

The OUTLOOK

Illinois State Board of Education

Nutrition Programs

bulletin board

A Fresh Start to School Year 2009 With the Fresh Fruit and Vegetables Program Grant



Four Fresh Fruit and Vegetable Program Grant schools have enjoyed great success already! Shauna Birdsell, Bushnell-Prairie City Elementary School, Bushnell, reports, “The kids love the idea of a choice and that they get to get it themselves. So we are just thrilled. It is a lot of hard work, but my crew has been giving it 100 percent. Now that I know it will be a huge success, I am ordering and offering watermelon, cantaloupe, honeydew, grapes, and pears.” Dee Schnarre of South Central Community Unit School District 401 started the year with an apple on each student’s desk on the first day of school. “The kids were thrilled! We have lots of ideas; the problem is the time.” At Wayne City Unit 100, Patricia Braddock greeted students with a free fresh fruits and vegetables market right outside the main door. Highland Elementary school brightens up their cafeteria with colorful posters and fresh fruits and vegetables. Congratulations to the Fresh Fruit & Vegetable Program Grant recipients and best wishes!



Important DATE!

- October 25–28** American Dietetic Association’s Food & Nutrition Conference and Expo—Chicago, <http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html>
- November 1** Youth Garden grants application deadline
- November 5** Food Summit 2008, Kankakee Community College, Interagency Nutrition Council, <http://inc.aces.uiuc.edu/>
- November 7** Love Your Veggies Grant due date
- November 14** Due date to submit the Dairy Council 2008 Expanding Breakfast Awards application, <http://www.midwestdairy.com/> or <http://www.stldairyCouncil.org/home.asp>
- November 17–21** Illinois School Breakfast Week
- Reminder:** Order your free wellness activation kit at [http://www.schoolwellnesskit.org/!](http://www.schoolwellnesskit.org/)

OCTOBER 2008 — THE OUTLOOK

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Administration

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 carried over.) The LEA must complete the verification process by November 17. Once the verification process is complete, the LEA must electronically submit a Verification Summary Report (VSR) to the Illinois State Board of Education (ISBE) 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.

Reminder—Refer to School-Based Child Nutrition Administrative Handbook July 2008

As you handle administrative responsibilities, remember to reference the School-Based Child Nutrition Administrative Handbook, July 2008. For easy reference, bookmark this important link at http://www.isbe.net/nutrition/pdf/sbn_admin_handbook.pdf. This 207-page resource is an overview of School-Based Child Nutrition Programs; online applications, reports and claims; public announcement and certification of eligibility; verification, benefit issuance, and meal counting and claiming; federal and state regulations; menu planning and Offer versus Serve; government-donated commodities, and reviews.

A limited supply of handbooks is available upon request by emailing your address to cnp@isbe.net. Please place SB/CN Handbook Request in the subject line of your email. For individuals new to Child Nutrition administration, we suggest you print page 9, Commonly Used Acronyms.

We would appreciate it if you would complete the short survey on page 207 and fax it to ISBE, Nutrition Programs Division at 217/524-6124. Thank you for your assistance in this survey.

Food Service Sanitation Code Amendments Update

Effective July 10, 2008, the Illinois Department of Public Health (IDPH) filed to adopt amendments to 77 Illinois Administrative Code 750 (Food Service Sanitation Code). The purpose of this Code is to safeguard public health by providing consumers with food that is safe, unadulterated, and honestly presented, which will prevent illnesses caused from ingesting food. The amendments consist of changes in temperature requirements and the definition of potentially hazardous food items. Current science supports the changes as submitted at the National Conference for Food Protection (CFP) and are contained in the federal Food and Drug Administration's (FDA's) Model Food Code. The FDA Model Food Code reflects the current science, emerging food safety issues, and imminent health hazards related to food safety. Regulations related to time as a public health control and date marking are included in this proposed update of the Illinois Food Service Sanitation Code.

The Illinois Department of Public Health's Division of Food, Drugs and Dairies has begun preparing the document for mass printing. However, we anticipate this will take some time to ensure accuracy. Prior to enforcement of the new code changes, the Division of Food, Drugs and Dairies has recommended local health departments adopt these new provisions into their ordinance and provide food service operators in their area with training and also due notice of these changes. You may view the adopted amendments in their entirety at http://www.idph.state.il.us/rulesregs/2008_Rules/Adopted/77_IAC_750_7-25.pdf.

In addition, the Division of Food, Drugs and Dairies is updating the Food Service Sanitation Manager's Certification (FSSMC) exam, also expected to take several months. A brief document highlighting the changes is available by sending an email to Jayne Nosari at Jayne.Nosari@illinois.gov.

Food Service Sanitation Manager Certification

Calibrating a thermometer; potentially hazardous foods; the "temperature zone"; food-borne illness; Hazard Analysis and Critical Control Points (HACCP); bacteria; first-in, first out (FIFO)—do these items ring a bell for you? If not, then maybe your food service sanitation manager certification needs renewing soon!

Are you aware that when your food service sanitation manager certification needs renewing you have specific options? It is highly advisable that you examine these options carefully in advance of the expiration date and complete the steps prior to the expiration of your certificate. Visit the Illinois Department of Public Health's website (http://www.idph.state.il.us/about/fdd/fdd_fs_certificate.htm) for a Food Safety Fact Sheet Certificate Holder Information. This useful site lists frequently asked questions regarding renewal.

REQUIRED—Post Your Food Safety Inspection Reports!

Post your Food Safety Inspection Reports in a conspicuous location. We recommend you post your most recent Food Safety Inspection Report in your dining/cafeteria area or near the main office.

Claim Common Cent\$

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



Managing IWAS Accounts—Has Anyone Left Your Organization?

As you start a new fiscal/program year, we recommend you check your IWAS user accounts. IWAS is the ISBE Web Application Security online system utilized to file applications and Claims for Reimbursement for the Child Nutrition Programs.

Has anyone left your organization recently? Do they still have access to represent your organization through IWAS? Since you have signatory authority as the local IWAS administrator, you are responsible for all people who represent your organization through IWAS.

To view who has access through IWAS within your organization, complete the following:

1. After you logon as the local IWAS administrator, click on the View Sign Ups link on the left side of the screen.
2. You can now search for users on this screen. If you press the Search button, a list of users under your organization will appear. Click on the account holder for whom you wish to revoke access.
3. A list of systems for that IWAS user account will appear with a Deactivate—All Listed Systems button at the bottom of the screen.
4. To revoke access to all systems for that IWAS account holder, click the Deactivate—All Listed Systems button.
5. Repeat the procedure for each IWAS account. Remember, an individual may have more than one IWAS account.

For other information regarding IWAS, access the IWAS User Guide and/or IWAS training video on the IWAS login page. IWAS is located on the top bar of ISBE's webpage at <http://www.isbe.net/>.

Food Distribution

Department of Defense Fresh Fruit and Vegetable Program

For school year 2008–2009, Illinois was allocated more money for the Department of Defense (DoD) Fresh Fruit and Vegetable Program. All schools are encouraged to log on to the Illinois Commodity System (ICS) to find out how much money they can spend on fresh fruits and vegetables through this program. To find the amount of your school's allocation, log on to ICS and select Annual Order Form from the main menu and select DOD Fresh Fruits and Vegetables Participation. If there is an amount listed on the screen, you have money to spend in the program. You will then need to contact the DoD to get a login and password to the Fresh Fruit and Vegetable Order Receipt System (FFAVORS). The number to contact the DoD is (215) 737-3676. If you already have a login and password for FFAVORS, you can start placing your orders immediately. If you have any questions about the DoD program, please contact Jim Copp at (217) 782-2491.

Whole Grain Products Available Through Pilot Project

The United States Department of Agriculture's Food and Nutrition Service (FNS) is interested in encouraging greater awareness of and interest in the number and variety of whole-grain products available to schoolchildren. To meet this goal, FNS is providing whole-grain USDA commodities in addition to the commodities currently provided for use in the National School Lunch Program (NSLP) during school year 2009.

While actual products and quantities will depend on availability, Illinois expects to receive whole-grain, frozen pancakes and whole-grain tortillas. We anticipate these two whole-grain products will be available for distribution to schools during March and April 2009. They will not count against your school's entitlement.

The Farm Bill also requires an evaluation of this pilot project, conducted by the Institute for Obesity Research and Program Evaluation at Texas A&M University. Schools that receive these whole-grain products may enroll in this evaluation and may be required to submit information, such as student acceptability and general product feedback. The goal of this pilot is to determine whether children participating in the NSLP increased their consumption of whole grains, and which whole grains were most acceptable for use in the NSLP.

If you wish to participate in the pilot, login to the Illinois Commodity System (ICS), and place an order for these products by selecting Annual

Order Forms from the main menu and then select Annual Order Form. While on the annual order form, click on the Bonus tab on the Group B—All form. Again, actual quantities will depend on availability. If you have any questions about this whole grain pilot project, please contact Jim Copp at (217) 782-2491 or email jcopp@isbe.net.

Reprocessed Commodity Taste Test November 5

The annual reprocessed commodity taste test is right around the corner. If you have never diverted commodities to a processor before or divert every year, it is strongly recommended you attend this event is to learn about options available to you when processing commodities. The Illinois School Nutrition Association (ISNA) is sponsoring the event planned for November 5 in Bloomington at the Interstate Center. To register for this event or to get more information, log on to the ISNA's website at <http://www.ilsna.net/>.

Taste tests are a great place to try different commodities that will be available for the 2010 school year. There is no cost and you do not have to divert commodities to a processor to attend. There will be a brief presentation explaining the reprocessing of commodities before the taste tests begin. Please plan on attending and come hungry to this information- and product-filled taste test.

Food Service and Nutrition



National School Lunch Week—Vote for Your Favorite School Lunch by October 10!

Remember to vote by Friday, October 10 in the Favorite School Lunch Election at <http://www.voteforschoollunch.org/>. Biff Burger, Gloria Grilled Cheese, Larry Lasagna, Petunia Pita Pocket, and Pete Pizza are the candidates. Watch the same website for the winner announcement on Friday, October 24 in conjunction with National School Lunch Week.



Power Up! With School Breakfast in November and March School Breakfast Weeks



The School Nutrition Association's (SNA) theme for National School Breakfast Week is *Power Up! With School Breakfast*. Plan NOW to use the same theme for Illinois School Breakfast Week, November 16–22, 2008. Visit the SNA site at <http://docs.schoolnutrition.org/meetingsandevents/nsbw2009/index.html> for menus, recipes, logos, fact sheets, and much more! Plan to celebrate National School Breakfast Week March 2–6, 2009. The menus run Monday through Friday. Each recipe provides its individual nutritional analysis.

Recipe: Sweet Potato Biscuits

Yield 30 dozen, 360 servings

Try something new this fall. Serve these flavorful biscuits to your students in November during Thanksgiving week.

Ingredients	Weight
Butter, chilled	7 lbs
Sweet Potatoes, canned, drained	21 lbs
Sugar	9 lbs
Flour, pastry	2 lbs
Baking powder	1 lb
Baking soda	1½ oz
Flour, pastry	15 lbs

Instructions:

1. Combine, in a mixer bowl, on low speed, the butter, sweet potatoes, and sugar.
2. Sift and add the first amount of flour, baking powder, and baking soda; mix slightly on low speed.
3. Sift second amount of flour and add gradually. **DO NOT BEAT.**
4. Roll out dough to ½" thickness and cut biscuits 2" in diameter.
5. Lay out on oiled baking pan.
6. Bake at 350°F in a convection oven for 25 to 30 minutes, or bake in a conventional oven at 375°F for 30 to 35 minutes.

Nutrients per serving

Calories	213	Vitamin A	255 RE
Protein	2 g	Vitamin C	2 mg
Carbohydrates	34 g	Iron	1.8 mg
Total Fat	7.4 g	Calcium	60 mg
Saturated Fat	4.4 g	Sodium	242 mg
Cholesterol	19 mg	Dietary Fiber	1g

Source: USDA, FNS, Food Distribution Program, School Commodity Recipes, http://www.fns.usda.gov/fdd/recipes/sch_recipes.htm; Don Trumble, Washington County Board of Education, Hagerstown, Maryland.

Grants, Awards, and Honors

Illinois Awarded Team Nutrition Training Grant

USDA has notified ISBE of the fiscal year 2008 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 Guide- lines for Americans and MyPyramid. The grant's three components include:

1. The Color My Meals Healthy initiative will provide regional and onsite training to increase awareness and commitment of child care administrators and food service staff through planning and preparing meals and snacks consistent with implementation of the 2005 Dietary Guidelines for Americans. Illinois Nutrition Education Training (NET) Program staff will work with the Illinois Association of Education for Young Children (IAEYC) and ISBE to plan and deliver Color My Meals Healthy training. An advisory council of IAEYC and ISBE members will help ensure that training content and format meet identified needs. The annual Illinois NET Program's service flyer, and ISBE and IAEYC communication channels will promote the *Color My Meals Healthy* training. Training will be delivered at state and regional IAEYC conferences, as well as at individual child care sites.

2. The Nutrition A3 (Anytime, Anywhere, Anyplace) initiative will empower secondary education students to make healthy food choices and be physically active through a series of six online technology-based nutrition education lessons. The Illinois NET Program will work with The Collaboratory Project, a technology- and project-based learning initiative of Northwestern University, to develop and present Nutrition A3. Nutrition A3 will use technology to engage students in fun, hands-on activities that challenge students to evaluate their own lifestyle habits, take steps to improve, and measure their success. Planned future development of an online Nutrition A3 e-course will help improve instructor confidence in integrating the lessons into secondary education classrooms or after- school curricula. The Illinois NET Program will collaborate with the Illinois Family and Consumer Science Association to promote and field test Nutrition A3.

3. The Move & Crunch Planning Guide initiative will encourage parents, teachers/caregivers, food service staff, and others to serve as role models for students at school and at home. This initiative is an expansion of the highly successful 2006 Team Nutrition Training (TNT) role model project, Move & Crunch Challenge for Principals. It will provide school wellness policy leaders with step-by-step instructions on planning and implementing such events at the local level to supplement the event resources already developed under the 2006 TNT grant. The Move & Crunch Challenge for Principals encourages principals to meet recommendations for daily physical activity and fruit and vegetable consumption for one week, and challenges school staff, parents, and students to do the same. Currently the Move & Crunch Challenge for Principals is available as a statewide contest with no funding provided beyond the 2006 TNT grant period. To leverage limited funding, this 2008 TNT project initiative will be accomplished in collaboration with North-eastern Illinois University Department of Health, Physical Education, Recreation, and Athletics students in conjunction with a service-learning project. The planning guide will be downloadable from the Illinois NET Program website. In addition, the Illinois NET Program will help university students develop and implement a Move & Crunch Planning Guide promotional and marketing plan to ensure sustainability.

Do Not Take School Breakfast Program Start-Up Grants for Granted!

In school year 2008, 28 school districts representing 54 schools received up to \$3,500 from the School Breakfast Program Start-Up Grants. How many schools will take advantage of this great opportunity to help students start smart in the 2008–2009 school year? Visit our webpage at http://www.isbe.net/nutrition/htmls/breakfast_state.htm for the School Breakfast Program Start-Up Grant application today!

Training, Tips, and Tools

Bridging the Gap in School Meal Service Procurement

The *Bridging the Gap in School Meal Service Procurement* training will assist school food authorities (SFAs) who contract or are seeking to contract meal services with a food service management company or meal vendor in meeting all requirements associated with the Invitation for Bid and Contract process. Attendees

will better understand the three-step document submission and review process and receive hands-on training in developing Invitation for Bid and Contract documents that will meet federal and state regulations and statutes. All SFAs conducting a new procurement or considering contracting for school meal services for the 2009–2010 school year are highly encouraged to attend. Attendees must be employees of the SFA (school or district). Registration begins at 8 a.m. and training is from 8:30 a.m.–3:00 p.m. (Complimentary beverages will be available in the morning and complimentary lunch and beverages will be available at noon.)

Pre-registration is required. There is no registration fee. To pre-register, go to <http://www.isbe.net/nutrition/htmls/workshops.htm>. The workshop schedule for the remainder of 2008 includes:

November 20	DoubleTree Hotel—Oak Brook
November 21	Holiday Inn Convention Center—Gurnee
December 4	Illinois Education Association Building—Springfield
December 5	Ramada and Conference Center—Peoria
December 11	Four Points by Sheraton—Fairview Heights

Join Team Nutrition Today!

Calling all Illinois schools! If you have not yet joined USDA's Team Nutrition Initiative, consider enrolling in Team Nutrition today! Over 1100 schools in Illinois have enrolled. Receive free materials and access the Team Nutrition success stories website.

As a Team Nutrition school, you agree to:

- Support USDA's Team Nutrition goal and values.
- Demonstrate a commitment to help students meet the Dietary Guidelines for Americans.
- Designate a Team Nutrition school leader who will establish a school team.
- Distribute Team Nutrition materials to teachers, students, and parents.
- Involve teachers, students, parents, food service personnel, and the community in interactive and entertaining nutrition education activities.
- Participate in the National School Lunch Program.
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other schools.

Team Nutrition schools share a common goal to build school and community support for creating healthy school environments conducive to healthy eating and physical activity. It is easy to join! Complete the one-page school enrollment form located at the bottom of their webpage (<http://teamnutrition.usda.gov/team.html>). Then fax the completed form to ISBE at 217/524-6124.

National Food Service Management Institute to Launch Healthy School Meals Online Course This Fall

By now, you probably have heard that change is coming to the federal school meal programs. The Institute of Medicine has undertaken a study to review and provide recommendations to revise the meal patterns and nutrition standards of the National School Lunch Program and School Breakfast Program. We anticipate the recommendations will make changes in nutrient

standards for school meals that reflect the current dietary recommendations.

To assist you in preparing for change, the National Food Service Management Institute (NFSMI) is updating its Culinary Techniques for Healthy School Meals course and converting it to a free, online training program. This course, slated for completion in fall, will provide a series of sixteen lessons for school food service staff that focus on basic food production principles and culinary techniques to improve the quality of meals at schools.

The lessons will cover preparation of fruits, vegetables, grain products, entrees, dairy products, and baked products, as well as sauces and seasonings for healthy school meals. Each lesson covers mise en place (kitchen organization), basic culinary principles, specific culinary techniques, product evaluation, and practice activities covering the entire menu. This program gives food service staff the skills necessary to prepare school-made products that offer more fruits, vegetables, whole grains, and lean meats on the menu.

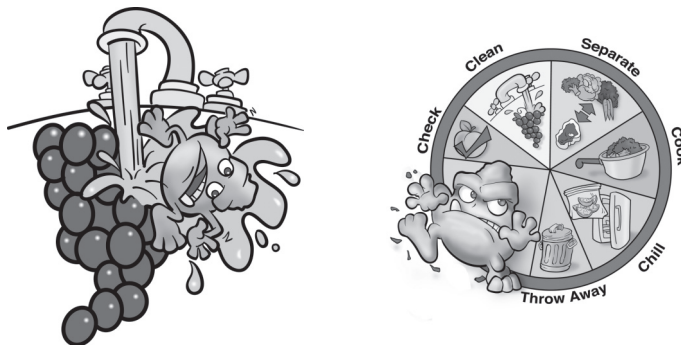
The first food service staff member from each school or district that completes the Culinary Techniques training will receive a set of six Dietary Guidelines posters to promote healthy choices from the Illinois Nutrition Education and Training Program. For more information about the National Food Service Management Institute's online courses, visit <http://nfsmi.org/>.

School Nutrition Association Credentialing

The School Nutrition Specialist (SNS) credential, created by the School Nutrition Association, indicates the recipient has met specific standards for academic experience, key area hours, and knowledge and skills. Illinois boasts 30 School Nutrition Specialists! Visit the website at <http://www.schoolnutrition.org/Content.aspx?id=132> to download the credentialing exam handbook and a listing of exam dates. Contact SNA at 800/877-8822 for further information on the SNS credential.

Download the Free Fight BAC! Flyer

Fight BAC! is the Partnership for Food Safety Education's campaign to remind us of the four food safety practices: clean, separate, cook, and chill. Visit and download the colorful and helpful, 8½" x 11" flyer reminding the reader to practice safe fruit and vegetable handling practices. *Six Steps to Safe Fruits and Vegetables* is located at <http://www.fightbac.org/content/view/102/10/>. Laminated and post the poster in the food preparation areas. This site also contains literature in Spanish.



Share Your Wellness Success Stories

The bottom line with successful wellness policies is implementation and evaluation to bring about effective measurable

changes related to nutrition, nutrition education, and physical activity. We are looking for effective strategies Illinois schools are using to implement and evaluate their wellness policies. Please help us by submitting your success story. Complete the simple submission form at <http://www.isbe.net/nutrition/htmls/share.htm> and email it to cnp@isbe.net or fax it to Nutrition Programs at 217/524-6124. We plan to post these stories on our website so other schools may learn from your experiences. Thank you for sharing your wellness policy experiences with us!

Hand-Washing Signs

The Illinois Department of Public Health has informed Nutrition Programs that a company is sending letters that could be misleading to food service establishments in order to sell their hand washing signs. In Illinois, you ARE NOT required to post hand-washing signs at food service establishments. Food service establishments may use their own hand washing signs or obtain them free from their local health department or the Illinois Department of Public Health, Division of Food, Drugs and Dairies. If you have any questions, please contact Jayne Nosari, IDPH, at 217/785-2439.

IMPORTANT REMINDER
Watch for announcement about upcoming workshops on USDA commodities and how to use the Illinois Commodity System.

Calendar of Events—NOVEMBER

- Submit Claim for Reimbursement
- Complete the meal count edit prior to submission of the Claim for Reimbursement
- 2 Fall back—Set your clocks back one hour
- 4 General Election Day—ISBE office closed
- 5 Processed Foods Taste Test—Bloomington (<http://www.ilsna.net/>)
- 7 Love Your Veggies Grant due date (<http://loveyourveggiesgrants.org/apply.php>)
- 11 Veteran's Day—ISBE office closed
- 13–20 Make changes, if needed, for December commodity deliveries
- 14 Due date to submit the Dairy Council 2008 Expanding Breakfast Awards application
<http://www.midwestdairy.com/>
or <http://www.stldairyCouncil.org/home.asp>)
- 17 Verification process should be completed, report due by January 18
- 17–21 Illinois School Breakfast Week and American Education Week
- 21–23 Illinois Association of School Boards (IASB)/Illinois Association of School Administrators (IASA)/Illinois Association of School Board Officials (IASBO) 77th Joint Annual Conference—Chicago (<http://www.iasb.com/jac08/>)
- 27–28 Thanksgiving—ISBE office closed



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



Illinois State Board of Education

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www.isbe.net

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