



The Lunch Line

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

Please route to:

Food Service Director
 Kitchen Staff

Record Keeper
 Principal

Superintendent

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March, 2004

Ensuring the Safety of Food Served in Schools

By Dan Henroid and Jeannie Sneed

As child nutrition professionals, we want to be sure that the food we serve each day to students, teachers, staff, and other customers is not only tasty and nutritious but also safe to eat. Unfortunately food safety outbreaks do occur in schools. The Centers for Disease Control and Prevention estimated that 20 known outbreaks of foodborne illness occurred in 1998 and 1999. Though only 9 of these outbreaks were associated with school meals, the consequences of foodborne illnesses can still be devastating because young children are more likely to get a foodborne illness than adults. In an extreme case, a victim of a school-related foodborne illness received a \$4.75 million award from a lawsuit filed against a school district in Washington state.

No school foodservice employee wants to make people sick but there are food handling practices in schools that can contribute to foodborne illness. If someone asked you the following questions, "Are you confident that food served from your kitchen is safe? Can you prove it?" what would your response be? A team in the Iowa State University Hotel, Restaurant, and Institution Management (HRIM) program has been working on a project to help Iowa school foodservice personnel answer these questions and develop programs to prevent food safety problems from happening. HRIM faculty, Jeannie Sneed, PhD, RD, CFSP and Dan Henroid, MS, RD, CFSP, are leading a team working with 38 Iowa school districts to help improve school food safety programs using Hazard Analysis Critical Control Point (HACCP; pronounced 'hassip') through a 3-year USDA grant. HACCP is a preventative program that focuses on how food is handled throughout the system from receiving to service rather than the end product. The goal of the project is to increase the number of school districts with comprehensive HACCP programs.

The project is much more than simply an education program. Participating school districts have received a number of benefits from the project. Each district had an on-site assessment of their food safety program including employee food handling practices and knowledge about food safety at the start of the project. Five foodservice employees were able to attend ServSafe® training at the local county Extension office for free and two foodservice managers received advanced training on HACCP programs during the last two

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summers. The HACCP training was based on a training program developed by the National Food Service Management Institute (NFSMI). To assist school foodservice managers, the project team also has developed food safety resources including standard operating procedures (SOPs), temperature monitoring forms, and employee in-service training materials. These materials are available on the World Wide Web for download at <http://www.iowahaccp.iastate.edu/>. To see how each school district has improved their food safety program using the materials and training over the last several years, the ISU team is going back to each school district in February and March to do another on-site assessment. Results of the project will help HRIM develop additional food safety materials and provide a model for school districts in other parts of the country to implement HACCP.

The project has been well received by the participants (see testimonial). Though the project is scheduled to conclude at the end of the summer, HACCP training will be offered as a new short course through the Child Nutrition Foodservice Education Program (CNFEP) done each year by the Bureau of Food and Nutrition and ISU HRIM. See the listing of short courses in this newsletter for more information. To find out more about the project, contact Jeannie Sneed (jsneed@iastate.edu; 515-294-8474) or Dan Henroid (dhenroid@iastate.edu; 515-294-3527) or visit the project web site at <http://www.extension.iastate.edu/hrim/research/schoolhaccp.htm>.



Testimonial from HACCP Training Participant

As food service director for Galva-Holstein Community Schools, I am thankful that our school was able to participate in the HACCP training offered through Iowa State University. Our entire food service staff was able to participate in the training sessions, affording all of us the opportunity to learn about the program, why it was started, and the benefits of having a HACCP program in place in our establishment. It was my assumption that a staff that

was involved in the training and all the changes that take place while implementing a HACCP program would be more motivated to actively pursue the completion of a HACCP program for our school kitchens. This has proven to be true, as we have all worked together and have made great strides in implementing a HACCP program at Galva-Holstein. Though we still have details to work out to complete our program, we have put in place standard operating procedures that will help us eliminate the possibility of a food-borne illness in our school. This has been a process that has evolved over the past two years and will continue to require changes and improvements over time, but it's a great feeling to know that we've developed a program unique to our establishment that can assure our students a safe and quality dining experience.

Karla Koivisto
Food Service Director

Food Safety Training and Certification Course Offered

Do you or your employees need food safety training? Iowa State University Extension (ISUE) is a statewide provider of food safety training for managers and employees. ISUE specialists offer the National Restaurant Association Educational Foundation's ServSafe® Food Protection Manager Certification. This 8-hour certification program is designed for foodservice managers and is offered throughout the year at locations close to you. ISUE field specialists also offer DineSafe, a two-hour food safety training program developed by the Iowa Hospitality Association Educational Foundation and ISUE, based on ServSafe®. This program is designed for foodservice employees. For a nominal fee, ISUE field specialists can come on-site to deliver this program.

Upcoming ServSafe® Courses:

- | | |
|-----------------------|-------------------------|
| March 9 – Oelwein | April 27 – Charles City |
| March 9 – Des Moines | May 6 – Bettendorf |
| March 23 – Waverly | May 11 – Des Moines |
| March 25 – Waterloo | May 27 – Burlington |
| April 13 – Des Moines | June 2 – Dubuque |
| April 13 – Postville | June 16 – Iowa City |

For more information about a course or to find an ISUE field specialist in your area, visit <http://www.extension.iastate.edu/foodsafety/training/> or contact Dan Henroid, MS, RD, HRIM Extension Specialist (dhenroid@iastate.edu; 515-294-3527).

Summer Short Courses and Workshops 2004

The Bureau of Food and Nutrition and Iowa State University Extension will be offering a number of workshops this summer. Several new workshops have been planned this year. The "Manager's Update" course will be offered through the ICN to encourage even more people to attend. The session will be taped and can be checked out in case you cannot attend the session. The "Strategies for Effective Team Building" workshop is designed to assist managers and employees in developing effective teams in school foodservice operations. Teams of managers and employees are encouraged to register. The following list describes the content, the intended audience, cost, timeframes and location.

On-line registration is available at <https://www2.adp.iastate.edu/ECE1/conftracks.asp?confid=scfoods> or download the registration forms at <http://www.state.ia.us/educate/ecese/fn/shortcourses.html>

The registration deadlines are important since classes may have limited enrollment or could be cancelled if enrollment is too low, so please register early. If you believe you will have new staff that will be coming, please hold a space under the school name with a contact so materials can be prepared for them.

REGISTRATION DEADLINE FOR ALL COURSES EXCEPT BASIC MATH AND NEW MANAGERS IS MAY 23, 2004.

Class: Building Your HACCP Program **Date: June 9, 2004**

Time: Registration: 8:00 a.m.

Class: 9:00 a.m.-4:00 p.m.

Location: MacKay Hall, Iowa State University

Cost: \$75 Includes lunch, breaks, and materials

Audience: Managers who want to ensure that the food they serve is consistently safe. Participants should have a ServSafe®, Serving it Safe, or comparable food safety certification and at least 3 years of experience in their operation.

Description: Are you concerned about the safety of food served in your kitchen? Can you prove that you and your employees are doing everything possible to prevent foodborne illnesses? The course will provide an introduction to Hazard Analysis Critical Control Point (HACCP) programs, an advanced system for preventing food safety hazards from occurring in your operation. Participants will receive a starter HACCP manual and

more than 100 sample HACCP resources on CD-ROM developed as part of Iowa State University's school HACCP project.

ASFSA CEUs*: 6 Minimum class size: 15 (Class may be cancelled if less than 15 enroll)

Class: Advanced HACCP Seminar

Date: June 10, 2004

Time: Registration: 8:00 a.m.

Class: 9:00 a.m.-4:00 p.m.

Location: MacKay Hall, Iowa State University

Cost: \$30 Includes lunch, breaks and materials

Audience: Managers who are participating in the ISU School HACCP project or have begun implementing a HACCP program in their operation.

Description: This seminar will provide an update on the latest food safety information, opportunities to learn innovative and cost-effective methods to insure food safety, and receive technical assistance with developing a HACCP plan for your operation. ISU faculty will be available to provide assistance to develop and customize your plan.

ASFSA CEUs*: 3

Minimum class size: 15

(Class may be cancelled if less than 15 enroll)

Class: Managers Update

Date: June 14, 2004

Time: Registration: 8:00 a.m.

Class: 8:30 a.m.-4:30 p.m.

Location: ICN

ICN sites: Des Moines (host site), Waverly, Storm Lake, Red Oak, and Mt. Pleasant

A minimum of 10 participants is needed at each site to have these remote sites.

Cost: \$50 Includes lunch, breaks, and materials

Audience: Managers that have been in food service over 3 years

Description: This course provides a review of current program information, an update of regulatory changes, and practical applications for managers who have been in food service for more than 3 years.

ISFSA CEUs*: 6

New!!

New!!

Class: Food Service Basics

Date: June 16-17, 2004

Time: Registration – 8:00 a.m.

Class – 9:00-4:00 p.m. June 16 and
8:00-4:00 p.m., June 17

Location: MacKay Hall, Iowa State University, Ames

Cost: \$125 Includes lunches, breaks, and materials

Audience: New Food Service Staff

Description: This course provides an overview of all serving requirements, offer vs. serve implications, food quality and food safety issues. Efficient work practices and working as part of the food service team are also covered.

ASFSA CEUs*: 13

Minimum class size: 30 (Class may be cancelled if less than 30 enroll)

Class: Financial Management

Date: July 6-7, 2004

Time: Registration – 8:00 a.m.

Class – 9:00-4:00 p.m., July 6 and 8:00-4:00 p.m., July 7

Location: MacKay Hall, Iowa State University, Ames

Cost: \$125 per person includes lunches, breaks, and materials**

Audience: Food Service Managers/Directors and School Business Managers/Accountants

Description: Determine how to manage the costs of operating a school food service program. Learn how to collect, analyze, interpret, and apply data from your food service operation to make decisions that will improve your cash flow. Participants will be able to list three ways to increase their local food service revenue. Participants will receive sample financial management resources on CD-ROM to use in their operation.

ASFSA CEUs*: 13

Minimum class size: 15 (Class may be cancelled if less than 20 enroll)

**Please bring current year's budget and the current percentage of free, reduced, and paid students participating in the school lunch and breakfast program for your district.

Class: Strategies for Effective Team Building

Date: July 27-28, 2004

Time: Registration – 8:00 a.m.

Class – 9:00-4:00 p.m. July 27 and 8:00-4:00 p.m., July 28

Location: Scheman Building, Iowa State University, Ames

Cost: \$125 Includes lunches, breaks, and materials

Audience: All Food Service Employees and Managers

Description: This workshop will focus on developing group dynamics and is designed to be a follow-up to the "Joys and Challenges" workshop offered previous

New!!

summers (prior attendance not required). Identify strategies to create effective teams with employees who have different personality types and ways of working. Participants will be able to identify factors that affect the work environment and develop an action plan to improve it. Teams are encouraged to enroll.

ASFSA CEUs*: 13 Minimum class size: 30 (class may be cancelled if less than 25 persons enroll)

DEADLINE FOR REGISTRATION FOR BASIC MATH AND NEW MANAGERS IS JULY 2, 2004.

Class: Basic Math for Food Service Employees

Date: August 3, 2004

Time: Registration – 12:00 Noon

Class – 12:30-4:00 p.m.

Location: MacKay Hall, Iowa State University, Ames

Cost: \$20 Includes lunches, breaks, and materials

Audience: New Employees

Description: Food service employees will learn procedures to calculate recipe yield, how ingredients used meet the NSLP and SBP requirements. Participants will find equivalent measures and determine how to select correct portion utensils. We will review use of the Food Buying Guide. Production record methods will be taught. **Bring along the new Food Buying Guide, which should have been sent to your school in the past two years.**

ASFSA CEUs*: 3

Minimum class size: 10 (class may be cancelled if less than 10 enroll)

Class: New Managers Workshop

Date: August 4-5, 2004

Time: Registration – 8:00 a.m.

Class – 9:00-4:00 p.m. August 4 and
8:00-4:00 p.m., August 5

Location: MacKay Hall, Iowa State University, Ames

Cost: \$50 Includes lunches, breaks, and materials

Audience: Food service managers with less than 3 years experience as managers

Description: New managers will be provided NSLP, SBP, and After-school Snack program guidance. The School Meals Initiative regulations will be explained. Application of food service principles and procedures such as menu planning and production records will be taught to help get the new manager off to a good start.

NOTE: Bring two weeks of menus with you. This class will be applying the Food Based Menu Planning option and will only introduce the NuMenus planning option briefly. **Please bring your copy of the new Food Buying Guide that was sent to your school.**

ASFSA CEUs*: 13

Minimum class size: 10 (class may be cancelled if less than 10 enroll)

*- Number of anticipated CEUs; applications are still pending

National School Breakfast Week – March 8-12, 2004

This year National School Breakfast Week is March 8-12, 2004. To learn more about healthy breakfasts online visit:

www.asfsa.org/meetingsandevents/nsbw/
www.fns.usda.gov/tn
www.afhk.org



Nutrition Education Funding for Low-income Area Schools

Shrinking school budgets and overweight kids are common headlines today. Addressing even one of them can be a challenge. Here's a way to approach both issues with one effort.

If one or more schools in your district have at least 50% of students eligible for free and reduced price meals, those schools are eligible to participate in the **Building and Strengthening Iowa Community Support (BASICS) for Nutrition and Physical Activity Program**. This Program brings with it funding from the Food Stamp Nutrition Education Program through the Iowa Nutrition Network and Iowa Department of Public Health to promote healthy eating and physical activity.

The funding is not competitive, but a match (usually "in-kind" labor) is required. The funding application is posted on the Iowa Department of Public Health web site (http://www.idph.state.ia.us/admin/notice_of_funds.asp). Applications are due April 1, 2004. Call Robin Searles with the Iowa Department of Education, Bureau of Food and Nutrition at (515) 281-3484 or 1 (800) 532-1579 if you intend to apply or want more information and refer to this article. Questions are welcome.

If your school is also involved in Team Nutrition, efforts to create and carry out a plan in your school after 10/1/04 may count toward the BASICS match. We encourage you to explore this funding opportunity for eligible schools in your district. Robin is working jointly with Public Health to support this initiative in schools.

Equipment for Sale

Just a reminder from the Bureau of Food and Nutrition, if you need help in selling a large kitchen appliance we would be glad to put the advertisement in the "Lunch Line". Just give us a description of the item, the price, and some contact information so another school may call you directly. Send this information to:

Janelle Loney
Bureau of Food and Nutrition
Grimes State Office Building
East 14th Street and Grand Avenue
Des Moines, IA 50319-0146

Winter's Leaving... Summer's Coming

Most of us are glad to see winter's end just around the corner. We are equally glad to welcome the coming spring and its promise of warmer temperatures. Summer, with its heat, good food and relaxed times sounds good to all children except to those children who are needy; they are "left out in the cold" because they often do not have daily summer time access to nourishing food as they did during the school year through the School Food Service.



The Summer Food Service Program (SFSP) can make summer a more hopeful time for needy children in your school district, and keep them better prepared to learn in the fall.

Explore the possibilities of your School Program participating in the SFSP.

For information about how you can participate in SFSP, please 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.

School Foodservice Computer Software

Nutrient Analysis, Point of Sale, Menu Planning, Inventory Management.....

These are examples of school foodservice areas that can be managed with computer software packages. Are you considering purchasing a software package to help you manage the school foodservice operation? Do you find that there are too many options and your head is spinning trying to make the decisions? Here are some considerations before you leap. Answers to these questions will also assist in developing your bid or request for proposal should you decide to proceed with purchasing software.

1. Identify what your needs are and what needs you want met with a software package.
2. Identify the characteristics of your district. For example, do kids move frequently, do you process free and reduced applications centrally or in individual buildings, do parents use the Internet, etc.
3. Make a list of what you want the software package to do. For example, Free and Reduced Price Application Processing, Point of Sale, Credit Card Processing, On Line Payment, Nutrient Analysis, etc.
4. Do you want the software package to interact with the district student database?
5. Do you want a stand-alone program or a program that integrates all buildings in the district on a daily basis?
6. Enlist the technology support person in your school district to help you sift through all of the technical jargon that you will hear as you go through the process.
7. Determine how much you want to spend on a program before you start looking.
8. Look at what the wiring needs are in your building or district before you buy a program that will not work with what you have.
9. Talk to other districts that are your size and have similar characteristics to see what programs they are using. Ask them how the program is working for them.
10. Evaluate the different software programs that are available.
11. Request a demo CD from several companies or look at their web site and test-drive the program on the web. Test the usability and friendliness of the software. Have several other people try the software as well.
12. Invite sales representatives to give a presentation on their product.
13. Ask how often they update their software and what updates will cost you.

14. Ask about the annual maintenance fee.
15. Ask about support—this is critical. You will need support when you run into problems once the trainer has left. Do they have an 800 number? Is there a cost for support?
16. Ask about training. What is the cost and length of training? How many people will they train? Will they do onsite training or do you have to go somewhere for the training?
17. Can your computer run the software or will you need to purchase additional hardware?
18. When purchasing Point of Sale software, do you want to use cards, pin pad, scanner, or some of the new technologies like fingerprint identification?
19. How many licenses will you need?
20. Does the company have software programs that you can “ad on” in the future?
21. How many school districts does the company work with and will they give you a list?

If you are purchasing nutrient analysis software, there are currently six USDA-approved software programs.

They are:

1. Bon Appetit
Web Site: <http://www.bonappetitsoftware.com>
2. Nutrikids
Web Site: <http://www.nutrikids.com>
3. PCS Revenue Control Systems
Web Site: <http://www.pcsrcs.com>
4. Simple Menu Planning
Web Site: <http://www.simply-nutrition.com>
5. Visual B.O.S.S.
Web Site: <http://www.horizon-boss.com>
6. WinSNAP
Web Site: <http://www.school-linktechnologies.com>

You can find a comparison of the different nutritional analysis software programs at http://schoolmeals.nal.usda.gov/Approved_SW/index.html

POS Software

The January 2002 issue of School Foodservice and Nutrition lists over 30 software programs in their Software Buying Guide. The article tells you what characteristics different software programs have, the frequency of updates, the cost of the program, estimated annual updates, support services offered, type of training offered, and number of districts using the software.

The following is a list of some of the Point of Service Systems:

Accu-Scan
Arten Terminals, Inc.
Blackboard, Inc.
Bon Appetit
C&M Business Machines, Inc
CCR Data Systems
CLM Group, Inc.
Comalex, Inc.
Compuhelp
Computer Aid
Contrex Systems
Datasynt
Data Team Systems, Inc.
Command Control Systems, Inc.
Horizon Software Int.
Kyrus
Education Management Systems, Inc.
Lunch Byte Systems, Inc.
Microcheck Systems, Inc.
Oscar Software, Inc.
Pacific Triangle Software
PCS Revenue Control Systems
Nobol Computer System Services
Schoolhouse Software
School Link Technologies
Skyward, Inc.
Softerware
Whitledge Consulting
Rodlan Administrative Software
Wordware, Inc.

What might the future bring?

Credit card payments, on line payment systems, plastic picture id cards with bar codes for use in several different areas of a school building, fingerprint identification, scanning applications, touch screens, School Interoperability Framework Initiative and there are more innovations to come.

Summer Camps 2004

There will be no camp deliveries for Iowa sites in the summer of 2004. A very limited supply of commodities is in surplus at the warehouses. If a surplus in Bonus commodities develops, the program may be available in the summer of 2005.



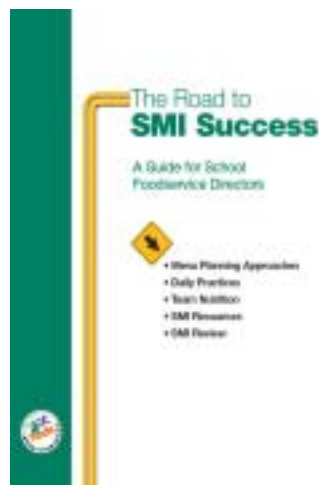
Tidbits from Julia

- Check your mailboxes! It is our understanding that USDA will soon be shipping to you a new publication called “Fruits and Vegetables Galore”. Delivery is expected in March. SFA’s should be receiving one copy with an order form to request additional copies as needed. As the title of this resource suggests, it is designed to help encourage consumption of fruits and vegetables by the USDA Child Nutrition Program Participants.
- A new Food Safety resource, *A Biosecurity Checklist for School Foodservice Programs: Developing a Biosecurity Management Plan*, is now available to help schools better prepare for a threat to the food supply. It contains instructions on how to develop a biosecurity management plan and a series of checklists. The checklists contain recommended tasks for schools to address as a way to prepare for a biosecurity threat or emergency. Currently, this publication is available on the food safety page of the Healthy School Meals Resource System (HSMRS) website.
<http://schoolmeals.nal.usda.gov/Safety/FNSFoodSafety.htm> and on the Bureau of Food and Nutrition web site at www.state.ia.us/educate/ecese/fn/publications.html
You will find posted both a Portable Document Format and a Word format (if you wish to cut, paste, and customize the checklist for your needs). It is our understanding that FNS is working with NFSMI for the development of an interactive version of the guidelines and that in the future NFSMI will be conducting training on this resource and the *Hold and Recall* resources distributed last fall.
- Still thinking about participating in the Summer Food Service Program and need more information? It is not too late to become a sponsor for this year. Refer to the BFN web site to learn more about qualifying a site in your area.
- Don’t forget the March 24 deadline to submit your nomination for a Best Practices Award. Refer to the last issue of the Lunch Line for more information. Your district could be one of the next winners! Send in your entry now.
- It’s not too late to attend one of the regional ISFSA/Team Nutrition or Partners for Healthy Kids/Team Nutrition workshops this spring. Refer to the Bureau web site under training for more information and how to register for one of the remaining workshops.

- Did you know attendance at TN workshops makes your school eligible to apply for a Team Nutrition mini-grant?
- Wondering what to do this summer??? Make plans now to attend one of the Summer Short Courses offered by the Iowa Department of Education and Iowa State University. General information is included elsewhere in this issue and registration material will be included in the April edition.
- Want another great summer opportunity??? Plan to attend the Iowa School Food Service Conference, in Des Moines, June 29-30, 2004. This is a great opportunity for professional development. Since its summer, why not bring the family along and/or take a few extra days for vacation to enjoy a trip to Des Moines!
- It is hoped reauthorization of the USDA Child Nutrition Programs will occur this spring. Typically in addition to reauthorization, this is the time when changes/improvements are made to the permanent Child Nutrition Programs. As individuals who know first hand the tremendous impact of these programs on the children we serve it is very important that you are involved in providing input to the legislative process. Input can be provided via e-mail, letters, and phone calls to members of Congress. Become involved in the legislative process by contacting the Senator from Iowa, your Representative, or Teresa Nece, chair of the Iowa School Food Service Association legislative committee, e-mail teresa.nece@dmps.k12.ia.us or at 515-242-7636.

The Road to SMI Success

Childhood obesity has become, in the past few years, one of the most talked about issues in magazines, newspapers, and television news programs. Statistics on overweight and information about health concerns from obesity are hard to avoid. Your role as a school nutrition employee is becoming even more important in this problem as the search continues for a solution. School lunches today need to meet nutritional goals, taste good, and expose students to healthy food choices so that they will learn to eat nutritionally. As a consequence, the school nutrition program requirements have never been more difficult to understand and follow.



A new handbook to provide you with assistance will be in your mailboxes next year. This new Team Nutrition manual, *The Road to SMI Success*” was developed by the SMI Task Force to compliment USDA’s *Menu Planner for Healthy School Meals*. It will replace USDA’s *Healthy School Meals Training* manual published in 1996.

The purpose of this latest manual is to help SFAs successfully implement the School Meals Initiative (SMI) and consolidate SMI information and resources into one manual. Many lessons have been learned since SMI was implemented. This manual is a tool to help you understand new regulations so you can plan and prepare healthier school meals.

This manual includes:

- A comparison chart of the various menu planning approaches to help you determine which approach is best for you,
- Advantages and disadvantages of each menu planning approach,
- A self evaluation checklist to determine what it takes to implement each USDA menu planning approach,
- Tips for helping you choose the correct age/grade groupings for your menus and nutrient analysis,
- New and expanded Nutrient Standard Menu Planning/Assisted Nutrient Standard Menu Planning (NSMP/ANSMP) guidance,
- Daily practices and practical tips to meet the nutrition goals for all menu planning approaches,
- A discussion on how “Team Nutrition” can help your efforts to improve the school nutrition environment,
- How to prepare for an SMI review, and
- A list of SMI resources.

There is a considerable amount of information in this manual. Contact Jane Heikenen for any additional “sneak preview” information that you would like at: Jane.Heikenen@ed.state.ia.us. Jane has served as a State Agency representative on the National Task Force that has been working on this initiative the past year.

There is Still Time to Register!!

There are two spring workshops remaining and time is running out. These workshops are offering food service staff the opportunity to attend a Healthy Cuisine training as their ISFSA District meeting.



Two tracks for training will be offered at each site. In the first track community and school partners will have a work session to prioritize local goals and access resources to use in their schools and communities. **Teams attending with 3 or more members from different backgrounds will be eligible to receive bonus resources to support healthy eating and being active.** School teams will also be eligible to apply for a Team Nutrition mini-grant.

A second track at the same workshop will be specific to food service workers. The content for their sessions will be designed from the American School Food Service Association's Healthy Cuisine training. This training focuses on simple ideas to prepare and serve healthful and appealing food. Iowa State University staff will teach this content.

There is no charge for this workshop, but pre-registration is needed. A \$10 meeting fee will be charged to those registered that don't attend.

Remaining Locations and Dates

April 3	Oelwein	Register by March 19
April 17	Cherokee	Register by April 2

All workshops will start at 8:30 a.m. and end promptly at 2:30 p.m. Registration will begin at 8:00 a.m. Snack and lunch will be provided for all workshop participants. The registration form can be found at the Bureau of Food and Nutrition website under the Training sidebar: <http://www.state.ia.us/educate/ecese/fn> or refer to the January issue of the Lunch Line for the registration form.

If you have questions or want more details about the workshop, contact Janet Wendland at Janet.Wendland@ed.state.ia.us

Hand Washing

The most critical aspect of personal cleanliness is frequent and thorough hand washing. Body odor offends and lack of bathing accelerates bacterial growth, but most often it is dirty hands and fingernails that create a hazardous condition by contaminating the food product. Hand washing must follow any act that offers a possibility that the hands have picked up contaminants. One of the most notorious outbreaks of foodborne illness on record involved a single food handler who scratched a facial infection and then handled a large amount of sliced meats.

Thorough hand washing should always follow the following activities:

- ❖ Using the restroom.
- ❖ Using a handkerchief or tissue.
- ❖ Handling raw food- particularly meat and poultry.
- ❖ Touching areas of the body, such as ears, mouth, nose, or hair, or scratching anywhere on the body.
- ❖ Touching infected or otherwise unsanitary areas of the body.
- ❖ Touching unclean equipment and work surfaces, soiled clothing, or washrags.
- ❖ Smoking or using chewing tobacco.
- ❖ Clearing away and scraping used dishes and utensils; performing scullery operations.
- ❖ Eating food or drinking beverages.

Every one of these everyday actions and numerous others contaminate the food handlers' hands. It may seem elementary, but clean hands are so critically important that all employees must be instructed in proper hand washing procedures. A hand-washing reminder can be added at certain points in preparation and operations manuals. Proper hand washing is more complicated than just running water and soap over the hands. All employees need to use the following techniques when washing their hands:

- Turn the water on and let it run to a temperature as hot as the hands can comfortably stand.
- Moisten the hands under the water and apply soap to them (antibacterial soap is recommended, and dispenser soap is preferred over bar soap), lathering well beyond the wrists and up the arms to the elbows to remove soil and dirt.
- Pay particular attention to the areas between the fingers and around the nails. Use a brush for cleaning under the nails. Rinse the brush clean and store it in a sanitizing solution between and after every use.

- Rub one hand against the other in a rotating motion using friction for 20 seconds.
- Rinse thoroughly under the running water, allowing the water to flow from the elbows down to the fingertips. This action will rinse away contaminants. Turn water faucet off with a sanitary, single-service towel, or your elbow.
- Dry hands thoroughly with a hot air dryer or with a new sanitary, single service towel.
- Do not touch anything that re-contaminates the hands before returning to work. Use a sanitary paper towel to open the door to the restroom. Just because you carefully wash your hands does not mean the person leaving the restroom before you did. Drying hands on aprons, or using a handkerchief will undo the process.
- Repeat this procedure as often as necessary to keep hands clean at all times. It is important that even though you have followed all proper hand washing guidelines, you should avoid as much as possible direct hand contact with ready-to-eat foods and foods that have been cooked. Do not put hand lotion on freshly washed hands, because lotion provides moisture that encourages bacteria on the skin to multiply.



Commodity News

2003-04 Food Preference Survey Results

Every other year the State of Iowa is mandated by Federal Regulations to survey at least 10% of the schools that participate in the National School Lunch Program (NSLP) and receive commodities. The survey is to find out what the schools like and don't like regarding the commodity foods they receive from USDA. The lower the total score for each item, the more favorable it is. You should have received a copy of these results in the February Commodity Newsletter.

The Iowa Commodity Advisory Council will discuss this survey during the February 27th, 2004 meeting. From this discussion comes what commodity foods should be ordered for the next school (2004-05) year.

Commodity Values for 2003-04 can be found at www.state.ia.us/educate/ecese/fn/commdist/values

Commodity Deliveries 2004-2005

Iowa will continue to have six delivery periods for the next school year (2004-05). The schedule will be similar to this year, with the first delivery cycle beginning on August 16. The first delivery will be called (5A) and the plan is to get you these order forms in May of this school year.

If we can collect all of next year's **FIRST ORDERS** in May, we will not need to mail these to you in the summer when it is almost impossible to get all the orders collected. We will try to have these available on the web by May 17.

No "Commodity Daze"

The Iowa Commodity Food Distribution Program is planning on combining its regular "Commodity Day" with the Iowa Food Service Association (ISFSA) State Conference in Des Moines on June 28-30, 2004.

This program was held at SE Polk High School last year and it provided you an opportunity to sample all processed commodity items that Iowa will be offering.

The plan this summer is to identify a processor booth with a commodity sticker/sign or star, letting you know this is one of the 2004-05 new processed products, along with product fact sheets. All of these products have been sampled and approved by the Iowa State Commodity Advisory Council.

