

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

Announcement of School Food Service Forum

The Illinois State Board of Education Nutrition Programs Division, would like to invite you and your staff to a forum to gather comments from the community (including school personnel, health organizations, and others) about the Illinois School Food Service Rules Part 305, the Illinois School Wellness Policy Task Force Nutrition Standards, and the upcoming revision as required in the current Rules.

Staff from the Nutrition Programs Division will be in attendance and will make a presentation regarding the materials and then allow time for attendees to provide comments. Staff will be happy to answer questions regarding the materials and may ask for clarification on comments received. All comments from the public are welcome.

The School Food Service Forum will be held at the following three locations beginning at 9:30 a.m.:

October 29, 2007

DuPage ROE Professional
Development Center
1519 South Grace Street
Lombard, IL 60148

November 5, 2007

St. Clair County ROE Office
1000 South Illinois Street
Belleville, IL 62220

November 7, 2007*

Illinois State Board of Education, Board
Room
100 North First Street
Springfield, IL 62777-0001

*Conference call capabilities are available on November 7, 2007. If you would like to reserve a conference call line, please contact our office at 800/545-7892 no later than November 2, 2007, and staff will provide the necessary call in information.

If you are unable to attend a forum,
written comments may be provided via

continued on following page

**Important
DATE!**

Important Dates

October 15–19 National School Lunch Week
October 30 School Food Safety Plan, Process
Approach to HACCP Principles
Workshop—Springfield

September 2007 — The Outlook

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Announcement of School Food Service Forum *(continued)*
electronic mail to cnp@isbe.net or via regular mail to the following address no later than November 9, 2007:

Illinois State Board of Education
Nutrition Programs Division
ATTN: Part 305 Discussion Forums
100 North First Street (W-270)
Springfield, IL 62777-0001

If you have any question about this upcoming event please feel free to contact the Nutrition Programs Division staff at 800/545-7892 or 217/782-2491.

Links to related materials are provided below.

- School Food Service Rules Part 305 is available at <http://www.isbe.net/rules/archive/pdfs/305ark.pdf>.
- Illinois School Wellness Policy Task Force Nutrition Standards Report is available at http://www.isbe.net/nutrition/pdf/nutrition_standards.pdf.

Date Savers

November 28 Taste Test—Drury Lane, Oakbrook Terrace

November 30 Deadline to submit an application for the 2007 Dairy Council Breakfast Awards (Northern Illinois schools should visit <http://www.midwestdairy.com>, and Central and Southern schools should visit <http://www.stldairycouncil.org> for further information.)

December 2–8 National Handwashing Awareness Week (<http://www.henrythehand.com>)

Illinois Nutrition Education and Training Receives Illinois School Health Association's Presidential Citation

Illinois Nutrition Education and Training Program received the Illinois School Health Association's Presidential Citation 2007 last spring. The Presidential Citation is presented to individuals and organizations who have made significant contributions in the development of comprehensive school health programs in Illinois, or who have been exemplary in serving the health needs of Illinois youth. Congratulations!

Administration

Childhood Hunger Relief Act Amended

We would like to advise you of a new law that became effective August 14, 2007, concerning summer school programs and breakfast and/or lunch. In the near future, public school districts that have at least one site that has 50 percent of its students eligible for free or reduced-price meals will be receiving information regarding an amendment to the Childhood Hunger Relief Act (Public Act 095-0155). We expect to mail a guidance document on this topic in the fall of 2007. A copy of the Public Act 095-0155 may also be viewed at <http://www.ilga.gov/legislation/publicacts/fulltext.asp?Name=095-0155&GA=095>.

Use of Student Biometric Information

Effective August 1, 2007, Public Act 095-0232 was signed into law. This law may impact the use of student biometric information used in the service of meals to students. If you have a meal counting system that uses fingerprints, hand geometry, voice or facial recognition, or any other student biometric information, this law requires your district to adopt a policy with the following items:

- Written permission to collect biometric information from the individual who has legal custody of the student, or from the student if he or she has reached the age of 18. Failure to provide this written consent must not be the basis for refusal of any services otherwise available to the student.
- The discontinuation of use of a student's biometric information when the student graduates or withdraws from the school district, or if a written request for discontinuation is provided to the school by the individual who has legal custody of the student, or by the student if he or she has reached the age of 18.
- The destruction of all of a student's biometric information within 30 days after the biometric information is discontinued through graduation, withdrawal, or a written request for discontinuation.
- The use of biometric information solely for identification or fraud prevention.
- A prohibition on the sale, lease, or other disclosure of biometric information to another person or entity, unless consent is obtained from the individual who has legal custody of the student, or from the

student if he or she has reached the age of 18, or the disclosure is required by court order.

- The storage, transmittal, and protection of all biometric information from disclosure.

The entire language of the Public Act is available at <http://www.ilga.gov/legislation/publicacts/fulltext.asp?Name=095-0232&GA=095>.

Questions and Answers

The following questions have repeatedly been posed at the Basic Training workshops held across the state.

1. Q. How does a school deal with preparing a creditable meal for a child with a food allergy?

A. *USDA Regulation 7CFR Part 15b requires substitutions or modifications to school meals for children whose disabilities affect their diet. Any food substitutions or modifications must be supported by a written physician's statement for the meal to be reimbursable. The physician's written statement must address: the child's disability, explanation of why the disability restricts the child's diet or major life activity affected by the disability, and food(s) to be omitted and the food(s) that are the substitutions. Generally, children with food allergies or intolerances do not have a disability as defined under either Section 504 of the Rehabilitation Act or Part B of IDEA, and the school food service may, but is not required to, make food substitutions for them.*

However, when in the licensed physician's assessment, food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability," and the substitutions prescribed by the licensed physician must be made.

2. Q. We are considering changing our elementary lunch to Offer versus Serve. Can we plate the entrée and let the children choose their own sides?

A. *Yes, in the NuMenu Menu Planning Approach, the student has to take the entrée. No, under the Food-Based Menu Planning Option. Offer versus Serve requires all five components (meat/meat alternate, fruit, vegetable, grain, and milk) be made available and the student must choose for themselves three of five of the components. Students are not required to take*

any specific item of the five components.

3. Q. Do all households that receive Temporary Assistance for Needy Families (TANF) or food stamps need the Direct Certification Letter to apply for the free lunch benefits?

A. *No. Not all households receive the Direct Certification Letter for TANF and food stamp benefits. You may accept a valid case number written on a Household Eligibility Application in place of Direct Certification Letters. To check the validity of a case number, click on http://www.isbe.net/nutrition/pdf/nslp_packet.pdf and print our application packet which includes guidance on TANF and food stamp case numbers.*

4. Q. Can I accept an All Kids insurance case number in place of a food stamp case number for issuing free lunch benefits?

A. *No. All Kids is a program available to all families regardless of income levels. Only TANF or food stamp case numbers are acceptable for issuing free lunch benefits. All others must submit a Household Eligibility Application and the status is determined based on income level and the number of household members.*

5. Q. When a student eligible for free lunch benefits at a school participating in the NSLP brings a sack lunch to school, can the school provide him/her only the milk free of charge?

A. *Yes, the school may provide the student milk free of charge, but there is no reimbursement for said milk. The student is eligible for a free reimbursable lunch and must take the reimbursable meal in order to claim the meal for reimbursement.*

6. Q. Do households need to report the income of students on an income application or just the adult member(s) of the household income?

A. *Yes, all incomes of all members of the household need to be reported.*

7. Q. How do I find out if I have Department of Defense Fresh Fruit and Vegetable Program money allocated to me?

A. *In the Illinois Commodity System (ICS), select Fresh Fruit and Vegetable Participation from the Annual Order Form option on the main menu. If you are allocated money, there will be an amount shown.*

Food Distribution

Reprocessed Commodity Taste Tests

Be sure to mark your calendars and come hungry for the 2009 school year taste tests. The Illinois School Nutrition Association (ILSNA) is sponsoring the events planned for November 28, 2007, in Oak Brook at the Drury Lane Conference Center and January 9, 2008, in Springfield at The Prairie Capitol Convention Center. More information can be obtained on the ILSNA's website at <http://www.ilsna.net> in the near future.

Taste tests are a great place to try different reprocessed commodities that will be offered for the 2009 school year. There is no cost and you do not have to divert commodities to a processor to attend. ISBE will give a brief presentation before the taste tests begin explaining the commodity diversion process. Please plan on attending one of these information filled taste tests.

Food Service and Nutrition

Encourage Your Principal to Role Model Healthy Choices With the Principal's Move & Crunch Challenge

Ever wish your principal would lend support to your nutrition education efforts?

Now is your chance! Ask your principal to enter your elementary school in the *Principal's Move & Crunch Challenge*. The Challenge is a statewide competition where elementary school principals document how many days they meet their physical activity and fruit and vegetable consumption goals during one school week of choice in March 2008. They, in turn, will challenge school staff, students, and parents to do the same. The schools with the top scores in three different school size categories will be awarded with funds to purchase student wellness curriculum with a nutrition education component and supporting classroom materials.

Visit <http://www.kidseatwell.org> or call 800/466-7998 for more information about the *Principal's Move & Crunch Challenge*.

Vote for Your Favorite School Lunch by October 19, 2007

Introducing Biff Burger, Patti Mac n' Cheese, Jesse Wrap, Pippa Potato, and Yumi Rice Bowl, the

five school lunch candidates in the School Nutrition Association's *Vote for School Lunch* campaign, which kicks off National School Lunch Week, October 15–19, 2007. Hurry, voting ends October 19, 2007. Vote at <http://www.VoteforSchoolLunch.org>. For further information on this campaign for school lunch favorites across the country, visit <http://www.schoolnutrition.org/vote>.

Fresh Apple Cider Safety

Pasteurizing apple cider helps kill dangerous bacteria without noticeably affecting the flavor of the product. Unpasteurized apple cider may contain the dangerous *E. coli* bacteria (*E. coli* O157:H7), which can cause serious illness.

While the risk of fresh (unpasteurized) apple cider becoming contaminated by *E. coli* O157:H7 is low, certain people are at greater risk of complications from food-borne pathogens, especially children, the elderly, and people with a weakened immune system. These individuals should take precautions to protect themselves from any food that might be contaminated. This includes boiling unpasteurized apple cider or only drinking pasteurized cider or juice.

Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. *Children on field trips to apple cider mills, or farm markets should not drink unpasteurized cider.*

Unpasteurized or untreated juice is normally found in the refrigerated sections of grocery stores, health-food stores, cider mills or farm markets. Such juices must include this wording on the label:

"WARNING: This product has not been pasteurized and therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems."

If you cannot tell whether a juice has been processed to destroy harmful bacteria, either do not use the product or boil it to kill any harmful bacteria.

The Food Allergy & Anaphylaxis Network Offers Free School Food Allergy Program

As incidences of food allergies increase, school staff needs useful resources to prevent any complications from occurring. One such resource is the Food Allergy & Anaphylaxis Network (FAAN) multimedia School Food Allergy Program. The

School Food Allergy Program includes written materials, a video/DVD titled, *Keeping Our Children Safe*; an EpiPen® and TwinJect® epinephrine auto-injector trainers and instructional DVDs; an allergy awareness poster; peer-education materials; and a Food Allergy Action Plan form. Request the complimentary program at www.foodallergy.org.



Cored, Quartered, Diced, Sliced, Wedged Fruits and Veggies; It Is How Elementary School Kids Will Eat Them!

One golden rule of serving produce to children is to avoid serving it whole, with the exceptions of grapes, tomato grapes, and raisins. (*CAUTION: Do not serve young children carrots sliced into circles or whole grapes, which cause a choking hazard; instead cut them into small pieces.*) Serving unpeeled apples and pears is preferred to maximize the nutritional contributions for students.

Did you know new easy-to-use and clean food cutting or sectionizing equipment is available in the marketplace, complete with assorted wedge blades, corers, and plungers. Possible uses for this equipment include sectioning citrus fruit, preparing vegetables for stir-frying, slicing or wedging hardboiled eggs, and preparing garnishes. Research the food cutting equipment available to minimize labor involved with prepping fruits and veggies in your food service operation. Become educated on the warranties, performance in time, and yields. The investment is small compared to the versatility, labor-saving time, and food presentation results.

Another option some school districts may have is to purchase precut, proportioned, single-serve, fresh fruit packages such as apple slices, orange wedges, and seedless grapes. Compare the costs of these value-added products prior to purchasing them.

Off the Shelf! Fruits and Vegetables Galore

It is time to remove Team Nutrition's *Fruits and Vegetables Galore*, Helping Kids Eat More manual from the shelf and OPEN IT UP for a wealth of great information to help your students eat more fruits and veggies!

To order a copy or download this resource by sections, go to http://www.fns.usda.gov/tn/Resources/fv_galore.html. Help your students eat more fruits and vegetables this school year with assistance from the *Fruits and Vegetables Galore* manual.

Grants, Awards, and Honors

Illinois Awarded Team Nutrition Training Grant

USDA has notified ISBE of the fiscal year 2007 Team Nutrition Training Grant award to provide training and resources to assist school food service staff to obtain the knowledge and skills necessary to prepare meals that meet nutrition recommendations of the Dietary Guidelines for Americans and MyPyramid. The proposed *Step Up Illinois School Meals* Initiative has three components:

1. Statewide awareness campaign
2. Online training course
3. Webpage for food service staff focused on improving the nutritional quality of Illinois school meals.

For further information on *Step Up Illinois School Meals* Initiative, visit www.kidseatwell.org.

2007 Breakfast Awards

Midwest and St. Louis District Dairy Councils are each recognizing Illinois schools in their service area that are bringing breakfast to students in creative ways with great results, with a monetary award. The application deadline is **November 30, 2007**. For additional information, please contact your local Dairy Council representative.

- Northern Illinois—Midwest Dairy Council (<http://www.midwestdairy.com>)
- Central/Southern Illinois—St. Louis District Dairy Council (<http://www.stldairycouncil.org/home.asp>)

Correction

On page five of the August 2007 issue of *The Outlook*, the URL was misspelled for Determining the Creditability of Breakfast Cereals. It should be http://www.isbe.net/nutrition/pdf/Determining_Creditability_Bkfst_Cereals.pdf.

School Food Safety Plan, Process Approach to Hazard Analysis and Critical Control Point Principles Workshop

October 30, 2007

If you missed the Developing School Food Safety Program Based on the Process Approach to Hazard Analysis and Critical Control Point (HACCP) Principles workshops held earlier this summer, register for this one-day workshop in Springfield.

Participants will be introduced to the Process Approach to HACCP Principles. The Process Approach allows for a more practical application of food safety procedures. Participants will receive information and work with hands-on activities they can take back to their schools and immediately use in the development of a food safety plan or revision of a current food safety plan.

The workshop will be held at the Route 66 Hotel

& Conference Center, beginning at 9 a.m. and concluding at 3 p.m. Pre-registration is required. To register, visit <http://www.isbe.net/nutrition>. Under *Resources*, click on *Workshops/Trainings*.

Calendar of Events—NOVEMBER

- Submit Claim for Reimbursement
- Complete the meal count edit prior to submission of the Claim for Reimbursement
- 1 Illinois School Wellness Policy Council—Bloomington
- 4 Fall back, set your clocks back
- 5 School Food Service Forum—Lombard
- 7 School Food Service Forum—Springfield
- 9 Submit Claim for Reimbursement online
- 12 Veteran's Day—ISBE office closed
- 12–16 Illinois School Breakfast Week/American Education Week
- 13–20 Make changes, if needed, for December commodity deliveries
- 15 Verification completion deadline
- 16–18 Illinois Association of School Boards (IASB)/ Illinois Association of School Administrators (IASA)/ Illinois Association of School Board Officials (IASBO) 76th Joint Annual Conference—Chicago
- 22–23 Thanksgiving—ISBE office closed
- 28 Processed Foods Taste Test—Oakbrook Terrace



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