



# The Lunch Line

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

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## NATIONAL SCHOOL BREAKFAST WEEK MARCH 3-7, 2003

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**W**e all know that children do better in school when they have had a good breakfast. When students take the Iowa Tests of Basic Skills we often see or hear special reminders to students about eating a good breakfast and getting a good nights sleep. These practices aren't just important for one week, but all year long! Even though the Iowa Legislature has rescinded the Breakfast mandate, most schools have continued serving breakfast in most buildings where they see a group of students that need a more nutritious start to their day. The following resources and ideas can offer you ways to attract more students or make eating breakfast more fun!

### Convenience

Locate your breakfast offerings in an area that students are assembling in the morning. Sometimes the cafeteria is located in the far end of a building that isn't in a high traffic area. You might consider offering several items on a cart by the main door to the building or in a student center. Is there space by the main office or a spot where hallways intersect that most students would walk by? Breakfast items don't take a lot of space and can be taken into the classrooms for eating (this would require the cooperation of administration, teachers, and custodians, but once they think about the importance of students eating a good breakfast they would hopefully agree!) In some states the breakfasts are even distributed on the bus so students can eat while riding to school. Packaging the breakfast so students can easily take the breakfast and go to class or another part of the building to eat is also something to consider.

## Welcome Wanda and Ellen!

The Bureau of Food and Nutrition is very pleased to welcome Wanda Schmidt and Ellen Miller. Wanda is our Accountant II and replaces John Phillips. Wanda is responsible for financial and claim reporting questions relating to the School Breakfast Program, National School Lunch Program, and After School Snack Program. Ellen is our Information Technology Specialist and is responsible for providing technical support on the web-based applications the Bureau is operating. Wanda can be reached at [wanda.schmidt@ed.state.ia.us](mailto:wanda.schmidt@ed.state.ia.us) and Ellen can be reached at [ellen.miller@ed.state.ia.us](mailto:ellen.miller@ed.state.ia.us).

## Timing

Offering breakfast for students following their morning sports practices replaces some of the calories that they just expended. It doesn't hurt to ask the coaches to encourage players to get a good breakfast after workouts either! Keeping their athletes healthy helps them to compete better. Breakfasts can be served between classes when students may have a break. Some schools have breakfast after their first class and while they have a Channel 1 newsbreak or silent reading time. The State Agency suggests that breakfast or snack breaks be at least two hours before the next scheduled meal service so students don't load up on food midmorning and find themselves with no appetite at lunch.

## Special Events

A special theme at breakfast can attract students that do not normally eat breakfast to take part. Have a "**Bring Your Parents to Breakfast**" day. Chances are that they may not have had time to eat a nutritious breakfast before they head out the door. This is also a good way to show what their children can have when eating breakfast at school. Most parents will agree they can't beat the price when comparing it to what they offer at home. How about a "**Guest Server**" where you can invite high school athletes, the principal or the mayor to assist with the breakfast duties for a morning. This gives the server a chance to meet the younger students on an informal basis and is a big hit with the elementary students. Having classrooms plan their "**Favorite Breakfast Menu**" also gives the students a reason to participate on "their" day. Once students try breakfast, have a chance to visit with friends, and see what the meals are like, they often come back for more! Have a coupon for a **Free Breakfast** that can be used at any time during the year. You will create interest and enterprising students will be sure to check it out!

## Breakfast Meal Pattern

Breakfast meal patterns did not change with the School Meals Initiative. A school breakfast must contain, at a minimum, the following food items:

1. A serving of milk
2. A serving of fruit or vegetable, or full-strength juice,
3. Two servings of bread **OR** Two servings of a meat or meat alternate, **OR** One bread and One meat

Remember that a hashbrown patty is considered a vegetable and combination meat and bread items need to have CN label to indicate how they meet the meal plan requirements.

If you have implemented the Offer versus Serve option at breakfast, you still need to offer the four food items and students may refuse only **one** item. In some recent visits Bureau consultants have noticed schools only offering three items so menus do not meet requirements. Be sure to check your Grain/Bread chart for weights on your bread items. Frosted or jelly filled rolls and coffee cake need to weigh significantly more to count as a serving than a slice of bread. Granola bars are another item that is often much less than one serving by weight.

## National School Breakfast Week

"Make Your Morning Count with School Breakfast" is the theme for National School Breakfast Week, March 3-7, 2003. Suggested menus as found on the American School Food Service Association web site can be found on the next page.

If you are looking for more information on school breakfast, consider visiting the following web sites: The Food Research and Action Center (FRAC) report on Breakfast for Learning talks about the importance of breakfast and includes numerous references.

[http://www.frac.org/html\\_new/child\\_nutrition/breakfast\\_for\\_learning.pdf](http://www.frac.org/html_new/child_nutrition/breakfast_for_learning.pdf)

Another report from FRAC is the School Breakfast Report Card.

<http://www.frac.org/pdf/2002Breakfast.pdf>

## Websites for More Information on National School Breakfast Week

<http://emporium.asfsa.org> to get National School Breakfast Week posters and gear.

<http://archpedi.ama-assn.org> (search "past issues" for 1998 vol. 152 no. 9) to learn more about the relationship of school breakfast to psychosocial and academic functioning.

<http://cfl.state.mn.us/energize.pdf> to learn more about school breakfast programs and energizing the classroom. [www.msde.state.md.us/programs/foodandnutrition/mmf\\_a.pdf](http://www.msde.state.md.us/programs/foodandnutrition/mmf_a.pdf) to hear about Maryland's meals for achievement.

The Florida Department of Citrus and the American Food Service Association have teamed up to put together a new kit entitled: "Go Ahead! Tell the World What You're Up To In The Morning." The kit contains some great ideas and activities to get your Breakfast program growing! To order go to: [www.asfsa.org](http://www.asfsa.org) for *Your Child Nutrition eSource*. The kit is due out in early 2003.

## Menus for National School Breakfast Week 2003

All items with an asterisk\* are new recipes that can be found on the website: <http://www.asfsa.org/meetingsandevents/nsbw/recipes>



### Classroom Cafeteria (Traditional)

#### Items

Math Teacher Tortattas\*

A+ Apple Juice

Math Counts Milk

#### Meal Pattern Contribution

1 oz. meat/meat alternate

¼ cup fruit/vegetable, 1 grain/bread

½ cup fruit/vegetable

1 milk

### The Right Equation (Buffet)

#### Items

Sum-It-Up Breakfast Sandwich\*

OR

'Rithmetic Cinnamon Roll\*

Subtraction Hot Cereal with toppings

Long Division Sausage Links

Fractional Fresh Fruit

Geometric Juice

Multiplication Milk

#### Meal Pattern Contribution

2 ¼ oz. meat/meat alternate

2 grain/bread

2 grain/bread

1 grain/bread

1 oz. meat/meat alternate

½ cup fruit/vegetable

½ cup fruit/vegetable

1 milk

### On The Move with Math (Grab 'n Go)

#### Items

Calculator (Breakfast) Cookies\*

Simplified Cereal Pack

Jump-Start Juice

Good Morning Milk

OR

Seize-the-Day Sunrise Wraps\*

Raise-the-Bar Raisins

Make-the-Grade Milk

OR

X2+Y2=Z2 Yogurt

Symmetry Cereal Bar

Algebra Apple Slices

Matrix Milk

#### Meal Pattern Contribution

1 grain/bread

1 grain/bread

½ cup fruit/vegetable

1 milk

1 oz. meat/meat alternate

¼ cup fruit/vegetable, 1 grain/bread

½ cup fruit/vegetable

1 milk

1 oz. meat/meat alternate

1 grain/bread

½ cup fruit/vegetable

1 milk

## Verification Summaries Due to the State Agency by December 31, 2002

As a reminder, verification summaries are due to the State Agency by December 31, 2002. The first round of the annual verification **must** be completed by schools participating in the National School Lunch Program by December 15, 2002. Note: A correction from last month's article: **(Residential Child Care Institutions with day students must complete verification for those children)**. Verification forms were part of the application packet that you received this summer.

If the school determines that 50% or more of the verified households had a change in status, a second round of verification is required. **The second round of verification must be completed by January 31, 2003, with a copy of the summary sent to the State Agency by February 7, 2003.**

All households selected for verification must provide documentation of eligibility or be denied benefits. Families that are re-applying because they were terminated for not responding to verification need to provide appropriate documentation to support the income listed on the free and reduced price meal application. For additional information regarding verification, refer to page 58 of the *Eligibility Guidance for School Meals Manual*, August 2001. This can be found online at <http://www.fns.usda.gov/cnd/Guidance/default.htm>

## New Food Product Recall Materials from NFSMI

Is your foodservice department prepared for a food emergency?

The National Food Service Management Institute (NFSMI) has developed a training kit, *Responding to a Food Recall*, to help you in responding to food product holds or recalls. This kit will be distributed to all School Foodservice Authorities across the nation free of charge, and is also available on the web at [www.nfsmi.org](http://www.nfsmi.org).

*Responding to a Food Recall* provides step-by-step instructions on reasons for recalls, responsibilities of manufacturers and government agencies, and roles of foodservice directors and managers in following procedures in responding to a food recall. It includes a poster that serves as a quick reference, highlighting ways to prepare the foodservice staff for a potential product

recall, brochures to provide a brief overview of food recalls to use in educating school administrators, parent organizations and the media, and a training manual for use in educating the staff.

Accurate and timely response to food safety issues is critical to ensure wholesome food supplies – by developing a process locally that is coordinated with national efforts, foodservice staff will be prepared to do their part in protecting the health of the general public.

## Homeless Youth and the School Nutrition Programs

The Iowa Department of Education is in the process of implementing the changes mandated in the McKinney-Vento Homeless Assistance Act (Title X of NCLB) which provides the definition of homeless children and youths for use in education.

Recently, a memorandum concerning the homeless youth and participation in the school nutrition programs was sent to the Authorized Representative for the National School Lunch Program, Superintendents and the Homeless Liaison in each district. The information in this memorandum describes how the changes will impact the School Nutrition Programs at the local level. Districts may need to review the approved reduced price meal applications and any denied meal applications on file to see if this new information will impact the level of benefits households are receiving.

The memorandum can be found on the Food and Nutrition web site at [http://www.state.ia.us/educate/ecese/fn/school\\_lunch/res\\_admin](http://www.state.ia.us/educate/ecese/fn/school_lunch/res_admin)

Questions concerning homeless youth and their participation in the school nutrition programs may be directed to Patti Harding at 515-281-4754 or [patti.harding@ed.state.ia.us](mailto:patti.harding@ed.state.ia.us).

### For Sale

7 Palmer Snyder one-fold tables which seat 16 children each. Good shape.  
Contact Sandy Meserve, Van Meter Comm. School  
(515) 996-9960 M-F 7:00 AM-3:30 PM

# Healthy Schools Summit Launches Initiative to Improve Student Nutrition and Physical Activity

Over 500 people including representatives from more than 30 national organizations participated in a Healthy Schools Summit, October 7<sup>th</sup> and 8<sup>th</sup> in Washington, D.C. Dr. David Satcher, MD, PhD, former Surgeon General and chairman of the initiative, opened the Summit. “We need to reverse the trends that are leading to increases in preventable conditions such as diabetes, cancer, cardiovascular disease and osteoporosis,” said Dr. Satcher. “That is what this Summit intends to do – take action to create school environments that will establish lifelong healthy habits.”

## Background

The nation’s children are facing a health crisis. Few are meeting the Dietary Guidelines for Americans, and many are physically inactive. Childhood overweight issues are recognized as a national epidemic, resulting in earlier onset and increased prevalence of chronic illness like diabetes and cardiovascular disease. We have a responsibility to promote knowledge, attitudes and behavior among our children that help develop eating and fitness patterns that can improve health, intellectual development and overall quality of life. To foster this, change is necessary and students, parents, teachers, school officials, community and business leaders, local, state, and federal program administrators all must be actively involved. The crucial role schools play in helping shape our children’s future makes them an essential partner in promoting a healthy lifestyle, by providing a “healthy school environment”. *The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity* declares a need for widespread support to develop solutions to one of the nation’s most dire and burdensome public health issues. Solutions need to be collaborative, vigorous and sustainable.

The Healthy Schools Summit represented such collaboration with support and participation from diverse sectors of government, education, health and nutrition, business and industry, and community. The Summit collaborators recognized the critical need to improve children’s overall health and to manage obesity and overweight. To achieve this, we must reach children when and where they are most educable. In a healthy school environment, dietary behavior and patterns can be shaped, physical activity can be encouraged and positive habits can be formed.

## Summit Objectives

- ❑ Motivate opinion leaders, practitioners, and the concerned public who are involved with and committed to improving children’s nutrition and fitness in the K-12 school environment.
- ❑ Gain the commitment of Summit participants in helping to implement a “Commitment to Change” for a healthy school environment at the national, state, and local level.
- ❑ Initiate and launch Action for Healthy Kids State Teams that will develop state action plans – gaining momentum after the Summit.
- ❑ Provide information, direction and resources to help school leaders create a healthy school environment.
- ❑ Attract media attention and build support for the importance of creating a healthy school environment, with a focus on nutrition and fitness.

## Content and Key Topics

- ❑ “Setting the Agenda” for Creating Healthy School Environments
- ❑ Children Reaching Their Potential – Achievement Depends on Good Health
- ❑ Overcoming Barriers to Change: Challenges and Solutions
- ❑ Road to a Healthier Future
- ❑ Creating a Network of Change Agents
- ❑ Marketing Health to Kids
- ❑ Building State Teams
- ❑ Keeping the Momentum

The Healthy Schools Summit collaborators, individually and together, recognize their role in supporting the development of children into academically sound, productive, physically fit and well-nourished members of society. Integral to meeting this responsibility is a healthy school environment. This “Commitment to Change” document, adapted from the Surgeon General’s Call to Action, outlines the specific actions needed to create a healthy school environment, and provides guidance for Summit collaborators and others to begin to take action. While no one collaborator can independently achieve all of the Actions outlined in the document, we can achieve much of it by working together.

The Commitment to Change is the guiding document for the 2002 Healthy Schools Summit: Taking Action for Healthy Kids. For more information on the content presented during the Summit, the leading children’s healthy and education organizations that are collaborating on this initiative, and for a copy of the Commitment to Change document, visit the Healthy

Schools Summit web site at [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org)

Iowa partners representing many of the same groups that attended the National Summit are making plans for an Iowa Action for Healthy Kids Summit to be held next summer. Watch for information about the Iowa Summit in a future issue of the Lunch Line, on the Bureau web site, through mailings and other means of communication to partners. School communities will be encouraged to come as a team! If you have questions about the National Summit that cannot be answered with information on the Action for Healthy Kids web site or have questions about the plans for the upcoming Iowa Summit please contact Molly Pelzer with Midwest Dairy Council at [mpelzer@midwestdairy.com](mailto:mpelzer@midwestdairy.com), 563-886-6020 or Julia Thorius at the Bureau of Food and Nutrition.

## Fruit and Vegetable Pilot Program

Twenty-five schools in Iowa were selected to participate in the USDA Fruit and Vegetable Pilot Program that was included in the 2002 Farm Bill. Students at these schools are offered free fresh and dried fruits and fresh vegetables throughout the day through a variety of methods. Three other states and one Indian Reservation are also participating in the pilot.



School selection was designed to include rural and urban settings, elementary and secondary schools, high and low free/reduced price eligibility, etc. USDA also searched for different distribution methods, such as offering fruits and vegetables in the classroom, from carts in hallways, using vending machines and other innovative approaches.

Some of the selected schools are using the family and consumer sciences class for food preparation. Weekly nutrition education is often included as an important element to increase consumption of healthy foods. Librarians, music teachers, and other faculty are eagerly participating in the development of the school's overall plan. The time of day for distribution extends from before school to morning break to the afterschool

activities and includes providing special bags with apples, bananas, grapes, and carrots for students leaving on bus trips. The students appreciate the variety of fruits and vegetables that are offered daily.

Iowa will receive \$1,287,500 in funding to provide fruits and vegetables to the nearly 14,000 students at these schools during the 2002-03 school year.

The purpose of the pilot program is to determine the best practices for increasing fruit (both fresh and dried) and fresh vegetable consumption in elementary and secondary schools.

### Iowa Fruit and Vegetable Pilot Schools

Name of School	Name of District
Anson Middle School	Marshalltown
Camanche High School	Camanche
Center Point-Urbana Sch.	Center Point-Urbana
Central Middle School	Central Clinton
East Elementary	Independence
Emerson Elem. School	Indianola
Harding Middle School	Des Moines
Hiawatha Elementary	Cedar Rapids
Hoover Middle School	Waterloo
Indianola High School	Indianola
Jefferson Elementary	Muscatine
Johnston Middle School	Johnston
King Elementary School	Des Moines
McKinley Elementary	Sioux City
McKinstry Elem. School	Waterloo
Muscatine High School	Muscatine
Neil Armstrong Elem.	North Scott
North High School	Des Moines
North Scott Junior High	North Scott
St. Michael School	St. Michael School
Van Buren Jr Sr High	Van Buren
Walnut Grove Elementary	Council Bluffs
West Bend-Mallard	West Bend-Mallard
West Elementary School	Storm Lake CSD
Williams Intermediate Sch.	Davenport CSD

## 2003 Summer Food Service Program (SFSP)



Is your district or community offering programming during the summer? Is breakfast or lunch part of the programming? Sponsoring the Summer Food Service Program (SFSP) enables a district or community to provide a nutritious meal to hungry children during the summer. 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) and School Breakfast Program is not operating. Plan now to include a nutritious meal as part of the programming. A well-nourished child can focus on the task at hand and not the hunger pangs.

As part of outreach at the State level, traditional and nontraditional entities will be informed of the SFSP and encouraged to become sponsors. Please assist the Bureau of Food and Nutrition in spreading the word about this under utilized nutrition program. The 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 the district provides the meals. **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 part in the feeding hungry children during the summer.

Districts that have one or more buildings over 50% free or reduced price eligible students are automatically eligible to be a SFSP site. If your district does not have an eligible building it may be able to sponsor an enrolled site. Several districts that received a 21<sup>st</sup> Century Grant sponsored the SFSP and provided the children a nutritious meal to complement the programming. The children that participated received assistance educationally as well as nutritionally. The Bureau staff extends a special “thank you” to the school districts that operated the SFSP in 2002 and encourage you to expand in 2003.

For additional information visit the USDA web site <http://www.fns.usda.gov/cnd/Summer/default.htm> or contact Patti Harding at 515-281-4754 or [patti.harding@ed.state.ia.us](mailto:patti.harding@ed.state.ia.us)

## 2003 Best Practices Awards

USDA’s Best Practices Award categories have been announced. This year schools and institutions may submit nominations in the following areas:

- Reaching Needy Children in the Summer
- Increasing School Breakfast Program Access
- Increasing the Consumption of Fruits/Vegetables by Participants
- Healthy School Nutrition Environment
- The Eat Smart Play Hard Campaign (ESPH)

The nominations are due into the State Agency by **Monday, March 24, 2003**. Further details including evaluation criteria and a nomination form can be found [http://www.state.ia.us/educate/ecese/fn/school\\_lunch/res\\_foold\\_service](http://www.state.ia.us/educate/ecese/fn/school_lunch/res_foold_service) or call Janelle Loney at 515-281-5356 for a copy if you do not have Internet access.

A nomination should consist of:

- A complete and accurate description of the practice (at least 250 but not to exceed 300 words)
- Appropriate numbers, such as: dollars save or increased participation
- Relevant history, impact, and/or cost effectiveness
- Documenting photographs or newspaper articles
- One copy of any coloring books, posters or videos that have been developed
- Name and telephone number of a contact person (these should be printed or typewritten to alleviate any question of spelling)
- Mailing address
- Size or average daily participation of school or SFA
- The category for the nomination

## Feeding Infants—A Guide for Use in the Child Nutrition Programs

Copies of the Feeding Infants Guide are available from the Bureau of Food and Nutrition. The guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, safe food handling and food preparation, choking prevention, and some of the Infant Meal Pattern requirements to help caregivers meet the challenge of nurturing and feeding the infants under their care. Contact Janelle Loney at 515-281-5356 or [Janelle.Loney@ed.state.ia.us](mailto:Janelle.Loney@ed.state.ia.us) if you would like a copy.

## Team Nutrition Regional Workshops

Five regional workshops are planned for this spring to demonstrate how to set up comprehensive Team Nutrition programs in schools and to extend the messages about healthy food and physical activity choices into the larger community. Workshop attendees will be eligible to apply for mini-grants to implement nutrition and physical activity initiatives as well as Team Nutrition certification and awards for outstanding programs. Schools teams will also receive event planning tools to assess their school and community environments and be guided through initial assessment and planning steps. Over 25 organizations from across the state will also recruit regional and local members to attend the workshop in support of school teams that have registered to attend.

Workshop dates and general locations include:

March 8, 2003	Creston
March 15, 2003	Cherokee
March 29, 2003	Waterloo
April 5, 2003	Washington
April 12, 2003	Des Moines

For information prior to then, please contact Laura Sands at 515-279-3424 or e-mail [laurasands@mchsi.com](mailto:laurasands@mchsi.com). Specific locations and registration information will be available soon at <http://www.state.ia.us/educate/ecese/fn/tn/index.html>



## Commodity News

### Ordering By Internet

To order commodities via the internet you would need an ID and Password designated just for the commodity food program. Call Dean Flaws (515-281-4032) or Mary Jo Clark (515-281-4751) to obtain this information. The website address is: [www.edinfo.state.ia.us](http://www.edinfo.state.ia.us)

**Anticipated dates** when commodity order forms will be up on the web:

3C	(January deliveries)	November 8
3D	(March deliveries)	January 10
3E	(May deliveries)	March 7

### Iowa Food Distribution Program

If you would like the latest newsletters, advisory council minutes, commodity values, or forms for the commodity food distribution programs, please visit our BFN web page at:

[www.state.ia.us/educate/ecese/fn/commdist/](http://www.state.ia.us/educate/ecese/fn/commdist/)

### New Contact Person at Keck, Inc.

#### **Welcome, Jenni!!**

Jenni Arnold replaces Deanna Mott. You can reach her at (515) 244-5631, ext. 122

### Warehouses for 2002-2003

Des Moines Cold Storage  
4770 NE 17<sup>th</sup> Court  
Des Moines, Iowa 50313  
Contact Person: Jack Barrow (515-262-6560)

Mason City Cold Storage  
633 15<sup>th</sup> St. SE  
Mason City, Iowa 50401  
Contact Person: Eldon Reinhart (641-424-8369)

Cloverleaf Cold Storage - Sioux City  
2800 Cloverleaf Court  
Sioux City, Iowa 51107  
Contact Person: Brenda Frank (712-279-8016)