

# Nutrition News

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## New monstrous-sized fruit makes its debut at Arkansas School for the Deaf

Recently, while visiting your local grocery store you may have been startled by the size of a large, unfamiliar yet unique fruit called the Jackfruit. This fruit is characterized by being large in size and containing a prickly skin on the outside while containing bright, yellow pigmented flesh along with large seeds in the inside of the fruit.

Jackfruits can range from 10 pounds, which is rather large for a single-item fruit, to a whopping 100 pounds. They can also be considered quite pricy, selling for about \$2/lb. For example, a small Jackfruit weighing 10 pounds would cost \$20.

India is considered the motherland for this unique fruit but it is also grown and widely used throughout other parts of Southeast Asia. Some experts have coined the jackfruit as the "miracle crop" because of its great

nutritional value and wide array of preparation styles. A person could enjoy about a half a cup of jackfruit for only 95 calories. The jackfruit serves as a great source of Vitamin C while the seeds are filled with protein, potassium, calcium and iron.

This unique, new fruit was

were introduced to the fruit at the beginning of the week and throughout the week the students conducted thorough research on the origins, utilization and nutritional benefits of this monstrous sized fruit. The Child Nutrition Director at the Arkansas School for the Deaf, Elizabeth Butler, created the opportunity for the students to see and feel the fruit before the taste testing at

the end of the same week. With great excitement, the students enjoyed sharing what they learned about the Jackfruit throughout the week before the taste testing took place. Every student tried the Jackfruit and most enjoyed the fruit and wanted more.



taste tested and rated by elementary students that participate in the Fresh Fruit and Vegetable Program at Arkansas School for the Deaf. The students

Overall, the students gave the Jackfruit a "thumbs-up" and they invite other schools participating in the Fresh Fruit and Vegetable Program to give the jackfruit a try!



**Dates to Remember:**

Distance Learning	Feb. 4
Severe Need Rate Application for SY 2016-17 due to CNU office	Feb. 29
Distance Learning	March 3
FFVP Applications Due	March 18
ISP by school for CEP Deadline	April 1

## Senator Boozman visits Wooster Elementary

Senator Boozman visited Wooster Elementary in Greenbrier School District on August 21, 2015. He sat down with students and enjoyed turkey roast with gravy, mashed potatoes, broccoli, pineapple and a whole wheat roll. The Healthy, Hunger-Free Kids Act of 2010 was due for reauthorization in September of 2015. The reauthorization has been pushed to 2016. Senator Boozman spoke with Child Nutrition Director, Krista Jackson about summer meal programs, current whole wheat requirements, and sodium restrictions to get a local perspective.



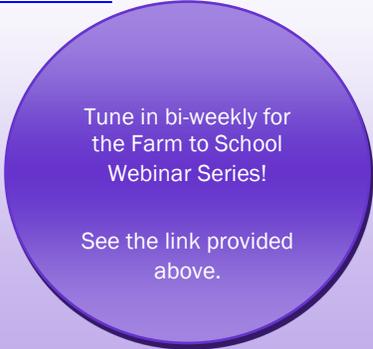
Written by Krista Jackson MS, RD, LD  
 Child Nutrition Director, Greenbrier School District

## Farm to School Webinar Series

Registration Details: <http://www.fns.usda.gov/farmtoschool/videos-and-webinars>.

### Webinar Series Schedule:

- Finding and Buying Local Foods: February 4, 1:00 PM
- Farm to School Menu Planning: February 18, 1:00 PM
- Food Safety: March 3, 1:00 PM
- Promoting Your Farm to School Program: March 17, 1:00 PM
- School Gardening: March 31, 1:00 PM
- Curriculum Integration: April 7, 1:00 PM
- Program Sustainability: April 28, 1:00 PM
- Evaluating Your Program: May 12, 1:00 PM



## Recognition of Employees' Dedication to ADE



Child Nutrition staff members celebrate with Louann Griswood (30 years) and Shelia Bailey (10 years) for their years of service with the Arkansas Department of Education.

## Milestones — Maegan Wade



Maegan Wade has accepted the Central Area Specialist position with the Arkansas Child Nutrition Unit. Maegan is a 23 year old Registered Dietitian from Conway, Arkansas.

Maegan attended the University of Arkansas in Fayetteville and graduated in 2014 with a Bachelor of Science in Human Environmental Sci-

ences with an emphasis in Dietetics. She completed her dietetic internship at the University of Arkansas for Medical Sciences and is currently a Master's student at the University of Central Arkansas.

Maegan's hobbies include playing golf and attending as many Razorback athletic events as she can.

During her dietetic internship, Maegan said her child nutrition rotation was one of her favorite rotations. She believes it is important to influence children at a young age, before they enter adulthood, so they will establish healthy eating patterns.

Maegan expresses great excitement to be apart of the Child Nutrition family and we are certainly excited to have her!

## Milestones — Josh Clements

Josh Clements joined the Child Nutrition Unit in August 2015, as the Area Specialist for the West Central region of Arkansas.

He is originally from Atlanta, TX but he attended school at the University of Central Arkansas in Conway, Arkansas.

He graduated from the University of Central Arkansas (UCA) in December

2014 with a Bachelor of Science in Nutrition. While acquiring his bachelor's degree, Josh was also a member of UCA's baseball team.

Josh recently eloped with his wife Chloe, in the beginning of August.

When Josh is not working, he enjoys hunting, riding four-wheelers, and being outdoors. He also has a

dog, 2 horses and 27 chickens.

Josh is excited to be working in the area of Child Nutrition. He chose this area because his mother is an educator and he knows how child nutrition positively affects education.



## Milestones — Stephanie Allen



Stephanie Allen is the new Area Specialist for the Southeast region. Stephanie is originally from Mountain Pine, Arkansas but she currently resides in Hot Springs, Arkansas.

Stephanie attended Henderson State University in Arkadelphia, Arkansas and graduated in 2015 with a Bachelor of Science in Family and Consumer Sci-

ences with a specialization in Dietetics.

Stephanie is happily married to her husband Josh and they have two dogs that they love dearly, Teddy Bear and Lola.

When she is not working, Stephanie enjoys working out (CrossFit), cooking and shopping.

Stephanie says she chose Child Nutrition

because she feels that it is important to introduce children to a healthier lifestyle while they're younger so they will become healthy adults!

## Milestones — Myia McBride

Myia McBride joined the Arkansas Child Nutrition Unit as a Nutritionist Consultant. Myia was born and raised in Little Rock, Arkansas.

She attended Henderson State University and graduated in 2014 with a Bachelor of Science in Family and Consumer Sciences with a specialization in Dietetics. She spent this past year acquiring her master's degree in Human Sciences

and completing her dietetic internship at Stephen F. Austin University in Nacogdoches, TX. She plans to sit for her Registered Dietitian exam within the next month and then she will be a Registered Dietitian.

In her spare time, Myia enjoys cooking, shopping, reading the Word, and exploring hair and makeup techniques.

Myia said she chose Child Nutrition because it was a great mix between her passion

for people and nutrition.

Myia says she knows the importance of nutrition in respect to education. She stated, "If children are hungry and not provided proper nutrition, they cannot learn and retain the information being taught."

Myia is truly excited to be apart of the Child Nutrition Family.



Fresh Fruit and Vegetable Program (FFVP) applications are now available

***See Commissioner's Memo CNU-16-022***

Application deadline: March 18th

## Distance Learning Topics

Distance Learning Topics for the upcoming months include:

**January**— No Distance Learning

**February**— Fresh Fruit and Vegetable Program Application Process; Severe Need; Seamless Summer Option; Community Eligibility and After School Snacks; No Kid Hungry

**March**— Community Eligibility Provision; Product Formulation Statement and CN Labels Webinar, Breakfast = Production Records

**April**— TBA

**May**— TBA

Please remember that directors who are working toward certification are required to attend at least three Distance Learning Workshops. Directors working to maintain certification must obtain at least 12 hours of continuing education each year.

**Distance Learning is a great way to stay informed about the latest Child Nutrition information.**

# Friendly Reminders

## Community Eligibility Provision

Identified Student Percentage (as of April 1, 2015) by school for CEP Reporting is

Due by April 15, 2016



**NATIONAL SCHOOL BREAKFAST WEEK**

March 7-11, 2016

**“Make the Grade with School Breakfast”**



**SAVOR THE FLAVOR OF EATING RIGHT**

NATIONAL NUTRITION MONTH® 2016

eat right. Academy of Nutrition and Dietetics www.eatright.org

## 2016 Nutrition Education Poster Contest Theme: “Savor the Flavor of Eating Right”

*For more information including the contest entry form and contest rules*

*See Commissioner’s Memo CNU-16-018*



**WAY TO GO LISA ACADEMY NORTH!!!**

## Lisa Academy North participates in Local Food Drive



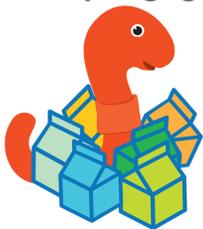
Students and parents at LISA Academy North, a K-12th grade level public charter school in Sherwood, collected **3978.1 pounds** of food for the Spirit of Arkansas Food Drive.

## Senator Boozman visits Washington Elementary



# CARTON<sup>2</sup> GARDEN

Helping grow school garden programs



## Spring 2016 Contest

Show us your students' creativity by re-purposing milk and juice cartons from your school cafeteria to either build or enhance your school garden. Educators can engage students in a hands-on experience creating teachable moments on environmental stewardship, sustainable packaging and healthy living. **The best use of cartons in a school garden gives your school the chance to win one of 14 prizes with a grand prize valued at \$5,000.**

See the link below for further details and entry information:

<http://carton2garden.com/contest-details/spring-2016-contest/>

## ADE Commissioner's Communication Memos

The following Arkansas Department of Education Commissioner's Communication Memos relate to Child Nutrition Programs. A complete list can be accessed on the Child Nutrition Web page at [http://www.arkansased.gov/divisions/fiscal-and-administrative-services/child\\_nutrition\\_unit](http://www.arkansased.gov/divisions/fiscal-and-administrative-services/child_nutrition_unit).

**COM-16-042:** Classified School Employees with Paid Breaks/Duty-Free Lunches and FLSA

**CNU-16-021:** February Distance Learning: Fresh Fruit and Vegetable Program Application Process, Summer Feeding, Community Eligibility, Afterschool Snacks, Severe Need, and No Kid Hungry Updates

**CNU-16-019:** Revised Nondiscrimination Statement and Required Posting Information and Deadlines

**CNU-16-018:** 2016 Nutrition Education Poster Contest

### USDA Nondiscrimination statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: S

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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