice students to eat vegetables by offering the Creamy Dip for Fresh Vegetables. Download the easy recipe at http://www.olemiss.edu/depts/nfsmi/Information/school_recipes/E-13.pdf. Offer with tossed green salads too.
- Do you serve young students? Consider the "Stop Light Peppers" menu item which is a mixture of red, green, and yellow peppers and a dip.
- View the 5 A Day Quantity recipe cookbook at <http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf> for soups, salads, main dishes, side dishes, and breakfast items.
- Add crushed pineapple, mandarin oranges, apples, or grapes to coleslaw.
- Add a drizzle of balsamic vinegar to sliced strawberries. The vinegar's tartness heightens the sweetness of the strawberries.

Dietary Guidelines for Americans Fact Sheets

As you plan your menus, review the following Dietary Guidelines for Americans Fact Sheets for Healthier School Meals available at http://www.fns.usda.gov/tn/Resources/dgfactsheet_hsm.html.

- Be Salt Savvy—Cut Back on Sodium
- Include Fiber-Rich Foods
- Jazz Up Your Menus With Fruits
- Limit Saturated Fat and Cholesterol
- Meeting the Challenge of Rising Food Costs for Healthier School Meals
- Serve More Dry Beans and Peas
- Vary Your Vegetables

These fact sheets provide valuable and useful information to help you purchase, prepare, and serve menu items to help meet the Dietary Guidelines for Americans.

Grants, Awards, and Honors

School Wellness Conference Highlights School Recognition

“For next year I just want more of what you gave us today—Thank you!” is one of the quotes provided by an attendee of the first annual Illinois School Wellness Conference held in Decatur last May.

And that is what is being planned for May 5, 2009, second annual Illinois School Wellness Conference in Decatur. Save the Date!

Over 125 educators, administrators, food service directors, school nurses, and business managers attended last May’s conference sponsored by the Illinois State Board of Education and Illinois Action for Healthy Kids. Attendees appreciated the examples of what other schools are doing related to wellness, the variety of breakout sessions, exhibits and bags, enthusiasm by speakers, posters, and more!

Like last May, this year’s conference will highlight successful implementation of school wellness programs involving nutrition, nutrition education, physical activity, and physical education. In addition, to meet Public Act 094-0190’s School Health Recognition Program, the conference will recognize and celebrate those schools having success with their wellness efforts.



Certificates representing multiple recognition programs of Illinois schools.



Participants get up and moving when Dr. Pangrazi speaks.



Attendees enjoying luncheon with honored guests.

Striving for Excellence: Nine Schools Apply for the HealthierUS School Challenge

Nine Illinois schools have submitted applications to take the HealthierUS School Challenge (HUSSC). HUSSC is a national program that recognizes schools that have taken steps to improve student wellness. These schools included Northside School and Southside School (Morrisson); Ridgeview Elementary School (Colfax); Bushnell/Prairie-City Elementary School (Bushnell); Bridgeport Grade School, Sumner Attendance Center, and Petty Elementary School (Bridgeport); Hawthorn Elementary School (Salem); and Tri-C Elementary School (Carterville). In order to be considered for certification as a

HUSSC school, specific criteria needed to be met for nutrition education, physical activity, and school meals. Visit the HealthierUS School Challenge website at <http://www.teamnutrition.usda.gov/HealthierUS/index.html> to learn more about these criteria.

Below are some of the menu enhancements these schools successfully made to meet the HUSSC requirements.

- Ridgeview Elementary and Tri-C Elementary Schools now serve pizza with a whole grain crust and whole grain breaded corn dogs.

(continued on page 5)

- Bushnell-Prairie City Elementary School changed the flour portion in several freshly baked recipes to be more than 50 percent whole wheat flour.
- Hawthorn Elementary School added “stop light” peppers (red, yellow, and green pepper strips) and USDA commodity whole wheat spaghetti to the menu.
- Ridgeview Elementary, Bushnell-Prairie City Elementary, and Hawthorn Elementary Schools added refried beans to their menus.

Several school food service staff also supported student and parent education by providing healthy snacks to complement curriculum, educating students and parents on healthy snacks at family nights, or creating a special section on the monthly menu to highlight nutrient-rich menu selections.

Congratulations to all of these schools on the great strides they have made to create a healthy school environment for their students. Your school can earn national recognition too! The Illinois Nutrition Education and Training (NET) Program can provide free on-site training on the updated HealthierUS School Challenge guidelines to your school nutrition staff. To arrange training, call 800-466-7998 or visit <http://kidseatwell.org/>.

2008–2009 Grant Opportunities

The following chart captures some current grant opportunities for schools. Think about applying for one or more this year.

Due Date	Grant Title	Amount	Website
*	State School Breakfast Start-Up Grants	\$3,500	http://www.isbe.net/nutrition/htmls/breakfast_state.htm
11/1/2008	Youth Gardening Grants	\$250–\$1,000	http://www.kidsgardening.com/ygg.asp
11/7/2008	Love Your Veggies (Elementary Schools)	\$10,000	http://loveyourveggiesgrants.org/apply.php
11/14/2008	2008 Expanding Breakfast Awards	\$2,000	http://www.midwestdairycouncil.com/ or http://www.stldairycouncil.org/home.asp
11/1/2008	Youth Gardening Grants	\$250–\$1,000	http://www.kidsgardening.com/ygg.asp
1/15/2009	Champions for Healthy Kids (General Mills, ADA)	\$10,000	http://www.generalmills.com/corporate/commitment/champions.aspx
	Got Breakfast?®		http://www.gotbreakfast.org/grants.php

*Priority will be given through October 1, 2008, to schools with 40 percent or greater free and reduced-price eligibility.

Visit the USDA's Nutrition Education Grants webpages at http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=526&level3_id=0&level4_id=0&level5_id=0&topic_id=2129&&placement_default=0 for further information on grant opportunities.

Expanding Breakfast

2008 Expanding Breakfast Awards Applications Due November 14

Midwest Dairy Council and St. Louis District Dairy Council are pleased to announce the 2008 Expanding Breakfast Awards in the state of Illinois. A total of \$6,000 will be awarded to the top three schools in which Expanding Breakfast (i.e., an alternate breakfast service) is currently offered.

Expanding the breakfast program outside the cafeteria captures students who usually skip breakfast by providing service for those who arrive late or who prefer to socialize rather than eat, and by helping remove the potential social stigma that the program is meant for low-income students. In addition, using an alternate breakfast service option(s), such as breakfast in the classroom, grab-and-go breakfast, or breakfast after first period, is an effective way to meet students' nutritional and health needs, as well as implement the school wellness policy.

Schools currently offering expanding breakfast option(s) are encouraged to enter to win a breakfast award. Awards are provided for individual schools; more than one school per district may apply. For an application, visit your local dairy council website. In Northern Illinois, visit Midwest Dairy Council's website at <http://www.midwestdairy.com/>, and in Central or Southern Illinois, visit St. Louis District Dairy Council's website at <http://www.stldairycouncil.org/home.asp>.

Applications must be postmarked by Friday, November 14, 2008. Awards will be announced Monday, December 15, 2008.

Training, Tips, and Tools

Use the Nutrition Education Loan Library This School Year

The start of a new school year brings with it thoughts of menu planning, staff training, and fresh ideas on nutrition and wellness. Why not take a look at our Nutrition Education Loan Library online catalog for some materials to get your new school year off and running? The library has over 1,000 items for you to borrow and the only fee is the return shipping on the item(s). The online catalog can be found at <http://www.kidseatwell.org/>. View the catalog and search by age, topic, title, form of media, and more. Your requested items will be shipped directly to you for a period of two weeks. Consider the Nutrition Education Loan Library materials for your wellness fairs, curriculums for teachers, information for your schools local wellness policy council, and of course for food service staff. Please feel free to contact our office via email at cnp@isbe.net or telephone at 800/545-7892 with any questions that you may have.

FREE Wellness Activation Kits

*Are You Willing To Take Action For Healthier Kids?
Help Your School Lead The Revolution for Healthy Kids!*

The National Dairy Council®, Midwest Dairy Council, St. Louis District Dairy Council, and the National Football League® are offering schools a free Wellness Activation Kit to help students make positive changes in their eating and exercise habits. The Wellness Activation Kits will include display pieces that can be used throughout the school and will feature kid-centric nutrition and “Play 60” messages. Online tools will support the Wellness Activation kits and will include items like a student “pledge” to eat healthy and be physically active, success stories, sticker art, and logos.

The wellness materials and website can be used to complement the school’s wellness programs, or to help a school implement Game On! The Ultimate Wellness Challenge (a new and free program from Action for Healthy Kids). This program is available for the 2008–2009 school year, and is targeted at elementary and middle schools—though any school may order a kit. To ensure availability and timely delivery, order one kit per school online at <http://www.schoolwellnesskit.org/>.

The School Wellness Kits provide fun and engaging ways for school staff to impact student health through improved nutrition and physical activity. We hope you will join us in the Wellness Revolution! Enter online now; quantities are limited!

IMPORTANT REMINDER

Obtain at least two school food safety inspections this school year.

Calendar of Events—OCTOBER

- Submit Claim for Reimbursement
Complete the meal count edit prior to submission of the Claim for Reimbursement
Select verification sample size and begin confirmation and verification process
- 1 Illinois Recycling Day
1 Capture number of approved applications (by category) to report later on the Verification Summary Report by January 18, 2009
- 8 International Walk to School Day (www.walktoschool.org)
13 Columbus Day—ISBE office closed
13–17 National School Lunch Week—*Vote for School Lunch*
13–20 Make changes, if needed, for November commodity deliveries
16 World Food Day
31 Record the number of approved students by category as of the last operating day in October to include on the Verification Summary Report due January 18

www.isbe.net/nutrition-Your link to the Child Nutrition Programs in Illinois



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