

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

bulletin board

Verification Deadlines!

Verification is the confirmation of eligibility for free and reduced-price meals under 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**. The local education agency (LEA) must complete verification of the required sample size by **November 15**. The local education agency must then electronically submit a Verification Summary Report to the Illinois State Board of Education (ISBE) by **January 18**. (The report along with instructions will be available online in November.) Note that sample size options have changed and are listed in the September 2006 issue of The Outlook.

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.

KidsFest Has Arrived

After growing excitement and anticipation, KidsFest-Chicago has finally arrived at the DuPage Expo in St. Charles. Offering free admission, free parking, free entertainment, and non-stop activity, the hours are 10 a.m. until 5 p.m. October 12–14, 2006. Go to www.kidseatwell.org for further information.



Important Dates

- October 9–13—National School Lunch Week
- October 12–14—Free KidsFest-Chicago Event, St. Charles
- November 1, —Action for Healthy Kids Web Forum: Wellness Policy Implementation
- November 1—Due date to submit a Youth Garden Grants™ program application (see article under Grants, Awards, and Honors)
- November 1—Illinois Reprocessed Commodity Taste Test, at the Drury Lane in Oakbrook Terrace
- November 8—Illinois Reprocessed Commodity Taste Test, at The Center in Springfield
- November 13–19—Illinois School Breakfast Week and American Education Week

October 2006 Outlook

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Administration

Fiscal Year 2007 School Breakfast Rates of Reimbursements

School Breakfast Program Rates of Reimbursement Effective July 1, 2006, Through June 30, 2007

	<u>Non-Severe Need</u>	<u>Severe Need</u>
Paid	\$0.24	\$0.24
Reduced-Price	\$1.01	\$1.26
Free	\$1.31	\$1.56

The maximum price for a student reduced-price breakfast is \$0.30.

Forty Percent Breakfast Mandate Versus 40 Percent Severe Need

A public school is mandated to operate a breakfast program in a given year if their previous year's October Addendum shows them at 40 percent or greater free/reduced eligible. This listing is available at http://www.isbe.net/nutrition/htmls/eligibility_listings.htm.

A site is eligible for severe need reimbursement (higher rate of reimbursement) if their lunches claimed from the second preceding year total 40 percent or greater free/reduced. On the Site Application, Child Nutrition ACES (Application and Claim Entry System) calculates this and informs participants if they are eligible for severe need and by clicking on the *Severe Need* box the eligibility numbers for the site are revealed. Reimbursement rates are listed at http://www.isbe.net/nutrition/pdf/school_reimbursement.pdf.

Breakfast Questions and Answers Online

Do you have any questions related to the School Breakfast Program? Then visit our division's website's recently updated Frequently Asked Questions on breakfast at www.isbe.net/nutrition/pdf/bfast_faq.pdf.

Breakfast Research Reinforces Its Benefits

Research continues to solidify the positive benefits breakfast consumption makes on students' achievement in school. If your school is contemplating beginning a School Breakfast Program, share the following information with the decision-makers. These research reports may change views of undecided persons. For more information on specific school breakfast research, visit http://www.cfpa.net/School_Food/Breakfast/sbpevidence.htm.

Watch for Parent Breakfast Survey

The Division of Nutrition Programs is developing an electronic breakfast survey and asking for your assistance

in distributing it to parents and encouraging them to complete the survey online or you may download and mail or fax to the address listed below. The purpose of the survey is to identify parental interest in School Breakfast Programs and document barriers to establishing School Breakfast Programs. The survey will be available to access online at www.isbe.net/nutrition beginning October 13, 2006 until November 15, 2006, for school administrators and parents. Again, you can either complete the survey online or mail or fax the completed survey to

Illinois State Board of Education
Nutrition Programs
100 North First Street, W-270
Springfield, IL 62777-0001
OR

Fax to the attention of Evelyn Phelps at 217/524-6124, or send via email to ephelps@isbe.net or cnp@isbe.net.

We are striving for high participation in this process to gather significant findings. The results will be shared in a later *The Outlook* newsletter. Thank you for your assistance in this endeavor.

Neoga Breakfast Participation Grows With Outreach Efforts

A strong determination to get students to eat breakfast in Neoga Community Unit School District 3 is Superintendent Deb Poindexter's focus this school year. And because of it, more students are eating breakfast daily now that the School Breakfast Program (SBP) is offered district-wide. Neoga Community Unit School District 3, located in Neoga, approximately 60 miles southwest of Champaign has four schools, a senior high, junior high, middle, and elementary. The school district received \$14,000 in state breakfast start-up grants to purchase equipment to prepare and serve breakfast menu items such as sausage pancake wrap, waffles, French toast sticks, and cereal.

According to Superintendent Poindexter, it takes a direct approach to the students, board, and community to get participation in the program, as she exclaims, "I am working this myself." The following avenues were used by Neoga School District staff to increase the awareness and participation in the School Breakfast Program.

- Presentation at the September board meeting
- Parent orientations
- Sampling of breakfast items by middle school students
- Sales pitches by food service staff in the classroom, student by student

Evidence shows the district's outreach efforts have been working, especially in the elementary school. In August and September, participation rates started at 26 percent in late August and had increased to 44 percent by mid-September. The highest elementary school breakfast participation was 48 percent on September 7. While Poindexter is pleased with the elementary participation rate, the district staff will continue to work on increasing the other schools' participation levels. District wide, the participation rate average is almost 26 percent.

As schools plan to celebrate Illinois School Breakfast Week, November 13–19, 2006, ISBE sends congratulations and best wishes to Neoga Community Unit School District 3 and the other 3,000 Illinois schools for their efforts to help students achieve academic success with school breakfast.

Celebrate Illinois School Breakfast Week- November 9–13, 2006

Illinois schools celebrate both breakfast and education during the week of November 9–13, 2006.

Learn about the School Breakfast Program at <http://www.isbe.net/nutrition/htmls/breakfast.htm>.

Lead by example, be a role model and eat breakfast at school with students.

In the classroom, in the cafeteria, serve breakfast where the students are.

National School Breakfast Week (NSBW) is March 5–9, 2007.

Over 225,000 children eat school breakfast in each day.

Internet sites on school breakfast are plentiful. Visit one today.

Save the date of Illinois School Breakfast Week (ISBW), November 13–19, 2006.

Students do not learn if they are hungry.

Children need breakfast.

Headaches decrease when students eat breakfast.

Overall performance in the classroom is improved.

Over 3,000 schools offer breakfast in Illinois.

Less absenteeism and tardiness has been reported in breakfast studies.

Breakfast at school helps improve math grades and reading scores.

Reduced-price breakfast is 30¢ or less.

Endorse and energize your students in and outside of the classroom.

A change of pace—offer breakfast items at lunch.

Knowledge is key, get the facts on school breakfast.

Fruits and vegetables at breakfast help students get their 5 A Day.

Almost 50 percent of schools in Illinois offer breakfast.

Student visits to the nurses' office decrease when they eat breakfast.

Take time for breakfast!

Wellness policies can include expanding services such as school breakfast.

Everyone can enjoy school breakfast.

Excellence begins with breakfast.

Know what is best for kids—**BREAKFAST!**

Nutrition Education Loan Library School Breakfast Materials Available Now!

Each year more and more Illinois schools are participating in the School Breakfast Program (SBP) and the Nutrition Education Loan Library has several educational materials available to help schools get started or improve their existing program. The loan library has games, videos, tool kits, training manuals, and more available to Illinois schools interested in learning more about school breakfast. A few of the most popular items include:

- School Breakfast for First Class Learning Tool Kit (1006FS)—This tool kit can assist you in promoting and operating a School Breakfast Program. The kit includes information regarding the value of breakfast, how to implement a School Breakfast Program, and enhancing School Breakfast Programs.
- School Breakfast a Smart Way to Start the Day (1036FS)—This satellite seminar covers the link between eating breakfast and classroom success, the requirements for a reimbursable meal, menu ideas and recipes, success stories, and creative marketing ideas.
- Expanding Breakfast Manual and Video Kit (1014FS)—This kit is designed to help schools start an alternative breakfast service. It addresses common questions and logistics of implementing a breakfast program and provides guidance to make necessary financial evaluations. A video is also included.
- Breakfast Clubbies Video and Activity Kit (769AV)—This interactive package will help teach the importance of breakfast and help inspire children's positive attitudes about health. The kit includes four entertaining videos which feature the popular Food Groupie puppets. The kit also includes 40 creative activities.

To look at these items and more, visit our online catalog at www.kidseatwell.org. Items can be checked out via the online catalog or you can contact our office at cnp@isbe.net or at 800/545-7892.

Claim Common Cent\$

Funding & Disbursement Services Division

Phone: 217/782-5256

Fax: 217/782-3910



Site Claims

When entering monthly site claims through ACES, be sure to complete EVERY cell that appears on the claim screen. Only the meal services/programs that a site is approved for based on their Site Application will show up on the site claim. To ensure full reimbursement, you should complete EVERY box on the site claim.

Submit in writing required changes with the agreement number, site number and required change. If a meal service/program is showing on the site claim for a site that no longer participates in that program, please submit in writing the required changes and submit to Nutrition Programs via fax at 217/524-6124, or via email cnp@isbe.net. Please include the agreement number and site number with detailed information on required change(s).

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

Food Service and Nutrition

Recipe Finder—Website Treasure

If you are looking for new recipes to spice up your school menus, click on <http://grande.nal.usda.gov/fsrio/hsm/index>.

php. USDA's Healthy Schools Resource system offers a recipe finder database for just this purpose. A quick search for breakfast entrees turned up twenty recipes. Search by course, cuisine, meal pattern, or source. The option to search for a recipe by ingredient is also available. For example, if you have extra jars of peanut butter and need to use them, a search for recipes containing peanut butter pulled up 16 recipes. Be sure to bookmark this valuable website!

Fruit and Veggies—More Matters!

Whether it is fresh, frozen, dried, or canned, it appears more fruits and veggies are important in our diets according to the Produce for Better Health (PBH) message which is now providing more emphasis on all forms of fruits and vegetables, including canned. A number is not included in the message; however, the message communicates more is better than less. A new brand identity was announced this spring at a PBH Board of Trustees meeting, *Fruit and Veggies: More Matters*. The *Fruit and Veggies: More Matters* theme will replace the 5 A Day campaign, next year. Visit http://www.steel.org/news/newsletters/2006_04/cfa.htm to learn more about *Fruit and Veggies: More Matters*.

Join Team Nutrition

As you settle into school year 2007, consider enrolling in the USDA's Team Nutrition (TN) Initiative. Joining Team Nutrition is the first simple step an elementary school can take toward achieving the silver or gold level of the HealthierUS Challenge. Over 1,100 schools in Illinois have joined. The Team Nutrition program was developed in 1996 to help schools with the School Meals Initiative for Healthy Children. Team Nutrition schools receive resources that have been developed and tested nationally. Enrollment is simple; visit their website (<http://teammnutrition.usda.gov/>) to enroll in Team Nutrition.

Fresh versus Canned Fruit

Trying to make your menu as appealing and nutritious as possible will not only help raise participation but improve health benefits. Below is a chart with a few of the advantages and disadvantages to fresh versus canned fruits.

Fresh Fruit

Advantages

- No added sugar or sodium
- Texture variety
- Higher in fiber

Disadvantages

- Cost
- Seasonal
- Shorter shelf life

Canned Fruit

Advantages

- Lower cost
- Longer shelf life
- Variety available year round

Disadvantages

- Possibly added sodium

- Sugar added in processing
- Texture and color less appetizing

Although it may seem that fresh fruit has higher nutritional value, it is not necessarily the case. Fruit that is picked at its peak and immediately processed, through canning, allows the fruit to retain the optimum level of vitamins. Alternatively, fresh fruit picked prior to fully ripening, then shipped and stored loses some of its nutrient value. However, many of the canned options contain high amounts of added sugar and sodium not found in their fresh counterparts. If canned fruits are your only option, order fruits canned in their own natural juices to avoid much of the added sugar and sodium. Either way, fresh or canned fruit is a nutritious and popular food item with school-aged children.



Vote for School Lunch

This year's National School Lunch Week theme (October 9–13, 2006)

October is here and so is National School Lunch Week (NSLW), October 9–13. The election has begun with the *Vote for School Lunch* theme. From August 1 through October 6, 2006, anybody may vote online for one of the five candidate entrees in the School Nutrition Association's Vote Contest. The winner will be announced during NSLW.

Learn about the entrees, Rocco Taco, Sally Salad, Heddi Spaghetti, Ricky Chicken, and Pete Pizza on the School Nutrition Association's website. More information on *Vote for School Lunch* such as how it works, celebratory menus, a quick fact sheet, downloadable logos, a tool kit of celebration ideas, and other fun resources can be found at www.schoolnutrition.org/vote.

REMINDER—Illinois Reprocessed Commodity Taste Test Dates Announced

The Illinois School Nutrition Association has scheduled two reprocessed commodity taste tests in November.

Visit <http://www.ilsna.net/> for further information on how to register.

November 1, 2006
Drury Lane
Oakbrook Terrace

November 8, 2006
The Center
Springfield

Grants, Awards, and Honors **Wellness Policy Grant Work**

Through a USDA Wellness Policy State Agency Grant, Illinois NET; the Illinois State Board of Education,

Nutrition Programs Division; and other partners are assisting LEAs in improving children's lifelong eating and physical activity through the following projects.

- Illinois NET and Action for Healthy Kids Illinois members are conducting a statewide needs assessment of school staff to determine training and technical assistance needs for implementation and evaluation of local wellness policy.
- On August, 15 school food authorities (SFAs) training minigrants were awarded to use in delivering or participating in training related to development, implementation, and/or evaluation of local wellness policy initiatives. (Refer to the September issue of *The Outlook* for listing of awardees.)
- University of Illinois extension staff is developing a community training program.
- Offering another series (six as a minimum) of Regional Training Workshops for School Districts of Local Wellness Policy teams focusing on implementation this school year. In 2006, Illinois NET delivered training programs to 29 regional sites.

Watch for upcoming announcements on wellness policy training opportunities in future issues of *The Outlook*.

Breakfast Start-Up Grants Available

During the 2005–2006 school year the Illinois State Board of Education distributed over \$400,000 in Breakfast Start-Up Grants to over 130 sites. Those funds were used to purchase a wide variety of items. Some applications of the grant funding were:

- Point-of-service software
- Two door coolers
- Food warmers
- Rolling carts
- Garbage cans
- Stack ovens
- Toasters
- Pots and Pans
- Can openers

The state-funded School Breakfast Program Start-Up Grant is now available for schools that will start a School Breakfast Program during the 2006–2007 school year. If you would like more information, visit our website (www.isbe.net/nutrition/htmls/breakfast_state.htm) to read more or obtain an application.

2007 Youth Garden Grants™ Program

The National Gardening Association (NGA) announces its annual Youth Garden Grants sponsored by The Home Depot in 2007. Applications must be postmarked by **November 1, 2006**. NGA awards Youth Garden Grants to schools and community organizations with child-centered, outdoor garden programs. In evaluating grant applications, priority will be given to programs that emphasize one or more of these elements:

- Educational focus or curricular/program integration
- Nutrition or plant-to-food connections

- Environmental awareness/education
- Entrepreneurship
- Social aspects of gardening such as leadership development, team building, community support, or service-learning

Download the application at <http://www.kidsgardening.com/YGG.asp>. Applicants must plan to garden in 2007 with at least 15 children between 3 and 18 years of age. Two hundred grants will be awarded in 2007 which includes a \$250 Home Depot gift card to purchase gardening materials and supplies particular to the needs of their program, and an activity package from NGA. Last year, two of 150 school and community projects awarded went to Illinois programs, specifically, Dawes Elementary School in Evanston and the University of Illinois Extension, Woodstock. Congratulations!

Training, Tips, and Tools

Web Forum on Local Wellness Policy November 1

ATTENTION ALL WELLNESS POLICY
COMMITTEE MEMBERS

Mark your calendars and highlight November 1 to participate in Action for Healthy Kids Web Forum on Local Wellness Policy Implementation. Hear panelists discuss the status of schools implementation of their wellness policies including the challenges and barriers. Go to www.actionforhealthykids.org for further information.

School Food Safety Program Training Resource Available Online

The recent release of the *Developing a School Food Safety Program* training resource provides school districts with a solid foundation for the development of school food safety programs incorporating principles of Hazard Analysis of Critical Control Points (HACCP). This National Food Service Management Institutes (NFSMI) resource provides training tools, program and record keeping worksheets, a PowerPoint presentation, a 22-page template, and HACCP Based Standard Operating Procedures (SOPs). These materials were developed by NFSMI with cooperation from USDA. To view and download the *Developing a School Food Safety Program* training resource, visit http://www.nfsmi.org/Information/school_fs_program.html.

New Webpages for Kids and Parents

Eat Smart. Play Hard.™ Kids' Webpage and Healthy Lifestyle Webpage for Parents

USDA, Food and Nutrition Service has announced two new webpages specifically targeting kids, parents, and caregivers to Eat Smart and Play Hard (ESPH). These webpages address the Dietary Guidelines and MyPyramid recommendations.

The Eat Smart. Play Hard. kids' webpage (<http://www.fns.usda>).

[gov/eatsmartplayhardkids](http://www.gov/eatsmartplayhardkids)) connects kids to healthy eating and physical activity experiences within the community. Power Panther, the campaign spokesperson, leads kids in exploring the Town Library, Theater, Fitness Center, Power Tunes Store, Post Office, Eat Smart Grill, Fun Times Arcade, and Travel Center.

The new Healthy Lifestyle for Parents webpage (<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle>) includes tasty, low-cost menus, and recipes that meet the food guidelines. It also includes a handy Calorie Burner Chart, the MyPyramid Tracker, and the ESPH Tracking Card.

PLEASE SHARE THIS NEWSLETTER WITH . . .

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

Calendar of Events—NOVEMBER

- | | |
|-------|--|
| 1 | Reprocessed Commodity Taste Test—Oakbrook Terrace, Drury Lane |
| 7 | General Election Day—ISBE office closed |
| 8 | Reprocessed Commodity Taste Test—Springfield, The Center |
| 10 | Veteran's Day—ISBE office closed |
| 10 | Submit Claims for Reimbursement |
| 12-18 | Illinois School Breakfast Week |
| 13-20 | Make changes, if needed, for December commodity deliveries |
| 15 | Verification completion deadline |
| 17-19 | Illinois Association of School Board (IASB)/Illinois Association of School Administrators (IASA)/Illinois Association of School Board Officials (IASBO) 75th Joint Annual Conference—Chicago |
| 23-24 | Thanksgiving Day—ISBE office closed |



Illinois State Board of Education

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www.isbe.net

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