



Child Nutrition & Wellness News

Child Nutrition & Wellness News is published three times per year (fall, winter, spring) and is available on the Child Nutrition & Wellness website: www.kn-eat.org

Changes Coming in Direct Certification

Direct certification is the process of using eligibility for Food Stamps and Temporary Assistance to Families (TAF) to automatically certify students eligible for free school meals. Kansas currently has one of the most effective systems for direct certification in the nation. In 2006, 81 percent of students eligible for Food Stamps or TAF were certified eligible for free school meals. This was accomplished using a combination of the "letter method" and "district-level matching". Only two other states qualified higher percentages of students than Kansas. Arizona used "state-level" matching to certify 95% of eligible students and Virginia used district-level matching to qualify 86%.

With the **letter method**, in early July each household eligible for Food Stamps/TAF receives a letter from SRS which they take to school as proof of eligibility for free school meals. In **district-level matching**, SRS provides electronic files or paper lists of Food Stamp/TAF recipients which a district can then match against its student database.

State-level matching is a computerized match of the state's individual student database with the Food Stamp agency's database.

Kansas will soon begin a three-pronged approach to directly certifying students that will combine state-level matching, district-level matching and the letter method. KSDE's student-level database, KIDS, will now enable state-level matching with the SRS database. Not all students in the SRS database can be automatically matched with the KIDS database. So districts will have the option to use district-level matching to qualify these students. In 2008, letters will still be mailed to all eligible households to assure that all students are directly certified using one of the three methods.

Plans are to test the system for state-level matching this spring and make it available online in July 2008. Details will be provided with program renewal information which is distributed in early May.

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"Fuel Your Imagination" Celebrate School Breakfast Week

Every day, more than 83,000 Kansas students eat breakfast at school. This healthy start is an important key to student success. National School Breakfast Week is March 3-7, 2008. What a great opportunity to promote your breakfast program and encourage more students to eat! This year's theme is "Fuel Your Imagination". The School Nutrition Association has developed a wide array of resources to assist you in making this event fun for all. There are menus with nutrition information. A creative writing contest for students is also offered. Be sure to check out the extensive tool kit to help you increase breakfast participation and make the most of School Breakfast Week. Click below to "fuel your imagination".

<http://docs.schoolnutrition.org/meetingsandevents/nsbw2008/index.html>

Kansas Food Code is Revised

The 2005 Kansas Food Code is now in effect. Following are the changes that affect Child Nutrition Programs:

1. The temperature danger zone is now 41°F to 135°F. The use of 140°F has been changed to 135°F throughout the Kansas Food Code.
2. Each **servicing site** that uses "Time As a Control" procedures must now request a variance directly from the Kansas Department of Health and Environment (KDHE) prior to using time in place of temperature as a control. A copy of the site's Standard Operating Procedure (SOP), including a list of all foods for which Time As a Control procedures are used, must be provided along with the request. KSDE has developed a sample letter and a revised Standard Operating Procedure (SOP) which may be

adapted and used to request the required variance.

3. The minimum required temperature for hand washing sinks has been decreased to 100°F.
4. Leaving an external back door open to a kitchen is now a critical violation.

Please take the steps listed below to assure that these changes are implemented properly:

1. Inform your food service staff as soon as possible.
2. Make the changes in your orientation materials, employee handbook, posters, and/or other training materials.
3. Make the changes in your Hazard Analysis and Critical Control Point (HACCP) plan and SOPs.

The following items have been posted on www.kn-eat.org, **General Information, Food Safety, HACCP Resources:**

- Detailed overview of changes in the SOPs
- Revised Food Safety Plan with updated SOPs
- Letter to KDHE requesting a variance for Time as a Control
- New HACCP Daily Temperature Log

Hard copies of the 2005 Kansas Food Code are not being printed. Health inspectors will distribute CDs with it when they conduct inspections and it may be downloaded from:

www.ksfoodsafety.org

Are Your Food Safety Training Records Up to Date?

Kansas sponsors are doing a great job of assuring that their employees' food safety training is up-to-date! Since we are now in the sixth year of required food safety training, many employees are due to update their training.

Please take a minute to login to KN-CLAIM and check the status of your

All Kansas school food service employees who work with preparing or serving food are required to complete KSDE-approved food safety training at least every 5 years.

employees' food safety training. Access "Food Safety Training" on the Applications Menu. It is essential that every employee is listed and that their current status is accurate.

If you have one or more employees with a training status of "Past Due", act now to enroll them in a Food Safety Basics class this spring.

Food Safety Basics Classes

Food Safety Basics classes are offered statewide in the spring and fall at no charge. The content includes lessons on holding food safely, good personal hygiene, preventing contamination of equipment and supplies, handling chemicals, cooking food safely, and obtaining food from approved sources. In three hours, food service workers will learn how to ensure that the food they are preparing and serving is safe for children to eat.

Attending this class is the most simple and least expensive way to meet KSDE's food safety training requirement for school food service personnel.

The spring schedule for Food Safety Basics classes is available on www.kn-eat.org, School Nutrition Programs, 5-Star Training System.

2005 Dietary Guidelines and School Meals

The Dietary Guidelines for Americans (DGA) are the foundation for national nutrition policies, including the meal patterns and nutrient standards for the USDA school meals programs. USDA is required by the 2004 law reauthorizing the Child Nutrition Programs to update the meal patterns to be in accordance with the 2005 DGA. To accomplish this task, USDA is contracting with the Institutes of Medicine where a panel of experts will develop recommendations. This process is expected to take 18-24 months.

While we wait for this guidance, USDA has instructed KSDE to begin working with Kansas program sponsors to encourage “progressive implementation of the following recommendations...**regardless of menu planning approach.**”

- Increase the amount and variety of whole grain products offered to students, and progress toward the goal of making whole grains at least half of all grains offered and served.
- Increase the availability and service of both fruits and vegetables.
- In the school lunch program, provide meals that offer both a fruit and vegetable.
- Offer only low-fat (1% or less) and fat-free milk for all children above the age of two.
- Reduce sodium incrementally, with a long-term plan for meeting the DGA recommendations.
- Provide fiber at levels appropriate for each age/grade group.
- On average over a school week, provide less than 100 mg of cholesterol at lunch and less than 75 mg of cholesterol at breakfast for all age/grade groups.
- Minimize trans fats

This is the first discussion of trans fats in national nutrition policy. The other recommendations are very similar to those which have long been in place for the Healthier School Meals Initiative (SMI). KSDE will continue to provide regular training that addresses the most current recommendations on healthy menu planning practices.

Federal Purchasing Rules — Debarment & Suspension

When a business or individual is found to be in noncompliance with Federal requirements for doing business with the government, the vendor can be prohibited from obtaining further business that involves Federal funds. Such a prohibition is called “debarment” and/or “suspension”.

Debarred and suspended companies or individuals cannot participate in certain transactions with schools operating the National School Lunch Program and that use nonprofit school food service funds.

These actions are initiated in the public interest to protect the use of funds governed by Federal requirements.

Debarment and suspension actions apply to new contracts and to the extension or renewal of existing contracts of \$25,000 or more, and

to contracts for auditing services to meet Federal audit requirements, regardless of the amount.

Before a bid can be accepted, the vendor or auditing service must certify that it and its principals are not debarred or suspended from contracting to provide goods or services in exchange for funds from Federal grant programs.

Several different procedures may be used to obtain this documentation including:

1. Check the Excluded Parties List System (EPLS), currently at <http://epls.arnet.gov>.
2. Collect a statement from the bidder/contractor that neither it nor its principal managers and employees is debarred or suspended.

3. Include a clause in the contract stating that neither the company or its principal managers and employees are debarred or suspended from entering into the contract.

The regulations governing suspension and debarment are located at 7 CFR Part 3017.

If you have questions about whether this requirement applies to your purchasing situation, contact Jodi Mackey at 785-296-2276 or jmackey@ksde.org.

Coming Soon....Body Venture

For almost six years, Child Nutrition & Wellness' traveling health education exhibit, Body Walk, has been visiting Kansas elementary schools. During that time, over 150,000 students have toured the exhibit, while 36,000 teachers and volunteers have been actively involved in assembling, disassembling and teaching Body Walk's lessons for a healthy life.

By early May of each year, Body Walk has been fully booked for the coming school year. After many years of hard use, KSDE has decided to retire the current exhibit and build a new one. The new exhibit, which will be introduced at the beginning of the 2008-2009 school year, will be known as Body Venture. It will have much in

common with its successful predecessor, but will offer an exciting new look.

Like Body Walk, Body Venture will have ten walk-through learning stations: school lunchroom, brain, mouth, stomach, small intestines, heart, lungs, muscles, bones and skin. Each station will feature active learning to reinforce Body Venture's key messages: **Eat Smart. Play Hard.** Power Panther will remain the exhibit's mascot. However, he has been redesigned and has a new look that is expected to have wide appeal with students.

Throughout Body Venture, a more organic look will be evident. Each learning station will more realistically

portray the human body with detailed full-color graphics. Air circulation will also be improved in the new "body" which should result in a more comfortable environment for participants.

Information on booking Body Venture for the 2008-2009 school year will be available later in February on www.kn-eat.org, What's New.



Wellness Policies Online

Colorful bar graphs will show each sponsor's reported status by school level on the Wellness Policy Guidelines and in relationship to the statewide average for each group of guidelines.

In response to requests from parents, the media and members of the Legislature, KSDE is working towards providing public access to information entered by sponsors in the Wellness Policy Builder.

Later this spring, sponsors will be able to view the wellness policy graphs. In order for sponsors to have plenty of time to make sure that the data reported is accurate, public ac-

cess will not be available until the beginning of school year 2008-2009.

The vast majority of Kansas sponsors used the Wellness Policy Builder to create their local wellness policies. However, some sponsors developed their own unique guidelines and policies. These policies were uploaded to KSDE and will be available for public viewing.

Kansas Nutrition Council's Spring Conference

The Kansas Nutrition Council Spring Conference, *Food & Youth: Finding the Tipping Point for Wellness*, will be held April 17, 2008 at the Geary County Convention Center, Junction City. Click on the link below to access the Society for Nutrition Education's website where the conference brochure and registration form can be downloaded.

<http://www.sne.org/KansasNutritionCouncil.htm>

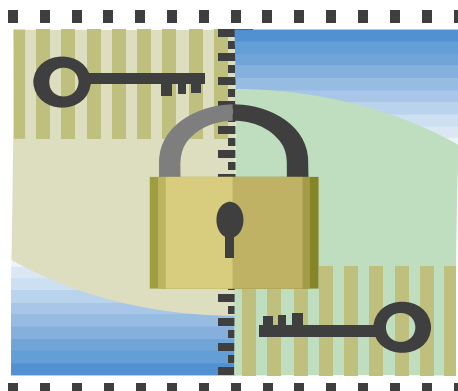


2008 Child Nutrition Management Academy

The Child Nutrition Management Academy is a professional development program for current and aspiring managers and directors of school nutrition programs.

Managing and leading a Child Nutrition Program is a challenging job! A wide range of knowledge, skills and abilities is required.

The goal of the Child Nutrition Management Academy is to develop knowledgeable and effective managers who are prepared to lead their programs to excellence.



By summer 2009, the CN Management Academy curriculum will include 160 hours of classes. The 2008 Academy will offer a number of **NEW classes** including:

- Nutritious and Successful A la Carte (3 hours)
- Nutrition Education in the Classroom (3 hours)
- Building Partnerships (6 hours)
- Personnel Management 2 (6 hours)
- Recipes 101 (6 hours)
- Financial Management 1 (6 hours)

Online registration for these classes will be available in early April on www.kn-eat.org, School Nutrition Programs, 5-Star Training System. This year's dates and locations are:

June 10-13: Iola, Hays

June 16-20: Kansas City, Haysville, Garden City

Leadership Connections Meetings

Along with spring's promise of growth and renewal, April will bring statewide Leadership Connections meetings. Child Nutrition & Wellness' consultants will be hosting afternoon meetings at more than 20 locations for school nutrition managers and directors. Detailed announcements will be mailed in March.

The program will focus on meeting the 2005 Dietary Guidelines for

Extreme Make-Over: School Menu Edition to Highlight Program

Americans beginning with an "extreme makeover" of current school menus. This will be a fun and informative program! As always, these meetings will provide updates, sharing and opportunities for networking. See you there!

SNA-KS Introduces New Website

The School Nutrition Association of Kansas (SNA-KS) is a nonprofit organization dedicated to the health and nutrition of Kansas children and to the professional development of its members.

The Association sponsors an annual conference each fall and a spring training day. Regional chapters conduct meetings throughout the school

year. Each chapter meeting must feature an educational component.

SNA-KS members are committed to continuing education and high standards. Many have completed the professional certification and recognition programs offered through the national School Nutrition Association and the Kansas State Department of Education.

For current information about SNA-KS membership and activities, visit www.sna-ks.org.



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The Kansas State Department of Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: KSDE General Counsel, 120 SE 10th Avenue, Topeka, Kansas 66612, 785-296-3204.

Breakfast Waiver Applications

Eating breakfast is one of the best ways to assure that students are healthy and able to achieve their full potential. All Kansas public schools are required by State law to participate in the School Breakfast Program unless they meet the following criteria and receive an annual waiver from the Kansas State Department of Education.

Fewer than 35% of students in attendance at the school building during March of the current academic year are eligible for free or reduced price meals **AND**

1. The school building does offer the School Breakfast Program and meets the following criteria:
 - Breakfast is available, but student participation is low.
 - The school principal must attest that breakfast is available to all students in the building.
 - The school principal must attest that parents and students receive regular reminders of the availability of breakfast at school.
 - The school principal must attest that bus and class schedules allow students a minimum of 15 minutes to eat breakfast at school.
 - The school breakfast average daily participation in March of the current school year must be less than 25% of the number of students eligible for free and reduced price meals.

OR

2. The school building does not offer the School Breakfast Program and meets the following criteria:
 - There is documented evidence that there is no need for the School Breakfast Program.
 - The school must specify the policy and procedures that allow morning nutrition to be provided in that building to any student who needs it.

Waiver Request forms for the 2008-2009 school year are available at www.kn-eat.org, **School Nutrition Programs, Forms & Instructions**. If you have questions about the waiver process, please contact Peggy McAadoo at 785-296-2276 or pmcadoo@ksde.org.

Time to Think About Summer Meals!

During the summer months, many needy Kansas students do not have access to healthful, nutritious meals and school food service personnel are unemployed until the fall session begins. You can be part of the solution to these problems by extending your National School Lunch Program into the summer months or by operating the Summer Food Service Program (SFSP).

Schools with 50% or more of students eligible for reduced price or free meals may operate as an "open" SFSP meal site. This means that all children between the ages of one and 18 who come to the site will receive a meal at no

charge and the SFSP sponsor will receive reimbursement for these meals.



Approximately 670,000 meals were served to children in Kansas last summer. Information about summertime meals is available on www.kn-eat.org, **Summer Food Service Program**. Please contact the Child Nutrition & Wellness office or your area consultant if you have questions about summer meals.

Reminders

All School Nutrition Program sponsors with more than one serving site are required to complete **On-Site Accountability Reviews** by February 1 (see Food Service Facts, Chapter 20). Please keep the completed reviews on file for review or audit by KSDE.

Buy American! As you know, School Nutrition Program Sponsors are required by law to purchase domestically grown and processed foods to the maximum extent practical. Purchases made in accordance with this requirement must still adhere to rules for free and open competition. For additional clarification on Buy American policies, go to www.kn-eat.org, **What's New**.