



THE OUTLOOK

A Monthly Newsletter for School Nutrition and Wellness Programs



ADMINISTRATIVE ALERTS

Reminder: Deadlines for NSLP and SBP Verification Process

Each year Local Education Agencies (LEAs) that processed household eligibility applications to provide free or reduced-price meal benefits to students are required to have completed the verification process by Nov. 15. All LEAs participating in the National School Lunch Program and/or School Breakfast Program are required to complete the online verification summary report (VSR) by Dec. 15.

For questions or guidance on the verification process, please see the [“Verification” section](#) of our Administrative Handbook listed at http://isbe.net/nutrition/sbn_handbook/toc.htm. We also highly recommend viewing the recorded version of our Sept. 22 “Verification of Eligibility for School Meals” webinar, which will be available at <http://isbe.net/nutrition/htmls/workshops.htm> under “School Nutrition Programs Archived Webinars.” Here is a timeline overview of the process:

- **Oct. 1, Prior to Application Count:** Attempt to direct certify students currently receiving benefits based on a household eligibility application.
- **Oct. 1, After Use of Electronic Direct Certification System:** Count all approved household applications on file, by category, and begin verification process. This includes Income, SNAP/TANF, or Foster Child applications.
- **Last Operating Day of October:** Count of all eligible students by category

WHAT’S NEW ONLINE?

- [SNP FY 2017 NSLP Equipment Assistance Grant](#)
- [Q&A on Physical Fitness Assessments and Data Reporting Requirements](#)
- [ISBE Names More Than 250 Schools to Participate in the Fresh Fruit and Vegetable Program](#)
- [Healthier Meals Cooking Classes Registration](#)

Visit the Nutrition and Wellness Programs Division at <http://isbe.net/nutrition/default.htm>.

(Categorically eligible, free based on SNAP/TANF, free based on income, reduced). All LEAs, including those participating in the Community Eligibility Provision (CEP) or Provision 1, 2, or 3 will need to be prepared to provide student counts.

- **Nov. 15:** LEAs must have completed verification process.
- **Dec. 15:** Submit Verification Summary Report (VSR) to ISBE. All LEAs, including those participating in CEP or Provision 1, 2, or 3, must submit a VSR.

You can also email questions about the verification process to cnp@isbe.net or call ISBE’s Nutrition and Wellness Programs Division at (800) 545-7892.

Save the Dates in November for Workshops on Review Process

USDA/ISBE has updated the requirements for the National School Lunch Program. Reviews of the program, along with the Administrative Review will also include Resource Management and Procurement. All schools to this point have had contact from ISBE regarding the Resource Management Review to be conducted by Crowe Horwath or an ISBE representative.

In order to provide you with information about the review topics and the overall review process, ISBE's Nutrition and Wellness Programs Division has planned full day in-person trainings at four different locations during November 2016. The workshops will include a working lunch. Registrations for the events will be available by Oct. 14, 2016. The four locations and dates for the workshops are as follows:

- Wednesday, Nov. 9: Four Points Sheraton in **Fairview Heights**
- Thursday, Nov. 10: Crowne Plaza Hotel in **Springfield**
- Tuesday, Nov. 15: Hilton Lisle/Naperville in **Lisle**
- Wednesday, Nov. 16: DoubleTree Alsip in **Alsip**

If you have any questions, please email mgogerty@isbe.net or call (800) 545-7892.

Where Are My August and September Claims?

Are you trying to file your August and/or September claims and having trouble finding them in WINS? Remember, we changed the Program Year to run July through June beginning with this school year, so August and September are now part of Program Year 2017.

Be sure that the Program Year box at the top of your dashboard is on 2017 and that you have completed your Sponsor and Site Applications for 2017. You will not be able to submit your claim until the applications are approved for both the Sponsor and the Site(s).

Applications can only be back-dated one month prior to the month they are approved in. If your sponsor and site applications were not completed by Sept. 30 then you will not be able to claim August meals/milk and in order to claim September meals/milk you must have your application approved by Oct. 31.

If you have any questions about your claims, please contact Funding & Disbursements at (217) 782-5256.



Breakfast After the Bell Program Requirement Begins SY 2017-18

Per [PA 99-0850](#), starting School Year 2017-18, every public school in which at least 70 percent of the students were eligible for free or reduced-price lunches in October of the preceding year must operate a "breakfast after the bell program." Breakfast after the bell means breakfast is provided to children after the instructional day has officially begun and does not prohibit schools from also providing breakfast before instructional day begins. Schools may choose whatever delivery model that best suits the students. Typical options include:

- **Breakfast in the classroom:** Food is delivered (by staff, students, or volunteers) to each classroom after school begins and students are permitted to eat in the classroom.
- **Grab and go:** Students pick up bagged or boxed breakfast from carts or specified areas and are permitted to eat in either designated areas or the classroom.
- **Second-chance breakfast:** An extended passing or breakfast period is offered in the

cafeteria, following the first or second period of the day.

- **Other options include** serving breakfast during an early recess or outdoor lesson. As long as breakfast is offered to all students after the instructional day has begun, schools and districts have great flexibility in serving breakfast after-the-bell.

Assistance with determining whether or not your district meets the 70 percent threshold is available at http://www.isbe.net/nutrition/pdf/schools_mandated_operate_sbp.pdf.

State reimbursement to offset a portion of the cost of the meal is available if a site serves a reimbursable meal to a student eligible for a free meal and the site is enrolled in the Illinois Free Breakfast and Lunch Programs. Both state and federal reimbursement is available if a site enrolls in the School Breakfast Program (SBP).

Schools participating in the School Breakfast Program must inform families of the availability of breakfasts just prior to the beginning of the school year and throughout the school year via routine methods of communicating with families, such as website posting, weekly messages, public address system, etc.

Districts may be relieved from this breakfast after the bell requirement if they demonstrate either:

- 1) they are delivering a school breakfast effectively, as defined by 70 percent or more of the free and reduced-price students participating in the School Breakfast Program, or
- 2) due to circumstances specific to that school district, the expense reimbursement would not fully cover the costs of implementing and operating a breakfast after the bell program. District must submit cost analysis to district's board of education, district board holds public hearing, and district board passes a resolution that district cannot afford to operate a breakfast after the bell program. District must post date, time, place, and subject matter of meeting on its website; notify ISBE by emailing cnp@isbe.net at least 14 days prior to the hearing; and submit final resolution approving the breakfast after the bell exemption to ISBE by emailing cnp@isbe.net upon passage.



National School Lunch Week is Scheduled for Oct. 10-14

This year's theme for National School Lunch Week (NSLW), which is set for Oct. 10-14, is "Show Your Spirit." Visit the [School Nutrition Association's website](http://www.schoolnutrition.org) to get started today. The special week is a great reminder for parents, students, and school officials that a healthy school lunch helps students power through the day.

You can download the NSLW 2016 Toolkit at <https://schoolnutrition.org/Meetings/Events/NSLW/2016/GetStarted/>. It includes tips and ideas to help plan a successful campaign. Also available on the NSLW webpage is a Certificate of Recognition that you can use to thank your school nutrition programs staff. Be sure not to miss the [National School Lunch Week activity sheets](#).

SNA is also teaming up with KIWI magazine for National Take Your Parents to Lunch Day on Oct. 12. Schools are encouraged to host a special day during NSLW and invite parents to attend lunch with their children. Read more at <http://www.kiwimagonline.com/lunchday>.

Included on the last page of this issue is the USDA Food Nutrition Service's new **MyPlates Guide to School Lunch**. The infographic is an excellent tool for parents, classrooms, and the broader school community. Consider using it as part of your National School Lunch Week activities in a newsletter, as a handout, or as a link on your website. Here is a direct link to the PDF: http://www.fns.usda.gov/sites/default/files/tn/SL_Infographic_81216a.pdf.

ISBE's Nutrition and Wellness Programs Division would like to showcase your NSLW events. Please let us know by sending event details to cnp@isbe.net. Please include the agreement number and name of the school district. We look forward to hearing about your events!



**NATIONAL
FARM to SCHOOL
NETWORK**

Celebrate National Farm to School Month By Taking ‘One Small Step’

The 2016 National Farm to School Month theme is “One Small Step.” The [National Farm to School Network](http://www.nationalfarmtoschool.org) is asking people to sign the One Small Step Pledge. Those who join the effort will receive weekly emails in October with suggestions of small steps one can take to advance farm to school locally and nationally.

National Farm to School Month was first designated by Congress in 2010 to promote farm to school programs that improve child nutrition, support local economies, and educate schoolchildren about the origins of food. Read more about the special month at <http://www.farmentoschool.org/our-work/farm-to-school-month>.

Visit the [Illinois Farm to School Network](http://www.illinoisfarmtoschool.org) for additional resources, including the [Illinois Farm to School Toolkit](http://www.illinoisfarmtoschool.org). The toolkit features the Mighty Mini Video Series on such topics as “Salad Bars 101” and “Adding Local to the Menu,” as well as a blog and a variety of guides on school gardens, local food procurement, and more.

GRANT OPPORTUNITIES

FY 2017 NSLP Equipment Assistance Grant Request for Proposals Released

The Illinois State Board of Education has released a Request for Proposals (RFP) for the FY 2017 National School Lunch Program (NSLP) Equipment Assistance Grants. These grants will provide \$1,127,625 in total to approved School Food Authorities (SFA) on a reimbursement basis to assist in purchasing equipment to serve healthier meals that meet the updated meal pattern requirement, improved food safety, and expand access.

Each SFA participating in the federally-funded NSLP is eligible to submit an application for schools under its jurisdiction. An SFA is defined as a

governing body that is responsible for the administration of one or more schools and has the legal authority to operate the NSLP therein. Priority will be given to SFAs 1) whose applying schools have higher percentages of students eligible for free and reduced-price meals. (If needed, refer to the FY 16 eligibility listing posted online at http://www.isbe.net/nutrition/htmls/eligibility_listings.htm); 2) that did not receive equipment assistance grants in any of its schools since FY 09. (If needed, refer to the SFAs Previously Funded listing at http://www.isbe.net/nutrition/htmls/nslp_grant.htm); 3) that demonstrate high need, i.e., are able to show schools for which they are applying are in an underserved area, have limited access to other resources/funding to purchase equipment, current equipment is outdated, non-functioning or non-existent; 4) that demonstrate how these funds will improve the quality of school meals; 5) that commit to implementing strategies for adopting smarter lunchrooms; 6) whose applying schools participate in the School Breakfast Program (SBP); and 7) whose applying schools are self-operated and/or satellite meals to other schools participating in NSLP.

The grant period will begin no sooner than Jan. 1, 2017, and will extend from the execution date of the grant agreement until June 30, 2018. All funds must be expended by the end of the grant period and the final Claim for Reimbursement for NSLP Equipment Assistance Grant funds, including invoices, must be received no later than July 31, 2018.

This FY 2017 Equipment Grant RFP is posted at http://www.isbe.net/nutrition/htmls/nslp_grant.htm and the **deadline to apply is 5 p.m. Nov. 3, 2016**. Additional information on the NSLP is available at http://www.isbe.net/nutrition/htmls/national_school_lunch.htm.

If you have questions regarding this grant, please email Shawn Backs at sbacks@isbe.net.

USDA Announces Availability of Farm to School Grants for FY 17

On Sept. 13, the U.S. Department of Agriculture (USDA) announced that up to \$5 million in grant

funds is available to help schools create or strengthen farm to school programs this school year. Administered by USDA's Food and Nutrition Service, these annual, competitive grants will help further USDA efforts to increase locally sourced foods in America's school meals.

Farm to school programs help form healthy habits and support local economies. The local foods offered through farm to school programs help school meal programs fulfill the updated school nutrition standards with appealing and diverse offerings. According to the [2015 USDA Farm to School Census](#), schools with robust farm to school programs report reductions in food waste, higher school meal participation rates, and increased willingness of the students to try new foods, notably fruits and vegetables. In addition, in school year 2013-14 alone, schools purchased more than \$789 million in local food from farmers, ranchers, fishermen, and food processors and manufacturers.

The USDA's Farm to School Grants make these outcomes possible by funding school districts, state and local agencies, Indian tribal organizations, agricultural producers, and non-profit organizations in their efforts to increase local foods served through child nutrition programs, teach children about food and agriculture through garden and classroom education, and develop schools' and farmers' capacities to participate in farm to school. The funds may be used for training, supporting operations, planning, purchasing equipment, developing school gardens, developing partnerships, and implementing farm to school programs.

The Farm to School Grant Program was authorized in the Healthy, Hunger-Free Kids Act of 2010. To date, USDA has funded 300 projects in all 50 states, DC, and the U.S. Virgin Islands. Since its inception in fiscal year 2013, more than \$20 million has been awarded through the Farm to School Grant Program. This year, awards ranging from \$20,000 to \$100,000 will be distributed in four different grant categories:

- Planning
- Implementation
- Support Service and
- Training.

Applications are due by Dec. 8, 2016. Visit the [grants homepage](#) for more information.

Applications Sought From Districts for School Food Support Initiative

The [Life Time Foundation](#), the [Chef Ann Foundation](#), and the [Whole Kids Foundation](#) are teaming up for a school food grant opportunity aimed to help districts improve meal programs and transition to scratch cook operations.

The application deadline for the School Food Support Initiative is Nov. 30. Selected districts will receive program services valued at approximately \$192,000 (dependent on district size). Up to seven districts across the country will be selected for this second round of grant founding.

To read more, visit the [School Food Support Initiative webpage](#) or send questions to info@chefannfoundation.org.

PROFESSIONAL DEVELOPMENT

Healthier Meals Cooking Classes Offered for Nutrition Programs Staff

Registration is underway for Healthier Meals Cooking Classes, which are offered through the Illinois State Board of Education's Nutrition and Wellness Programs Division.

Those working with the Child and Adult Care Food Program (CACFP), the National School Lunch Program (NSLP), and the School Breakfast Program are all welcome to attend the classes, which are partially funded with a U.S. Department of Agriculture Team Nutrition Grant. ISBE administers the federal programs in Illinois.



The child nutrition program classes are free and available at Kendall College Culinary School in Chicago, Lincoln Land Community College Culinary Institute in Springfield, and Kaskaskia College Culinary Arts in Centralia. The classes are scheduled through December and cover three different levels of techniques and skills. It is recommended the levels be taken in order, although not necessary.

For more information and to register, visit <http://isbe.net/nutrition/default.htm> or <http://webprod1.isbe.net/cns/calendar/asp/eventlist.asp>. Space is limited. If you have any questions, call ISBE's Nutrition and Wellness Programs Division at (217) 782-2491.



University of Illinois Extension Offers 'The ABCs of School Nutrition'

The University of Illinois Extension partners with the Illinois State Board of Education to be a provider of professional development opportunities for school nutrition professionals across the state. There are two ways to receive assistance and training:

- **ON-SITE TRAINING:** Educators can come to your school district and provide in-person training to staff on a wide range of topics to satisfy the USDA Professional Standards.
- **ONLINE TRAINING:** Online courses and educational videos on relevant school nutrition topics will be continually added to our online training portal ABCs of School Nutrition. Create an account to get started at <https://extension.illinois.edu/abcsofschoolnutrition/>.

Areas of training for school nutrition include nutrition education/staff wellness, meal patterns/reimbursable meals, cashier/point of service, food safety/HACCP, free and reduced meal benefits, program management, Smarter Lunchrooms, HR and staff training, serving food, and communications and marketing.

This month's issue of The Outlook includes addition information from the University of Illinois Extension on "The ABCs of School Nutrition" on pages 9 and 10. Like them on Facebook to participate in the Illinois Meal of the Month Club photo contest. September's winner is Monmouth-Roseville CUSD 238 for their lunch with Titan Homemade Beefaroni w/ Whole Grain Pasta, Whole Grain Bread w/ Grape Jelly, Glazed Carrot

Coins, Celery w/Dill Dip, Fruit Cocktail and Cold Milk.

Contact the University of Illinois Extension at schoolnutrition@illinois.edu.

Institute of Child Nutrition Plans Training Sessions for Next Year

The [Institute of Child Nutrition](#) is offering free training sessions in Oxford, Miss, in 2017. Click on the session dates below to register and for more information.

- **"Orientation to School Nutrition Management"** is 4.5 days of training for new and aspiring directors that provides an overview of the management components of school nutrition programs. The training is offered [Jan. 9-13](#), [March 13-17](#), and [June 12-16](#). (30.5 units of continuing education)
- **"Procurement in the 21st Century"** is a two-day training that provides general concepts about the procurement of goods, products, and services for school nutrition programs. The session is set for [Feb. 21-22](#). (16 units of continuing education)
- **"Foundations for Training Excellence"** is an eight-hour training intended for those who wish to be a more effective trainer. The training is set for [Feb. 23](#). (8 units of continuing education)

Participants who complete the sessions will receive units of continuing education that are credentialed by the Commission on Dietetic Registration and the School Nutrition Association. USDA Professional Standards Codes will be listed on the Certificate of Completion.

College credit is available for the Jan. 9-13 and June 12-16 "Orientation to School Nutrition Management" sessions, although require admittance, application fees, and tuition at the University of Mississippi School of Applied Sciences.

Contact Lisa Rogers at lrogers@olemiss.edu for more information.

Illinois Action for Healthy Kids Plans School Health Team Trainings

Illinois Action for Healthy Kids will be hosting several school health team trainings to teach school staff, teachers, district staff, community members,



parents, and health professional best practices when it comes to school health and wellness.

These trainings are offered free of charge to all school health team members and provide CPDUs for each. Please see the list and registration links below:

- [Rockford Area School Health Team Training](#), Harlem Administration Center, Machesney Park, 4-8 p.m. Oct. 19
- [Naperville School Health Team Training](#), Naperville Central High School, 4:30-8 p.m. Oct. 20
- [Quad Cities Area School Health Team Training](#), Rock Island County ROE 49, 8:30 a.m. to 12:30 p.m. Oct. 21

NUTRITION RESOURCES

New CDC Web Pages on Energy Drinks and School Nutrition Environment

The Centers for Disease Control has two new web pages on nutrition in schools.

- **School Nutrition Environment:** This site features the new [Comprehensive Framework for Addressing the School Nutrition Environment and Services](#) — a framework for school nutrition professionals, school health professionals, administrators, teachers, and parents.
- **The Buzz on Energy Drinks:** What constitutes an “energy drink?” How much caffeine is safe for adolescents to consume? Find answers to these questions and learn what schools, coaches, and parents can do to limit adolescent and teen caffeinated beverage consumption.

Visit [CDC Healthy Schools](#) for a wide variety of resources on obesity prevention, local school wellness policies, and more.



Learn About the Whole School, Whole Community, Whole Child Model

CDC’s Virtual Healthy School is an online, interactive school building that allows users to see how the 10 components of the Whole School, Whole Community, Whole Child (WSCC) model are integrated into the following places: Classroom, Cafeteria, Gymnasium, Principal’s office, Counselor’s office, Nurses office, Playground, Surrounding community, and Home.

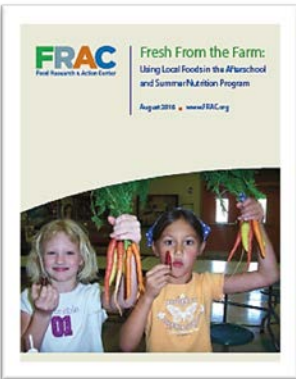
The Virtual Healthy School gives life to the WSCC model through the familiar environment of a school, showing education professionals that schools just like theirs can easily be transformed to meet the needs of the whole child so that every student is ready to learn. This tool can be used by anyone looking to make their local school a healthier place for students and staff.

Check out the Virtual Healthy School at <https://www.cdc.gov/healthyschools/vhs/index.html>. You can read more about the WSCC model at <http://www.cdc.gov/healthyschools/wsc/index.html>.

Note: The Virtual Healthy School is an example of a school that has adopted the WSCC model and is not inclusive of all opportunities a school might consider when adopting the WSCC framework.

New Guide on Using Local Foods in Child Nutrition Programs Available

In case you missed it, the Food Research & Action Center (FRAC) recently released a toolkit for using local foods in child nutrition programs.



The 20-page guide, "[Fresh From the Farm: Using Local Foods in the Afterschool and Summer Nutrition Program](#)," is available online as a PDF. It includes strategies and resources on connecting with local food sources,

planning menus, combining food service with educational programs, and marketing farm to school programs.

FRAC is a national organization that works for more effective public and private policies to eradicate domestic hunger and under-nutrition. For more information about FRAC, including on how to sign up for FRAC's Weekly News Digest, visit www.frac.org.

Find Out What You Can Do to Help Prevent Wasted Food

The U.S. Department of Agriculture Food and Nutrition Service offers a free booklet that discusses ways to reduce, recover, and recycle food before it goes to waste. "[What You Can Do to Help Prevent Wasted Food](#)" was published in July and is available online as a PDF.



The eight-page booklet is a great way to get ideas for your school by reading tips for school nutrition professionals, teachers, parents, students, and school administrators. Tips for administrators include:

- **Schedule recess before lunch:** It can reduce plate waste by as much as 30 percent.
- **Give kids time to eat:** Extending the lunch period from 20 to 30 minutes can help reduce waste by nearly one-third.
- **Donate safe food:** Partner with your health department and local hunger relief organizations to donate safe and wholesome food. Click the link to see the [USDA memo on food donation](#).
- **Join the U.S. Food Waste Challenge:** Sign up today so your school is recognized.

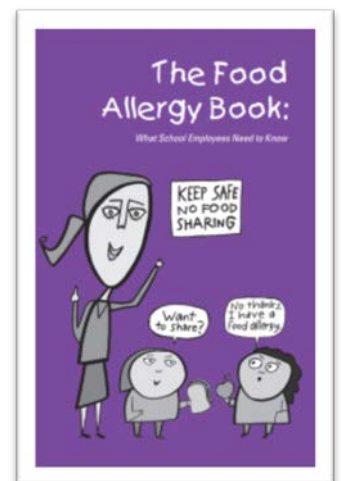


FNS Web Pages on Food Safety and Back to School Resources

Many food safety resources are available on the [U.S. Department of Agriculture's Food and Nutrition Services website](#), including the USDA State Emergency Notification System (SENS), Food Allergy Book, Food Safety Schools Action Guide, and more.

Back-to-school time is a great time to take a look. You also might want to check out the USDA FNS [Team Nutrition Back to School](#)

[Resources page](#), which features fun activities and resources that schools can do to help families get off to a healthy start this school year.



UPCOMING EVENTS, MEETINGS & DEADLINES

- Oct. 5 – [Food Handler Training](#) in Mattoon
- Oct. 5 – [Level 3 Healthier Meals Cooking Class](#), Centralia
- Oct. 6 – [Food Handler Training](#) in Carterville
- Oct. 10 – Columbus Day, ISBE offices closed
- Oct. 12 – [Level 1 Healthier Meals Cooking Class](#), Centralia
- Oct. 14 – [Level 2 Healthier Meals Cooking Class](#), Springfield
- Oct. 15 – [Level 1 Healthier Meals Cooking Class](#), Chicago (8 a.m. and 1 p.m.)
- Oct. 16 – [Level 2 Healthier Meals Cooking Class](#), Chicago (8 a.m. and 1 p.m.)
- Oct. 19 – [Level 2 Healthier Meals Cooking Class](#), Centralia
- Oct. 22 – [Level 3 Healthier Meals Cooking Class](#), Chicago (8 a.m. and 1 p.m.)
- Oct. 23 – [Level 3 Healthier Meals Cooking Class](#), Chicago (8 a.m. and 1 p.m.)
- Oct. 28 – [Level 2 Healthier Meals Cooking Class](#), Springfield

October is the time to begin the [verification process](#).

- Oct. 1
Application Count
- Last Operating Day of October
Student Count

Please note this is not a complete list of events, meetings, and deadlines. For questions, call the Illinois State Board of Education's Nutrition and Wellness Programs Division at (800) 545-7892 or (217) 782-2491.

NON-DISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at <https://www.ascr.usda.gov/how-file-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.



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School Nutrition Training

Satisfies USDA Professional Standards Requirements

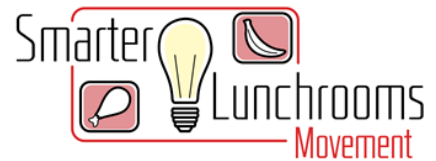
ILLINOIS MEAL OF THE MONTH CLUB – Like us on Facebook to participate!



ILLINOIS MEAL OF THE MONTH CLUB Photo Contest – Post or share your school meal photos on our [Facebook page](#), or email your photos to schoolnutrition@illinois.edu, every month to enter the photo contest. Winning photos will be shared on Facebook and Twitter for all to see! Win recognition and prizes for your school nutrition program, e.g. posters, aprons, fruit baskets, and other small prizes. Contest instructions are posted on our Facebook page. Questions about the contest? Email schoolnutrition@illinois.edu.

Join the Smarter Lunchrooms Movement in Illinois!

Smarter Lunchrooms shows school nutrition staff how to enhance the promotion & enjoyment of healthy choices in their cafeteria environment. Smarter Lunchrooms research has shown increased meal participation and decreased food waste using no-cost or low-cost strategies. U of I Extension professionals have conducted 100's of assessments so far, and we look forward to helping many more Illinois schools! If you're curious about how these research-based strategies could help your school, connect with us through the [ABCs of School Nutrition](#) website, email schoolnutrition@illinois.edu, or contact your local Extension office.



University of Illinois Extension offers FREE year-round training for school nutrition!

the ABCs of school nutrition
Professional Standards Portal for Illinois School Nutrition Employees

U of I Extension offers free face-to-face training on various topics that meet the USDA Professional Standards. In addition, we have online courses available through the ABCs of School Nutrition training portal. The portal provides information about face-to-face training opportunities, online courses, webinars, instructional videos, Illinois-specific updates & resources, and more. Visit <http://go.illinois.edu/ABCsofSchoolNutrition>, create a user profile, and stay tuned for more content to be added throughout the year! To inquire about training in your area, please contact us through the [ABCs of School Nutrition](#) website or contact your local Extension office.

Team Up for School Nutrition Success ILLINOIS

Follow Team Up ILLINOIS on **Facebook** (Team Up for School Nutrition Success ILLINOIS) and **Twitter** (@TeamUpIllinois) to see tips, advice, school nutrition news, training and webinar opportunities, and upcoming grant information right at your fingertips! Join a motivated & inspired network of Illinois school nutrition professionals, see what other schools are doing in Illinois and around the county, and share what you're doing at your school.





School Recipe of the Month – [Pumpkin Muffin Squares!](#)

Pumpkin season is here – these could be a great addition to your breakfast menu this fall!

USDA Recipe B120
Cooking Process #2: Same Day Service
(Recipe below is for 50 Servings)

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS	
Whole wheat flour	15.5 oz	3 ½ cups	1. Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.	
Enriched bread flour	14.5 oz	3 ¼ cups		
Baking powder		1 tbsp		
Baking soda		2 tsp		
Salt		2 tsp		
Ground cinnamon		1 tbsp and 1 tsp		
Nutmeg		1 tsp		
Ground ginger		1 tsp		
Brown sugar	1 lb 10 2/3 oz	3 1/3 cups		2. Combine sugar and oil in a large bowl.
Canola oil		1 ½ cups		
Frozen whole eggs, thawed	3 oz	1/3 cup	3. Add eggs and vanilla extract. Stir well.	
Egg whites	6 oz	2/3 cup, 1 tbsp, and 1 tsp		
Vanilla extract		1 tbsp and 1 tsp	4. Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.	
Pumpkin, canned	2 lb 8 oz	1 qt and 2/3 cup	5. Fold in pumpkin and raisins. Stir well.	
Golden raisins	5 oz	2/3 cup	6. Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.	
			7. Bake until golden brown: Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 35-40 minutes.	
			8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).	

Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

VEGETABLES

A variety of vegetables helps kids get the nutrients and fiber they need for good health.



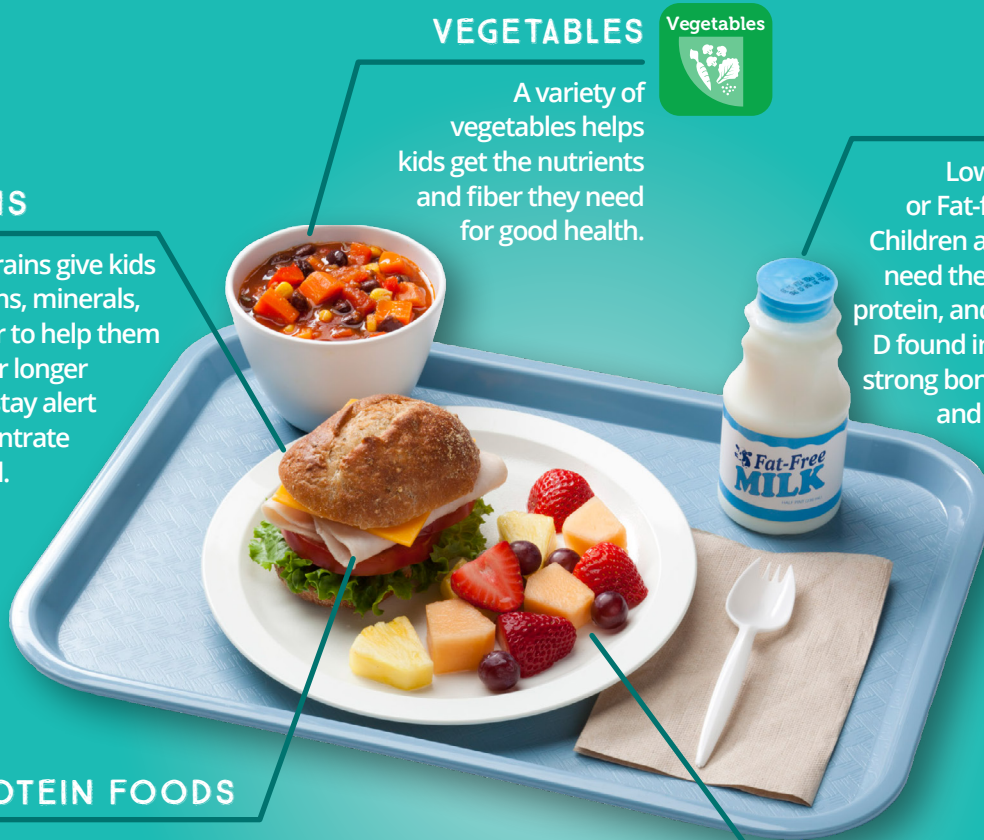
MILK

Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.

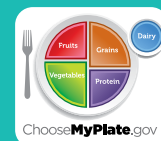


FRUITS

Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamnutrition.usda.gov for additional tips and activities.



HOW DOES SCHOOL LUNCH HELP FAMILIES?



Provides a balanced meal

It meets one-third of the nutrition needs of most children for the day.



Helps kids learn where foods come from

Farm to school programs are in 42 percent of schools which increase kids access to locally produced foods and learning activities such as farmers' visits and school gardening.



Saves time

If you spend 10 minutes a day packing lunch, that adds up to 30 hours (1,800 minutes) each school year.



Supports learning at school

Research shows that kids with healthier eating patterns have better academic performance.



"We grow fruits and vegetables in our school greenhouse, which are harvested and given to the cafeteria to serve on the salad bar. It's great because the landscaping class gets involved, the leadership classes get involved, and even all the marketing plan classes get involved."



Nebraska student

HOW CAN FAMILIES HELP THEIR CHILDREN ENJOY SCHOOL LUNCH?

- Try new foods at home. Kids need many opportunities to taste a new food to "get used to it."
- Talk with your child about what's on the menu. Make sure he or she knows about all the foods that are included in his or her school.
- Eat lunch at school with your child. Learn more about what's offered and meet school nutrition staff.
- Encourage your child or teen to join in taste-testing events or surveys about school lunch, when available.

Visit Choosemyplate.gov/Families for additional tips and activities for families.

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Learn more at: www.fns.usda.gov/nslp/national-school-lunch-program-nslp.

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