



Child Nutrition & Wellness

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Distributed to School Nutrition Program Authorized Representatives and
Food Service Directors via Email

HealthierUS School Challenge Winners Attend White House Event

On October 17, 2011, the first lady, Michelle Obama, hosted a reception on the South Lawn of the White House for schools achieving the HUSSC certification. The Kansas attendees were: Martha Ohnick, Fowler Elementary; Connie Vogts, Liberal; Jackie Pierce, Sublette Elementary; Donna Bateman, Auburn Washburn; Kaye Kabus & Karlin Price, Seaman; and Kelley McVey, St. Peter the Apostle. The White House reception included a tour of the White House gardens, time to visit with the White House Chefs, healthy refreshments and speeches by Michelle Obama and the Secretary of Agriculture, Tom Vilsack. Each attendee also received a White House Recipe Booklet!

HealthierUS School Challenge Training

All Kansas schools are encouraged to take the *HealthierUS* School Challenge. Contact Kelly Chanay at kchanay@ksde.org for information and/or assistance with applying. A workshop has been scheduled to provide assistance at Gardner (south of Overland Park) on December 1, 2011. The workshop will begin at 10:00 am and end by 3:30 pm. Lunch will be provided. Registration will be limited to 20 so those attending can receive one-on-one assistance with menu planning and individual questions. Call Paula at 785-296-2276 to register.

Verification of Eligibility for Reduced Price and Free School Meals

- All verification activities must be completed no later than **November 15**.
- The "Post-Verification Results" data should be submitted through KN-CLAIM no later than **December 15**. KSDE reports the data submitted by Kansas sponsors to USDA.
- Any extensions beyond December 15 require written approval from USDA.

Monthly Financial Report

Remember to complete the Monthly Financial Report in KN-CLAIM no later than 90 days following the end of the claim month or reimbursement will be withheld. Please check to make sure the Monthly Financial Report for July has been completed so that reimbursement will not be withheld!

Annual On-site Accountability Reviews

A sponsor with multiple serving sites must conduct an annual on-site accountability review of each serving site at a lunch meal. All on-site reviews must be completed by February 1. The purpose of the on-site review is to ensure that the accountability system (as specified on the sponsor's approved collection and accountability procedures in KSDE's computer system, KN-CLAIM) is being used correctly. Someone who is not involved with the daily operation of the system must complete the review. The School Food Service On-Site Accountability Review (**Revised Form 9-G dated 2011**) should be used to document the findings of the on-site accountability review. Refer to *Food Service Facts*, Chapter 9, for further information and the review form. *Food Service Facts* can be accessed online at www.kn-eat.org, School Nutrition Programs, Food Service Facts.

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 for Child Nutrition Programs. The interactive and simple to use calculator allows child nutrition professionals to determine how much of each item to purchase to provide enough servings for the children in their program. You can find the online calculator by visiting <http://fbg.nfsmi.org>.

ESPH Video News – November Issue Features Fresh Fruit & Vegetable Program

We encourage you to check out the ESPH (Eat Smart. Play Hard.) Video News at 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. The November issue features **USD 446 Independence, USD 259 Wichita and USD 269 Palco**. The ESPH Video News is a great tool for sharing health and wellness information with your students, their families, and patrons. We encourage you to include a link to this site on your district and/or school websites. By doing so, the district will achieve several of the Kansas Wellness Policy Guidelines on Nutrition Education and Physical Activity for "Family & Community".

Kansas School Lunch Week

The School Nutrition Association of Kansas (SNA-KS) website, www.sna-ks.org, has information on this year's celebration of Kansas School Lunch Week, Welcome to Lunchville, January 23-27, 2012.

Get Ready to Take the Kansas School Breakfast Challenge in 2012!

The Kansas State Department of Education is partnering with the Midwest Dairy Council to encourage increased breakfast participation in Kansas through the Kansas School Breakfast Challenge. New research from the Food Research and Action Center shows that school breakfast:

- decreases risk of food insecurity;
- may protect against childhood obesity;
- improves children's academic performance, whereas skipping breakfast and experiencing hunger impair development and learning.

Detailed information about the Kansas School Breakfast Challenge will be available in January 2012. Start thinking now how you could increase breakfast participation at your school so that you will be ready to take the challenge in SY 2012-13 and earn monetary rewards!

Team Nutrition & Gardening Initiative Grants

Kansas Team Nutrition is actively working to promote health education programs to support schools' wellness policy goals.

- Sign up to be a Team Nutrition School or update your current information at http://healthymeals.nal.usda.gov/hsmrs/TN_Enrollment_Form/enrollment.php.
- Currently accepting applications for program materials and mini grant funding (\$350) to host a Spring Family Fun, Food & Fitness Event at your school.
- Apply now for a 2011-2012 School Gardening Initiative Mini Grant. Grant funds are available to support Kansas schools in starting container garden projects in conjunction with the Fresh Fruit and Vegetable Program and/or the Summer Food Service Program.

Contact Jill Ladd at jladd@ksde.org or visit www.kansasteamnutrition.org for a grant application and receive additional information.

Fuel Up to Play 60

This nationwide student-led program inspires and empowers youth to take action for their own health and to implement long-term, positive changes for themselves and their schools. It can help schools reach *HealthierUS* School Challenge goals with customizable programs and tools. Apply now for up to \$4,000 in competitive funding for your school. Funding application, ideas, and tools can be found at www.fueluptoplay60.com. Contact Jill Ladd at jladd@ksde.org or Bridget Sheehan at bsheehan@midwestdairy.com for information. Dr. Diane DeBacker, Commissioner of the Kansas State Department of Education, and Governor Brownback have pledged their support for the Fuel Up to Play 60 program in Kansas.

Summer Food Service Program

Kansas needs more Summer Food Service Program sponsors to provide meals for kids when school is out. Contact Peggy McAdoo at pmcadoo@ksde.org for more information. NOW is a great time to make plans for summer 2012!

Wellness Policy

- All “New Goals” and “In Progress Goals” identified on the 2011 Wellness Policy Builder should have a written implementation plan. If implementation plans have not yet been developed, the local wellness committee (or school health council) should be meeting soon to assure these goals are implemented.
- Effective SY 2011-12, schools are required to expand the Wellness committee. The committee can include teachers of physical education, school health professionals, parents, students, representatives of the school food authority, the school board, school administrators and the public.
- Schools are also required to inform and update the public about the content and implementation of the local wellness policies. Providing a link to the school wellness data found at www.kn-eat.org, Wellness Policies will satisfy this requirement. If you have questions, please call 785-296-2276 or your school nutrition consultant.
- Child Nutrition & Wellness is convening regional conferences in the spring of 2012 which will provide opportunities for school health councils and community members to learn about the new wellness policy requirements and provide input regarding revision of the Kansas Model Wellness Policy Guidelines. Watch for more information and to register beginning January 2012.

Winston Equipment Award Grant Opportunity

The School Nutrition Foundation and Winston Industries are committed to supporting child nutrition programs and school food service nationwide. The Winston Equipment Award Grant 2011 application process is now open. The deadline for applying is November 29, 2011. For the application and information on available equipment, go to <http://www.schoolnutrition.org/Level2.aspx?id=11634#winston>.

Assistance Network

One-on-one technical assistance can be provided by experienced Kansas school food service managers and directors on a wide variety of topics. To discuss your needs for assistance, please contact KSDE Child Nutrition Consultant Angela Dittmer at 785-348-5852.

Where to go for more information?

- *Food Service Facts*. For the most current version, go to www.kn-eat.org, School Nutrition Programs, Food Service Facts. Forms are located with the related chapter.
- Contact your area KSDE Child Nutrition Consultant via email (first initial last name@ksde.org).
- Call KSDE, Child Nutrition & Wellness at 785-296-2276.

New Sesame Street Character Focuses on Hunger Struggle

There's a new Muppet on “Sesame Street” and she will focus on her hunger struggles. The new Muppet is named Lily and her family is dealing with food insecurity. She was featured on a prime time special called “Growing Hope Against Hunger” that aired on October 9. This special showed children telling their personal stories of their family's struggle with hunger, community solutions, including food drives and assistance programs. The US Department of Agriculture estimates 17 million American children have experienced food insecurity. In Kansas, it is estimated that there are 158,040 (22.6%) children who are food insecure.

Happy Thanksgiving!

Best wishes for a healthy and happy Thanksgiving! The Child Nutrition & Wellness team is thankful for all you do to administer quality Child Nutrition Programs and your efforts to create a healthy school environment and to decrease food insecurity for the health and well-being of Kansas children.

Cheryl