



## Child Nutrition & Wellness

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### April Update

Distributed to the School Nutrition Program Authorized Representatives Listserv  
and the Food Service Directors Listserv

April 6, 2011

### HealthierUS School Challenge Gold Award to Fowler Elementary

Fowler Elementary is the first school to receive the Gold Award in Kansas! An award ceremony will be held on May 18<sup>th</sup> to celebrate this outstanding achievement. Congratulations to the Fowler Elementary staff! We encourage all Kansas schools to take the *HealthierUS* School Challenge! Contact Kelly Chanay at [kchanay@ksde.org](mailto:kchanay@ksde.org) for information and/or assistance applying. The First Lady, Michelle Obama, has announced that a special reception will be held at the White House with representatives from each of the award winning schools.

### Proposed Rule to Update School Lunches and Breakfasts - Send Your Comments NOW!

USDA has issued a proposed rule to align school meals with the 2005 Dietary Guidelines for Americans, as recommended by the Institute of Medicine (IOM). You are encouraged to submit comments about the proposed rule by **April 13, 2011** at [www.regulations.gov](http://www.regulations.gov). The proposed rule is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, What's New.

### Spring Leadership Connections Meetings

"All Aboard" for Spring Leadership Connections meetings! There is still time to attend and discuss Child Nutrition Reauthorization and the proposed nutrition standards for school nutrition programs. Beautiful new posters that will brighten up your cafeteria and encourage physical activity will be distributed. Meeting dates and locations are posted at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, What's New.

### Menu Planning Documentation

Reauthorization has prompted manufacturers' to make changes in product formulations. Sponsors need to monitor product labels to keep current.

- Nutrition Facts Labels - Collect new labels annually or as product changes occur.
- Product Analysis Information from manufacturers must be printed on the company's letterhead with a signature.

### School Breakfast Waivers

Waiver request forms for the 2011-2012 school year are available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Administration, School Breakfast Waivers. **Waivers are due April 15, 2011.** If you have questions about the waiver process, please contact our office at 785-296-2276 or your area's KSDE child nutrition consultant.

### **Fresh Fruit & Vegetable Program**

To apply for the FFVP, complete the application and return it to KSDE no later than **May 6, 2011**. Schools selected to participate will be notified by June 1, 2011. Participating schools will be reimbursed for their documented expenses on a monthly basis. If you have any questions, please contact Emily Nelson at 785-296-2276 or your area KSDE child nutrition consultant.

### **Summer Food Service Program Backpack Demonstration Grant**

Kansas was one of three states recently awarded a grant from the U.S. Department of Agriculture (USDA) to supplement the traditional Summer Food Service Program (SFSP) by providing food backpacks to low-income children over weekends in the summer months. As part of the Food Backpack demonstration project, Kansas will receive \$246,173 to allow seven Kansas SFSP sponsors to begin providing weekend backpacks containing shelf stable breakfast and lunch foods to low-income children at SFSP sites this summer.

The purpose of the grant is to test innovative alternatives to enable children from low-income households to access healthy food during the summer and to boost participation in the SFSP. The traditional Summer Food Service Program provides nutritious meals and snacks to children in low-income areas during the summer months through program sponsors that can include schools, government agencies, residential and non-residential camps and faith-based organizations. In Kansas, 86 SFSP sponsors provided more than 786,000 meals last summer.

The demonstration project funded by the grant will address those days when meals are not available at the SFSP sites, typically weekends. Through the Food Backpack program, low-income children served at the SFSP sites can be provided a backpack at the end of the week that will provide them with meals through the weekend. The Kansas SFSP sponsors that will participate in the program are:

- Central USD 462, Burden
- Lawrence Public Schools USD 497, Lawrence
- Gardner Edgerton USD 231, Gardner
- Arkansas City USD 470, Arkansas City
- United Methodist Church, Wilson
- Topeka Public Schools USD 501, Topeka
- East Central Kansas Economic Opportunity Corp. (ECKAN), Ottawa

### **Summer Food is IN When School is OUT**

It is not too late to sign up to be a SFSP sponsor! Call or email Peggy McAdoo at 785-296-2276 or [pmacadoo@ksde.org](mailto:pmacadoo@ksde.org) for more information.

### **SFSP Grant Opportunity**

Midwest Dairy Council will offer the opportunity for 6 SFSP school sponsors to receive \$1500 grants to promote the SFSP at their area-eligible open site(s). The application for the Midwest Dairy Council Summer Food Service 2011 Grant Program is posted on [www.kn-eat.org](http://www.kn-eat.org), Summer Food Service Program, Resources, Program Promotion and is due on **May 6, 2011**. Applicants are required to be enrolled in the free Fuel Up to Play 60 program. To learn more about Fuel Up to Play 60 and sign up for the free program, visit [www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com).

## Child Nutrition Management Academy & Regional Training Cooperative Classes

This June, we will offer both Child Nutrition Management Academy and Regional Training Cooperative (RTC) classes at six locations. This means that relevant training for all food service employees will be available at a convenient regional location. We hope this approach will make it practical for employees to share transportation and reduce the costs of attending training.

Dates and locations are as follows:

- June 7-10 at Topeka, Iola, and Hays
- June 14-17 at Dodge City, Haysville, and Kansas City

The following classes will be offered:

- Personnel Management II
- Working SAFE
- KN-TECH
- Nutrition Education in the Primary Classroom
- Al a Carte...Mission Possible
- The Path to Personal Wellness
- Flexing Your Marketing Muscle
- Effective Financial Management
- Food Service Sanitation
- SNA Healthy EDGE
- Food Based Menu Planning and Production Records

Each of the above classes provides six to 12 hours of training. In addition, there will be a selection of RTC classes offered at each location. See the full class schedule with registration information at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, 5-Star Training System. Register by May 27<sup>th</sup> to be entered in special drawings for equipment and resources for your school food service operation.

## Regional Training Cooperative Classes

Check [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, 5-Star Training System for continually updated information about a wide variety of training opportunities conveniently located all across the state!

## Jump Start for Managers

Jump Start! Orientation for Managers will be held at the USD 266 Maize Central Office on August 9 & 10, 2011. Enroll for this training at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, 5-Star Training. Cost for the 2-day training is \$50.00.

## Scheduling Body Venture for 2011-12

Body Venture is KSDE's traveling health education exhibit for students in grades K-5. Each year this exciting exhibit visits approximately 100 schools and helps students learn why it is so important to "Eat Smart. Play Hard." To learn more about the exhibit and to request a visit, go to [www.bodyventure.org](http://www.bodyventure.org), Schedule. Requests for 2011-2012 visits must be received by **April 30, 2011**.

## ESPH Video News

A new edition of the ESPH (Eat Smart Play Hard) Video News is now available at [www.eatsmartplayhard.org](http://www.eatsmartplayhard.org). This site provides important information for families about healthy living and shows how Kansas schools are teaching their students to "eat smart" and "play hard". It is designed to share positive information with the public about school food service, physical education and healthy schools. USD 237 Smith Center and USD 457 Garden City are featured in the April edition.

## **Time to Update School Wellness Implementation Plans**

As the school year begins to wind down, it is a great time for the School Wellness Policy Committee/School Health Council to meet and evaluate the current Wellness Policy Implementation Plans for your sponsor. Be sure to update the 2011 Wellness Policy Builder in preparation for 2012 Program Renewal. Sponsors should be making continual progress towards creating healthier school environments by setting incremental objectives that are realistic and reachable.

## **Team Nutrition**

Sign up to be a Team Nutrition School at [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org) and apply after May 1 for implementation of health education programs during school year 2011-2012 including:

- Power Panther Pals (Primary program for K-2 and Intermediate for grades 3-5)
- Power Up! (grades 6-8)
- Power Panther Professionals (staff wellness program)
- Family Fun, Food & Fitness Events.

Please share this information with teachers or others who may be interested!

## **Monthly Financial Management Reports**

In order to complete the Annual Financial Status Summary in KN-CLAIM by August 15<sup>th</sup>, you MUST complete the Monthly Financial Management Reports for 2010-2011. Begin now to get up-to-date!

## **Leadership Forum 2011 - Save the Date**

The annual Leadership Forum for School Food Service Directors will be held October 7<sup>th</sup> in Salina at the Webster Conference Center. Save the date and watch for future details. This year's special topic will be Financial Management.

## **Food Service Facts**

Please access [www.kn-eat.org](http://www.kn-eat.org) for the most current information. Food Service Facts has recently been revised and will be updated as reauthorization is implemented.

## **Civil Rights Update**

The school's participation in a Federally funded program prohibits discrimination by race, color, national origin, age, sex, or disability. As per our Civil Rights Office, CFR 15.3 (d) provides specific language under examples of prohibitions, #4 National School Lunch program (iv) Segregation of participating children in different lunch periods or different seating, and discrimination by serving different food or different sizes portions. We understand that there are schools that are separating students in the lunchroom by gender. This practice cannot be continued, even for reasons that the school believes are defensible.

## **Take Time for Employee Appreciation!**

Child Nutrition Employee Appreciation Week is May 2-6. The School Nutrition Association (SNA) designates this week each year to honor child nutrition employees. Be sure to take time to celebrate just how special child nutrition employees are and let them know that you appreciate them! SNA has a special website dedicated to recognizing outstanding commitment to kids and child nutrition. To find out more, visit [www.schoolnutrition.org/cneaw](http://www.schoolnutrition.org/cneaw).

### **Staffing Update**

I am pleased to announce that Tammy McFadden is now working with Michelle Pyle as a programmer for the Child Nutrition & Wellness team. Welcome Tammy!

### **April Thoughts**

Nutritious meals are an essential part of the school day. Thank you for being committed to providing healthy meals and working toward a healthier school environment. The Child Nutrition and Wellness team truly appreciates and commends your good work on behalf of children!

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