



The Lunch Line

A newsletter of
Bureau of Nutrition & Health Services
Iowa Department of Education

Please route to:

Food Service Director
 Kitchen Staff

Record Keeper
 Principal

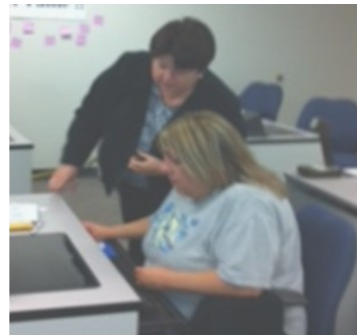
Superintendent

Be Thankful for Your Extra 6-cents!



With the fall season winding down, schools have begun to submit their documents for the 6-cent certification. Each school has the opportunity to earn an additional 6-cents per reimbursable meal sold with the new meal pattern. This is a great opportunity for schools to increase their nutrition budgets.

Over the past few weeks, the Department of Education, Bureau of Nutrition and Health Services Consultants have been traveling the state of Iowa holding 6-cent Regional Trainings. Over 40 trainings have been held reaching all corners of the state. Each training had anywhere from three to thirty participants. We reached over 440 participants total in all the trainings representing over 340 SFAs. Schools were asked to bring their menus they wished to certify to get input and guidance from Consultants instantly. An overwhelming, enthusiastic response was heard from the participants about how helpful these sessions were.



The hands-on training made people more comfortable with the extremely large Excel spreadsheet. Once the trainings were completed, schools are asked to upload their documents through the CNP 2000. The CNP 2000 is now ready to accept documents. Please reference the Instruction Manual sent out in an email on Friday, November 2, 2012 on how to submit your documents. At press time, there are over 50 completed certification packets uploaded. If schools are planning to submit an October menu for the additional funds, they have until November 30th. Menus must be from the month it is submitted OR the month directly prior to the month of submission. Another example: If submitting in December, the menu may be from December or November; if submitting in November, menu may be from November or October.)

Here were some frequently asked questions we heard throughout Iowa concerning the new meal pattern and the 6-cent certification.

Q: "We heard there can be no ranch dressing, ketchup, mustard, mayo or salad dressing served at school." (Continued on Page 2)

Winter Issue, 2012

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Be Thankful for Your Extra 6-Cents! (Con't from Page 1)

A: Schools may serve any condiments they'd like as long as they document the planned serving size and account for calories, saturated fat and sodium. Additional servings may be purchased.

Q: "Schools can't serve desserts anymore."

A: No items have been banned by the USDA. What is served is a local decision as long as it fits into the new meal pattern. Schools should focus on nutrient dense foods and try to limit "empty" calories. There is however, a limit of two ounces of grain-based desserts per week.

Q: "Students don't get enough food."

A: Students are offered all 5 components and lunch is required to be 1/3 of the daily recommended calories for each specific age group. Students may purchase extra entrees and menu items if the school allows. That is a local decision based on each school's wellness policy.

A: Are students eating breakfast? Lunch should not fill the deficit of breakfast calories not eaten. High school students should plan to eat 450 – 600 calories for breakfast. That is more than what most students eat. This is a great opportunity to promote your school breakfast program!

A: Athletes need to eat every 3-4 hours. Serious athletes believe that nutrition is a key to their success. They need to take some ownership on their eating pattern by bringing a snack if necessary to school.

Q: "Do we have to fill out the 6-cent spreadsheet?"

A: Yes and No. Regardless of applying for the additional funding or not, all schools are required to follow the new meal pattern. There is no deadline for submission of 6-cent documents. If a school chooses not to send in any documents this year, a Bureau Consultant will be at your school right away next fall to ensure certification. You might as well fill out the paperwork – you get more money, which everyone wants – right?!?

Q: "Can we email the documents for submission?"

A: Schools must upload the documents through the CNP 2000. It is a very similar process as attaching a document to an email. Use the instruction manual that was sent out. It is very helpful and shows each step through the process.





The Carrot Patch

One thing is for sure, the past year has brought us many new challenges!

Sometimes it seems the only constant is change. This newsletter I have some staff changes to share once again. Jane Heikenen and Dean Flaws have both decided to move from USDA Foods to the Child and Adult Care Food Program area in our Bureau. They are training their replacements and will complete the transition by the end of December. I am thankful that they remain in our Bureau family!

The new staff you will be talking and emailing with are Sarah White and Jill Stuecker. While working together as a team, Sarah will focus on the bulk truckload ordering and our deliveries 6 times a year. Jill's focus is the processing, NOI, and DOD produce. Please help me welcome them both!

As I sit down to write this, Thanksgiving is looming and may be past when you are reading this. My wish for all of you this year is to not lose sight of the joy and happiness our work on behalf of children can bring. Studies show that the ability to be thankful contributes to a feeling of well being and happiness so I want to share this poem that has helped me reframe all we are dealing with.

BE THANKFUL that you don't already have everything you desire, If you did, what would there be to look forward to?

BE THANKFUL when you don't know something, for it gives you the opportunity to learn.

BE THANKFUL for the difficult times, during those times you grow.

BE THANKFUL for your limitations, because they give you opportunities for improvement.

BE THANKFUL for each new challenge, because it will build your strength and character.

BE THANKFUL for your mistakes, they will teach you valuable lessons.

BE THANKFUL when you're tired and weary, because it means you've made a difference.

GRATITUDE can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.

Author Unknown

Let me be the first to wish you a Happy New Year!

Ann

Promoting Your Program

There are many ways to promote school nutrition programs and healthy school meals in your district. Make sure you take advantage of these opportunities to inform parents, school staff and the community about the great things that are happening within your program!

Newsletters:

Find out if there are any newsletters that go out to parents on a regular basis. Some may be in print, others may be electronic. Ask if schools meals can be featured in an edition or have a section of the newsletter that can include information about school meals on a regular month. Don't forget photos! Pictures can often speak louder than words, especially when it comes to food!

Backpack Information:

Many schools still send lunch menus home in backpacks once a month. Go beyond just providing a menu for them to include, but also add information about the healthy changes that have been made, some new menu items that will be offered and even highlight some of your staff! Your school no longer prints menus? This information can still be included on the web where the menus are located.

Presentations:

Don't forget to share information about your program at school meetings, whether it's the school board meeting, a Parent Teacher Association meeting, or even teacher in-services. You have important information to share that affects all individuals that are connected to the district. Often these groups are interested in new topics to highlight at their meetings. Don't forget to include students! Students have a powerful voice. Have them co-present with you about the changes and have them mention some of their favorite school meal offerings.

District Website:

Almost all school districts have a website with the functionality varying from district to district. Even if the school nutrition program only gets one page, you can do a lot with that page! Take advantage of the space

and go beyond just posting menus. Don't have the time to pull the information together? Iowa Team Nutrition has developed a webpage template that school nutrition programs can utilize to showcase their program. Use the information that works best for your program. The **Sample Website Template** can be found at this webpage: www.tinyurl.com/schoolnutritionstandards2012 Scroll down to the bottom of the page and look for Sample Website Template under the heading titled "Communication Tools."

ABC SCHOOL DISTRICT
 (Driving Healthy Choices, Not Buses!)

Text in red needs to be updated with individual district information

Home
 Meet Our Staff
 Menus
 Meal Requirements
 Meal Prices
 Online Payment
 Food Allergy Information
 School Wellness
 Parent Resources

Welcome to ABC School District's
Child Nutrition Program!

The Child Nutrition Program offers nutritious breakfasts and lunches at every ABCSD school building. Proper nutrition is fundamental for the success of academic programs.

Our meals meet the new USDA Nutrition Standards, which requires the following:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving)
- A wide variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Less sodium

Build a Healthy Lunch

Meat or Meat Alternatives | Fluid Milk | Grains
 Fruits | Vegetables

The new requirements build on the work we have already been doing to provide more fruits, vegetables, whole grains and healthier main dishes in our cafeteria. Now is a great time for students to choose school lunch! Check out the "Meal Requirements" tab to learn more.

Contact Information
 Chelsea Cherry-Tomato - Food Service Director
 123 View Drive
 Appleton, Iowa 51224
 Phone: 565-555-5555
 Fax: 565-555-5555
 E-mail: cherrytomato@abcisd.edu

Social Media:

Social media includes online tools and platforms that allow individuals to post and share information. These websites include Facebook, Twitter, Linked-In, Flickr, and YouTube, among others. If your district or organizations that are a part of your district, such as the Parent Teacher Association, uses social media to communicate information with parents and the community, ask if you can submit information about school meals programs on a regular basis. The School Nutrition Association has created a "how to guide" when it comes to social media if you are looking for more information on where to start.

Message Boards—New Feature on CNP2000



A new feature has been added to the CNP2000 web application. It's called a message board. When you access our login website or when you have logged in to the web program, look for the vital messages (see examples below).

You will see reminders that are time sensitive and important from our Bureau. Just another way to provide essential communication with our SFA's.

Department of Education
CNP 2000 Program

Login

Username:
Password:

Login

Welcome to the Iowa CNP website.

No claims entered in this website will be physically reimbursed to sponsors.

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To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W.,



Certification \$0.06 for Performance Based Meal Reimbursement is now available ONLINE!!!!

Introducing the enhancements for National School Lunch's 6 Cent Performance Based Meal Reimbursement has been added to CNP2000.

Apply now for the **Certification \$0.06 Performance Based Meal Reimbursement!** Please go to Fiscal Year 2013's application. There you will find new items "Menu Certification" and "Meal Pattern Compliance" under the **Item Description** column on the Main Menu screen. Please refer to instruction manual on how to apply.

Instructions on how to apply will be in an email on 11/2/12 from patti.harding@iowa.gov. In the near future, instructions and memo(s) will be located under "[Monthly Memos and Updates](#)" on Department of Education's website.

Please send us questions you have about using our website(s) and we will attempt to answer them via email, newsletter or both. Please send your questions to ellen.miller@iowa.gov.

New Team Nutrition Resources

Food Buying Guide for School Meal Programs

The [Vegetable and Fruits Section of the Food Buying Guide](#) has been revised to address the new meal pattern requirements. Among the changes is the separation of Fruits and Vegetables into different subsections.

Recipes for Healthy Kids Cookbook for Schools

The cookbooks and recipes are available to download on the Team Nutrition Web site at www.teamnutrition.usda.gov. Thirty kid-approved recipes are from the **Recipes for Healthy Kids Competition**, which USDA launched in September 2010 in support of First Lady Michelle Obama's *Let's Move!* initiative in collaboration with the American Culinary Federation and School Nutrition Association. The cookbooks should be published by the end of 2012.



Nutrition Voyage: The Quest To Be Our Best

New Team Nutrition lessons for grades 7 and 8 are **now available in print by using the online order form at <http://tn.ntis.gov>**. *Nutrition Voyage: The Quest To Be Our Best* includes three lessons (treks) for each grade that are filled with engaging ways for students to learn about making healthy food and physical activity choices; standards-aligned activities for Math, Science, and English Language Arts; and opportunities for students to investigate, participate in a challenge, evaluate, and reflect

If you have not already, be sure to check out the [Healthier Middle Schools: Everyone Can Help](#) communication tools on the Team Nutrition Web site. Printed copies of these tools are now available for free to middle schools participating in Child Nutrition programs.

Serving Up MyPlate

A new collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy. Visit the Team Nutrition Web site to learn more. <http://teamnutrition.usda.gov>



NATIONAL SCHOOL BREAKFAST WEEK, MARCH 4-8, 2013



The 2013 theme, “Be a Star with School Breakfast,” highlights how eating a balanced breakfast at school can help students shine like their favorite stars in the movies, on the field, and on TV. The campaign will be appearing in school cafeterias from January to March, culminating in National School Breakfast Week, March 4-8 2013. For more information [click here](#).

HealthierUS School Challenge Award Winning Schools!



Student assemblies were held this fall at the following schools to celebrate national awards for efforts to create healthy school environments through the USDA's HealthierUS School Challenge, a voluntary national certification [initiative](#) for schools participating in the National School Lunch Program.

- Schaller-Crestland Elementary was honored with a Bronze Award ceremony on September 27th
- Ed White Elementary, Alan Shepard Elementary, Virgil Grissom Elementary, Neil Armstrong Elementary, and John Glenn Elementary Schools in the North Scott Community School District were honored with Silver Award ceremonies on October 8th and 9th.
- Davis County Elementary School was honored with a Gold Award ceremony on October 15th.
- Lakewood Elementary and Don Oviatt Elementary in the Norwalk Community School District were honored with Gold of Distinction Award and Bronze Award ceremonies respectively, on October 17th.

The events included a school celebration with student activities, a special appearance from Power Panther, a USDA mascot, and remarks from school and community officials, including Ann Feilmann, Chief of the Iowa Department of Education's Bureau of Nutrition and Health Services. Darlene Barnes, Regional Administrator, USDA Food and Nutrition Services for Mountain Plains Regional Office, presented the awards at Davis County and Norwalk Elementary schools.

These schools have created healthy school environments by meeting strict requirements for school meals, nutrition education, physical education, and school wellness policies.

Twenty Iowa schools have received a [HealthierUS School Challenge](#) Award, including newly awarded Central Community School District winning a Bronze Award and St. Francis of Assisi School winning a Silver Award. Contact Patti Delger at patti.delger@iowa.gov for more information.

Dean Flaws and Jane Heikenen will be transitioning into the Child and Adult Care Food Program. They were asked to each write a paragraph or two about their experiences over the years with USDA Foods.



Dean W. Flaws, Food Distribution, Iowa

I have been with the Bureau of Food and Nutrition and/or the current Bureau of Nutrition and Health Services since 1989. My first 8 years were spent in Alta, Iowa where I was a Northwest Regional consultant for the Child and Adult Care Food Programs and the National School Lunch Programs. I moved to Carlisle, Iowa in 1997 when I replaced Ron Riekema in the USDA Foods Program. I have enjoyed the USDA Foods (commodity) Program very much this past 15 years. I thank all of you that I have done business with each year and wish you all the best in the years to come. My hat goes off to all of you and your dedication to feeding Iowa's school children. The program is so beneficial to so many children.

I will continue to work in the Bureau, now as a Child and Adult Care Food Program (CACFP) consultant. My contact number is 515-725-6160. Sarah White will continue in my position as the USDA Foods consultant and her number is 515-281-4032. She started new with the Bureau on October 19th and is looking forward to working with the schools.

Jane Heikenen, USDA Foods

Most of you have worked with Dean Flaws sometime over the past fifteen years; I have also been working with USDA Foods since October 2008. This was during the time USDA began working on a reimage of "commodities" by changing their name, designing new labels and looking at every item to evaluate if there was a healthier version. I enjoyed being the person with the DoD (Department of Defense) "bank account" as USDA also removed each state's limit on DoD fresh fruits and vegetables. That allowed Iowa to expand from \$600,000 a year to \$1,800,000!



I was able to work with several school personnel from a different perspective by being part of the advisory council. This group was willing to devote time to learn about the way food distribution works and make decisions representative of the 540 schools in Iowa. I learned that the brokers, sales reps, and USDA staff will do anything to help you succeed because when USDA Foods runs smoothly, everyone wins. Jill Stuecker is the new USDA Foods consultant and her number is 515-725-2887.



from the Bureau of Nutrition and Health Services

Want to Help End Hunger? - Summer Food Service Program

According to USDA, 16.7 million children under 18 in the United States lived in food insecure households in 2011.

Did you know that children who struggle with hunger may:

- Have slower growth and inhibited brain development.
- Be more prone to illnesses, including stomachaches, headaches, colds, ear infections, and fatigue.



Have a greater susceptibility to obesity and its harmful consequences.

- Be at higher risk for chronic health conditions such as anemia and asthma.
- Have more frequent instances of oral health problems.
- Have lower concentration and alertness in school.
- Have lower academic achievement.
- Be at greater risk of truancy and school tardiness.
- Have an increased likelihood of developing issues with aggressive behavior, hyperactivity, anxiety, mood swings, and bullying.
- Have less energy for social interactions.

During the school year, many children receive free and reduced-price breakfast and lunch meals at school. What happens when school lets out? The Summer Food Service Program (SFSP) is designed to fill that nutrition gap. Summer Food Service Program sponsors did a fantastic job this past summer, serving more children than ever before! A total of 746,391 meals were served during the summer of 2012 (breakfast, lunch, supper, and snack), which is an increase of more than 56,000 meals from the previous summer.

Want to help end hunger this coming summer become a SFSP sponsor. Contact Stephanie Dross at stephanie.dross@iowa.gov or call 515-281-4760.

Verification Update

Hopefully everyone is finished with the verification process for free and reduced applications in your District, deadline was November 15, 2012. Dates to remember: **Dec. 1, 2012**-CNP 2000 will be open to record your results of the verification activities on the Verification Summary Report. **Jan. 11, 2013**- Verification Summary Report must be completed on the CNP 2000 system.

Remember this year only, the DHS letters are being counted as “categorically eligible” not as “directly certified”. Therefore, the students are counted on line 4-2, column A **NOT** on line 4-1 for directly certified. They do however get added in the total Free number line 4.

USDA will be coming out with a new Verification Summary Report for next year where all categories will have a separate line for recording purposes. A webinar will be planned and all School Food Authorities will be notified. Questions may be directed to your area consultant or Diana Weber, Consultant, at 515-281-5663 or Diana.weber@iowa.gov.

Produce Safety: Purchasing and Receiving

Fruits and vegetables are an important part of a healthy diet. Introducing children to them in schools will improve their present and future health. Fresh produce must be handled safely to reduce the risks of food borne illness at each step from farm to table.

Purchasing and receiving of fresh produce is one of the first steps in the process. What can you do to ensure that you are receiving safe fresh fruits and vegetables?

- Use purchasing specifications that include the food safety requirements you desire. These specifications may include:
 - Climate controlled delivery trucks
 - A written letter from the vendor indicating that they follow either a HACCP program or good manufacturing practices
 - Vendor compliance with federal and state food safety laws and regulations
 - Vendor maintenance of clean and pest-free storage areas and delivery vehicles
 - Good Agricultural Practices (GAPs) audit documentation
 - Vendor purchases products from licensed, reputable sources
 - Product traceability documentation
- When buying local, you may wish to include in your specifications:
 - A definition of local
 - The number of days that you want from harvest to delivery
- Visit approved vendors to check their storage and handling practices
- Establish procedures for inspecting and accepting incoming deliveries. These procedures may include:
 - When to accept or reject items
 - Inspection of the delivery vehicle for cleanliness and temperature
 - Temperature checks to ensure that refrigerated produce is received below 41F
 - Placement of foods in the proper storage areas quickly.
 - Verifying the condition of the fresh produce by odor, sight and touch. Reject unacceptable products.
 - Verifying the best if used by dates on all fresh-cut items
 - Record the date received on the outside of each case to ensure inventory rotation



A series of resources on produce safety that describe practices for receiving, storing, handling, and purchasing fresh produce can be found at: <http://nfsmi.org/ResourceOverview.aspx?ID=394>

School Breakfast Challenge Results!

During the 2011-12 School Year the Iowa Department of Education partnered with the Midwest Dairy Council to hold an Iowa School Breakfast Challenge. The challenge encouraged schools to increase their breakfast participation by at least 20%. The schools with the highest increase, were awarded cash prizes, provided by the Midwest Dairy Council. Here are the results:

Gold: United CSD, Assumption High School, Dowling Catholic, and Cedar Falls CSD

Silver: St. Thomas Aquinas, Preston CSD, Waverly-Shellrock, and Bettendorf CSD

To help more students fuel up for school, the challenge will be held for a 2nd year! All districts are automatically a part of the challenge. The number of district breakfasts served per child enrolled during October 2012 – April 2013, will be compared with 2011-2012 data.

For more information about the challenge and success stories of the 2011-12 winning schools visit: <http://tinyurl.com/IAbreakfastchallenge>. Questions can be directed to Carrie Scheidel at carrie.scheidel@iowa.gov or 515-281-4758.

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