



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"/> _____

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Competitive Foods Questions and Answers

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Question: What is the difference between a competitive food and a food of minimal nutritional value (FMNV)?

Answer: A competitive food is any item sold in competition with the reimbursable meal, and so includes all the items sold a la carte in the lunchroom. Schools are encouraged to establish rules to control the competitive foods sold. A food of minimal nutritional value is a food that falls into a specific category and is prohibited from sale in food service and eating areas during the breakfast and lunch times. If it meets at least 5% of one or more of 8 specified nutrients, the company that produced it could ask for an exemption.

Question: Are gummy fruit shapes creditable as a fruit/vegetable serving?

Answer: No, they are not acceptable as a fruit/vegetable serving. Also, they are considered a member of the "jellies and gums" category under FMNV which are prohibited, and therefore can not be sold in the lunchroom during breakfast or lunch times.

Question: Are fruit roll-ups, fruit gushers, gummy worms and gummy bears allowed to be sold in a la carte lines during the lunch or breakfast times?

Answer: Not all of them are. As a group, they are classified as a "jellies and gums" item under FMNV and are prohibited. However, specific manufacturers have asked for their products to be considered allowable, and USDA has accepted certain products and has listed them on an exemption list, which is updated yearly. This exemption list names specific items under specific manufacturers that are exempted. Because this list is updated yearly, the items must be exempted each year, or they "fall off" and are then prohibited again.

Question: What about mentos and certs? Our high school students demand that we sell them.

Welcome Robin!

The Bureau of Food and Nutrition is very pleased to introduce Robin Searles as an Education Consultant, working in the middle corridor of the state. She will be working with school programs as well as child care programs. Robin is originally from Iowa, and recently moved back to the state from Minnesota. There she worked for the Minnesota Department of Children, Families and Learning on Child Nutrition Programs for three and a half years and most recently served as interim director of the Child and Adult Care Food Program in a large home sponsor organization. Her expertise and knowledge are a great addition to the Bureau.

Answer: These items are considered FMNV under the hard candy category, along with dinner mints, peppermint candy canes, and other items, and can not be sold in the lunchroom during breakfast and lunch times.

Question: Our pop machines are located in the hallway outside of the lunchroom. Must they be turned off?

Answer: This depends on the definition of the lunchroom. If the hallway is considered part of the lunchroom, the machines need to be turned off. Also, the meal service areas and the meal consumption areas are both considered to be the lunchroom – if these are two different rooms/areas, machines must be turned off at both locations.

Question: Can we include FMNV as a part of the reimbursable meal, not charging separately for the item?

Answer: No, because reimbursable meals are required to be priced as a unit, and as such, the FMNV is being “sold” along with the other items, and this would violate the regulation of selling these items when reimbursable meals are being sold. A small amount of FMNV foods used to decorate or enhance a menu item is acceptable, however.

Question: Why do some school districts allow the pop machines to be running between breakfast and lunch periods, and others do not?

Answer: Some schools feel that the children must have access to these machines because the children come to school without breakfast, and that they would just bring in these items if not allowed to buy them at school. Other schools feel that they want to encourage healthier habits, and allow juice machines to be on but not pop machines; however, more schools do not allow any vending machines to be turned on until after the last lunch period is ended or the school day is over. Schools are allowed and encouraged to establish policies that support healthy school environments – policies that cover all aspects of student life, from physical activity to controlled substance use to healthy eating habits.

Question: What foods might schools sell as a replacement to FMNV?

Answer: Schools that wish to follow the Dietary Guidelines for Americans could sell more nutritious snacks such as fresh fruit, fruit juices, vegetables, vegetable juices, low-fat yogurt, and whole grain products. Some schools specify that only foods that meet component requirements of the reimbursable school meals will be sold as a la carte items.

Question: Are costs of FMNV able to be charged to the nonprofit school food service account?

Answer: No. Costs charged to the nonprofit school food service account must be both necessary and reasonable, and the costs of FMNV are neither. In some circumstances, the cost of minor quantities of FMNV used to decorate or enhance a food or menu item is allowable. Any other costs of FMNV for service in the food service area during meal periods must be disallowed.

A current list of Exemptions under Competitive Food Regulations will be posted on the Bureau of Food and Nutrition web site in the near future. For further clarification on these issues and on compliance with the regulations on competitive foods, please go to www.fns.usda.gov/cnd/lunch

Other helpful websites: Center for Disease Control and Prevention – For *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*
www.cdc.gov/nccdphp/dash/guidelines/nutguide.htm

USDA Food and Nutrition Services Healthy Eating Environments – information from the *Healthy Eating Environment Symposium, June '99*,
www.fns.usda.gov/cnd/healthyeating 🍎

Success Stories, Tips and Techniques

We will dedicate space on the Bureau website to highlight efforts of local programs to increase nutrition awareness, promote nutrition practice and policy, and get kids to choose or eat more nutritious foods!

We have established a few ground rules for this sharing, so that we can all benefit the most from each other's thoughts. As you share, please:

- 1) be concise--use as many words as you need to, but not more!
- 2) be positive--we need to encourage each other to be the best we can be. If you share a problem, please also share a solution!

We want to share what has worked for you! Please send your stories to Janelle Loney at the Bureau of Food and Nutrition, at janelle.loney@ed.state.ia.us. Janelle will send them to our webmaster, who will add it to the website. Include the topic of your story in the subject line of your message, please. We reserve the right to edit for length or clarity 🍎

The Call to Integrity in School Nutrition



A healthy school nutrition environment is one in which nutrition and physical activity are taught and supported in the classroom, the dining room and throughout the school. Schools need to identify purposes and goals that are part of their policy decisions regarding nutrition choices, both in school food programs and in foods available on the school campus at all other times. This can be accomplished through establishing a statement of intent that is communicated to staff and community members. The National Association of State Boards of Education has developed a guide, *Fit, Healthy, and Ready To Learn*, to assist local schools in developing their own health policies. Part I Chapter E, Policies to Promote Healthy Eating, includes a sample policy which is summarized below:

With the intent that all students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices and that staff will be encouraged to model healthy eating, school leaders shall adopt a plan to encourage healthy eating that includes:

- A food service program that employs capable staff serving appealing nutritious foods;
- Pleasant eating areas for all with adequate time for eating;
- A sequential program of nutrition instruction integrated within the health curriculum and coordinated with the food service program;
- An overall school environment that encourages students to make healthy food choices;
- Opportunities and encouragement for staff to be good role models;
- Services that ensure nutrition-related health problems are addressed appropriately;
- Strategies to involve family members in program development and implementation.

School nutrition programs shall make effective use of school and community resources to serve the needs and interests of all students and staff, respecting differences in cultural norms.

The rationale for these intents is acknowledgement of the well-documented link between nutrition and learning. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating

is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

The School Health Policy Guide Part I Chapter E referred to above is included in the *Changing the Scene: Improving the School Nutrition Environment* nutrition kit available free from the TEAM nutrition website at www.fns.usda.gov/tn

Healthy Schools Summit October 2002

“Healthy schools, those that support good nutrition and physical activity as part of a total learning environment, produce healthy students...who are better able to develop and learn...who achieve their educational potential (and) form healthy communities...that build a healthy America”. This statement begins the guiding document of the upcoming Healthy Schools Summit to be held in Washington, D.C. on October 7 and 8, 2002. Public-private partnerships will be identified and teams built in each state to support and promote positive dietary and lifestyle behaviors and practices in schools and communities. A number of recent health reports point to the very significant fact that obesity is at an epidemic level, and according to former U.S. Surgeon General David Satcher, is on the way to becoming the leading preventable cause of death. Satcher will chair the upcoming summit, attended by leaders from at least 30 medical and educational organizations and governmental agencies. More information will be forthcoming on additional resources that schools can use, and the Midland Dairy Council is leading the Iowa team in efforts locally. To learn more about this summit, gain tools and resources, read press releases, and link to other healthy student resources, go to www.actionforhealthykids.org

Additional good websites for information about student health and nutrition:

- www.cspinet.org (the Center for Science in the Public Interest)
- www.aicr.org (American Institute for Cancer Research)
- www.cdc.gov (the Centers for Disease Control and Prevention)

What Should the State Agency Do If It Discovers A Violation of the Rules Pertaining To FMNV?

Although program regulations do not require fiscal action, USDA strongly encourages State Agencies to exercise the authority provided in Sections 210.11 and 220.12, and disallow all meals served by a school on any day that a violation of the regulations is observed and to be diligent in monitoring compliance with corrective action plans.

According to the memo dated December 21, 2001, the following procedure will be followed when consultants find violations that pertain to any foods of minimal nutritional value.

1. Consultants will note the violation in the review letter.
2. Schools will be warned to discontinue the practice.
3. An unannounced visit will occur at a later time.
4. If a violation is found during any follow-up revisit, all reimbursement for that building on that day will be disallowed.●

Buy “American” Requirement

Schools and institutions participating in the National School Lunch Program and the School Breakfast Program in the contiguous United States are required by law to use school food service funds, to the maximum extent practicable, to buy domestic commodities or products for meals served under these programs. A “domestic commodity or product” is defined as one that is either produced in the United States or is processed in the United States *substantially* using agricultural commodities that are produced in the United States. The term “substantially” means that over 51 percent of the final product consists of agricultural commodities that were grown domestically. Therefore, when school food service funds are used to acquire foods, schools, and institutions must ensure that the items are in compliance with this requirement.●

Calendar for October

National School Lunch Week –
Oct. 14-18, 2002

IA Commodity Advisory Council Meeting – Oct. 18



Verification of Free and Reduced Price Meals

As a reminder, annual verification is to be completed by schools participating in the National School Lunch Program. Note: (Residential Child Care Institutions and schools participating only in the Special Milk Program are exempt). Verification may begin any time **after** approval. However, the number of applications required to be verified is based on the number approved on file as of October 31, 2002. You may use either the “Random Sample Procedure” or the “Focused Sample Procedure” to determine the number of applications to verify. **The first round of verification must be completed by December 15, 2002.** If the school determines that 50% or more of the verified households had a change in status, a second round of verification is required.

Foodstamp households approved for free meals by direct certification are exempt from verification (but may be verified as desired). These households received a letter from the State Department of Human Services in July or August, 2002. All other foodstamp, TANF or FIP households that submit an application with these numbers can be verified by one of the following options:

- 1) Ask the household to submit written evidence of current certification, which could consist of a DATED copy of their benefits statement or their DATED eligibility identification card.
- 2) Contact the local foodstamp, TANF or FIP office to confirm the current eligibility of the households to be verified. Local offices are aware that you could be contacting them.

All families selected for verification must report or be denied benefits. For additional information regarding verification, refer to page 58 of the *Eligibility Guidance for School Meals Manual*, August 2001.●

School Breakfast Program Requirement Lifted

As a part of lessening local school district costs, legislation was passed during the last session that removed the requirement for each public school district to offer the School Breakfast Program. Sponsoring a breakfast program is no longer required in any building, but is still encouraged. Overwhelming proof shows that breakfast is a nutritious start for all of Iowa’s students. Reimbursement rates are posted on the Bureau’s website.●

Muscatine School District Wins “Victory Against Hunger Award”

Congratulations to Alisha Bermel, Food Service Supervisor, Muscatine CSD, for receiving the “Victory Against Hunger Award.” Victory Wholesale Grocers of Springboro, OH, Boca Raton, FL and the D.C. based **Congressional Hunger Center** have teamed up to recognize local anti-hunger organizations that have worked effectively to fight hunger in their communities. Under the Hunger Awards program, local agencies may only be nominated by a member of Congress. The theme for the 2002 “Victory Against Hunger Award” was “**Fighting Hunger through Maximizing Use of the Summer Food Service Program.**” The Congressional Hunger Center received 50 nominations and made 20 awards. Senator Tom Harkin nominated Muscatine Community School District for this award. The award includes a \$1,000 grant to fight hunger in Muscatine utilizing the Summer Food Service Program.

The Victory Awards are designed to assist USDA Under Secretary for Food, Nutrition and Consumer Services Eric Bost’s 2002 Summer Food Service Program Outreach Initiative. Under Secretary Bost has partnered with the Food Research and Action Center, America’s Second Harvest, and the American School Food Service Association in a national campaign to increase participation in this critically important nutrition program.

Muscatine CSD has been a sponsor of the Summer Food Service Program for over 12 years. The District operated a Summer Food Service Program in five locations in Muscatine. The district experienced a decline in SFSP participation from 1996-1999. Under Ms. Bermel’s leadership the district rallied to increase participation by 30% in 2000 and 14% in 2001. According to Ms. Bermel, outreach and marketing were key to the increase in participation. Listed below are examples of outreach and marketing conducted by the district.

1. The district utilized the radio to inform the community.
2. Banners were put on the sides of the school building where a site was located.
3. Flyers were distributed at the Department of Human Services, Homeless Shelters, Community Action Center, and WIC Office.
4. Materials were distributed in Spanish to reach the Hispanic population of the city.
5. The SFSP locations and serving times were identified on a school sign for the summer.
6. Word of mouth. ●

More Fruits and Vegetables Available for School Use



In July, two letters were sent to all school food authorities and food service directors outlining certain provisions of the 2002 Farm Bill, signed into law under the leadership of Iowa’s Senator Tom Harkin, that affect the Child Nutrition Programs administered by the Bureau. Two of these provisions make more fruits and vegetables available to some school districts. **The Fruit and Vegetable Pilot Program** required school buildings to submit plans on how they would make free fruits and vegetables available to students at times other than reimbursed meal times. The Bureau received plans from 220 school buildings, and forwarded all of these to USDA, who made the final choice of the 25 schools, and is notifying these schools. Congratulations to those who were chosen. As of the time of printing this newsletter, these names were not disclosed to the Bureau.

The other provision that makes more fruits and vegetables available to school districts is the **Department of Defense (DOD) Purchase of Specialty Crops**. Iowa has been allocated over \$400,000 of entitlement dollars to be used in several larger school districts, who have been selected, to purchase more fruits and vegetables for use in their meal programs. These schools have elected to use their entitlement dollars to purchase fruit and vegetable with DOD. Additional information on the Department of Defense program implementation may be communicated via a commodity mailing ●

New Food Buying Guide Available!

Each school should have received at least one copy of the newest USDA reference manual, the Food Buying Guide for Child Nutrition Programs. The last revision was in 1984. The guide has colorful sections for each food group, with more detail and reflection of the processing and packaging technology that has occurred in the past few years – for instance, pre-cut vegetables and ready-to-serve salads are now widely used in schools and yield information is included. This guide includes over 500 new food items or pack sizes, practical examples on how to use the yield tables, and a section with the updated meal pattern charts, including the snack and CACFP programs. Appendix E has a list of internet addresses and phone numbers for most of the resources that are available in your kitchen. If you would like another copy, contact the Bureau of Food and Nutrition ●

Summer Short Course Classes *-in Summary!*

- Five sessions were held: Food Service Basics, New Manager's Classes, Manager's Update, Basic Math Principles for Foodservice, Joys and Challenges of Working with People
- Over 225 food service professionals attended these classes
- Classes were held in West Des Moines and Ames, in June, July and August
- 10 Bureau of Food and Nutrition and Iowa State University staff were involved in teaching numerous classes
- We all learned a lot! For specific information shared, read the following lists.

Class objectives met in each session:

Food Service Basics

Understanding the different menu planning approaches
Recognizing the serving requirements and necessity of portion control
Applying offer versus serve to menu planning systems
Demonstrating safe food handling practices
Recognizing the importance of good co-worker and customer relations
Understanding the use and parts of a standardized recipe
Explaining food quality issues related to school food service
Describing work safety and efficiency methods
Listing new ideas for using commodities in schools

The Joys and Challenges of Working with People

Understanding how personality types affect working relationships
Appreciating the need to develop communication links with various people
Developing empathy for the diverse backgrounds of fellow employees
Practicing conflict resolution skills
Understanding progressive discipline
Reviewing legal aspects of employment

Basic Math Principles for Foodservice

Identifying equipment used for measurement
Finding equivalent measures
Determining amount of food to prepare
Determining yield of a product
Converting standard recipes from smaller to larger amounts
Completing a production report

New Manager's Training

Understanding the School Meals Initiative and rationale for development
Recognizing the combinations of components that comprise a reimbursable meal under offer versus serve
Understanding the menu planning options available to schools
Completing accurate food production records
Determining portion size for grain/bread products
Applying the concepts of standardization to recipe-writing
Demonstrating safe food handling practices
Recognizing the role of prevention in effective safety techniques

Manager's Update

Describing the menu planning option in use in each school
Listing possible uses for commodities
Comparing serving weights of grain/bread items
Understanding the breakfast component requirements
Recognizing the importance of systematic training and orientation of staff
Understanding the basics of TEAM nutrition and developing nutrition integrity in schools

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

Now that the summer is over...

The Bureau continually evaluates what we offer as educational opportunities for all nutrition programs staff. We welcome your comments and suggestions about what we need to offer in addition to what we consider to be core concepts. Please e-mail Janet Wendland or Sandra Fiegen with your thoughts – any other content that needs to be covered? Any other times of the year that workshops can/should be available? Any other methods of structuring the workshops that would work better for the good of all? Any other thoughts?

Send your e-mail to janet.wendland@ed.state.ia.us or sandra.fiegen@ed.state.ia.us. Thank you for your suggestions--we value your input.☺



Twelve Considerations in Assessing A La Carte Sales in the Food Service Area

adapted from Wisconsin Department of Public Instruction

- ◆ Are food items nutritious?
- ◆ Are food items sold at a time and in a manner that promotes healthy eating?
- ◆ Are students making good food choices when a la carte items are sold?
- ◆ Are sales that are conducted during the designated meal service times in the food service area in conformance with the federal competitive food regulations?
- ◆ Are foods in the categories of foods of minimal nutritional value excluded from being sold?
- ◆ Does income from sale of competitive foods accrue to the benefit of the school food service or the school or student organization approved by the school?
- ◆ Could students obtain a reimbursable meal by selecting certain a la carte items?
- ◆ Are all required food items/components available for selection if students are allowed to purchase/receive reimbursable meals from the array of items on the a la carte line?
- ◆ Have all costs associated with the purchase, preparation, and sale of a la carte items been identified?
- ◆ Are a la carte prices set to cover all costs? If not, are price adjustments needed?
- ◆ Do the prices of various a la carte item combinations that would make up a reimbursable meal meet or exceed the full student meal price and the adult meal price?
- ◆ Are a la carte item prices consistent with prices at local retail stores?

The U.S. Department of Agriculture (USDA) is an equal opportunity service provider and employer.

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).

\$ For Sale \$

Proof Cabinet Cres-Cor Model 1200-1836 with PU-18 Electric Humidity Unit. Excellent Condition.

Contact: Rita Reuss

Bellevue Community School District

563-872-4047 M-F 8:00 AM – 1:00 PM

2/3 Jacketed Steam Kettle, Vulcan 40 gallon, Model VDMT 40, Direct Connected, Stainless Steel

Contact: Nancy McLaughlin

Mediapolis Community Schools

319-394-3101, ext. 435 7:00 AM – 1:30 PM

School Program Staff Directory

General Office	(515) 281-5356
	www.state.ia.us/educate/ecese/fn
Busch, Darlene.....	(515) 281-4761
	Busch@radiks.net
Clark, Mary Jo.....	(515) 281-4751
	MaryJo.Clark@ed.state.ia.us
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	Dean.Flaws@ed.state.ia.us
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	Janelle.Loney@ed.state.ia.us
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	Robin.Searles@ed.state.ia.us
Sandvick, Sandy.....	(515) 281-4755
	Sandy.Sandvick@ed.state.ia.us
Thorius, Julia (Chief).....	(515) 281-5356
	Julia.Thorius@ed.state.ia.us
Wendland, Janet.....	(515) 281-6192
	Janet.Wendland@ed.state.ia.us
Vacant.....	(515) 281-4758
Vacant.....	(515) 281-4752
FAX.....	(515) 281-6548

Commodity News

Damaged and/or Shortages On A Release



On any release, if there are damaged products or shortages--it is necessary that the driver initial such items. When there is a driver's initial on the release, proper credit will be given on the invoice amount. All items should be checked carefully at the time of delivery. An over/short paper report should also be sent to the State Office.

Iowa Food and Distribution Program

If you need additional information, commodity values, or forms for the Commodity Food Distribution Programs, please visit our web page at:

<http://www.state.ia.us/educate/ecese/fn/commdist/>

Ordering By Internet

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

- 3A (September deliveries) – July 15
- 3B (November deliveries) – September 13
- 3C (January deliveries) – November 8
- 3D (March deliveries) – January 10
- 3E (May deliveries) – March 7

2002-03 Iowa Food Distribution Advisory Council

Selections have been made for 2002-03 with a nice pool of candidates to select from for the next couple of years. Thank you for the great response! The Iowa Food Distribution Advisory Council for 2002-03:

Edie Hambright, Iowa Falls CSD
Mary Kay Madsen, Waterloo CSD
Stephanie Dross, SE Polk CSD
Nann Canfield, Regis M.S. Cedar Rapids
Brett Buse, Wahlert H.S.
Candy Anderson, South Hamilton CSD
Connie White, Davis County CSD
Tracy Knebel, Cherokee CSD
Jayna Malone, Woodbine CSD
LaVonne Arndt, Cedar Falls CSD
Karen Hauschildt, Earlham CSD

Processed Commodity Food Items

Processed Commodity Food Items for 2002-2003. All food items coded 2500 or above are processed food items and are an extra cost to your school 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. The price of each item is the cost of the finished processed product, including 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.

<http://www.state.ia.us/educate/ecese/fn/commdist/values.html>

Warehouses for 2002-2003

Des Moines Cold Storage

4770 NE 17th Court

Des Moines, Iowa 50313

Contact Person: Jack Barrow (515) 262-6560

Mason City Cold Storage

633 15th 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: Teresa Kloster (712) 279-8019

Warehouse Rates for 2002-2003

Handling, storage, delivery for the first month.

\$1.37 per case.

Dry storage rate for each additional months.

\$.19 per case.

Refrigerated storage rate for additional months.

\$.35 per CWT gross.

Freezer storage rate for additional months.

\$.57 per CWT gross.

Admin fees for processed commodities.

\$.13 per case.

Split Delivery charges.

\$41.00 (In-town), \$68.00 (Out-of-town)