

NUTRITION NEWS

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What's for Breakfast?



Kirksey Middle School in Rogers, AR won 1st Place in the March School Community Breakfast Program sponsored by No Kid Hungry and Midwest Dairy.

Senator Boozeman joined members of the school board, the Superintendent and the Mayor of Rogers for the "Kick-off" of this Fuel Up to Play 60 event held in March to feature the new fruit and yogurt smoothies and parfaits for breakfast at Kirksey Middle School.

The program is extremely successful and continues to grow in popularity as it has already in-

creased participation at breakfast by a solid 48% with no signs of decreasing. The staff are preparing over 325 smoothies and 175 yogurt parfaits along with other choices for breakfast

any schools in Rogers.

The preparation cost for the smoothies is about \$1.00 right now but we expect that to decrease as the volume for the yogurt increases and we can take advantage of

cost savings from the vendor. The cost of the parfait is about .85 cents at this time which I also expect to decrease with utilizing increased volumes as we implement the program at the other 6 secondary schools.

This program has been the single most effective thing we have done to increase participation

at breakfast for the most difficult group of students (middle school and high schools students) who typically will not take the time for breakfast. The success speaks loudly for the benefit of this type of program!



with no additional labor. Students are actually consuming these nutrient dense products instead of filling the trash cans. We plan to begin implementing the program at all of the second-



Written by Margie Bowers,
Rogers' School District Child Nutrition Director

Dates to Remember:

Procuring a Food Management Company	Oct. 17
November Distance Learning	Nov. 3
Verification to be completed	Nov.15
December Distance Learning	Dec. 1
Farm to School Grant Program Application Due	Dec. 8
Verification report due to CNU office	Dec. 15

Local Harvest Lunch at Butterfield Trail Elementary

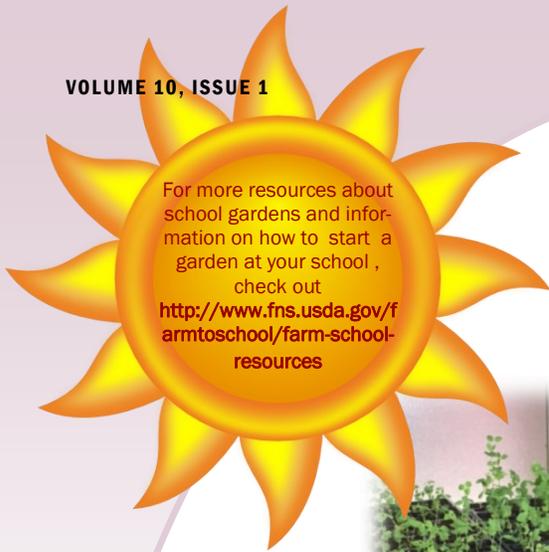


“Farm to school is a national movement that nurtures the connection students have with their food, while supporting the local farming economy. It serves up healthful and local foods in the lunchroom and provides nutrition and agriculture education in the classroom” (Mrachek , 2016).

In celebration of “Farm to School” month, Fayetteville Public Schools hosted an annual Local Harvest Lunch, districtwide, to encourage eating local healthful food.

(Pictured above) Students at Butterfield Trail Elementary enjoying their delicious lunches which incorporated local produce, poultry, and dairy from surrounding areas.

For more information about “Farm to School” and how to incorporate local food in your lunchroom, check out the following link :
<http://www.fns.usda.gov/farmtoschool/farm-school>



For more resources about school gardens and information on how to start a garden at your school, check out <http://www.fns.usda.gov/farmtoschool/farm-school-resources>



Pictured (Above): School Garden at Carolyn Lewis Elementary in Conway, AR

Growing Pride from the Ground Up



Having a school garden is a great way to grow healthy habits in your cafeteria, classrooms, and community.

Pictured (Below): School Garden at Butterfield Trail Elementary in Fayetteville, AR



Milestones — Sandra Rothenberger



Sandra Rothenberger joined the Child Nutrition (CN) Family at the end of August. She is an Administrative Specialist providing clerical support for the Area Specialists. Sandra is originally from Galliano, LA and she just recently moved to Little Rock with her husband, Alex. She has no children but she has one fur baby named Mousetrap.

Sandra received her bachelors degree in psychology from Northwest-

ern State University in Natchitoches, LA. She is currently working on her Masters in Business Administration (MBA). She was previously employed at Northwestern State University as Procutor Coordinator in which she facilitated all national tests.

In her spare time, Sandra loves to participate in "outdoor" activities, read and crotchet.

When asked why she chose to work in Child

Nutrition, Sandra said she is a "people-person" and her passion is to help people. Although she did not have a lot of prior knowledge about child nutrition, she is eager to learn and excited to be apart of an organization that provides healthful meals for children.

We are so delighted to have Sandra as a part of the CN Family!



USDA is Now Accepting Applications for FY 2017 Farm to School Grant Funding

We are excited to announce the release of the FY 2017 Farm to School Grant Program Request for Applications (RFA).

Key Dates:

September 13, 2016: Release the Farm to School Grant Program FY 2017 RFA.

September 29, 2016: USDA will host a webinar at 1:00 pm EST to review the RFA.

- **December 8, 2016:** FY 2017 Farm to School Grant Program applications are due in grants.gov by 11:59 pm EST
- **May 2017:** Announce awards

For more information, please visit the [Farm to School Grant Program page](http://www.fns.usda.gov/farmentoschool/farm-school-grant-program), <http://www.fns.usda.gov/farmentoschool/farm-school-grant-program>.



WISE—We Inspire Smart Eating—is a nutrition program created through UAMS research under a USDA grant. The program has made significant improvements in increasing fruit and vegetable consumption in children. The research phase has ended, and WISE is now actively training child-care providers, home visitors, and Kindergarten – 1st grade educators.

WISE training focuses on three key components –

Feeding Foundations – working with adults to ensure that appropriate feeding and modeling habits are in place at all interactions with food. WISE wants to empower caregivers that every meal/snack is an opportunity by equipping them with evidence-based practices. WISE food experiences are always offered in a supportive, positive setting.

WISE curriculum - WISE focuses on 8 target foods - one food for a month at a time. A WISE unit is supported by the mascot Windy Wise. Windy flies between the farm and school (or home) providing children updates, photos, and letters from the farm. Each unit provides a low-pressure sensory exploration where children have the opportunity to use their senses to interact with the food and taste if they choose. Then, one low-cost, simple recipe is prepared each week with the feature food for the remainder of the month. For FFVP schools, the weekly food experience features the raw food.

WISE environments – This portion of the training focuses on how educators/home visitors/paraprofessionals can work within their agencies and with families to improve the environments which we live to encourage and support healthy habits.

WISE is different from other nutrition education curriculum because it is designed to be integrated across the school year. Each lesson includes learning objectives that are targeted across learning areas (e.g., literacy, math, science) that align with State Benchmarks (Pre-K) or Common Core objectives (K-1). It is also different because emphasis is placed on authentic experiences with food – not creating food crafts or working with food models/posters, etc. Materials are provided to support a link with parents as well.

Please visit the Windy Wise website which provides a sneak peek of the Pre-K manual: <http://windywise.com/sneak-peek/>

Resources



Check out the School Nutrition Environment Page on the CDC Website for helpful school nutrition resources! <http://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>



WHAT CAN YOU DO TO HELP PREVENT FOOD WASTE?



This booklet discusses ways to reduce, recover, and recycle food before it goes to waste. Get ideas for your school by reading tips for school nutrition professionals, teachers, parents, students, and school administrators.

See link to download PDF : <http://www.fns.usda.gov/tn/what-you-can-do-help-prevent-wasted-food>

Halloween Food Safety How-To

Don't let BAC (foodborne bacteria), crash your Monster Mash!



Scare BAC! away by keeping all perishable foods chilled until serving time.

Cold temperatures help keep most frightful bacteria from multiplying. To keep store-bought party trays cold, fill lids with ice and place trays on top. Similarly, keep salads and other perishable items in bowls cold by nesting them in larger bowls of ice.

BAC!

will creep up on you if you let foods sit out for too long.

Don't leave perishable goodies out for more than two hours at room temperature (1 hour in temperatures above 90°F).

Beware of spooky cider!

Unpasteurized juice or cider can contain harmful bacteria such as *E.coli* O157:H7 and *Salmonella*. Serve pasteurized products at your Halloween party.

When whipping up Halloween treats, don't taste dough and batters that contain uncooked eggs.

By Stephanie Allen, CNU Staff (Southeast Area Specialist)

School Nutrition Association Annual National Conference 2016



The School Nutrition Association (SNA, formerly American School Food Service Association) is a national, nonprofit professional organization representing more than 56,000 members who provide high-quality, low-cost meals to students across the country. The Association works to ensure all children have access to healthful school meals and nutrition education by:

- ⇒ Providing members with education and training
- ⇒ Setting standards through certificate and credentialing programs
- ⇒ Gathering and transmitting regulatory, legislative, industry, nutritional and other types of information related to school nutrition
- ⇒ Representing the nutritional interests of all children

Check out their website, <https://schoolnutrition.org/about/overview/>, for more information about the organization.

Pictured: Arkansas School Nutrition Association members at the National Conference in San Antonio, Texas this past July.

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/cn-related-commissioners-memos

- CNU-17-018: Micro-purchase Procurement Method in Child Nutrition Programs, Updated
- CNU-17-017: October Digital Learning: Understanding Child Nutrition Procurement Regulations
- CNU-17-016: Wellness Policy Requirements: Updates from USDA Final Rule
- CNU-17-013: Wellness Committee Responsibilities: A Joint Memo from ADE Child Nutrition and School Health Services
- CNU-17-012: After School Snack Program: Availability, Requirements and On-site Review Form (revised)
- CNU-17-011: National School Lunch Program Verification Collection Report
- CNU-17-010: Tools for Arkansas Schools – Smart Snacks, Wellness, and Best Practices for Child Nutrition
- COM-17-011: September is Take Your Legislator to School Month
- CNU-17-009: NEW Requirement - Procurement Review of Child Nutrition Programs
- CNU-17-008: 2016-17 Child Nutrition Reimbursement Rates and Supporting Financial Forms
- CNU-17-007: September Digital Learning: Verification, Update on Cycle 2 Reporting Process, USDA Foods, Claim Process, and Digital Learning Update
- CNU-17-006: Registration of Food Service Management Companies
- CNU-17-005: Procurement of Food Service Management Companies
- CNU-17-004: Eligibility Manual for School Meals, Revised July 2016
- CNU-17-003: Unpaid Meal Charges: Local Meal Charge Policy and Clarification on Collection of Delinquent Meal Payments
- CNU-17-002: August Digital Learning: Determining Free and Reduced Price Meal Eligibility
- CNU-17-001: Meaningful Access for Persons with Limited English Proficiency (LEP) in the School Meal Programs: Guidance and Questions and Answers (Q&A)
- CNU-16-046: How to Operate a "Self-Sustaining" Fresh Fruit and Vegetable Program
- CNU-16-045: SY2016-17 Maximum Portion Size List
- CNU-16-044: Smart Snacks in Arkansas Schools: Providing, Selling, and "9 Special Event Days"
- CNU-16-043: Healthy Snacks for Designated Testing Days
- CNU-16-042: Extension of Deadline to Elect Community Eligibility Provision (CEP) for School Year 2016-17
- COM-16-088: Final Rules: ADE Rules Governing Distance & Digital Learning; ADE Rules Governing Nutrition & Physical Activity Standards; ADE Rules Governing Student Special Needs Funding

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- (1) mail: U.S. Department of Agriculture
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