



# The Lunch Line

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

Please route to:

<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"/> _____

Published in September, November, January, March and May

November, 2003



## Navigate Your Day with School Breakfast

National School Breakfast Week is March 8-12, 2004. The menus have included items to go with the theme of "Navigating Your Day with School Breakfast". Encourage your school to participate and help students (and parents) to recognize the importance of breakfast in helping them to "sail" through their school day. Recipes are available on the ASFSA website at [www.asfsa.org](http://www.asfsa.org) (look under meetings and events side bar). If you would like to purchase some balloons, pencils, or stickers, you can order these through the same website and go to the Emporium. You do not need to be a member to use this website or to order.

### National School Breakfast Week Menus

#### Island Treasures

- Pirate Pancakes (Serve 2 of USDA B-13)
- Ahab Apple Topping (Serve 1/3 cup of USDA G-9)
- Guide Star Grape Juice (4 oz.)
- Moby Milk (8 oz.)

#### Bon Voyage

- Sea-Legs Eggs (1/4 cup scrambled eggs USDA D-34)
- Tidal Toast (1 slice)
- Oceanic Orange Juice (4 oz.)
- Map-the-Way Milk (8 oz.)

#### Anchors Away

- Muffin Squares (serve one piece of USDA B-20b)
- Float-Your-Boat Cereal (3/4 cup or 1 oz.)
- Very Cherry Sailing Salad (serve 1/2 cup)
- Mast Milk (8 oz.)

#### Cruising Along

- Yacht Yogurt (4 oz.)
- Atoll-a Granola (1/4 cup of USDA J-1)
- Ship-Shape Grapes (1/2 cup)
- First-Mate Milk (8 oz.)

#### Set Your Course

- Chart-the Way Cheese Toast (1 slice with 1 oz. cheese)
- Apple Cruise Juice (4 oz.)
- Magellan Milk (8 oz.)

### MENU CONTRIBUTION

- 2 grains/breads
- 1/3 cup fruit/vegetable
- 1/2 cup fruit/vegetable
- 1 milk

- 2 oz. meat/meat alt.
- 1 grain/bread
- 1/2 cup fruit/vegetable
- 1 milk

- 1 grain/bread
- 1 grain/bread
- 1/2 cup fruit/vegetable
- 1 milk

- 1 oz. meat/meat alt.
- 1 grain/bread
- 1/2 cup fruit/vegetable
- 1 milk

- 1 oz. meat/meat alt. and
- 1 grain/bread
- 1/2 cup fruit/vegetable
- 1 milk

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## Breakfast Study Results

Schools that offer breakfast to students improve the academic performance of students, reduce tardiness, reduce behavior disruptions, and improve student attentiveness. Many schools that have implemented breakfast programs report positive support from teachers, principals, nurses and guidance counselors. In an article reporting Maryland's "Meals for Achievement" classroom pilot, one teacher stated: "I felt I had enough to do with preparing for teaching that to have breakfast in my classroom would just be extra work and a big mess, but I found that I barely have to do any work at all and the kids are so much better behaved that my lessons go much smoother. I would want to tell other teachers that it may seem like a hassle, but it really is minimal work with a lot of positive payoffs...I would be upset now if they took the breakfast program away." (Cited from J.M. Murphy et al., Maryland Meals for Achievement Year III Final Report, October 2001)

## NFSMI Teleconference Addressing School Breakfast

The National Food Service Management Institute recently sponsored a teleconference titled "School Breakfast: A Smart Way to Start the Day." The original viewing was on October 30<sup>th</sup> but the transcript can still be accessed through the site at [www.nsfmi.org](http://www.nsfmi.org). Once you are at the website, go to the side bar and click on Educational Opportunities. ASFSA members can earn one CEU toward the ASFSA Certification program by reading the transcript and completing a short quiz.

## 'Power Up' Your School Breakfast

Would you like to make your School Breakfast Program explode? There are currently resources available which can help you do just that.

The *Discover School Breakfast Toolkit* is user friendly and packed with helpful ideas and resources which will help you start a new breakfast program or expand access to the program you already have in operation.

Two additional brochures that you can use are *Power Up Your School Breakfast Program – Ideas for Schools* and *Power Up with School Breakfast – Information for Parents*. These brochures are available for your use on CD



format and will soon be on the Iowa website at <http://www.state.ia.us/educate/ecese/fn/>.

The toolkit helps you by having great information that is already developed for your use. It includes:

- Parent and student surveys to help you determine what parents expect and what students need
- Worksheets to calculate revenue and costs of serving breakfast
- Descriptions of and ideas for various meal service options
- Information and problem solving ideas for stakeholders at every level
- Valuable resources to meet your operational needs, and
- Evaluation for measuring your success

For example, it gives help to schools who want to serve a traditional breakfast, breakfast in the classroom, Grab 'n' Go Breakfast, Breakfast after 1<sup>st</sup> Period, or Breakfast on the Bus.

The *Discover School Breakfast Toolkit* provides charts and visuals that you can use to get the support of teachers, administrators, students, parents as well as your own school food service staff.

Sample menus are provided as well as help in analyzing the current situation by individual buildings. Public Service Announcements are provided for promotion of the school breakfast on your local radio station or in your area newspaper. Posters to use in the school building are also included with samples of the brochures that you can find on our web page.

With the help of all these resources, your school can have a winning school breakfast program that is an asset to the educational needs of the students, helps parents, and is fiscally sound.

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Verification information and the verification forms can be found on the Bureau's web site at [www.state.ia.us/educate/ecese/fn/school\\_lunch/vi.html](http://www.state.ia.us/educate/ecese/fn/school_lunch/vi.html)

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## New Team Nutrition Workshops for Spring 2004

Five new Team Nutrition workshops are being planned for Spring 2004. The goal of the workshop will be to promote a healthy lifestyle for Child Nutrition Program participants by increasing the number of program sponsors identifying with Team Nutrition and utilizing the three Team Nutrition strategies. These workshops will also focus on coalition building within your school and community.

Iowa School Food Service Association along with the Action for Healthy Kids (AFHK) coalition and the Bureau of Food and Nutrition will be planning the workshops that will include two tracks for training. One track will be focused on food service staff and will provide principles from Healthy Cuisine for Kids while the second track will be directed toward community partners and increasing their involvement in Team Nutrition activities at the local level.

Participants attending the workshop will be eligible to apply for a \$500 mini-grant to carry out local activities. Time will be provided to plan activities that can be submitted as part of the mini-grant application. This is an opportunity to provide some additional resources for activities for students and to involve local partners in Team Nutrition.

Find the workshop in your area from those listed below. Specific times, locations, and registration will be provided at a later date.

February 21, 2004	Council Bluffs
March 6, 2004	Pella
March 13, 2004	Davenport
April 3, 2004	Oelwein
April 17, 2004	Cherokee

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We would like to feature in the Lunch Line, local programs that are making a difference. Let us know what your local coalition is doing to support sound nutrition and physical activity in your school.

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## Changes at the Bureau

As announced in the last Lunch Line, Laura Sands resigned her position as Team Nutrition Project Director this past summer. The Bureau of Food and Nutrition would like to take this opportunity to again publicly thank Laura for all she has done to kindle, spark, and help fan the flames for Team Nutrition within the state of Iowa. Through her responsibilities as Iowa Team Nutrition Project Director while Iowa was a part of the Team Nutrition Demonstration Project she has helped to shape Team Nutrition for schools not only within the state but nationally as well. In addition, Laura has helped lead the development of numerous Team Nutrition resources for the Child and Adult Care Food Program. Laura's leadership, attention to detail, creativity and concern for others will be missed. In her new role, she is working part time for the Iowa Association of School Boards, so some of you may have the opportunity to cross paths with her in her new role. On behalf of all that have worked with Laura, we wish the very best for Laura in her new role.

Responsibilities of two current Bureau Staff members are being adjusted to allow them to serve as Co-Team Nutrition Project Directors for the two current Iowa Team Nutrition Grants. Janet Wendland and Ginny Huntington will be the two individuals working with these grants. Both of them will continue with some review responsibilities in their previously assigned areas, but with some reduction in total reviews and other responsibilities. Each of them will be working approximately 1/3 time on the Team Nutrition Initiative as defined in the Iowa Grants. Please feel free to contact either of them if you have questions about Team Nutrition:

[Janet.Wendland@ed.state.ia.us](mailto:Janet.Wendland@ed.state.ia.us) or phone 563-237-6461  
[Ginny.Huntington@ed.state.ia.us](mailto:Ginny.Huntington@ed.state.ia.us) or 515-281-5676

The Bureau is currently in process with hiring an Education Program Consultant to fulfill responsibilities vacated with the changes above and others detailed in the October 2003 issue of the Lunch Line.

## Reauthorization 2004

What is really meant by the term “reauthorization”? Some Child Nutrition Programs (Summer Food Service Program, State Administrative Expense Funds and the WIC Program) are authorized by Congress to operate for a fixed period of time, usually for four or five years. At the end of that period, Congress must reauthorize operation of these programs for another fixed period - hence the term “reauthorization”. Other child nutrition programs – National School Lunch, School Breakfast and Child and Adult Care Food Programs – are permanently authorized and do not have to go through full reauthorization, but do go through a reassessment to make changes in the program operations. These changes can greatly affect the way the programs operate and who they serve, and therefore the reauthorization process attracts a lot of attention. On September 30, 2003, a continuing resolution was signed by the President. The continuing resolution allows those programs relying on reauthorization to remain funded until the formal reauthorization is finished. Further continuing resolutions may be needed before the total reauthorization is completed. On October 3, a bill was introduced in the House by Representatives Castle, Boehner, Miller and Woolsey to authorize for a full year those programs whose funding would expire if continuing resolutions are not signed.

The public was invited to offer their ideas about change as part of this reauthorization period, and as part of the Food and Nutrition Service’s development of its 2004 reauthorization proposals, nine outreach sessions were held throughout the nation in April and May of 2002. Comments were invited in the areas of Program Access, Nutrition and Integrity. You can see the full list of these comments at [www.fns.usda.gov/cnd/Lunch/default.htm](http://www.fns.usda.gov/cnd/Lunch/default.htm). Also, congressional delegates have offered and will be sponsoring further legislation pertaining to the reauthorization proposals. Senator Harkin has introduced a proposal to offer grant money to needy schools to create healthy school nutrition environments, and to expand the fruit and vegetable pilot programs. Senators Daschle and Lugar have signed onto a bill introduced by Senators Dole and Roberts that would eliminate the reduced-price category by raising the free meal category up to 185% of poverty, over a period of time. Congresswoman Caps introduced a bill that would establish a grant program to encourage schools to improve the nutritional profile of foods available in vending machines. Congressman Castle introduced legislation to encourage the establishment of school-based programs to help reduce and prevent obesity, and would authorize grant monies to use for these programs. Senators Frist, Bingaman and Dodd reintroduced legislation to promote better nutrition and

physical activity, known as the IMPACT Act. Senator Kohl introduced legislation to expand, enhance and streamline the School Breakfast Program, the Summer Food Service Program and the Child and Adult Care Food Program to serve more children. Senator McConnell, and cosponsors Senator Bayh and Senator Fitzgerald introduced legislation to provide incentives to schools to encourage consumption of milk and create healthy school environments. Representative Upton introduced a bill cosponsored by Senator Leahy and Representative Kind to provide grant funds to establish “farm-to-cafeteria” programs, encouraging collaboration between schools and local farmers and community organizations.

For more information on any of these bills, go to [www.asfsa.org/newsroom/sfsnews/](http://www.asfsa.org/newsroom/sfsnews/). Even if you are not an ASFSFA member, you have access to much information. The first Child Nutrition Reauthorization hearing in the House was held in July, and an expert panel of witnesses testified, including the ASFSFA president Gaye Lynn MacDonald; Eric Bost, USDA Under Secretary for FNS; Dr. Richard Carmona, Surgeon General; Dr. Tom Baranoski, Professor of Pediatrics, NIH; Betsy Clarke, President of the National WIC Association; and Dr. Deborah Frank, Professor of Pediatrics at Boston University Medical Center. As part of the October bill proposing continuing funding through October 2004, the Education and Workforce Committee (which is responsible for the reauthorization legislation) Chairman, Representative Boehner, stated that although the committee is making progress on a reauthorization bill, “we are going to take the time to make sure we get it right.”

### Item for Sale

Taylor Model 60 - Ice Cream Shake Freezer  
Purchased in 1996 for \$11,000 new  
Was paid off in 2-1/2 years from lunch sales.  
Makes 4 different flavor of shakes  
Excellent Condition - \$3500

Contact: Linda Sharp  
Winfield-Mt. Union Comm. School  
319-257-7700 Ext. 166  
8:00 A.M. - 3:30 P.M. Mon.-Fri.



## 2004 Summer Food Service Program (SFSP)

Many children in your area are hungry during the summer when your National School Lunch Program is not operating. The Bureau of Food and Nutrition of the Iowa Department of Education (State Agency) wants and needs your help in stopping summer-time hunger among Iowa's children through your participation in the Summer Food Service Program (SFSP).

Your school food service is eligible to sponsor the 2004 SFSP even if your schools are not in session during the summer. The school food service's sponsorship of the SFSP enables your district or private nonprofit school to provide a nutritious meal to hungry children during the summer. Plan now to consider sponsoring the SFSP. A well nourished child can better focus on the task at hand and will be better prepared emotionally and physically for starting school in the fall.



The State agency outreach plan for expanding the 2004 SFSP will include contacting both traditional entities (such as school food service, Upward Bound, National Youth Sports Programs, nonprofit summer camps) and nontraditional entities (such as Area Agencies on Aging, Child and Adult Care Food Program center sponsors or other nonprofit charitable organizations). Please assist the State agency in spreading the word about this under-utilized nutrition program. SFSP information packets will be sent to potential eligible school districts and to other traditional and nontraditional SFSP sponsors, in the near future. The information packets include basic SFSP requirements, a list of eligible schools, access instructions for eligible 2000 Census Block Groups, and a schedule of SFSP information meetings to be telecast over the Iowa Communication Network (ICN).

The State agency's intent is to gain "partners" in the operation of the SFSP. It may be that a local organization fulfills the role as the sponsor and your school food service provides the meals. **Collaboration among school food services, community businesses, private nonprofit organizations, and service organizations is important to ensuring healthy children in communities across Iowa.** The development of new partnerships and the strengthening of existing ones play an integral part in the feeding of hungry children during the summer.

School food services that have one or more buildings over 50% free or reduced-price eligible students are

automatically eligible to be an SFSP site. School sites that do not have 50% enrollment eligibility but are located within an eligible Census Block Group are also automatically eligible to be an SFSP site. If your school food service does not have an eligible building, it may be able to sponsor an "enrolled site". Several 21<sup>st</sup> Century Grant recipients have sponsored the SFSP and provided the children a nutritious meal to compliment the programming. The children that participated received assistance educationally as well as nutritionally. The State Agency staff extends a special "Thank You!" to school food services that operated the SFSP in 2003 and encourage you to expand in 2004.

For additional information visit the USDA web site <http://www.fns.usda.gov/cnd/Summer/default.htm>, or contact Rod Bakken, SFSP Lead Consultant at 515-281-4760 or [rod.bakken@ed.state.ia.us](mailto:rod.bakken@ed.state.ia.us).

## Summer Food Service Program Workshops

A series of informational meetings will be held via ICN on the Summer Food Service Program requirements for new organizations wanting to be an SFSP sponsor.

A potential workshop for potential new sponsors will be held December 3, 2003.

The workshop is free, however, pre-registration is required so workshop materials can be sent to you prior to the workshop. To register contact Janelle Loney at 515-281-5356 or [Janelle.Loney@ed.state.ia.us](mailto:Janelle.Loney@ed.state.ia.us)

## Bureau of Food and Nutrition's Office Hours

Based on our current pattern of phone calls and visitors to the office, beginning Monday, December 1 the Bureau of Food and Nutrition is making a change in the "official" office hours. The hours will be 7:30 a.m. – 4:00 p.m. However, most days there will be some staff arriving as part of their regular schedule prior to 7:30 a.m. and others on duty until 4:30 p.m. A detailed schedule of hours each staff member is working will be posted on the Bureau web site at [www.state.ia.us/educate/ecese/fn](http://www.state.ia.us/educate/ecese/fn) and was included with the October warrant mailing.

What does this mean for you:

- On days when numerous staff are out in the field working, attending meetings, away from the office or out of the office for personal reasons, someone will be on duty to answer the phone and assist office visitors from 7:30 a.m. – 4:00 p.m.
- In addition, on most days you are apt to find someone available to assist you beginning at 7:00 a.m. (or before) until 4:30 p.m. (or after). However, if any of these individuals working other than the "regular office hours" is out of the office, coverage will not be provided to answer the phone and assist visitors during this extended time.

The Bureau's intent in making these changes in the official hours is to better serve the needs of each of you and in reaching someone at the Bureau. If you have any questions or concerns about this change, please contact [Julia.Thorius@ed.state.ia.us](mailto:Julia.Thorius@ed.state.ia.us) or 515-281-4757. Please note, this change is for the Bureau of Food and Nutrition only, the hours for the Department of Education as an entity remain 8:00 a.m. – 4:30 p.m.



## COMMODITY NEWS

### Commodity Use in Home Ec and Other School Programs

Several questions have arisen regarding the use of commodities in home economics classes. The regulations say the following regarding the use of donated foods in home economics courses:

School food authorities (SFA) receiving donated foods under this part may use such foods for the purpose of training students in home economics, including college students if the same facilities and instructors are used for training both high school and college students in home economics courses. Home economics include classes in general home economics, food purchases, nutrition, food preparation, cooking child care and health.

The State Agency's (SA) position would be consistent with the federal policy, "may". There is no requirement on the part of the school food authority to share donated foods with home economics. In addition if the SFA chooses to share, they do not need to share all of the various types of products made available and may place limitations on the quantity. SFA's may also charge the home economics program the cost the school food authority had to pay to receive the product, essentially shipping, handling, and storage. The SA's interpretation of the regulations would be that the first priority for the commodity product would be the school meal program. If the product can be shared without negative or significant negative impact to the school meal program, then it would seem likely the school food authority would be willing to share to support the instructional home economics program for students. Again, even if there is no negative impact, the SFA would not be required by USDA or the Department of Education to share commodities with home economic classes.

### Advisory Council News

Congratulations to Connie White, Davis County CSD, and Stephanie Dross, SE Polk CSD, who were elected as co-chairpersons of the Commodity Advisory Council for 2003-2004. Denise Bridges, Atlantic CSD, was elected secretary.

## Emergency Readiness Plan

A guide for schools, specifically for the food service operation, had been mailed to all schools in the state of Iowa. The National Food Service Management Institute (NFSMI) developed this guide through a cooperative agreement with USDA. It is an outstanding notebook full of forms and guides on how a school food service operation could handle all types of emergencies or service disruptions. A video and CD disk is also included in the presentation of this material.

When a disruption occurs in the food service operation, an emergency readiness plan can ensure the health and safety of customers and employees. Some possible disruptions this prepares you for are:

1. Blizzards
2. Droughts
3. Earthquakes
4. Floods
5. Ice Storms
6. Hurricanes
7. Tornadoes
8. Wildfires
9. Rolling blackouts
10. Gas or electrical outages
11. Kitchen fire
12. Refrigerator/freezer breakdowns
13. Interruption of telephone or computer services
14. Water line break
15. Weekly product or supply delivery interruption

Other challenges include the lockdown of a facility, labor disputes, a bomb threat, or the unintentional or intentional contamination of food. Food service professionals can contribute valuable expertise in quantity food preparation, food safety, and equipment usage during a school or community emergency.

The purpose of this notebook, "Emergency Readiness Plan," is to provide foodservice staff a successful emergency readiness plan, which will ensure the safe production, service, and storage of food in the time of crisis. This plan may also include or be a part of a foodservice biosecurity plan.

Be sure to locate these workbooks in your school and share with all of your foodservice staff. A well-conceived plan will help reduce confusion and ensure the health and safety of customers and employees.

### Deletions for 4C (Nov/December) Deliveries:

1. Egg Mix 10 (#403), deleted because prices were too high and USDA didn't purchase. May be offered again if prices go down.
2. Peanut Butter Slices (#2578), deleted because manufacturer having equipment problems.

## Irradiation – Memo by USDA

Beginning January 2004, irradiated commodity ground beef will be available to order in addition to non-irradiated ground beef for States to offer school districts. The 2002 Farm Bill requires that USDA not exclude any Health and Human Services approved food safety technology for commodities purchased by USDA going to the Federal feeding programs. Irradiation is one of the Health and Human Services approved technologies. The Food and Nutrition Service (FNS) is encouraging schools to conduct informational and educational activities to help their school communities make an informed choice on the ordering of irradiated ground beef as part of their food safety interventions.

The USDA/FNS website at <http://www.fns.usda.gov/fdd/> provides educational materials and sources to start such a process. Posted on the USDA web site is information about educational campaign materials recently developed and tested by a coalition of Minnesota state agencies. The coalition initiative was an outcome of an identified food safety need in the State of Minnesota. The coalition recognized the need to provide science-based information to school communities to assist them in making an informed choice on the use of irradiated foods in school meals. Other school communities may find the materials useful in making that same decision. (Note: Reference to MDE/FNS in these materials stands for Minnesota Department of Education/Food and Nutrition Service, and not to the USDA/FNS agency of the same name.)

Some questions and answers with a survey will be included in the January Lunch Line.

### Commodity Delivery Schedule 2003-2004

4C November 17, 2003 (estimated start of delivery)

4D January 5, 2004 (estimated start of delivery)

4E February 16, 2004 (estimated start of delivery)

4F March 29, 2004 (estimated start of delivery)

