



Child Nutrition & Wellness

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September Update

September 9, 2011

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

ESPH Video News – Season 2 Premier

We encourage you to visit our website, 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 first issue for the 2011-12 school year features the **Body Venture** exhibit at **St. Peter The Apostle Catholic School in Schulte**. Throughout the remainder of this school year, new videos will be featured from school districts across Kansas. There will also be newsletters, recipes, cooking videos and other resources that support eating smart and playing hard.

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". These videos can also be shown to students in the classroom to help meet nutrition education wellness goals! If you have comments, questions, or suggestions for the ESPH Video News, please send an email to Cheryl Johnson at csjohnson@ksde.org or use the "Contact Us" button on the website.

HealthierUS School Challenge Workshops

All Kansas schools are encouraged to take the HealthierUS School Challenge. Three workshops have been scheduled to provide assistance to schools:

- Salina - September 29, 2011
- Topeka - September 30, 2011
- Gardner - December 1, 2011

All workshops will begin at 10:00 AM and end by 3:30 PM. Lunch will be provided. Registration will be limited to 20 at each workshop so those attending can receive one-on-one assistance with menu planning and individual questions. Call 785-296-2276 to register and receive additional information.

September is Fruits & Veggies-More Matters Month

The month of September marks Fruits & Veggies-More Matters month, a partnership initiative led by the Centers for Disease Control and Prevention (CDC) and the Produce for Better Health Foundation (PBH). The goal for the initiative is to achieve increased daily consumption of fruits and vegetables. Go to www.fruitsandveggiesmorematters.org for excellent resource materials about the benefits of adding more fruits and vegetables to our diets.

Food Safety Training

Go to www.kn-eat.org, School Nutrition Programs, 5 Star Training, Food Safety Basics to register for Food Safety Basics classes in September, October and November at locations across Kansas free of charge. Be sure to update the Food Safety Training Record in KN-CLAIM when employees complete a food safety class. Food safety training is required at least every 5 years for all Kansas school nutrition employees and within 6 months of hire for new employees.

National Food Safety Education Month

September is National Food Safety Education Month. It is a good time to review food safety guidelines with your staff and to make sure your HACCP plan has been reviewed and is up to date.

Jump Start for Directors

This class provides a comprehensive overview of responsibilities and resources for school food service directors. Jump Start for Directors will be held in Manhattan on October 5 & 6, 2011. Call 785-296-2276 for more information or register at www.kn-eat.org, School Nutrition Programs, Five Star Training.

Leadership Forum 2011 –

A Common “Cents” Approach to Child Nutrition Reauthorization

The annual Leadership Forum for School Food Service Directors will be held October 7 in Salina at the Webster Conference Center. This year’s special topic will be Financial Management including information about using the financial reports in KN-CLAIM, Form 10-A, Monthly/Annual Financial Reports, practical ways to manage costs, and sharing best practices from Kansas schools. For more information and the registration form, go to www.kn-eat.org, School Nutrition Programs, What’s New. There is no registration fee and KSDE will provide a complimentary lunch for participants. Registrations are due to KSDE by September 23, 2011.

Healthier Kansas Menus – Special Diet Cycle

We are excited to announce that the Healthier Kansas Menus-Special Diet Cycle will be introduced at the Leadership Forum on October 7th! Come to the Leadership Forum to learn more about this new resource from the KSDE Child Nutrition & Wellness Team.

SNAKS Fall Conference

“School Nutrition: An Essential Piece of Education” will be the theme for the School Nutrition Association of Kansas Fall Conference in Salina, October 7-9. For information, contact Connie Vogts at 620-604-2230.

National School Lunch Week – October 10-14, 2011

“School Lunch – Let’s Grow Healthy” will help students understand where food comes from while highlighting the overall benefit that school lunch helps kids grow strong and healthy. The 2011 theme provides the opportunity to try something new and promote locally sourced foods. For more information, go to www.schoolnutrition.org.

Team Nutrition

Sign up to be a Team Nutrition School at www.kn-eat.org, Team Nutrition. Health education programs and mini grants that are available for implementation during the 2011-2012 school year include:

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

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

Quick Online Access to Food Service Facts Topics

The updated version of *Food Service Facts*, KSDE's administrative handbook for School Nutrition Programs, is available online at www.kn-eat.org, School Nutrition Programs, Food Service Facts.

2011-12 Administrative Workshop Presentation

The slides and notes for the 2011-12 Administrative Workshop are available for you to use as a reference and resource and can be accessed at www.kn-eat.org, School Nutrition Programs, Training, Administrative Workshop.

Fall Leadership Connections

Fall Leadership Connections meetings will feature information about Farm to School and School Gardening. KSDE's Child Nutrition Consultants will hold 30 regional Leadership Connections meetings in October and November. The meetings will also feature announcements, networking, and awards for professional development and manager certification. In addition, you will receive a nutrition education poster for your school! Don't miss "Grow It, Know It, Try It...Love It!"

Nutrition Calculators

KSDE's Nutrition Calculators, a series of Microsoft Excel spreadsheets, evaluate calorie, fat and sugar content of products in comparison to the Kansas School Wellness Policy Model Guidelines. The calculators can be downloaded and saved on a user's computer. Additional products can easily be entered into the calculator by the user. The calculator will indicate if the product meets each of the applicable nutrition criteria. All ten Nutrition Calculators have recently been updated with new product information and a new CN Labeled Entrée Calculator is now available at www.kn-eat.org, School Wellness Policies, Nutrition Calculators.

Verification

Verification is confirmation of eligibility for reduced price and free meals under the National School Lunch Program and School Breakfast Program. The following sponsors do not complete verification:

- Sponsors participating in ONLY the Special Milk Program
- Residential Child Care Institutions that do not also operate a day school

All other sponsors must select and verify eligibility for a sample of applications approved for benefits. One person should coordinate all verification activities for the sponsor.

Important deadlines for the verification process are:

- October 1 – Count applications and students approved for reduced price and free meals. Applications and students that are in "carry-over" status on October 1 are not included in this count. Complete the Pre-Verification Worksheet in KN-CLAIM to determine the sponsor's sampling method. Once the Pre-Verification Worksheet is submitted, go into the Post-Verification Results screen to see the number of applications that must be verified. Verify ONLY the number required unless verified "for cause".
- November 15 – Complete all verification activities. This deadline is the same whether it falls on a weekday or weekend.
- December 15 – Complete reporting of Post-Verification Results in KN-CLAIM.

USDA requires KSDE to annually report verification data for each sponsor. This information is pulled from the Pre-Verification Worksheet and the Post-Verification Results screens in KN-CLAIM. Please make sure that the information entered is accurate, complete and submitted on time. For instructions on the verification process and all related forms (including KSDE's Spanish translations), go to www.kn-eat.org, School Nutrition Programs, Food Service Facts, Chapter 8-Verification of Eligibility.

Food Recall Alerts

For information and to sign up for email updates about recalls and public health alerts go to www.fsis.usda.gov/FSIS_recalls/index.asp.

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.

Thank You

Thank you to everyone who completed the customer service survey for the Child Nutrition & Wellness team. Your comments and suggestions are important to us and will be used as we continually work to provide outstanding technical assistance and customer service! Happy fall!

Cheryl