



Child Nutrition & Wellness

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

New Meal Pattern and Dietary Specifications. USDA has announced the new nutrition standards for meals served through the National School Lunch and School Breakfast programs. The new meal requirements will raise standards for the first time in fifteen years and will help improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day. The new meal pattern and dietary specifications, an implementation timeline and a comparison of current and new regulatory requirements are posted at <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>.

The Spring Leadership Connections meetings will highlight the new meal pattern and dietary specifications. Leadership Connections dates and meeting locations will be posted on www.kn-eat.org, School Nutrition Programs, What's New in early March. Plan to attend a Leadership Connections meeting in your area! Child Nutrition & Wellness will also be providing additional updates, policy information and guidance as it becomes available from USDA. A new Menu Planning class will be written and offered at multiple sites throughout the state this summer, including Child Nutrition Management Academy. Check "What's New" on www.kn-eat.org often!

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 new 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.

New Guidance - Temporary Approval. A new *Eligibility Manual for School Meals* manual has been published by USDA. Go to <http://www.fns.usda.gov/cnd/lunch> to access the new guidance. USDA has discontinued temporary status. "Temporary approval of an application is no longer applicable because of the year long duration of eligibility provision. If a Sponsor is concerned with the authenticity of the information provided on an application, they may, on a case by case basis, verify the application for cause." Effective immediately all zero income applications and applications listing temporary income can be approved for the entire year. Follow-up on temporary applications is no longer required. The 30-day carryover period into the next school year will apply. If you have questions, please call me or your area Child Nutrition Consultant.

Direct Certification. Remember to check the direct certification list monthly. If there are not names on the list for your school, then there were no additional students identified for that month. Be sure to report the number of students that are directly certified each month in KN-CLAIM. If you find a student on the direct certification list that had been receiving free meals due to an

application, copy the direct certification list and staple it to the application. Change the classification to directly certified and then send Direct Certification Letter- Form 7A.

Two Food Safety Inspections Required. Federal law requires school kitchens to have **two** food safety inspections annually. If you have a school that has not had the required two inspections by April 15, please request a food safety inspection by contacting: Kansas Department of Agriculture, Division of Food Safety and Lodging, 109 SW 9th Street, Topeka, Kansas 66612, 785-296-3556. A sample letter to request an inspection can be found at www.kn-eat.org, School Nutrition Programs, Food Safety, Food Safety Inspection Request.

Food Safety Training. The schedule for Spring Food Safety Basics classes is available at www.kn-eat.org, School Nutrition Programs, Training, Food Safety Basics. Remember to update your Food Safety Training Record in KN-CLAIM (www.kn-eat.org, School Nutrition Programs, KN-CLAIM, Applications, Food Safety Training) after your employees take a food safety class!

Food Safety Basics Available in Spanish. Food Safety Basics is now available in Spanish on a CD/DVD which can be checked out from Child Nutrition & Wellness. For more information, please contact Cindy Johnson, Training Coordinator at 785-296-2276 or cjohnson@ksde.org.

Jump Start for Directors will be held on March 7 & 8, 2012 in Manhattan at the Kansas State University Alumni Center from 10 to 5 on the 7th and 8 to 3 on the 8th. For more information, go to: www.kn-eat.org, School Nutrition Programs, Training.

Child Nutrition Management Academy (CNMA) 2012. Planning is underway for CNMA 2012. Classes will be held at 6 locations in June 2012. This professional development program is designed specifically for directors, managers and supervisors. **Culinary classes taught by chefs will be a new feature in 2012!** We will also offer a track of Regional Training Cooperative classes concurrent with CNMA for all school food service staff to attend. Save the dates and make it a staff training event!

- June 4-8: Hays, Chanute, Topeka
- June 11-15: Haysville, Dodge City, Kansas City vicinity

School Breakfast – Go for Gold. National School Breakfast Week, March 5-9, 2012, is getting closer, and “School Breakfast – Go for Gold” is the perfect campaign to help your breakfast program succeed! The School Nutrition Association (SNA) has many tools and resources available to help you get started. SNA’s resource website www.schoolnutrition.org/nsbw has menus, activity sheets, and Design-a-T-shirt contest forms. Also available are logos, banner ads, and press releases.

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 February. Start thinking now how you could increase breakfast participation at your school, especially through expanding breakfast programs like grab ‘n’ go breakfast. Be ready to take the challenge in SY 2012-13 and earn monetary rewards!

Summer Food Service Program 2012. The Summer Food Service Program (SFSP) is designed to fill that nutrition gap and make sure children can get the nutritious meals they need. Many SFSP sites provide, not just meals, but educational, enrichment and recreational activities that help children continue to learn and stay safe when school is not in session. Summer meals act as an extra “magnet” to draw children to activities—and activities draw children to meals—at places like schools, camps, park and recreation centers, YMCAs, Head Start Centers, Community Action Agencies, Boys and Girls Clubs...and many more. Do you want to help end hunger this summer? **Become a SFSP Sponsor!** Call Peggy McAdoo or Barb Depew at 785-296-2276 for more information!

HealthierUS School Challenge Bronze Award. Congratulations to USD 237, Smith Center Elementary School and Food Service Director, Sharon Kattenberg for receiving the Healthier US School Challenge (HUSSC) Bronze Award! That brings the total number of HUSSC awards earned in Kansas to **42!** All schools in Kansas are encouraged to apply for the HUSSC. For more information or to schedule assistance, contact Kelly Chanay at kchanay@ksde.org.

Healthier US School Challenge Training. We encourage all schools in Kansas to take the Healthier US School Challenge. A training session will be held in Topeka on March 1st from 8:30 am - 3:30 pm at the Kansas State Department of Education’s satellite room. Call Paula at 785-296-2276 to register. Lunch will be provided.

Financial Incentive for Working toward HUSSC. The Healthy Weight Commitment Foundation and Discovery Education are proud to support the USDA’s HealthierUS Schools Challenge by providing powerful rewards and incentives to schools striving to reach higher levels of certification. Participating schools can enter for a chance to win up to \$10,000 in additional funding. Learn more at <http://energybalance101.com/be-involved/hussc-support/>.

ESPH Video News. A new edition of the ESPH Video News has been posted at www.eatsmartplayhard.org. Schools featured are USD 239 North Ottawa, Minneapolis Junior Senior High School and USD 500 Kansas City, Banneker Elementary School. This edition includes information about school wellness policies, tips to increase intake of fat-free and low-fat dairy foods, and activities and steps families can consider to get started on a path to a healthier lifestyle.

USDA 2010 Dietary Guidelines Communications Message Calendar. USDA’s Center for Nutrition Policy and Promotion will lead a coordinated messaging approach, selecting key messages that will be promoted through December 2013. The key message for January-April, 2012 is “Enjoy your food, but eat less.” Resources, such as “how-tos,” supporting messages, and educational materials, will be provided to support each message at www.ChooseMyPlate.gov.

New Resources Available:

The National School Boards Association (NSBA) is pleased to announce the release of “Safe at School and Ready to Learn: a Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies.” This new guide is designed to help school leaders and schools establish comprehensive policies and practices that support the safety, well-being, and academic success of students with life-threatening food allergies. Go to www.nsba.org for more information.

On-line Recipe Adjustment Form.

<http://www.fruitfromwashington.com/Recipes/scale/recipeconversions.php>

Leadership Forum 2011. Go to www.kn-eat.org, School Nutrition Programs, What’s New to read the responses to the questions that were discussed at Leadership Forum during the Financial Management World Café sharing sessions.

Sunflower Spotlight - Celebrating Successes in Kansas Child Nutrition Programs

Sabetha Elementary, USD 113 Prairie Hills, has found a new way to market school lunch and teach table manners at the same time - introducing “Bluejay Café!” The concept was created by Monica Sellens, School Counselor. On Mondays in the month of November the school menu was served by parents/volunteers in restaurant style. The cafeteria and tables were decorated, music played, cook’s wore chef hats, milk was served on silver trays and the school mascot visited. Students were taught table manners: no one ate until everyone was served, please and thank you were used, no elbows on the table and napkins were in the laps! Students felt they had great service and enjoyed the time they had to socialize since they did not have to wait in the serving line. It was a great experience for students, parents and staff!

USD 205 Bluestem has a new promotion tool especially for parents and students who might otherwise take their school food service programs for granted. Jean Gleason and Vicki Harker joined together to create a bright and informative brochure called “LET’S EAT!” The brochure promotes their food service operation and provides vital information for parents and students in the district. The brochure highlights breakfast promotion, lunch facts, parent and community involvement, and general information about the program; colorful pictures of students, staff and the food served makes the information attractive and attention getting. The brochure has been made available throughout the community to promote healthy meals that are served in a friendly environment at the Bluestem schools.

Ella Scott, USD 512 Shawnee Mission, was selected from a nationwide panel for her recipe modifications to a breakfast egg recipe. Ella’s recipe is featured in the on-line magazine at http://www.schoolnutrition.org/Level2_SNAMAG.aspx?id=16552. Congratulations to Ella for her winning recipe!

USD 275 TriPlains won a \$500 gift card from NASCO (a national company who sells products designed to aide Family and Consumer Science education) in the Students Sharing Nutrition Contest. FACS teacher Debbie Luckert and English teacher Stacia Whittcar combined their FACS and Speech classes which led to sophomores Luke Ballentine, April Mays, Brittany Plummer, and Seth Smith giving a presentation about nutrition to the 3rd and 4th grade students. The presentation included a skit about a family eating dinner together, a quiz to test the students’ nutrition knowledge, and an activity to teach correct portion sizes. A giant MyPlate costume was created by the students and worn by one of them. In turn, the 4th graders shared what they had learned from the presentation with the entire elementary school during lunch one day.

Palco Elementary School in USD 269 was featured in Season 2 of the Eat Smart-Play Hard video series, and Lisa Gehring, Principal, and Ginger Dinkel, Food Service Director decided that the “debut” of the video should be an opportunity for a special celebration! Their video focus was an event that was held in conjunction with the Fresh Fruit and Vegetable program in Palco. A local florist came to help the students create “fruit bouquets” which were beautiful and delicious! Palco grade school students have a Mission Nutrition assembly on the first Thursday of each month. On December 1, the students entered the gym which was decorated with a movie theme. This was opening night! The Celebration Dancers (students from each class) came to dance in front of the assembly, Mrs. Gehring presented the elegantly dressed Ginger Dinkel with a bouquet of long stemmed roses, and the students watched themselves in the Eat Smart-Play Hard video. Mrs. Gehring gave special gifts and recognition to the food service staff, the school custodian, and the florist for their help with the project. As each student came down out of the bleachers, they got to walk on the “red carpet” which was lined with “paparazzi” – freshmen students armed with cameras to take a picture of each student and notebooks that collected each student’s signature. The K-5 students really felt like movie stars! At the end of the red carpet, each student received a “ticket”

with information for them to take home to their families indicating how to access the Eat Smart Play Hard video on the KN-EAT website. They also enjoyed a fruit kabob made by the school foodservice team.

Closing Thoughts

Special thanks to Wanda Day at St. Joseph Catholic School in Mount Hope, Kansas and to Kaye Kabus and Karlin Price at Seaman USD 345 in Topeka, Kansas for testing NEW Weeks 5 and 6 of the Healthier Kansas Menus at their schools. We appreciate their time and extra efforts! The Healthier Kansas Menus are currently being revised to meet the new nutrition standards, expanded to 6 weeks and will be available this spring!

This is an exciting time to be involved in school food service. Many Kansas schools have been increasing fresh fruits and vegetables and whole grains and are well on the way to meeting the new nutrition standards. As we all work together toward implementation of the Healthy Hunger-Free Kids Act, the Child Nutrition & Wellness team would like to help you celebrate your successes. Several Kansas schools have been featured in this update. Send an email or call to let us know the great things happening across Kansas! Our commitment remains – access to safe, nutritious, and balanced meals for Kansas children.

Cheryl