

The Lunch Line

Bureau of Nutrition Programs and School Transportation

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, 2004

Getting Kids to Eat Well

The Role of School Nutrition Staff

School nutrition staff have a big job. They must provide meals that meet the Dietary Guidelines and the other regulatory requirements all on a limited budget. Once the food has been served, another challenge awaits: how to encourage young children to be healthy eaters, eating and enjoying the food prepared.

The following guidance is based on the work of Ellyn Satter, a registered dietitian who has written and lectured extensively about child feeding:



Child feeding requires a division of responsibility

- The adult's role is to provide a variety of attractive, wholesome food offered in pleasant surroundings at regular times.
 - Adults encourage but not force children to eat.
 - Adults can make children feel welcome and comfortable at lunch.
 - Adults model desired behaviors.
 - Adults can teach children to turn down food politely.
- The child's role is to decide whether to eat, what and how much to eat.
 - Children are naturally cautious about trying unfamiliar foods.
 - Children learn to like new foods by having them served over and over (even 10-15 times) and by seeing their friends eat them.
 - Children will waste food, but this is a necessary part of a child's learning process to eventually accept a variety of foods.
 - Serving new foods in small quantities along with familiar foods can help reduce waste.

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Children eat differently than adults

- They are more likely to stop when they are full.
- They eat because they are hungry and because food tastes good and appeals to them at the time.
- They do not eat because they paid for it, because it is good for them, or to keep from getting hungry later.
- Children have inconsistent food preferences and intake from day to day.

Working with administrators to create a healthy nutrition environment is encouraged. Areas of cooperation include allowing sufficient time for eating, encouraging teachers to discuss new foods and nutrition topics and to eat meals with students.

Additional information is available at: <http://www.fns.usda.gov/tn/Resources/changing.html> and at <http://www.ellynsatter.com/>.

Team Nutrition Classroom K-12 Connections Classes Offered



The Bureau of Nutrition Programs and School

Transportation is promoting opportunities to have Team Nutrition curriculum from Food and Me (grades pre K -Kindergarten), Food Time (grades 1-2), and Food Works (grades 3-5) presented on the IPTV channel, direct to the classrooms through K-12 Connections. Iowa State University Extension Nutrition Specialists will teach the classes. Tell teachers in your school or day care center to check this out at: <http://www.k12connections.iptv.org/>.

The program titles for the PreK-Kindergarten sessions are: Food Gives Us Energy to Move! and All Kinds of Foods Help Us Grow and Learn. Program titles for students in Grades 1-2 are: All Aboard the Grain Train and Tasty Travels. The program titles for grades 3-5 are: Bodies Grow and The Label Lowdown. Complete program descriptions are provided when you click on these titles at the website listed above. The sessions will be offered more than once but class size is limited. Pass the word! Enroll your class now!

Team Nutrition Schools Working Together!

Lots of great ideas have been coming in to the State Agency for Team Nutrition Mini-grants. One county has put together a great team and has been energized by students at the college there. Three non-public schools, the county extension director, the county public health, the College of Nursing professor and her students have worked on planning Team Nutrition activities together. Their efforts will include classroom instruction about Team Nutrition, the nursing students plan activities for each of the schools, and involvement by the county public health and extension to assist with additional information resources and displays. The contact at College of Nursing reported that it started as a simple idea and quickly grew because of the enthusiasm by the schools to be involved in promoting the healthy messages. They have monthly activities planned for each school that will be lead by the nursing students.

Another school has involved a local dietitian, principal, food service director, teacher, parents, student council president, county health department, and athletic director. During the Fall Open House the plan involves parents by providing Healthy Snack Taste Testing and having a Pyramid with food models and activity cards on display along with some Lipo-Visuals showing the fat found in various foods. What a great way to show what children are eating! This school is also doing a Team Nutrition event in conjunction with Jump Rope for Heart. The same Food Guide Pyramid will be shown with the Lipo-Visuals and three Team Nutrition messages: "Eat a Variety of Foods," "Eat More Fruits and Vegetables," and "Choose Lower Fat Foods More Often." The menu for the day will indicate which foods are heart healthy and everyone will "Be Physically Active" (the fourth Team Nutrition message) by jumping rope. The media will be invited to join in the activity. This school is also considering changing the décor in their lunch area to encourage the four Team Nutrition messages.



The Only Constant in Life is Change!

In the September Lunch Line issue, we told you about our Bureau's new name. This time we are sharing the new name of the American School Food Service Association. At the Annual Nutrition Conference in Indianapolis this past July, and after 58 years of promoting healthy, balanced meals for school children, members of ASFSA voted to change the name of the organization to School Nutrition Association (SNA).

The membership was told that the new name more accurately reflects who we are, what we're about and how we want to be viewed by others. Members work in all aspects of the school nutrition field, from directing school programs to managing individual school kitchens and staffing cafeterias and kitchens. The Association's mission remains the same "to advance good nutrition for all children." The New website is www.schoolnutrition.org

Iowa has also changed its name to Iowa School Nutrition Association to reflect the change in the national organization. If you would like more information on Iowa's state organization, contact one of the executive officers:

Virginia Bechtold, Council Bluffs; 712-328-6416
vbechtold@cbscd.org

Laurie Peyton Crane, Davenport; 563-386-4780
peytonl@mail.davenport.k12.ia.us

Tracy Knebel, Cherokee; 712-225-6765
tracyk@cherokee.k12.ia.us

Janet Wendland, Mason City, 641-421-8483
Janet.Wendland@iowa.gov

You can also go to the Iowa website
www.ISFSA.org.

Iowa School Nutrition Association Conference

Plan now to attend the Iowa School Nutrition Association Annual Conference on June 27-29, 2005 in Council Bluffs.

Julia's Tidbits

Award Opportunities

Be proud of what you are doing and take time to apply for an award. During the next several months a variety of new and existing award opportunities will be available for you to apply for school recognition. Three of these are briefly described below:



- The *Healthier Us* School Challenge includes both a gold and silver level of recognition for efforts undertaken by schools to provide a healthier school nutrition environment. Schools reaching this criteria receive a two-year recognition and then can reapply for continued work in this important area.
- The Team Nutrition Recognition and Awards Program is being finalized. As the name implies there will be recognition provided to schools for years of involvement with the Team Nutrition initiative. The awards portion of the program is being sponsored in conjunction with the Iowa Partners for Healthy Kids.
- The third award opportunity is sponsored by the USDA Mountain Plains Regional Office. The annual Best Practice Award categories will be announced in the winter issue of the Lunch Line. Information about last year's winners is contained in a booklet recently published by the USDA Regional Office. The Bureau will be receiving an electronic copy of this soon for posting to the DE web site. Take a look at the information about last year's winners and start thinking now about applying for an award.

For more information on these awards, check out the Bureau web site for information that will be posted soon under School Programs, sub category awards.

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Recent Publications

The National Action for Healthy Kids initiative has recently released and posted to its web site a special report, titled "The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools". The report is available in its full form, as an executive summary, and as a one-page handout. The special report was developed in order to stimulate dialogue on this topic, encourage additional research, and to motivate school leaders to make changes that will improve nutrition, physical activity, and physical education in our nation's schools. The web site for this initiative is www.actionforhealthykids.org.



New Training Resource

The National Food Service Institute as part of its work with USDA is in the midst of distributing hand washing kits to all school food authorities in the country. The kit contains a number of different components to assist districts with training their food service staff on the importance of and proper hand washing procedures. If you haven't received your kit yet, it should arrive by the end of the calendar year. If you already received it, we hope you are putting it to good use!

Change Continues

By the time you read this newsletter you should be in process of completing the annual requirement for verification of a percentage of the free and reduced price meal applications. As outlined in the memo regarding verification, additional detail regarding the results is now being required by USDA. All of the information from each School Food Authority will be submitted via the new web based system to the State Agency. The Bureau will review the information, and forward it on to the National level. The State Agency will be required to work with school districts that have an unusually high rate of change in eligibility as a result of the verification process.

Gearing Up for Summer Food Service Program (SFSP)

Do you have one or more schools with 50% or more of the students eligible for free or reduced price meals? If the answer is yes, are you sponsoring the Summer Food Service Program in these neighborhoods? If not, the Bureau encourages you to consider being a sponsor for 2005. These children have just as much need for the program during the summer as during the school year. Districts with one or more schools meeting this criteria will be receiving a letter soon announcing informational sessions to learn more about being involved with this very important program.

For more information, contact Rod Bakken, SFSP Lead Consultant at (515) 281-4760 or Rod.Bakken@iowa.gov



Meet Our New Staff Member

We would like to welcome Jaci Yetmar as the newest consultant. Jaci began work with the Bureau on October 29, 2004. Her primary responsibility will be school programs and child care facilities in Central Iowa. Jaci is married and has four children ranging from age 8 to 15 years old. They claim residence in Fort Dodge, Iowa. Jaci has a Master's Degree in Early Childhood Education from the University of Northern Iowa. She has sixteen years experience in the Early Childhood Field, including thirteen years as Center Director and Head Cook with two Early Childhood Centers in Fort Dodge and one center in Webster City. She is looking forward to working with and sharing information with Central Iowa schools. You can contact Jaci at (515) 281-4758 or e-mail her at Jaclyn.Yetmar@iowa.gov.

Summer Short Course Classes— In Summary!

- Eight sessions were held: Building Your HACCP Program, Advanced HACCP Seminar, Manager's Update, Food Service Basics, Financial Management, Strategies for Effective Team Building, Basic Math for Food Service Employees, and New Manager's Workshop.
- Over 272 food service professionals attended these classes.
- Workshops were held over the ICN, and at Iowa State University in June, July and August.
- Twelve Bureau of Nutrition Programs and School Transportation and Iowa State University staff were involved in facilitating the learning in these workshops.
- We all learned a lot! Read on for the highlights of each workshop.



Building Your HACCP Program

Persons attending this workshop received a starter HACCP manual and a CD-ROM with resources developed through the Iowa school project. They began identifying the areas of concern in their own operations with respect to HACCP procedures.

Advanced HACCP Seminar

Participants brought along recipes and HACCP plans that they had begun for their own districts and received technical assistance in further customizing these plans.

Manager's Update

For the first time, this session was presented over the ICN, with Bureau consultants facilitating learning through group discussions and activities at each site. We reviewed current changes in program operations and areas needing more attention.

Food Service Basics

Enthusiastic new school food service employees were led through activities emphasizing program basics, serving requirements, food quality and food safety.

Financial Management

A group of managers, directors and school administrators worked on computer software spreadsheet applications designed to pinpoint problem areas in food service operations. Group discussion was also held on decisions that affect the cash flow of the organization, and participants began an analysis of their own school data.

Strategies for Effective Team Building

Designed as a follow-up to the Joys and Challenges Workshop in past years, this workshop helped participants to focus on group dynamics in their work situations. They were challenged to identify factors that can change the atmosphere and develop action plans to improve their work environments.

Basic Math for Food Service Employees

The persons attending this class used the new Food Buying Guide to determine the amounts of food to prepare for sample recipes, learned how to re-size recipes, how to put this information in production records, and how to figure the bread/grain, vegetable/fruit and meat servings in sample recipes.

New Manager's Workshop

A large group of eager new managers and directors were provided guidance and basic information about their role in planning and preparing meals that meet the needs of the students in their schools. They practiced what they were learning through many group activities, and had the opportunity to ask a multitude of questions. A majority of the attendees indicated that they would appreciate a follow-up session, which will be held over the ICN in early January.

We invite you to join us next year at these and other learning opportunities!

Dates and registration information for the 2005 Summer Short Courses will be available in early Spring.

Sodium

“Choose a diet moderate in salt and sodium.” Those are words of wisdom from the current Dietary Guidelines. USDA has not set a national standard for sodium in school meals since an estimated annual requirement (EAR) has not been set. However, the Institute of Medicine has established the amount needed for health or “adequate intake” (AI) and an “upper limit” (UL), which is the maximum amount that healthy people should not exceed. Studies have shown that most Americans’ diets exceed the UL for sodium. State Agency nutrient analyses of Iowa school meals have shown similar results.

Dietary sodium intake is of concern because excess amounts may lead to serious health problems. The major concerns related to excess dietary sodium are:

- **High blood pressure** that can lead to heart disease, stroke and kidney disease.
- **Loss of calcium from the body**, important because most children do not consume adequate amounts of calcium.

Most foods in their natural state are low in sodium. The majority of dietary sodium (77%) is consumed as a result of processing while 6% is added during cooking. Since most comes from processed foods, check nutrition fact labels on the products you use or request information from distributors to help you choose and request lower sodium products.

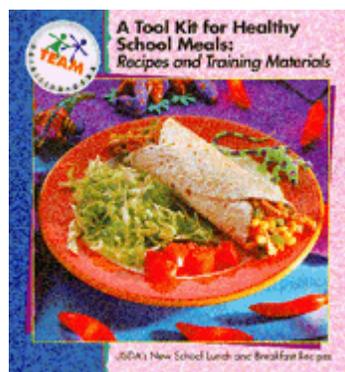
Follow these guidelines when using the Nutrition Facts Label: products with 5% or less of the Daily Value (DV) are considered low in sodium and products with 20% or higher are considered high in sodium. The milligrams of sodium provided by a serving are also listed on the label. The upper limit (UL) for adults is an average of 2400 milligrams or less per day for adults (and the adequate intake (AI) is only 1500 milligrams). While these levels are very difficult to meet, the following efforts can result in progress toward reducing sodium in school meals:

- Limit the frequency or serving sizes of processed foods. This effort can have the biggest impact.

- Serve more foods made from scratch where the amount of salt or other high-sodium ingredients can be controlled.
- Reduce sodium in local recipes as appropriate (not in yeast breads).
- Serve plenty of fruit and fresh or frozen vegetables that are naturally low in sodium, and high in potassium, which can help offset blood pressure elevating effects of salt.
- Experiment with herbs, spices and lemon for all or part of the salt in selected recipes.
- Limit portion sizes of condiments.

Lower sodium USDA recipes have been developed and are available online in “A Toolkit for Healthy School Meals”

<http://www.fns.usda.gov/tn/Resources/toolkit.html>.



Sodium contributes to flavor and acceptability of school meals, so efforts to reduce it need to be carefully approached to limit any negative potential impact on customer satisfaction and meal participation.

Below are considerations when reducing sodium or making other changes to provide healthier school meals:

- Make changes gradually.
- Communicate with staff, teachers, administrators to educate them about the issue, your concern and planned efforts.
- If possible, collaborate with teachers and gain their assistance in educating students about the health benefits of the changes.
- If possible work with student groups to develop announcements, make posters, or to write an article for the school newspaper.

You may find that others in the school have similar concerns and will partner with you to promote acceptance of healthier school meals.

Discover School Breakfast Toolkit

There's a new toolkit that can help you jump-start your breakfast program. The toolkit can be found at <http://www.fns.usda.gov/cnd/Breakfast/toolkit/Default.htm>. This kit is designed for stakeholders at all levels who have an interest in increasing access to the School Breakfast Program. This kit helps school meal programs determine the type of meal service most suited to their needs and develop a marketing plan that will capture and keep their customers. The following tools are included in the kit:

- ✓ Parent and student surveys to help 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
- ✓ Marketing ideas
- ✓ Resources to meet operational needs
- ✓ Evaluation tools for measuring success

Here is an example of a tool from the section "There is more than one way to serve breakfast."

Grab 'n' Go Breakfast



- Grab 'n' Go breakfasts are convenient. They take less time to prepare than most traditional breakfast meals and decrease long lines.
- A bagged breakfast can be enjoyed on the go, during break or during 1st period.
- Secondary students like Grab 'n' Go breakfast for opportunities to eat at different locations and times.

Fact Sheet

Who:	Meet with key decision makers at your school to initiate the program. Obtain approval and support from administrator, principal, teachers and food service staff. Staff at each school receives training for set-up and implementation.
What:	A bagged breakfast or individually wrapped servings of breakfast components can be served before school or during a break. Students will have the choice of a fast, nutritious breakfast.
When:	Before school, during morning break or 1st period.
Where:	Position mobile carts or tables at school entrance or high traffic areas.
Why:	To increase participation in the breakfast program. Increases speed and convenience of service. Provides a nutritious meal to students.
How:	The cart/table contains prepared breakfast choices. Bags are individually wrapped reimbursable breakfast meals. Promote with Grab 'n' Go posters, especially at pick up points.

Action:

Take time now to assess the status of the School Breakfast Program in your building. Is there a program? Is it serving as many students as you serve at lunch? If not, take a look at the toolkit for ideas for energizing your programs including the Grab 'n' Go breakfast.

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Will the Grab 'n' Go breakfast work for my school? Circle YES/NO after each of the following statements to determine if Grab n' Go will work for your school.

1. Participation in the breakfast program is significantly lower than lunch.	YES	NO
2. Food carts are available or space exists for placement of tables in entrances for "curbside" services.	YES	NO
3. Teachers realize the importance eating breakfast has to the learning process.	YES	NO
4. Breakfast needs to be served faster and serving areas need to be more accessible.	YES	NO
5. Students already grab soft drinks and snacks from vending machines as they rush to class.	YES	NO
6. Additional labor hours are not available.	YES	NO
7. Flexibility is needed in scheduling serving times.	YES	NO
8. Meal payment system does not require cash at point of service.	YES	NO
9. Congestion in cafeteria dining room needs to be reduced.	YES	NO

Other School Breakfast Resources

U.S. Department of Agriculture www.usda.gov

American School Food Service Association www.schoolnutrition.org

America's Second Harvest www.secondharvest.org

Research on childhood hunger

Dairy Council of California www.dairycouncilofca.org/edu/index.html

Nutrition education activities for the classroom

Dairy Council of Wisconsin <http://dairycouncilofwisconsin.org/menukit/menus.html>

Sample menus from the web

Food and Nutrition Service www.fns.usda.gov/fns

Food Research and Action Center (FRAC) www.frac.org

School Breakfast Score Card

Healthy School Meals Resource System <http://schoolmeals.nal.usda.gov/framework/about-hsmrs.html>

Resources for healthy school meals <http://schoolmeals.nal.usda.gov/States/statestuff.html>

Learn what other states are doing

Mid-Atlantic Dairy Association www.dairyspot.com

Nutrition education activities for the classroom

National Dairy Council www.nationaldairyCouncil.org

National Food Service Management Institute www.nfsmi.org

Provides information, conducts applied research, and offers training and education opportunities

Nutrition Explorations www.nutritionexplorations.org

Resources for educators, parents and food service staff

Team Nutrition www.fns.usda.gov/tn/

The USDA prohibits discrimination in its programs and activities on the basis of race, color, national origin, gender, age or disability. Persons with disabilities who require alternate means for communication of program information (Braille, large print, audiotape, etc.) should contact the USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity provider and employer.

Food Distribution News

Deletions for 5B

- a.) Turkey Breast Deli – production delays;
- b.) Cut-up chicken – production delays. The cut-up chicken will be available for 5D (Jan.) deliveries while the turkey breast deli will be available for 5C (Nov/Dec) deliveries.

Anticipated Dates When Commodity Order Form Will Be On the Web

5A	August/September Delivery	May 14 (Done)
5B	October Delivery	Sept. 1 (Done)
5C	Nov./December Delivery	October 11
5D	January Delivery	December 1
5E	February/March Delivery	January 17
5F	April Delivery	March 1

Deliveries Short/Damaged

When commodities arrive at your school, the product unloaded should be carefully counted and checked to make sure you are receiving the correct amounts. If you discover a shortage or any damage, make sure the driver makes a note on the warehouse release and initials it. You must have a driver's signature indicating a problem on your delivery, before any adjustment can be made on your billing.

Iowa Food and Distribution Program

If you need additional information, commodity values or forms for the Commodity Food Distribution Programs, please visit our web site at: <http://www.state.ia.us/educate/ecese/fn/commdist/>.

Processed Commodity Food Items for 2004-2005

All food items coded 2500 or above are processed food items and are an extra cost to your district. You will be allocated one (1) of each item for all processed foods coded 2500 or above. If you **do not** want this product, you must put a "0" in the amount wanted column. You **do not** have to take these processed food items. Please note that there is a difference between the commodity value and the price of each item. The commodity value is the amount in each unit of product that is deducted from your school entitlement, unless it is a bonus commodity. The price of each item is the cost of the finished processed product. The price does not include the per case shipping and handling fee charged by Keck, Inc. for each case of product shipped.

These are all optional products. The costs will be included in the amount you pay Keck, Inc. There will be **no** separate billings for processed products.

ALERT

FDD has received concerns about the safety of serving USDA pudding packed in pop-top cans to school children. We advise SDAs to transfer unwanted pudding to TEFAP or CSFP agencies that can use it. There will be no future purchases of pudding in cans.

Commodity Phone Numbers

Dean Flaws, Commodity Consultant	515-281-4032
Mary Jo Clark, Commodity Assistant	515-281-4751
Julia Thorius, Bureau Chief	515-281-4757
Janelle Loney, Bureau Secretary	515-281-5356
Jenni Arnold, Admin. Asst.	
Keck, Inc.	515-244-5631
Nancy Knox	
Des Moines Cold Storage	515-262-6560
Eldon Reinhart	
Mason City Cold Storage	641-424-8369
Amy Peister	
Cloverleaf, Sioux City	712-279-8019

Iowa State Commodity Advisory Council

The Council met in Johnston on October 15th. The minutes to this meeting will be available on the web soon. Sharon Cue, Boyer Valley, has retired. We wish Sharon the best in her retirement and a big "Thank You" for serving on the Council. Lisa Emerson from Osage replaces Sharon on the Council. She began her 3-year commitment on October 15th.

The 2004-05 Council members are:

Connie White, Davis County CSD	641-664-2200
Stephanie Dross, SE Polk CSD	515-967-6641
Denise Bridges, Atlantic CSD	712-243-5369
Nann Canfield, Regis Middle Sch	319-363-1968
Edie Hambright, Iowa Falls CSD	641-648-6440
Suzy Ketelsen, Cedar Rapid CSD	319-398-2000
Candy Anderson, S. Hamilton CSD	515-827-5418
Marlene Minear, Ankeny CSD	515-965-9629
Terri Denkman, Wilton CSD	563-732-2613
Amy Lien, Forest City CSD	641-585-2324
Lisa Emerson, Sacred Heart-Osage	641-732-3428

Check Out the Library!!



Resources from the Bureau include the use of a lending library. Videos, DVDs, reference books, cookbooks, curriculum and children's books are available on loan to schools without charge. If you are looking for something in particular, contact Mary Jo Clark at 515-281-4751 or email her at MaryJo.Clark@iowa.gov.

Here are some of the resources available:

Keeping foods flavorful while reducing sodium can be a challenging task. If you are "fresh out" of ideas and your training seems kind of stale, consider the ***Culinary Techniques for Healthy School Meals (CU623)***. The kit includes a video, lesson plans and some helpful tips for inexperienced trainers. Check out the ideas for flavoring mashed potatoes!

Another good training video is ***Managing Child Nutrition Programs to Teach Healthy Food Practices, Program 5: Personnel That Make a Difference (VO170)***.

And don't forget Pick a Better Snack™! This has good ideas for healthy snacks, send-home information, marketing and promotion of your program and games for kids. Go on-line at <http://www.idph.state.ia.us/pickabetersnack/default.asp> for downloadable goodies.

Do you ever wonder if you have all the skills needed for a really successful program? Are you designing a professional self-improvement plan, maybe thinking about going back to school or taking a few courses? Is there a vacancy in your program that needs filling with a talented and experienced person? Has your program changed and job descriptions need refreshing? The National Food Service Management Institute Applied Research Division released ***Competencies, Knowledge and Skills of Effective School Nutrition Managers*** in the updated 2003 version. Use it as a roadmap to make the changes you need to keep your program on the cutting edge. Available at <http://www.nfsmi.org/Information/Research.html>.

Multimedia Reservation Form Bureau of Nutrition Programs and School Transportation

Your name _____

Title _____

Phone () _____

Agreement # _____

Mailing Address:

School/
Organization _____

Street _____

City _____ IA Zip _____

Your Request:

Loan # and Material title (s) (Please include both):

If no title is known, indicate subject or topic to receive a list of possible titles.

Date(s) of use _____

Alternate date(s) _____

Group(s) to be trained _____

Approximate size of group(s) _____

Mail to: Mary Jo Clark
Bureau of Nutrition Programs and
School Transportation
Grimes State Office Building
400 E. 14th Street
Des Moines, IA 50319-0146

Or FAX to: Mary Jo Clark at 515-281-6548

If you have questions, please call Mary Jo at 515-281-4751 or e-mail: maryjo.clark@iowa.gov