



# Child Nutrition & Wellness Advisory Council Meeting Notes November 14, 2014

**Attendees** – Tracey Colbert, Bridget Sheehan, Gayle Price, Blake Thomas, Sandy Skucius, Stephanie Keller, Shalonda Smith, Londa Tindle, Kerri Cole, David Paul, Tandy Rundus, Kyleen Harris, Katelyn Hersh, Angela Jeppesen, Cheryl Johnson, Mark Thompson, Jill Ladd, Pam Rosebaugh, Peggy McAdoo, Kelly Chanay, Cindy Johnson, Roni Schwartz, Arleen Anderson, and Danette Cox.

**Welcome & Introductions** – Cheryl Johnson & attendees

Council members and KSDE staff introduced themselves by telling their name, what kind of boat you would be and why and then shared a success. The following are member successes:

- Tracey Colbert – They are back to cooking in the classrooms and homes again.
- Bridget Sheehan – Kansas and Missouri bootcamp with programs about Fuel Up to Play 60 (FUTP 60).
- Gayle Price – Currently interviewing for new Food Service Director at school district.
- Blythe Thomas – Kansas Health Foundation launched new website, Team Up for Kansas Kids, <http://teamupforkansaskids.com/>.
- Sandy Skucius – Taste tested new recipes with students. Successfully used google docs to make survey for kids to vote on their favorites.
- Stephanie Keller – A provider represented CACFP on NFSMI's Training Advisory Board.
- Shalonda Smith – Received free tool kit to give away. 200 boxes arriving on 4 palates. Finding a place to store them and then delivering them to providers. Hoping that providers will use the resource to grow vegetables with the children and that, in turn, children will eat more vegetables.
- Kerri Cole – Conduct interviews.
- David Paul – Moving family safely from Michigan to Kansas. Marketing.....
- Tandy Rundus – Implementing ideas from Smarter Lunchrooms.
- Kyleen Harris – Implemented Grab 'n Go Breakfast and seeing it grow in popularity.
- Katelyn Hersh – Interning with Child Nutrition & Wellness and learning about Child Nutrition Programs and grants implemented by them.
- Londa Tindle – Menu improvement with providers
- Angela Jeppesen – Increasing Summer Food Service Program sites and participation

**Advisory Council Term Determinations** – Cheryl Johnson

Cheryl explained that Advisory Council term determinations would be made by drawing a card from the hat. Those members who draw a card with a red X would serve just this one year (ending 2014). Those who draw a card with a yellow X would serve 1 more year. Those members who draw a card with a green X would serve 2 more years. A few members had volunteered to give up their seat to make room for others interested in serving. Cards were drawn for those members not in attendance.

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**Members whose term ended 2014:** Carol Semrau, Susanna Thyer, Londa Tindle, Stan Vallis, Vicki Hoffman, Jeff Willett, Shelley Hunt and Deb Meyers.

**Members whose term will end after 2015:** Cheryl Watts, Valerie Cable, Tracey Colbert, Belinda Kasper, Audrey Monroe, Tandy Rundus and Angela Jeppesen.

**Members whose term will end after 2016:** Kevin Sauer, Bridget Sheehan, Sandy Skucius, Shalonda Smith, Connie Vogts, Kyleen Harris, Stephanie Keller and Gayle Price.

### **CNW Satisfaction Survey Results for 2014 – Cheryl Johnson**

Cheryl shared the results for the CNW Satisfaction Survey for 2014 for the following questions. Overall the results were very positive with mostly strongly agree or agree responses.

- I know how to reach and am comfortable contacting my area consultant when I have questions.
- I am confident I will receive consistent messages if my area consultant is not available.
- Overall, I am satisfied with the current level of customer service and support provided by the Child Nutrition & Wellness Team.
- Please rate your level of satisfaction with Child Nutrition & Wellness staff's attitude and helpfulness.
- Please rate our level of satisfaction with Child Nutrition & Wellness staff's ability to work with you to understand your concerns and find solutions.
- Please rate your level of satisfaction with Child Nutrition & Wellness staff's timeliness of response to your e-mail messages and/or phone messages.

Asked council members for input for future satisfaction surveys. Would it be a good idea to send annually to all sponsors of CNPs or just after receiving a review? Responses and discussion included:

- Respondents are most honest after a review.
- There would be more anonymity if sent to all sponsors annually.
- If it was no extra work, send annually as well as after a review.

### **Advisory Council Transparency – Cheryl Johnson**

Cheryl asked council members their thoughts about developing a webpage on kn-eat to post Advisory Council members and meeting notes. Council agreed it would be a good idea.

### **Progress Report on 2014 CNW Goals – Cheryl Johnson**

Cheryl highlighted some of CNW 2014 goals that were reached as well as other CNW successes:

- Body Venture Educational Exhibit was reskinned.
- 8 weeks Healthier Kansas Menus reprinted and distributed.
- CACFP Culinary and Online classes
- Awarded many grants – F2S, ART II, TN, KHF, LMAKS.
- Partnerships & Collaborations
- A-133 Audit with no findings.
- Implemented new Administrative Review processes.
- Increased breakfast participation.
- Held 1<sup>st</sup> Summer Summit.
- Increase Summer Food Service Program participation by 10%.

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### 2015 USDA Strategic Priorities

Cheryl distributed a handout with 2015 USDA Strategic Priorities. We will use these priorities to help set 2015 CNW goals.

#### Regional Director Survey

- US food waste
- Better communication strategy
- Increase Healthy Eating Index
- Increase Farm to School in all programs
- Increase dollars spend in Child Nutrition Programs
- Implement remaining provisions of the Healthy Hunger-Free Kids Act (HHFKA)

### 2015 CNW Goals

Thoughts from council members about what 2015 CNW Goals should include. Resources that they need or collaborations we should make:

- CA conference – A speaker from Safe Streets, Smart Child and healthy choice packaging. Using something recognizable to pull them in – Elmo for preschool or an Under Armour cart with salad on it.
- Smarter Lunchrooms naming techniques, makeovers (show before and after photos), and resources for product placement
- Variety
- Start making changes earlier – with Pre-K and elementary. By the time they reach high school, it will be the norm.
- Expansion of HKM. Add specialty lines. Allow for line jumping for different fruits and vegetables.
- More options.
- Time is an issue. The shortest and quickest line is pizza. How about a Grab 'n Go Lunch.
- Learn from what other schools are doing. Would this work in my building? Visit a school building. Have ambassadors that go out to schools. Or maybe, mutual mentors – you come to us, then we go to you.
- Need to be a voice for Reauthorization of CNP
- Cafeteria Environment. D0259 has increased participation by 150 by changing the cafeteria environment. Need to make it the cool place to be. Add window clings. Add booths and high top tables and chairs.

### Break

#### Summer Food Service Program (SFSP) STAR Status – Peggy McAdoo & Kelly Chanay

The SFSP is a program to feed children when school is not in session. It targets areas with high free/reduced eligibility. All children get free meals at the site. In the last 5 years, the Kansas SFSP has seen an increase in meals served by 46%. Kansas is now serving over 1 million summer meals. During the school year, Kansas reaches the 1 million meal mark by Thursday of each week.

Kansas currently ranks 48<sup>th</sup> in summer meal participation when compared to school meal participation. Therefore, USDA has chosen KS to be a STAT – which is really a technical assistance provided by USDA. Their goal is to increase access and decrease the disparity between those eating during school and those eating in the SFSP.

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A Capacity Builder Tool is available to see where there is a real need in the state that currently is not served with a SFSP. School districts represent greatest ear of need. Last year's Summer Summit successfully linked partners together in areas to build programs. The next summit is scheduled for 01/26/15 in Wichita.

Member input of how to increase SFSP sponsors and participant:

- Getting kids to serving site is issue. Could bussing kids help?
- Summer schools don't provide lunch.
- Currently SFSP is advertised in monthly update and at meetings/reviews held by consultants. Maybe need to identify different groups to target – school boards, superintendents, Council of Superintendents.
- Advertise SFSP already in place.
- Often just takes the right person to run the program.
- Keep serving time short.
- Keep it easy.
- Identify non-profits to be sponsors – recreation centers, pool and parks, churches, libraries, housing developments.

Summer Meals Round Table Discussions will be held in Topeka on February 5<sup>th</sup> and Kansas City on February 12<sup>th</sup>.

### Dynamic Internet Solutions (DIS) Demonstration

Steve Brooks and Steve Franzkowiak of DIS provided the council with a demonstration, via the internet, how the new KN-CLAIM system could look after the project is complete. At the end of the presentation, Danette Cox collected names of those volunteering to be testers of modules beginning in February 2015.

### Lunch

### Training Needs Assessment Results

#### School Nutrition Programs

- 93% had attended CNW training
- 89% prefer Summer training, 70% Weekday afternoons, and 62% In-service Days
- 86% want training that lasts 1-2 hours and 88% 3-4 hours
- 95% prefer training at their site, 99% within 30 minutes and 75% within a 1 hour drive
- 72% have participated in a webinar, 92% are willing to participate
- 74% would utilize on-line self-study modules

#### CACFP

- 54% had attended CNW training, 84% were willing to attend in the future
- 70% prefer training on weekday afternoons
- 92% prefer training 1-2 hours and 81% 3-4 hours
- 90% would like training held at their site and 96% said they would travel 30 minutes
- 83% said they would participate in a webinar
- 85% would like on-line classes expanded beyond the 3 summer months

Thoughts from Council members:

- Need to increase marketing of classes
- More webinars – explore with KDHE how Child Care Centers can get hours for licensing
- Explore use of Articulate Storyline ([articulate.com](http://articulate.com))
- Quizzed on Survey Monkey?

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### **Class Development 2015** – Cindy Johnson & Roni Schwartz

Cindy conducted train-the-trainer sessions to help trainers with their presentation skills. Based on past input from council and survey results, the following resources are being developed.

New CACFP classes include taste testing activities and can be adapted for adults

- Whole Grains Promotion class
- Fruits and Vegetables class
- Feeding Infants in the CACFP now an online class.

Videos by K-State Extension (3-5 minutes in length). Still determining how to package these.

May include a handout and a quiz.

- Basic Knife Know How
- Calibrating Thermometers
- CACFP Home Visit Safety
- Hand Washing
- Meal Modification
- Serving Ready-to-Eat Foods
- Taking Temperatures

RTC classes – In various stages of completion. Received suggestions from members as noted.

- Social Media Matters
- Family Style Meal Service
- Pre-costing Class
- Powerful Presentations
- Pesky Pests
- Putting on a Public Image
- Connecting with Customers (Role playing class using common situations, such as excessive charges, customer always right, students having to take something they don't want, parents sending students to school with MD's and donuts, SFSP taking food off site, adults taking food meant for children. etc.)
- Taming Tension
- **Emergency Preparedness** class should be revisited. This could be another opportunity for role play class. D0259 uses a video called *Run, Hide, Fight*.

CNMA classes

- Let's Give them Something to Talk About
- Culinary Champions – Taste of Kansas II
- NFSMI – Managing Allergies
- NFSMI – Nutrition 101

### **Team Up for Kansas Kids** – Blythe Thomas, Kansas Health Foundation

Blythe talked about the collaboration between KSDE and KHF on the K-Fit and LMAKS grants. She showed members the new website by KHF, Team Up for Kansas Kids, <http://teamupforkansaskids.com/>. The website is to encourage parents and others to learn more, take action and improve school wellness in their communities. She showed a case study video featuring KCK and their breakfast in the classroom program. She encouraged members to take out their smart phone, tablet or computer and "Take the Pledge" and agree to receive the latest news about school wellness across Kansas.

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### **Wellness Policies and Wellness Policy Impact Tool** – Mark Thompson

KSDE Wellness Policy Guidelines were approved by KSBE in June 2014 and are divided into four categories of policy statements: Nutrition, Nutrition Promotion and Education, Physical Activity and Integrated School Based Wellness. CNW is currently working on a Wellness Policy Impact Tool. The goal is for schools to use the tool to generate reports and share with all stakeholders. Mark demonstrated how the tool will work. Mark also talked about the Let's Move Active Kansas Schools Trainings coming up next year, July 28, 2015 in Salina and July 30, 2015 in Emporia. In-services for schools and districts are also available upon request.

### **Wellness Coaches** – Roni Schwartz

Grant from Kansas Health Foundation (KHF) has allowed CNW to hire and train Wellness Coaches. The coaches visit with schools about their wellness policy in advance of their Administrative Review. They visit or meet with the sponsor wellness contact or entire wellness committee. Coaching summaries are completed. The wellness coaching is a well-received service to sponsors.

- Media coverage to bring forward a positive message.
- Dates of wellness workshops were announced - Topeka-January 22, Greenbush-January 29, Salina-February 4, Clearwater-February 10, Garden City-February 24 and Oakley-February 25.

### **CACFP Wellness** – Peggy McAdoo

- Since the new meal pattern has not been announced yet, CNW is talking with sponsors about serving more fruits and vegetables, more whole grains, increasing physical activity and less screen time.
- CNW's CACFP Wellness Grant had a modest recognition program. USDA now has a Healthier CACFP Award program.
- USDA helped to develop a handbook to help CACFP child care providers create healthier environments for the children in their care called *Nutrition and Wellness Tips for Young Children*.

### **Smart Snacks in Schools** – Cheryl Johnson

Asked council member what issues they may still be having. Responses and discussion:

- Still having difficulty getting product
- Students must be involved
- Parent involvement – Blythe commented that she recently attended her child's school for a meal with students and parents. It would have been the perfect time for the food service director to take a moment and explain about the meal and the nutrition standards.
- Comment from a sponsor at a Leadership Connections Meeting – At a student run store (Entrepreneurship class), students were given calculators to determine what they could sell and in turn, explained to fellow students why they could or couldn't sell specific items.

### **Program Updates & Discussion** – Cheryl Johnson

- **Professional Standards** – In clearance. Awaiting final rule. USDA is developing a tracking tool. This tool is optional. Possible grant opportunity for funding to provide training.
- **CACFP Meal Pattern** – No additional information available. Still in clearance. In anticipation, what might we do to prepare our people. Could KSDE assist with providing Crediting Food Book for each provider?

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- **Farm to School/Preschool** – Four regional networking and training workshops are planned at Hutchinson on January 16, Manhattan on January 23, Oakley on February 6, and Girard on February 20. The agenda will include food safety, chef demonstrations, procurement and panel discussions. Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), Farm to School, What's New.
- **Community Eligibility Provision** – Encourage more schools to participate. CNW will get statistics to see if student participation has increased in those schools currently implementing CEP.
- **Breakfast Initiatives** – FRAC, KNEA and SNA-KS are developing a grant opportunity for 6 schools in Kansas to increase breakfast participation. Team Nutrition is partnering with Midwest Dairy Council on a breakfast promotion for National School Breakfast week in March including hosting a summit that targets administrators. FUTP60 grant funds are also available.
- **OMB Super Circular Procurement Training** – Coming in December. Instructions and procurement guidelines and regulations will be in one manual.
- **Integrity in Child Nutrition Programs** – Study coming out soon.

### Wrap-Up & Adjourn

- **Set Next Meeting Date** – Tentative meeting dates set for 2015 are April 10, 2015 and November 13, 2015.
- **Expense Forms**
- **Thank you** – Cheryl presented each Advisory Council member with a Certification of Appreciation for service on the council during 2014 and thanked them for all the feedback they provided.