

THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs



School Breakfast Program Mandate

The Childhood Hunger Relief Act (Public Act 096-0158) mandates that a school must provide a breakfast meal if it had 40 percent or more students eligible for free or reduced-price lunches in the preceding school year. ISBE administers the federally-funded School Breakfast Program and the state-funded IL Free Breakfast Program to assist you in implementing a successful program and to supplement the cost of providing the program. Requests for exemptions from this mandate must be sent to your Regional Office of Education no later than Feb. 15 of each year. For additional information on this mandate, including how to determine which schools are mandated, go to www.isbe.net/nutrition/htmls/hb_756.htm.

Child Nutrition Reauthorization Updates

The *Healthy, Hunger-Free Kids Act of 2010* (Public Law 111-296) brings about many important improvements to the Child Nutrition Programs.

To assist schools with implementation, the Nutrition Programs Division at the Illinois State Board of Education has recently updated a summary of the sections of this act that impact school-based programs at www.isbe.net/nutrition/htmls/hunger_free.htm (click on *School-Based Child Nutrition Programs*). The USDA continues to issue guidance on these changes, and we will update chart accordingly. If you have questions, contact us at (800) 545-7892 or cnp@isbe.net.

Claim Common Cent\$



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

Do you want to file your December claim before you leave for winter break? No problem. Once the last serving day in December is completed you may file your claim. You do not have to wait until the entire calendar month is over to file your claim. For example, if your last serving day is Dec. 21, you can file your claim on Dec. 22. This will get your reimbursement flowing to you a bit quicker and you will have one less thing to do when returning from winter break.

We would like to announce that Gladys Rothenberg of our

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CALENDAR OF EVENTS – January 2012

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This institution is an equal opportunity provider.

claims processing staff is retiring from ISBE at the end of November. Gladys has been with ISBE for 16 years and has been in Funding and Disbursements processing Child Nutrition claims for seven years. Please join us in wishing her good luck in her retirement.

If you have any claim questions, contact Funding and Disbursements at (217) 782-5256.

USDA Foods

2011 Commodity Product Exhibit Recap

The 2011 commodity product exhibit was held in Peoria on Oct. 12, 2011. There were 198 people in attendance learning about commodity reprocessing options and sampling products from 45 different vendors.

In addition to all the tasty products available to sample, this year offered three training sessions. The first session was presented by Kim Minestra from Evanston Township School District #202 and Deb Magerkurth from Rock Island SD #141. The session taught how to adopt a cycle menu and the many benefits derived. The second session was presented by Kristin Voigts from Palatine CCSD #15. Kristen spoke about utilization of commodity entitlement, diversion of commodities to processors and the annual bid process. The third session was presented by Jim Copp from ISBE. Jim spoke about the various annual and monthly processes used to maximize commodity entitlement, including processing.

Each autumn the Illinois School Nutrition Association sponsors this exhibit, which is a great place to learn about the many options available for commodity re-processing. Watch the ICS message board for information on next year's show and plan on attending.

Spotlight on Schools

Illinois School Staff Honored at White House Reception for HealthierUS Schools Event

This past October, a contingent of Illinois certified HealthierUS Schools and representatives participated in the First Lady's White House reception honoring and recognizing these school leaders. The HealthierUS School Challenge is a key component of First Lady Michelle Obama's Let's Move! initiative to end childhood obesity

within a generation. The event was held to celebrate the goal by May 2011, of reaching 1,250 schools, thus doubling the number of HUSSC schools. The newest goal is to add an additional 1,000 schools this school year, and another 1,000 in SY13.

Especially noteworthy, a sixth-grader at Walsh Elementary School, Chicago Public Schools, District 299, Alex Roman addressed the White House event attendees, sharing his personal experience of becoming healthier through better food selections and increased physical activity in the past three years.

HUSSC schools have voluntarily agreed to provide healthy meals based on the Dietary Guidelines for Americans, including a variety of fresh fruits and vegetables, whole-grain foods, and fat-free or low fat milk. Nutrition education, and physical activity opportunities and physical exercise are also important components of a HUSSC certified school.

Congratulations to each of the 71 Illinois HUSSC certified schools. Since the HUSSC Challenge inception in 2004, awards have been given to schools in 45 states. As of Oct. 20, 2011, there were 2161 schools certified, nationwide. To learn more about how your school can become HUSSC certified, visit www.fns.usda.gov/tn/healthierus/index.html.



Agriculture Secretary Vilsack joins First Lady Michelle Obama to salute HealthierUS School Challenge Award Winners **USDA blog**.

Northeast Elementary Magnet School Receives Nation's First Healthy Schools Program, Elementary School- Gold Award

Kudos to Northeast Elementary Magnet School, a school with Danville Community Consolidated School District 118, for its Alliance for a Healthier Generation's

Healthy School Programs, gold award. Northeast is the first elementary school in the nation to receive this distinguished honor. The Healthy Schools Program, developed with a partnership with the American Heart Association and the Alliance for a Healthier Generation, serves to help schools provide healthier food choices and encourages physical activity among our youth to address the obesity epidemic. Learn more about how your school may join the Healthy Schools Program at www.healthiergeneration.org/schools.aspx.



Growing Farm to School in Illinois

Farm to School (F2S) is developing throughout Illinois in many different forms from serving local foods in school meals, to school gardens, to agriculture education in the classrooms. From small rural towns to large cities there are a wide variety of implementations of F2S. In order to assist schools, we have developed a new Farm to School webpage for resources and regulations at www.isbe.net/nutrition/htmls/farm_school.htm.

A Farm to School Summit was recently held in Springfield, where attendees and speakers were able to discuss their successes and their struggles to help those starting programs and to come up with solutions to challenges they have encountered. The day started out with a panel discussion with representatives from schools and Julia Govis of the Illinois Lead for the Farm to School Network. Panelists from Woodstock School District and Oak Park provided hands-on information for schools that wish to start school gardens and how to carry that information into the classroom curriculum. They understand the importance of not only having a garden and eating fresh produce; they stressed the importance of physical activity and incorporating nutrition education into the student's daily classroom activities. Breakout sessions for the F2S summit included the following topics:

- Sowing the Seeds of Change: the Link Between Nutrition and Local Food
- Growing in the School Garden
- Harvesting Local Procurement
- How Parents can be Drivers in F2S Programs

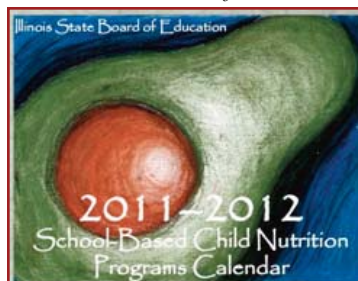


The day ended with a lunch made with local products and a discussion period in which participants and speakers discussed what is next for F2S for them and throughout Illinois. It was a great opportunity to hear about the ideas that participants had for getting F2S started and hearing them discuss their next steps for F2S.

Farm to School success takes teamwork and we see schools starting with small changes to their school menus or implementing a school garden at one school in their district which evolves each year into bigger and more innovated steps. Focusing on eating healthy and being physically active, as well as providing education about where our food comes from will strengthen wellness for students and the whole school

Calling All Artists! 2012-2013 Picture of Health School-Based Child Nutrition Programs Calendar

The School-Based Child Nutrition Programs' staff is working on next year's Nutrition Programs' calendar and needs help from your students. The 2012-13 calendar theme is *Picture of Health*. We are promoting healthy



The 2011-2012 calendar cover, drawn by Shannon, a senior at Kankakee High School

habits and would like to have your students draw a picture of their favorite healthy habit. This could be depicted in the food choices they make or the physical activities they do. In addition, we are asking for a few words (no more than 15) describing the benefits of their healthy habit.

Have your students draw a picture of one (1) of their healthy habits following the guidelines below.

- Artwork is to be done on a white piece of paper (8½" x 11"); have them utilize as much of the paper as possible. Please no poster board or frames.
 - Use crayons and/or markers (no colored pencils or watercolors please). The more color the better!
 - On the back include:
 - o The student's first name, last name and grade level
 - o The healthy habit that was drawn
 - o A few words describing the benefits of the healthy habit. Please no more than 15 clearly printed words.
 - o Address label, including:
 - School name
 - School contact (the person who oversaw the project)
 - Complete address – including street address, city, state, and zip code
- *If submitted on an individual basis, include home address and parent name

Please submit completed projects no later than Tuesday,

Jan. 31, 2012, to:

Nutrition Programs Division — Calendar
Illinois State Board of Education
100 North First St. (W-270)
Springfield, IL 62777-0001

Selected drawings will be displayed in next year's program calendar (July 2012 – June 2013).

Important Notice to Submissions!

- **Incomplete or late submissions will not be considered.** While we understand holiday breaks and snow days occur this time of year, late submissions will not be considered. Please have your selected drawings to our office by Jan. 31, 2012.
- Due to the large number of drawings received in the previous years, we ask that schools who have multiple drawings **select a maximum of 10 student drawings to submit for calendar consideration.** Selections can be done by teachers, administrators, or through a voting system. We encourage you to take advantage of this opportunity to discuss healthy habits and the benefits they offer your students.
- **Ineligible writing or submissions missing required information will not be considered.** It is suggested that typed adhesive labels be used for the address label on the back, or make photocopies with the required information and have students draw on the front. This provides clear information and continuity amongst submissions.
- **Drawings will not be returned.**

Thank you for your help in making next year's calendar a success. We are excited to see your students' masterpieces and encourage healthy habits!

Fuel Up to Play 60 Funding Available to Help Schools Make Healthy Changes!

Fuel Up to Play 60, the in-school nutrition and physical activity program launched by National Dairy Council, Midwest and St. Louis Dairy Councils and the National Football League, in collaboration with U.S. Department of Agriculture (USDA), is helping to make wellness part of the game plan in Illinois schools. Funding opportunities (up to \$4,000) for Fuel Up to Play 60 are available to K-12 schools enrolled in the program. The competitive, nationwide funding program is designed to help schools jump-start and sustain healthy nutrition and physical activity improvements.

Mark your calendar now for the final two application deadlines:

Feb. 1, 2012; and June 1, 2012.

To learn more, download a step-by-step application worksheet and apply for funding; visit www.FuelUpToPlay60.com.

Professional Development

USDA Foods and Illinois Commodity System Training Available via Webinar

On Dec. 15, 2011, ISBE will offer USDA Foods and Illinois Commodity System (ICS) training via webinar. The webinar will focus on the ICS, placing the annual commodity order, diversions to processors, Department of Defense (DOD) fresh fruit and vegetable program, and additional monthly processes aimed at teaching better management of commodity entitlement. Registration is required.

Visit the food distribution website www.isbe.net/business.htm for a registration link for this information packed webinar.

Date: Thursday, Dec. 15, 2011

Time: 2-3:30 p.m. (CST) **This is a time change from what was posted in the November 2011 Outlook.**

Are We Ready for Summer?

Did you say summer? Although summer 2011 has just ended, plans for next year are already a work in progress. Trainings for the 2012 summer will be a combination of workshops, webinars, and training modules. These trainings will be posted on the Summer Food Service Program (SFSP) website at www.isbe.net/nutrition/htmls/summer.htm during December 2011. A sneak peek of the 2012 SFSP webinars are listed below:

Title: *Session 1: SFSP Food Contracts – The IFB Process- over \$100,000 (Part 1 of 2)*

Date: Jan. 19, 2012

Time: 2-3:30 p.m.

Title: *Session 2: SFSP Food Contracts- Reviewing Forms and the Renewal Process (Part 2 of 2)*

Date: Jan. 26, 2012

Time: 2-3:30 p.m. (CST)

Title: *Current SFSP Sponsor Training (Review of Regulations, New Developments, etc.)*

Date: Feb. 22, 2012

Time: 2-3:30 p.m. (CST)

Title: *SFSP Claims for Reimbursement (Step by Step through a Claims for Reimbursement)*

Date: April 4, 2012

Time: 2-3:30 p.m. (CST)

Title: *Current SFSP Sponsor Training (Review of Regulations, New Developments, etc.)* – Repeat of February 22, 2012

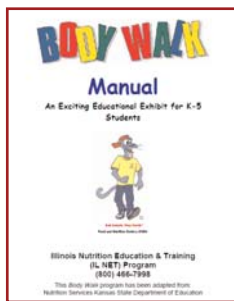
Date: April 20, 2012

Time: 2-3:30 p.m. (CST)

Save the Date!!

The Melting Pot

Body Walk Exhibit Available



The Body Walk exhibit contains 11 stations of educational props that mimic the Body, beginning with the Brain, continuing with muscles, heart, lungs, bones, skin and much more! Many elementary schools have taken advantage of using the Body Walk Exhibit for health fairs, parent night, and other special events. The exhibit

works especially well with volunteers, such as teens interested in health advocacy, role modeling and community service. Download the Body Walk Manual at http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2139&placement_default=0 to see how this interactive exhibit works. (needs to be linked). The Body Walk trunk is available for a two to three week period, for schools. Please contact us at cnp@isbe.net or call (800) 545-7892 or (217) 782-2491 to reserve the exhibit.

Reserve the Power Panther Costume for Special Events

The Eat Smart. Play Hard campaign initiated in 2000's spokesperson, The Power Panther costume is available for schools to use during special events. It is easy to reserve the costume for a two-week time period. Just follow the

directions below.

Please provide the Anticipated Date(s) of Use, a Contact person, your School Name/District, the Agreement Number (XX-XXX-XXXX-XX), a Phone Number and an Email Address to Joan Love via email at jlove@isbe.net or contact us at (217) 782-2491 or (800) 545-7892 with this information. Once we receive the above from your school, we will contact you for further details.

Use the Power Panther character costume to interact with your audiences through images in materials (stories, activity sheets, comics, songs) and as a walk-about character. Some of our Illinois Team Nutrition schools have successfully used it with nutrition education, health, wellness, and Body Walk events.

New Online Food Buying Guide Calculator

The National Food Service Management Institute and Team Nutrition have developed an online calculator to be used with the USDA Food Buying Guide (FBG). It allows the user to build shopping lists of foods from the FBG and determine how much of each item to purchase to provide enough servings for the students in their meal programs. Begin using this handy tool to assist in calculating your food purchases. It is located at <http://fbg.nfsmi.org>.



150th Anniversary of USDA

In 2012, The US Department of Agriculture (USDA) will celebrate its 150th anniversary. President Lincoln signed into law an act of Congress establishing the U.S. Department of Agriculture in 1862. USDA, also known as "The People's Department" works with food, agriculture, economic development, science and other issues.

Consider hosting a special event to acknowledge USDA's milestone. For more information, visit: www.usda.gov/wps/portal/usda/usdahome?navid=USDA150.



Share this newsletter link with staff in your school.

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

Join *The Outlook* Newsletter List Serve

To receive monthly notices of *The Outlook* newsletter link, join *The Outlook* List Serve. Email: Outlook10-join@list.isbe.net and type only the e-mail address to be added in the message section. A confirmation will be sent to the e-mail address provided. School staff listed as the contact person on NSLP site and/or sponsor applications are already on *The Outlook* List Serve. For questions regarding *The Outlook* newsletter or list serve, please e-mail Joan Love at jlove@isbe.net or call 800/545-7892 (in Illinois) or 217/782-2491.

The Outlook is published ten times per year, August through May, for those participating in School Nutrition Programs, by the Nutrition Programs, Illinois State Board of Education, 100 North First Street, Springfield, Illinois 62777-0001. FAX number 217/524-6124; TOLL FREE number 800/545-7892, <http://www.isbe.net/nutrition>.



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www.isbe.net

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Calendar of Events – January 2011

- Complete the meal count edit prior to submission of the Claim for Reimbursement
- Continue On-Site Reviews of all feeding sites (required for all multi-site sponsors)—must be completed annually by February 1. Keep on file at the sponsor.
- 2 New Year's Day Holiday—ISBE Office Closed
- 10 Submit Claim for Reimbursement
- 13–20 Make changes, if needed, for February commodity deliveries
- 15 Deadline to submit written opt-out petition to regional superintendent of schools for Summer Food Service Program mandate (Public Act 096-0734)
- 15 Sign up for Summer Food Service Program (SFSP) training if participating in the SFSP. Visit www.isbe.net/nutrition/htmls/summer.htm.
- 16 Martin Luther King Jr. Day—ISBE office closed
- 17 Access the Illinois Commodity System at www.isbe.net/nbusiness.htm (scroll down to the ICS Login) and complete the upcoming school year's commodity order; must be completed by **Jan. 17**.



www.isbe.net/nutrition

Your link to the Child Nutrition
Programs in Illinois