



The Lunch Line

a newsletter of
The Bureau of Food & Nutrition
The Iowa Department of Education

Please route to:

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| <input type="checkbox"/> Food Service Director | <input type="checkbox"/> Record Keeper | <input type="checkbox"/> Superintendent |
| <input type="checkbox"/> Kitchen Staff | <input type="checkbox"/> Principal | <input type="checkbox"/> _____ |

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How Does Your School Measure Up?

Did you know that:

- ♣ only 2% of children actually meet the recommendations of the Food Guide Pyramid?
- ♣ less than 15% of school children eat the recommended servings of fruit?
- ♣ only 30% consume the recommended milk group servings?
- ♣ teenagers today drink twice as much carbonated soda as milk?
- ♣ nearly half of young people ages 12-21 do not engage in physical activity on a regular basis?
- ♣ the percentage of young people who are overweight has more than doubled since 1970?
- ♣ over 30,000 children have Type 2 diabetes, a type of diabetes that was once almost entirely limited to adults?

One of the most important issues facing our nation today is the health of its children. Our children are facing a health crisis and schools have an important role to play. Schools are the perfect place to create an environment for children where healthy lifestyles are consistently reinforced and easy to learn and adopt. This issue of the Lunch Line will explore ways that schools can improve their nutrition and physical activity environment.

A healthy school nutrition environment is one where nutrition and physical activity are taught and supported in the classroom, the cafeteria and throughout the school. This type of environment

For Sale

Used Blodgett Convection Oven
 208-220, 3 Phase, Type F111
 Asking price: \$1,000.00

If interested contact:
 Parker Pieri
 St. Alberts School - Council Bluffs
 712-329-9000

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provides positive messages that help students develop healthy eating and physical activity habits. It includes the opportunity to make personal choices from healthy food options in the cafeteria and throughout the school; and the opportunity for physical activity that is fun.

There are six components of a healthy school nutrition environment. Each one is important and has an impact on nutrition and physical activity. The components are:

- ♣ **A commitment to nutrition and physical activity**—Healthy eating and physical activity are essential for students to achieve their full academic and physical potential, mental growth, and lifelong health and well-being. Schools are a great place to influence students’ eating and physical activity patterns. In a school committed to a healthy nutrition environment, every member of the education team makes nutrition and physical activity top priorities every day.
- ♣ **Quality school meal**—Healthy school meals provide energy and nutrients children need for sound minds and bodies. Studies confirm what parents and teachers have said for years – children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal programs allows children to learn to enjoy many different foods and develop healthy eating patterns.
- ♣ **Other healthy food choices**—The quality of the school nutrition environment depends on the quality of **all** foods and beverages sold or served at school. Foods that provide little nutrition compete with healthy school meals – and send mixed messages to students. This undermines nutrition education efforts and discourages healthy eating. School nutrition policies must address all foods and beverages sold or served on school grounds or at school events. This includes a la carte offerings in the school cafeteria and foods and beverages sold in vending machines, snack bars, school stores, and concession stands (if available); foods and

beverages sold as part of school fundraising activities; and refreshments served at parties, celebrations, and meetings. Decisions about the sale of competitive food should be based on nutrition goals for students, not on profit making.

- ♣ **Pleasant eating experiences**—Children will enjoy their food more and may try more healthy options if they can relax, eat, and socialize without feeling rushed. Studies show that environment has a powerful influence on behavior. A pleasant dining area allows students to pay attention to what they are eating, and to enjoy the sensory and social aspects of a healthy meal.
- ♣ **Nutrition education**—Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, nutrition education for children should be appropriate for the students’ ages, reflect their cultures, and provide opportunities for them to practice skills and have fun. The nutrition education curriculum should be easy to teach and contribute to State learning standards.
- ♣ **Marketing**—Making healthy food choices and physical activity available for students is important. But it is also important to educate students, parents, teachers, administrators, and the community about the benefits of a healthy school nutrition environment – and motivate them to take action. Special promotions and events are great marketing tools.

Let’s look at several definitions of success for each of the above components.

Component 1: A Commitment to Nutrition and Physical Activity

- Nutrition education and physical activity are included in the school’s daily educational program from pre-k through grade 12.
- Administrators support the development of healthy lifestyles for students, and establish and

enforce policies that improve the school nutrition environment. They address issues such as the kinds of foods available on the school grounds; mealtime schedules; dining space and atmosphere; nutrition education; and physical activity.

- School staff, students, and parents are part of the policy-making process and support a healthy school nutrition environment.
- School foodservice staff is a part of the education team and participates in making decisions and policies that affect the school nutrition environment.
- The school has a health council to address nutrition and physical activity issues.

Component 2: Quality School Meals

- Schools offer breakfast and lunch and students are encouraged to participate.
- The Child Nutrition Programs are administered by school foodservice staff that are properly qualified according to current professional standards.
- All foodservice staff have appropriate pre-service training and regularly participate in professional development activities.
- School meals are offered at prices students can afford.
- Menus are planned with input from students and include local, cultural and ethnic favorites of the students.
- Menus meet nutrition standards and conform to good menu planning principles.
- Foodservice staff use food preparation techniques to provide meals that are lower in saturated fat, sodium, and sugar. Offer healthy food choices that include lean meats, fruits, vegetables, whole grains and low-fat or non-fat milk.
- Food safety is a key part of the foodservice operation.

Component 3: Other Healthy Food Options

- All foods and beverages that are available at school contribute to meeting the dietary needs of students; that is, they are from the five major food groups of the Food Guide Pyramid.
- School policies include nutrition standards for foods and beverages offered at parties, celebrations and social events.
- If foods are sold in competition with school meals, they include healthy food choices offered at prices children can afford.
- If ala carte foods are available, they include a variety of choices of tasty, nutritious foods and beverages, such as fruits, vegetables, whole grains, and low-fat dairy foods.
- If foods and beverages are sold in competition with school meals, they are not more highly marketed than the reimbursable meals.
- There are appropriate restrictions on students' access to vending machines, school stores, snack bars and other outlets that sell foods and beverages.
- School staff does not use food as a reward or punishment for students.
- The school encourages organizations to raise funds by selling non-food items.

Component 4: Pleasant Eating Experiences

- Meal periods are scheduled at appropriate times; schools do not schedule tutoring, pep rallies, club and organization meetings and other activities during meal times.
- Meal periods are long enough for students to eat and socialize.
- There are enough serving areas so that students don't have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating; tables and chairs are the right size for the students.
- Recess for elementary grades is scheduled before lunch so that children will come to lunch less distracted and ready to eat.
- Hand washing equipment and supplies are in a convenient place so students can wash their hands before eating.

Component 5: Nutrition Education

- Students receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Students receive nutrition messages throughout the school that are consistent and reinforce each other.
- The school is enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and the community.

Component 6: Marketing

- Healthy eating and physical activity are actively promoted to students.
- Schools consider student needs in planning for a healthy school nutrition environment. They ask students for input and feedback and listen to what they have to say.
- Students receive positive, motivating messages about healthy eating and physical activity throughout the school setting.
- Schools promote healthy food choices and don't allow advertising that promotes less nutritious food choices.

Each person can support a Healthy Nutrition Environment. Here is one thing each person can do.

School Superintendent and Board Members

Value and enthusiastically support a healthy school environment. Let your actions reflect your values.

Principals

Emphasize that nutrition and physical activity are part of the total educational program and encourage staff to work together toward improving children's health.

Foodservice Staff

Support classroom lessons by offering foods that illustrate key messages, decorate the cafeteria with educational posters, post the nutrition analysis of the foods you serve, and conduct promotions and events in the cafeteria that support healthy choices.

Teachers

Focus nutrition lessons on skills – not just facts. Give students opportunities to practice what they learn, and make the lessons meaningful, hands-on and fun.

It's time to act. Changes need to be made to improve the nutrition environment of our schools. Everyone needs to take action now to create a healthier future for our children.

Article written from information found in USDAs Changing the Scene Kit. (10)

2002 Short Course Information



| | |
|------------------|---|
| Title: | School Foodservice Basics |
| Date: | June 24-25, 2002 |
| Time: | Registration 8:00 a.m. – 9:00 a.m. Class Mon. 9:00 a.m. – Noon, 1:00 p.m. – 4:00 p.m. Tues. 8:30 a.m. – Noon, 1:00 p.m. – 3:00 p.m. |
| Location: | Scheman Building Iowa State University, Ames |
| Cost: | \$130 - Includes lunches, breaks, materials, framed certificates |

Course Description: This course will cover basic information helpful in the operation of a school foodservice program. Some topics covered include portion control, basic food safety and sanitation, and meal service.

Title: Financial Management
Date: July 9-10, 2002
Time: Registration 8:00 a.m. – 9:00 a.m.
Class Tues. 9:00 a.m. – Noon,
1:00 p.m. – 4:00 p.m.
Wed. 8:30 a.m. – Noon,
1:00 p.m. – 3:00 p.m.
Location: Scheman Building, Room 260-262
Iowa State University, Ames
Cost: \$130 - Includes lunches, breaks,
materials, framed certificate

Course Description: This course is being offered for those schools that are experiencing financial challenges. The topics covered will examine labor costs; food costs; establishing a foodservice budget and ways to increase revenue.

Title: The Joys and Challenges of Working with People
Date: July 23-24, 2002
Time: Registration 8:00 a.m. – 9:00 a.m.
Class Tues. 9:00 a.m. – Noon,
1:00 p.m. – 4:00 p.m.
Wed. 8:30 a.m. – Noon,
1:00 p.m. – 3:00 p.m.
Location: Scheman Building, Room 260 – 262
Iowa State University, Ames
Cost: \$130 - Includes lunches, breaks,
materials, framed certificate

Course Description: This class will help participants understand how the personality types of others affect workplace behaviors and working relationships; identify sources of conflict in the workplace and practice conflict resolution skills; appreciate the need to develop communication links with those who will have an impact on school foodservice; review the legal aspects of employment and understand how job descriptions define work expectations.

Title: Basic Math Principles for Foodservice
Date: August 6, 2002
Time: Registration 12:00 noon – 1:00 p.m.
Class Tuesday 1:00 p.m. – 4:30 p.m.
Location: West Des Moines Learning Resource Center
3550 Geo. M. Mills Civic Parkway
Cost: \$10 - Includes breaks and materials

Course Description: This class will focus on the math skills necessary to work in a kitchen. The information will assist foodservice staff in completing food production records, costing of meals, and examine other areas where a basic understanding of math is necessary. This session is offered in conjunction with the New Manager's Training. It can be registered for separately or with the New Manager's Training.

Title: New Manager's Training
Date: August 7-8, 2002
Time: Registration 8:00 a.m. – 9:00 a.m.
Class Wed. 9:00 a.m. – Noon,
1:00 p.m. – 4:00 p.m.
Thur. 8:30 a.m. – Noon,
1:00 p.m. – 3:00 p.m.
Location: West Des Moines Learning Resource Center
3550 Geo. M. Mills Civic Parkway
Cost: \$40 - Includes lunches, breaks,
materials, framed certificate

Course Description: Program overview and reimbursement structure, meal pattern requirements (food based), component system, menu planning, offer vs. serve, standardized recipes, food production records, promoting your foodservice program, and basics of food safety and sanitation.

Note: This class is only available to those new manager's who have been employed in a managerial position for 2 years or less. Others should plan on attending the Manager's Update. Also, the information will only be pertinent to those working the food-based menu planning system. Do not attend if you are using NuMenus.

Title: Manager's Update
Date: August 15, 2002
Time: Registration 8:00 a.m. – 9:00 a.m.
 Class Thur. 9:00 a.m. – Noon,
 1:00 p.m. – 3:00 p.m.
Location: Scheman Building
 Iowa State University, Ames
Cost: \$50 - Includes lunch, breaks, and materials.

Course Description: Join us for a one-day school foodservice update.

* * * * *

Overnight Accommodations for Short Courses

Blocks of rooms in Ames have been reserved at each of the following locations. The rooms are held for June 23-24, July 8-9, and July 22-23. These blocks will be cancelled one month prior to the start date of each class so make your room reservations early.

Baymont Inn – \$61.95 Single; \$68.95 Double; \$75.95 Triple
 515-296-2500

Microtel - \$49.94 Single, Double, or Triple
 877-422-5250

Heartland Inn - \$59.99 for Single, Double, or Triple
 800-334-3277 ext. 20

The tax is for all rooms is 10%.

A block of rooms has been held for August 6-7 at the Heartland Inn in West Des Moines. Call 1-800-334-3277, ext. 16. \$45 Single \$50 Double

Tax rate in West Des Moines is 12%.

The block will be cancelled one month prior to the start date so make your reservation early.☺

2002 Summer Food Service Program (SFSP)



Undersecretary Eric Bost has made growth of the SFSP a Food and Nutrition Service priority. The Bureau of Food and Nutrition is encouraging school districts to become sponsor of the Summer Food Service Program (SFSP). The Bureau of Food and Nutrition requests eligible districts review their present efforts in sponsoring the SFSP. Districts that have one or more buildings with over 50% free or reduced price eligible students are automatically eligible to be a SFSP site.

As part of outreach at the State level, traditional and nontraditional entities will be informed of SFSP and encouraged to become sponsors. The intent is to gain “partners” in the operation of the SFSP. Collaboration among community businesses, private nonprofit organizations, and service organizations is important in ensuring healthy children in communities across Iowa. The development of new partnerships and the strengthening of existing ones play an integral role in feeding hungry children during the summer.

Program Purpose

The SFSP was created to ensure that needy children have access to nutritious meals during the summer months when the National School Lunch Program (NSLP) is not operating. To operate a program, a site must document that at least 50 percent of the children in the area it draws attendance from meet free or reduced price guidelines for lunches in the NSLP; or in the case of an enrollment program, 50 percent of the children meet such guidelines.

Sponsoring Organization Requirements

By law, sponsoring organizations are limited to:

1. Units of local, municipal, county or state governments.

2. Residential summer camps, public or non-profit private.
3. School food authorities, public or non-profit private.
4. Private colleges and universities sponsoring a National Youth Sports Program.
5. Private non-profit organizations.

Additionally, sponsoring organizations are required to:

1. Serve nutritious meals that meet SFSP requirements.
2. Maintain records of menus, number of meals served and the costs of producing and serving the meals.
3. Accept final administrative and financial responsibility for their SFSPs.

Program Payments/Reimbursements

The SFSP is not a grant program. Government sponsors, public and private nonprofit school food authority sponsors, public and private nonprofit National Youth Sports Program sponsors, and public and private nonprofit residential camp sponsors will receive meals served times reimbursement rate in 2002. All other private nonprofit organizations will receive program payments that equal the lesser of the following for operating costs: actual operating costs incurred by the sponsor; or meals served multiplied by reimbursement rate. Payments to a sponsor for administrative costs shall equal the lowest of the: amount estimated in the sponsor’s approved administrative budget; actual administrative costs incurred by the sponsor, or the number of meal served multiplied by the administrative reimbursement rates.

This is an equal opportunity program and is available without regard to race, color, national origin, sex, age, or disability. If at any time you believe you have been discriminated against, please write to USDA, Director of Civil Rights, Room 326-W, Whitten Bldg., 14th and Independence Avenue, SW, Washington, D.C. 20250-9410.

Please contact the Bureau of Food and Nutrition by March 15, 2002 if the district is interested in becoming a sponsor. ☉

SFSP Reimbursement Rates 2002

| SFSP Payment Rates | | | |
|---------------------|-----------------|--|-----------------------|
| Type of Meal Served | Operating Costs | Administrative Costs For Meals Served at | |
| | | Self-preparation or Rural Sites | Vended or Urban Sites |
| Breakfast | 1.32 | 0.1300 | 0.1025 |
| Lunch or Supper | 2.30 | 0.2400 | 0.2000 |
| Supplement | 0.53 | 0.0650 | 0.0525 |

Retirements



Marlene Sotyn
31 years
South Tama CSD

Eve Prescott
15 years
South Tama CSD

Commodity News

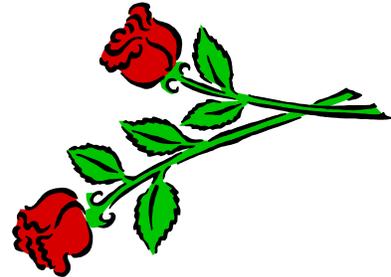


Dehydrated Potatoes 30

A successful way to use this government commodity has been found. The FS director from St. Joseph School, Key West, says to use “real milk” and not powdered milk. Also, they added one package of “*Excel Potato Pearls*”. If they get too sticky while being mixed, just add some hot water. Follow directions on both packages. “Do not over mix, also mix pearl potatoes first, then add flakes.” Patti Barnes, FS Director, St. Joseph, Key West

Summer Camps 2002

At this time there will be no camp deliveries for Iowa summer camps during 2002. A very limited supply of Bonus commodities is in surplus at the warehouses. This program may be available next year if a surplus of bonus commodities develops.



Website for the USDA Food Distribution Program

The website is:
www.fns.usda.gov/fdd/

Website for the Iowa Food Distribution Program

The website is:
www.state.ia.us/programs/ecese/fn/comm_dist/
This is a valuable resource for additional program information, values, forms, etc. for the Commodity Food Program.

Discount on Yogurt Products

The State of Iowa has distributed some NFD Milk to General Mills and Dannon this year. If your local vendors receive yogurt products from these two companies, you may receive a rebate or a discounted price when you purchase yogurt products. Ask your salesman about the program and how it will work for your school.

A Fond Farewell

The Iowa Department of Education announces the retirement of Barb Pothast and resignation of Christine Anders in early February. We recognize the significant contributions both have made in their work and know you join us in saying they will both really be missed.

At this time, the Bureau of Food and Nutrition wish to publicly express on behalf of School Food Service staff across the state appreciation to Barb and Christine for their years of service to Child Nutrition Programs. They have touched the lives of thousands directly and of countless more through their work.

We congratulate Barb on her retirement and congratulate Christine on her new business venture. We wish them both the very best!