

# The OUTLOOK

## Nutrition Programs

Illinois State Board of Education

### Verification Summary Report Due January 18, 2007

The Verification Summary Report (summarizing the results of your verification efforts) must be submitted electronically to the Illinois State Board of Education (ISBE) by **January 18, 2007**. Instructions on accessing and completing the Verification Summary Report will be posted mid-December at <http://www.isbe.net/nutrition> (under *What's New*).

Verification is the confirmation of eligibility for free and reduced-price meals under the National School Lunch and School Breakfast Programs. Annually, each local education agency (LEA) must select and verify a sample of applications approved for benefits no later than November 15.

### Annual Administrative Reviews News

The annual list of sponsors eligible for a fiscal year (FY) 2007 Administrative Review is available on our website at <http://www.isbe.net/nutrition/htmls/requirements.htm>. Currently, USDA requires an Administrative Review once every five-year cycle and no longer than six years between visits, however schools may be visited more frequently. Nutrition Programs has completed a number of reviews in advance of the five year-minimum. Therefore, all sponsors last reviewed in FY2002 and FY2003 are identified as eligible for a review in FY2007.

Most Administrative Reviews will be conducted between January and June 2007. Approximately 30 days in advance of the review, a monitor will contact you to schedule the on-site Administrative Review. In addition, an announcement letter and review checklist will be mailed to your district to assist in preparation for the review.

If you need guidance on areas of the review checklist, the *Basic Training-A Guide to School-Based Child Nutrition Programs* manual is available for order on-line at <http://www.isbe.net/nutrition/htmls/workshops.htm>. On the workshop page, scroll down to the Basic Training title. Below the descriptive paragraph, click on the order form, complete the information, and a manual will be mailed to you free of charge. If you have any questions, please email [cnp@isbe.net](mailto:cnp@isbe.net) or contact Dean Held at 800/545-7892.

### Important Dates

- Contracting for School Meal Services in the National School Lunch Program Training, Mt. Vernon, Regional Office of Education 25—January 12, 2007
- Verification Summary Report Due—January 18, 2007

### December 2006 Outlook

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bulletin board



# Administration

## Notice Regarding Food Product and Child Nutrition Labels

This office has been informed by USDA, Food and Nutrition Service (FNS) that any product received with a Child Nutrition (CN) label number 066074 does not carry an FNS warranty for use in the Child Nutrition Programs (specifically, Profera Inc., Pepperoni Cheese Pizza With Whole Grain).

## Fluid Milk Substitutions in the School Nutrition Programs Comment Period Ends January 8, 2007

USDA, Food and Nutrition Service has published the proposed rule on Fluid Milk Substitutions in the School Nutrition Programs. Its purpose is to:

- 1) Provide a legislative provision on milk substitutes on menu exceptions for students with disabilities, and
- 2) Add new requirements for substitutions for fluid milk for children with medical or special dietary needs.

Its intent is to ensure students consuming nondairy beverages alternates receive nutrients found in fluid milk, specifically protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B12.

Visit [www.fns.usda.gov/cnd/Governance/proposed/11-09-06.pdf](http://www.fns.usda.gov/cnd/Governance/proposed/11-09-06.pdf) for the proposed rule. Comments will be accepted via email, fax, mail, hand delivery, or through the Federal eRulemaking Portal. **Comments must be postmarked on or before January 8, 2007.**

## Claim Common Cent\$

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



### Draft Status of Claims

It is a good idea to periodically check to see if you have any site claims left in 'draft' status. Did you know you can save a claim in *draft* status to save work already completed and return to it later, or a save a claim in *draft* status if it has errors that must be corrected? Check to ensure there are no claims in *draft* status by setting the application/claim status to *draft* before you search. If there are any claims in *draft* status, please ensure the claim gets completed and submitted. To delete a draft claim, just open the site claim and click on the Delete *Draft* button at the bottom of the claim. If you have claim questions, please contact Carol Curto or Gladys Rothenberg in Funding & Disbursements at 217/782-5256.

## Questions and Answers

- Q. Does USDA consider a diabetic child as qualified under the disability provision?
- A. *Yes, diabetes is considered a disability under 7 CFR Part 15b. USDA regulations require SFAs, institutions, and sponsors to provide substitutions under the standard meal pattern to accommodate a child whose handicap restricts their diet. These substitutions must be supported by a statement signed by a licensed physician. The statement must include the following:*

- ❖ *Child's disability*
- ❖ *Explanation of why the disability restricts the child's diet*
- ❖ *Major life activities affected by the disability*
- ❖ *Food or foods to be omitted from the child's diet*
- ❖ *Food or choice of foods that must be substituted*
- ❖ *What is a school's responsibility to provide alternate meals, nutrient, and ingredient data about the foods served?*

- Q. Must School Breakfast Program meals be served every school day including snow days with poor weather and late buses?
- A. *Yes. If the school counts the day for general state aid purposes, they must provide breakfast. However, a school does not need to extend the serving period for breakfast due to inclement weather. It is recommended that on snow days, the breakfast menu remain quick and easy such as a breakfast grab-and-go bag.*
- Q. Can granola served as lunch count as a grain/bread? If yes, then which grain/bread group, Group D, Group E, or Group I?
- A. *Yes, granola can be credited as a bread/grain product in breakfast or lunch, given that it is enriched, whole grain, or fortified, which would be listed on the product label. Granola cereal served as ready-to-eat cereal (or as a topping or ingredient) can count as a grain in Group I. Alternatively, if it is a plain granola bar that is being served, it would be counted in Group D, and if the granola bar contains nuts, raisins, chocolate pieces, and/or fruit, it would be counted in Group E. However, the granola cereal or bar must meet the minimum serving sizes as listed in the Food Buying Guide 3-16 to count as a bread/grain.*

*In general, any bread or grain product can be creditable if they are either a) a whole grain product as defined in the Food Buying Guide, or b) an enriched product that meets the Food and Drug Administration's standards of identity as listed in 21 CFR, Part 136, Part 137, Part 139 for enriched bread, macaroni and noodle products, rice, or cornmeal.*

*Refer to the flowchart in the Food Buying Guide 3-7 to help identify whether or not a product is creditable as a bread/grain product.*

## Food Distribution

### Fiscal Year 2008 Annual Commodity Order Approaching

The Illinois Commodity System (ICS) will be accepting orders beginning January 2, 2007, for next school year. Due to time constraints placed on states by the USDA, we must require that you have your order completed by **Friday February 2, 2007**.

Schools that choose to divert commodities to processors should watch the ICS message board carefully starting in February for important news regarding processors receiving trucks of commodities and those that are not. Orders placed with processors that do not receive trucks can be changed to those processors receiving trucks from **February 9 through February 16**. If you place an order with a processor that does not get a truck and you do not change to a processor that is getting a truck, that order will be deleted. You can call the Food Distribution Program at 217/782-2491 if you have any questions regarding the annual order process.

## Food Service and Nutrition

### Eat Your Colors Pilot Project Summary Available

If you are looking for ways to encourage students to consume more fruits and vegetables, then take a look at the Produce for Better Health Foundation's Eat Your Colors Pilot Project Summaries. The Kansas projects were divided into three different models: food service, promotion and nutrition education. Summaries for the project between 2003 and 2005 are available at <http://www.powerpanther.org/cafeteriaconnections.htm>. Click on the *Cafeteria Connections* tab at the top of the page, and then scroll down to the *Eat Your Colors Pilot Project Summary*.

#### Food Service Models:

- Build Your Own Salad
- Improving Food Quality
- Increasing Variety of Fruits and Vegetables
- Pre-Plated Entree Salads
- Pre-Plated Side Salads and Fruit/Veggie Combos
- Salad Bar

#### Promotion Models:

- Launch Event
- Student Taste Tests
- 5 a Day the Color Way
- School Foodservice Promotion Book

#### Nutrition Education Models:

- Health Fair
- There's a Rainbow on My Plate

Read through these project summaries to identify ways in which your school district might implement the same. It is a great opportunity to be creative, have fun, and promote healthy eating habits to kids! Consider student taste tests, whether conducted as a stand-alone activity or part of another event, as an effective way to involve students in the process of identifying what fruits and vegetables they like to be served at school. Student taste tests are easy and fun. Involving students is a positive way to help get desired results—good eaters and increased participation.

## Grants, Awards, and Honors

### Love Your Veggies™ Nationwide School Lunch Campaign Grant Opportunity for Elementary Schools

A recent study in Northern California showed that children ate nearly 25 percent more fresh vegetables when paired with a moderate amount of ranch dressing. To help schools implement their local wellness policies, Team Hidden Valley is offering six (6) \$15,000 grants to public elementary schools to support increased access to and consumption of fresh, healthy foods made available through on-campus vegetable stations. In addition to the direct funding, a donation of Hidden Valley® ranch dressings (schools can select from a variety of Hidden Valley dressings options including the light and fat-free offerings) will also be made to the awardees.

Proposals are due **December 15, 2006**. Funding must be spent on any of the following:

- Equipment for vegetable station
- Fresh produce (vegetables and fruits)
- Program staffing (to run vegetable station)
- Nutrition education supplies
- Nutritional training—each grant recipient must spend a minimum of \$2,000 of the \$15,000 grant on nutritional training.

For further information, visit <http://www.asfsa.org/Index.aspx?id=2161>.

### School Nutrition Association Offers Scholarships for Members

Are you aware that one of the many benefits of membership in the School Nutrition Association (SNA) is academic scholarships through the Child Nutrition Foundation (CNF)? If you are an SNA member pursuing undergraduate or graduate studies in a school foodservice related field, consider applying for one of the following scholarships.

- GED Jump Start Scholarship
- Nancy Curry Scholarship
- Schwan's Food Service Scholarship
- CNF Professional Growth Scholarship

Current applications for these scholarships are available at <http://www.schoolnutrition.org/Index.aspx?id=1051>. Surf the website for tips to submit an application. If you have questions regarding any of these scholarships, contact Sasha Bleifield at [sbleifield@schoolnutrition.org](mailto:sbleifield@schoolnutrition.org).

## Training, Tips, and Tools

### Join the School Nutrition Association— Advancing Good Nutrition for All Children

The School Nutrition Association is the only professional association dedicated solely to the support and well being of school nutrition professionals in advancing good nutrition for all children. With a membership surpassing 55,000, SNA supports this country's school food service and nutrition staff efforts in helping to ensure the health and wellness of America's school children as well as successful nutrition programs. SNA member benefits include:

- SNA certification and credentialing
- Professional development materials and up-to-date industry news
- Network with industry peers, share information and discover best practices to apply in your programs at SNA conferences and through the Online Communities
- Subscription to SNA's award-winning publication *School Foodservice & Nutrition* magazine
- Scholarships and grant opportunities
- Discounts on products and programs, including Emporium purchases, conference registrations, latest research findings, SNA certification
- Access members-only information on the SNA website including additional news and talking points, Online Communities, archives of *School Foodservice & Nutrition*, *Tuesday Morning*, and several *Tools You Can Use*

The online application is available at <http://www.schoolnutrition.org/Index.aspx?ID=1119>.

### School Employee Wellness, A Guide for Protecting the Assets of Our Nation's Schools Resource Online

The Directors of Health Promotion and Wellness, Center for Disease Control and Prevention, announce a comprehensive guide providing information, practical tools, and resources for school employee wellness programs. Download a copy at [www.schoolempwell.org](http://www.schoolempwell.org). Expect success stories from school employee wellness programs, fact sheets, and more in the future on the same website.

### Try Nutrition Education Visuals

If a picture is worth a thousand words then how much is an actual three-dimensional visual worth? In speaking in terms

of nutrition education, using visuals to help communicate a message is a worthwhile practice. Consider the following "visuals" if you are planning a health fair soon, to demonstrate the amount of calcium, salt, and/or fat in different food products

#### Calcium

Items Needed:

- Small marshmallows
- Small re-sealable plastic bags

1. Use small marshmallows in small resealable plastic bags.
2. Each mini marshmallow represents 10 mg calcium (or 1 percent of daily value).
3. Ask students to match each bag of marshmallows with the appropriate food model.
4. For demonstration purposes, also show a large re-sealable bag with 100 marshmallows representing 1000 mg. or 100 percent daily value as a reference.

#### Sodium (NaCL)

Use teaspoons of salt to show sodium content Place in small plastic bags next to food item.

#### Conversion Table

- 1/4 teaspoon salt = 600 milligrams sodium
- 1/2 teaspoon salt = 1200 milligrams sodium
- 3/4 teaspoon salt = 1800 milligrams sodium
- 1 teaspoon salt = 2400 milligrams sodium

#### Fat-Pat Visuals Recipe

Items Needed:

- 2 cups flour
- 1 cup salt
- 1 cup water
- Yellow food coloring

1. Combine flour and salt.
2. Slowly add water, mixing until a ball is formed.
3. Knead for 7–10 minutes or until smooth.
4. Form into desired shapes (or spread dough onto a baking sheet to desired thickness and cut squares with a knife).
5. Brush with food coloring.
6. Bake in a preheated oven at 325°F for 10–15 minutes or until hard. (may take 20–25 minutes)
7. Cool.

### Child Nutrition Industry Conference

Attention all early birds flying southwest this January to the Child Nutrition Industry Conference, *Successful Business Partnerships*—register by December 15, 2006, to take advantage of the early bird registration rate for the Child Nutrition Industry Conference and save anywhere from 16 percent to 23 percent off of your registration. Attend the annual meeting of operators and industry representatives on January 14–16, 2006, at the Hilton El Conquistador Golf &

Tennis Resort. Online registration is accessible at <http://www.schoolnutrition.org/CNIC2.aspx?id=1861>. Also view the Schedule-at-a-Glance, conference program, hotel and travel information, and more. Do not delay. Register today!

## School Foodservice Nutrition Specialist Exam in Chicago This July

Are you aware the School Foodservice Nutrition Specialist (SFNS) certification exam will be offered July 15, 2007, in Chicago? If you have ever considered pursuing this educational endeavor, this is the year. Register to take the certification exam in July and hopefully join the more than 800 SFNS certified professionals. Registration is open between January 1, 2007, and July 1, 2007. Visit <http://www.schoolnutrition.org/Credentialing.aspx?id=1021> for registration information, credentialing study guide information, and to download the Credentialing Exam Handbook. Good luck!!!

## Subscribe to National Foodservice Management Institute's Electronic Newsletter

The National Food Service Management Institute (NFSMI) offers electronic newsletter subscriptions free. Visit [http://app.bronto.com/public/?q=landingpage&fn=Mail\\_LandingPage\\_Link&id=afujnitdabdpantilexhkhzsnvpbbb&page=subadd&type=page](http://app.bronto.com/public/?q=landingpage&fn=Mail_LandingPage_Link&id=afujnitdabdpantilexhkhzsnvpbbb&page=subadd&type=page) to choose which electronic newsletters you are interested in receiving. The choices are indicated below.

- Mealtime Memo
- NFSMI Update
- NFSMI E-Newsletter

## Other

### Make and Keep These New Year's Resolutions

- Celebrate National Nutrition Month in March 2007
- Join Action for Healthy Kids-Illinois at [www.actionforhealthykids.org](http://www.actionforhealthykids.org)



- Enroll in Team Nutrition at <http://teamnutrition.usda.gov/team.html>
- Become a School Nutrition Association member at [www.schoolnutrition.org](http://www.schoolnutrition.org)
- Prepare to take the HealthierUS Challenge at <http://teamnutrition.usda.gov/HealthierUS/index.html>

- Exercise your brain and increase your brainpower by registering for a course, conference, or workshop
- Apply for a grant, scholarship, and/or award
- Participate in the implementation of your school's wellness policy
- Subscribe to a National Food Service Management Institute's electronic newsletter (see above)
- Honor your child nutrition staff during National Child Nutrition Employee Week, May 7–11, 2007



## Celebrate National School Breakfast Week in March

*A World of School Breakfasts*



It is not too early to begin planning your menus and special activities for National School Breakfast Week, March 6–10, 2006. Go to the School Nutrition Association's website ([www.schoolnutrition.org](http://www.schoolnutrition.org)) closer to the event for activities and promotional resources, including flyers to download or order, a promotional tool kit, student activity sheets, and a fact sheet on the School Breakfast Program for parents and teachers. Space Odyssey, Hit the Road, Make Waves, Time Bandits, and I'll Fly Away are this year's menu titles. The menus and recipes will also be posted on the School Nutrition Associations' website.

## National Nutrition Month® March 2007



The year 2007 marks the 34th year to celebrate National Nutrition Month in March. This year's theme is "100% FAD FREE." Visit [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_4920\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_4920_ENU_HTML.htm) for event ideas, a National Nutrition Month® fact sheet and key messages. Go to [www.JimColemanLtd.com/nnm](http://www.JimColemanLtd.com/nnm) to order National Nutrition Month products online, download the catalog, or to request a catalog.

# January

- Complete the meal count edit prior to submission of the Claim for Reimbursement
- 1 New Year's Day—ISBE Office Holiday
- 3-9 National Hand Washing Awareness Week (<http://www.henrythehand.com/pages/content/hwaw.html>)
- 10 Submit Claim for Reimbursement
- 12 Contracting for School Meals Workshop—Mt. Vernon
- 13-20 Make changes, if needed, for February commodity deliveries
- 14-16 SNA Child Nutrition Industry Conference—Tucson, Arizona
- 15 Martin Luther King Jr. Day—ISBE Office Holiday
- 18 ISBE deadline for verification summary data to be submitted



## Illinois State Board of Education

100 North First Street • Springfield, Illinois 62777-0001  
[www.isbe.net](http://www.isbe.net)

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