

The OUTLOOK

Nutrition Programs

Illinois State Board of Education

bulletin board

Out With the Old, In With the New . . . Equipment That Is! at Pana CUSD #8

Gone are two 1950s vintage baby-boomer gas stoves at Pana Junior High School (PJHS) in Pana Community Unit School District (CUSD) #8, and the 1970s steam table at Jefferson Middle School (JMS). Now the PJHS food service staff is cooking with a convection oven and a six-burner stove. JMS students are now enjoying greater sandwich choices, pre-made chef salads, and increased self-service due to two newly installed cold food bars and a 44” steam table with sneeze guard.

Pana Junior High School and Jefferson Middle School received slightly over \$10,000 from the federally-funded National School Lunch Program (NSLP) Equipment Assistance Grant as part of the American Recovery and Reinvestment Act of 2009 (ARRA) late this summer.

NOVEMBER 2009 — THE OUTLOOK

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Important Dates—November

Complete the meal count edit prior to submission of the Claim for Reimbursement

- 1 Fall back—Set your clocks back one hour
- 4 Processed Foods Taste Test—Bloomington (<http://www.ilsna.net>)
- 6 Love Your Veggies Grant (elementary schools) due date (<http://loveyourveggiesgrants.org/apply.php>)
- 10 Submit Claim for Reimbursement
- 11 Veteran’s Day—ISBE office closed
- 11 America Recycles Day
- 13–20 Make changes, if needed, for December commodity deliveries
- 15 Verification process must be complete, report due by December 15
- 15–21 American Education Week
- 16–20 Illinois School Breakfast Week
- 26–27 Thanksgiving—ISBE office closed
- 30 HealthierUS School Challenge Mini-Grant Due (www.KidsEatWell.org)



Date Savers

- Deadline to place Annual Commodity Order—Monday, February 1, 2010
- Multi-site sponsors begin On-Site Reviews—Complete by Monday, February 1, 2010



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Pana Junior High School's improved heating equipment.



Pana CUSD #8's cafeteria supervisor, Georgeanne Henschen describes the new equipment as, "A real gift, a real lift" for the schools.

According to Henschen, school food service staff can prepare food quicker using batch cooking, and increase moisture retention in food. Another benefit is that the equipment is safer and more energy efficient. Assistant Superintendent David Dively expressed his thanks for the grant funds.

Located southeast of Springfield in Christian county, Pana's population is approximately 5,800. Pana Junior High School serves 7th and 8th graders and has an enrollment of 216. Jefferson Middle School serves 7th and 8th graders and has an enrollment is 207. Both Pana Junior High School and Jefferson Middle School have free/reduced-price eligibles above 50 percent.



Two new cold food bars at Jefferson Middle School



These two schools join the 82 other school districts representing 254 schools awarded this competitive grant. The schools used the funds to meet one or more of the following federally mandated priorities.

- Improves quality of school nutrition meals that meet the dietary guidelines
- Improves the safety of food served in the school meal programs
- Improves the overall energy efficiency of the school nutrition operations
- Allows support for expanded participation in a school meal program



Jefferson Middle School's Steam table with sneeze guard

Illinois School Breakfast Week

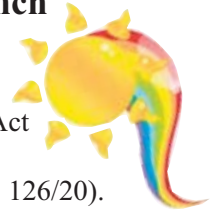
November 16–20, 2009



During the week of November 16, join schools across the state to recognize schools offering breakfast to their students. Celebrated in conjunction with the 88th annual American Education Week (November 15–21, 2009), Illinois School Breakfast Week highlights the important relationship between breakfast consumption and positive academic performance. (For information on American Education Week 2009, visit <http://www.nea.org/aew/index.html>.)

Administration

Summer Breakfast and/or Lunch Program Mandate



Public Act 096-0734 (amends Public Act 095-0155), amends Section 20 of the Childhood Hunger Relief Act (105 ILCS 126/20). This amendment requires a school district to implement a summer breakfast and/or lunch program for the duration of the summer school program in all schools where 50 percent or more of the student population is eligible for free or reduced-price meals AND that have a summer school program. This amendment applies to all schools that meet the above criteria, including those schools not currently participating in any federal Child Nutrition Program.

Two federal Child Nutrition Programs administered by the Illinois State Board of Education, the National School Lunch Program's Seamless Summer Option (SSO), and the Summer Food Service Program (SFSP) assist school districts in implementing a successful program and in supplementing the costs of providing meals to students during the summer. The legislation, along with questions and answers, is accessible at www.isbe.net/nutrition on either the National School Lunch Program or Summer Food Service Program webpage under *Public Act 096-0734—Summer Food Service Program*. Public Act 096-0734 (accessible at <http://www.ilga.gov/>) also includes information regarding an *opt-out* provision.

Public Act 096-0734 is an important piece of legislation for Illinois children. Nutrition Programs staff is available at 800/545-7892 or 217/782-2491 for technical assistance with reimbursement or program operations.

School Meals Initiative Reviews Update for School Year 2009–2010

All school food authorities (SFAs) participating in the National School Lunch Program must undergo a School Meals Initiative (SMI) Review on a cyclical basis. The review is part of the United States Department of Agriculture's (USDA's) strategy to ensure school menus comply with the Dietary Guidelines for Americans and certain nutrient standards when averaged over a school week. The Illinois State Board of Education (ISBE) continues to provide training on expectations and the documentation needed to conduct the required nutritional analysis for SFAs in addition to training on how to improve the nutritional integrity of school meals.

For the 2009–2010 school year, ISBE has contracted with Southern Illinois University (SIU) Carbondale to complete the SMI Reviews on its behalf. In addition, ISBE staff will conduct SMI Reviews throughout the state. Pertinent technical assistance documents related to SMI Reviews have been posted on ISBE's Nutrition Programs Division website (<http://www.isbe.net/nutrition/htmls/smi.htm>) and includes the listing of eligible sponsors for SMI Reviews for school year 2009–2010. Sponsors eligible for the SMI Review are notified via mail at various times throughout the school year. Other technical assistance documents posted include a memorandum to sponsors, informational packets for food-based and nutrient-based sponsors, and other necessary information about this review.

All SFAs selected for an SMI Review will have the week of review identified by ISBE based on the mailing group. Reviews conducted by SIU Carbondale will follow the schedule below:

- Group 1 mailed September 2009—Week of review is September 21–25, 2009
- Group 2 mailed October 2009—Week of review is November 2–6, 2009
- Group 3 mailed January 2010—Week of review is January 1–15, 2010

Reviews conducted by ISBE will follow the schedule below:
Group 1 mailed November 2009—Week of review is November 16–20, 2009

The SMI team at Southern Illinois University Carbondale may be reached via telephone at 866/763-2457 (toll free) or 618/453-7500 or via electronic mail at NDDA@siu.edu.

If you have questions regarding this information, please contact Roxanne Ramage (rramage@isbe.net) via telephone at 800/545-7892.

USDA-Approved Nutrient Analysis Software

The list of USDA-approved Nutrient Analysis Software has recently been updated. If you implement Nutrient Standard Menu Planning (commonly referred to as NuMenus), please ensure you purchase approved software. The current list of USDA-approved software may be found at <http://healthymeals.nal.usda.gov/software.html>.



Claim Common Cents

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

Do you have a backup for submitting a Claim for Reimbursement?

Each organization should have more than one person trained to submit site and sponsor Claims for Reimbursement. In the event the person responsible for submitting claims is unable to do so, the backup can fill in. Many times when we contact organizations regarding the submission of their claim, we are told that the person responsible is out and not able to process the claim and nobody else knows how to do it. According to the USDA, lack of a qualified back-up person to submit a claim is not a valid reason for submitting a late claim. This is within the control of the sponsor. Please take time to ensure you have a backup person trained to submit claims so you do not lose any funding.

REMINDER—October was the start of a new federal/program fiscal year (FY). October claims are part of **FY2010**. September and prior claims are still **FY2009**. Be sure you are in the correct program year when filing your claims in the Application and Claim Entry System (ACES).

If you have any questions regarding claims, please contact Carol Curto or Gladys Rothenberg at 217/782-5256 or via email at ccurto@isbe.net or grothenb@isbe.net.

Food Distribution

Remittance Address Change for Commodity Delivery Charge

Recently, Lanter Distributing made a change to their remittance address for the commodity delivery charge.

Please update your records to reflect the NEW remittance addresses listed below.

Standard Mailing Address:

Lanter Distributing Division of OHL
15611 Collections Center Drive
Chicago, Illinois 60693

Courier Address:

Bank of America Lockbox Services
c/o Lanter Distributing Division of OHL
15611 Collections Center Drive
Chicago, Illinois 60693

Register for USDA Foods and Illinois Commodity System Training

Nutrition Programs staff is providing a USDA Foods and Illinois Commodity System Training at seven sites in November and December. The trainings focus on the Illinois Commodity System, placing annual commodity orders, diversions to processors, Department of Defense (DoD) Fresh Fruit and Vegetable Program, and additional monthly processes to teach better management of USDA foods. Preregistration is required. You can register for these and other ISBE trainings at <http://www.isbe.net/nutrition/htmls/workshops.htm>. Trainings are half-day sessions, and morning and afternoon sessions are offered based on location. Space is limited, so do not hesitate, register today!

| | |
|-------------|------------------|
| November 3 | Galesburg |
| November 12 | Schaumburg |
| November 13 | Tinley Park |
| November 17 | Marion |
| November 18 | Fairview Heights |
| December 2 | Springfield |

Food Service and Nutrition

2009 State Indicator Report on Fruits and Vegetables

A first-ever report issued by the Department of Health and Human Services, Centers for Disease Control and Prevention reflects how both adults and adolescents are meeting the objectives for fruit and vegetable consumption recommended in the *Healthy People 2010*.

| ILLINOIS STATISTICS | | NATIONAL STATISTICS | |
|--|--------|---------------------|--------|
| Adolescents | Adults | Adolescents | Adults |
| <i>Fruit (2+) Consumption</i> | | | |
| 32.6 | 36.6 | 32.2 | 32.8 |
| <i>Vegetable (3+) Consumption</i> | | | |
| 13.2 | 23.2 | 13.2 | 27.4 |
| <i>Both Fruit (2+) and Vegetables (3+)</i> | | | |
| 10.0 | 13.7 | 9.5 | 14.0 |

Both age groups (adolescents = 9th through 12th graders; adults = 18 years of age and older) were better fruit eaters than vegetable eaters. Illinois adults surveyed had a higher rate of fruit consumption than the national average, but a lower vegetable rate than the national average.

In order to promote the availability of healthier foods and nutrition services in schools, the authors recommend the following potential action items.

- Establish nutrition standards for competitive foods as part of school wellness policies.
- Support policies at all levels that address the availability of competitive foods in schools.
- Monitor and evaluate the implementation and enforcement of nutrition standards.
- Support farm-to-school initiatives and policies as a way for schools to purchase food from local farms.

Illinois schools are making progress toward offering more fruits and vegetables in their school environments, and not just in the cafeterias. In Illinois during school year (SY) 2010, the number of schools participating in the Fresh Fruit and Vegetable Program doubled. The number of schools participating in the Department of Defense Fruit and Vegetable Program for the SY2009 was 423.

For more information, visit www.isbe.net/nutrition, click on *National School Lunch Program*, and then on *Fresh Fruit and Vegetable Program (FFVP)* or go to the Illinois Commodity System to learn about the DoD program.



Data Sources: 2007 BRFSS, 2007 YRBSS.

Grants, Awards, and Honors

Go for the Gold With a HealthierUS School Challenge Mini-Grant

You can receive well-deserved recognition for your Child Nutrition Program by meeting criteria for the HealthierUS School Challenge (HUSCC), a national recognition program for schools that excels at creating a school environment



that supports student health. To assist elementary school wellness teams with meeting HUSSC criteria, the Illinois Nutrition Education and Training Program will award twenty competitive mini-grants of \$3,500 made possible by a United States Department of Agriculture Team Nutrition grant. The mini-grant recipients will also receive free training, expert assistance, and resources.

The criteria for the HUSSC have been simplified. If you have not looked at the criteria recently, visit <http://teamnutrition.usda.gov/HealthierUS/index.html> to check them out. There are four levels of achievement you can choose to pursue. The levels range from Bronze up to a Gold Award of Distinction.

Winning schools can choose a variety of ways to use mini-grant funds. They can purchase wellness curriculum and software that contain a nutrition education component and resources for nutrition education activities. Funds can also be used to develop an electronic newsletter or webpage that promotes healthy food and activity choices in the school community. Mini-grants can also fund a child nutrition consultant to help your school meet the HUSSC nutrition guidelines, cover staff development expenses related to meeting the HUSSC criteria, and more.

This past school year, Bushnell-Prairie City Elementary (Bushnell) and Ridgeview Elementary (Colfax) were the first two Illinois elementary schools recognized as HealthierUS School Challenge schools. Each school earned the Silver Award certification.

Visit KidsEatWell.org to download a mini-grant application. Completed mini-grant applications are due by November 30, 2009. If your elementary school is selected to receive a mini-grant, you will have plenty of time (until April 30, 2011) to meet HUSSC criteria, expend the grant funds, and submit an HUSSC application. Call 800/466-7998 for more details.

2009–2010 School Breakfast Program Start-Up Grant Recipients

Congratulations to the 31 Illinois schools that received this year's School Breakfast Program (SBP) Start-Up Grants of up to \$3,500! If your school is interested in beginning the SBP next school year, watch for an application to be posted at www.isbe.net/nutrition/htmls/breakfast_state.htm in May 2010.

1. Algonquin Lakes Elementary School
2. Algonquin Middle School

3. Bradley Central Middle School
4. Bradley East Elementary School
5. Bradley West Elementary School
6. Delacey Family Education Center
7. Dundee Highlands Elementary School
8. Dundee Middle School
9. Eastview Elementary School
10. Hampshire Elementary School
11. Hampshire Middle School
12. Holmes Junior High School
13. Liberty Elementary School
14. Lincoln Prairie Elementary School
15. Paxton-Buckley-Loda Eastlawn School
16. ROWVA Central Elementary School
17. ROWVA East Elementary School
18. ROWVA Junior High School
19. ROWVA Senior High School
20. ROWVA West Elementary School
21. Salem Community High School
22. Seneca Elementary South Campus
23. Seneca Grade School North Campus
24. Simpson Achievement Center
25. Sleepy Hollow Elementary School
26. Triopia Grade School
27. Tri-Point Elementary School
28. Tri-Point High School
29. Tri-Point Junior High
30. Waltonville Grade School
31. Waltonville High School

Illinois School Wellness Programs From



To continue the focus of wellness in schools and with the anticipation of the third annual *Illinois School Wellness from A to Z* conference in Decatur on May 4, 2010, we are presenting a series of articles in the November through April issues of *The Outlook* highlighting unique state and national wellness and health programs, initiatives, and recognitions.

- *Blue Ribbon Health and Physical Education Programs*
Carol M. White Physical Education Program (PEP) Grant Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD)
<http://iahperd.org/textpages/programs/blueribbon.php>
- *Coordinated Approach to Child Health (CATCH)*
Illinois has over 140 CATCH schools promoting physical activity and healthy food choices in elementary school-aged children.
<http://www.catchinfo.org>

- *Fresh Fruit and Vegetable Program (FFVP)*
140 schools participate in the FFVP providing fresh fruit and vegetables to elementary school children, at no cost, outside of the school meals.
www.isbe.net/nutrition/htmls/ffv_program.htm

Watch the next five issues of *The Outlook* for more wellness program information.

Training, Tips, and Tools

Bridging the Gap in School Meal Service Procurement

The *Bridging the Gap in School Meal Service Procurement* training is designed to assist school food authorities (SFAs) that contract or are seeking to contract for 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 meet federal and state regulations and statutes.

All SFAs conducting a new procurement or considering contracting for school meal services for the 2010–2011 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 p.m. Complimentary lunch and beverages provided.

Pre-registration is required and available now. There is no registration fee.

| | |
|-------------------|--|
| November 18, 2009 | Radisson Hotel—Schaumburg |
| November 19, 2009 | DoubleTree Hotel—Alsip |
| December 4, 2009 | Hilton Garden Inn and The Regency Conference Center—O’Fallon |
| December 11, 2009 | Eastland Suites—Bloomington |

National Handwashing Awareness Week December 6–12, 2009

According to the Center for Disease Control and Prevention (CDC), hand washing is the most effective way to prevent the spread of infection. Estimates by the CDC show each year 36,000 people die from the flu or flu-like illnesses; 5,000 people die from food borne illness; and as many as 90,000 hospital patients die from infections

acquired from hospitals.

There are many critical times to wash your hands. A few examples are before eating, before and during food preparation, after leaving the hospital or physician's office, and any time you think your hands are dirty. Use soap, running water, and scrub all surfaces of your hands for 20 seconds before thoroughly rinsing and drying with a paper towel.



The first National Handwashing Awareness Week, which started in 1999 in Cincinnati, Ohio, was the result of a shortage of seasonal flu vaccine. Henry the Hand Foundation and the Greater Cincinnati Health Council Flu Vaccine Committee were the collaborating entities that developed National Handwashing Awareness Week.

During National Handwashing Awareness Week, students, parents, school staff, and food service workers are asked to promote the importance of proper handwashing. For more information on National Handwashing Awareness Week and activities related to hand washing, visit <http://www.henrythehand.com/>.

Bookmark Bulletin Board Resource

Are you stumped every month trying to devise a unique, creative display for your cafeteria walls, hallways leading to the cafeteria, or classrooms? Go to the Healthy School Meals website for great Bulletin Board Resources including free clip art, images, sign, posters, coloring books, and activity books all on a variety of subjects from breakfast to physical activity. The URL is http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=224&topic_id=1733&placement_default=0. On the left side of the screen, click on *Nutrition Education*; then on the following screen under *Spotlight*, click on *Bulletin Board Resources*.



Subscribe to the Team Nutrition E-Newsletter

USDA's e-newsletter provides descriptions of current Team Nutrition resources developed at the national level as well as the state level. Subscribe today to learn about these resources that encourage healthy eating and physical activity. Go to http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=224&topic_id=1733&placement_default=0.

Calendar of Events—DECEMBER

USDA Midwest Region Webinar—Green Wellness Policies TBA

Complete the Meal Count Edit prior to submission of the Claim for Reimbursement

- 1 Saucony Run for Good Grant Program Due (www.sauconyrunforgood.com)
- 1 The Silent Hero Grant Due (www.gotbreakfast.org)
- 10 Submit Claim for Reimbursement
- 6–12 National Handwashing Week
- 13–20 Make changes, if needed, for January commodity orders
- 25 Christmas Day—ISBE office closed



Share this newsletter link with staff in your school.

www.isbe.net/nutrition/htmls/newsletters.htm

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



Illinois State Board of Education

100 North First Street • Springfield, Illinois 62777-0001
www.isbe.net

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