

## CHILD NUTRITION

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### DATES TO REMEMBER

Distance Learning Sep 3

August Claims Due Sep 10

October Eligibles Documented Oct 1

Start Verification Process Oct 1

September Claims & Cycle II Reports Due Oct 10

National School Lunch Week Oct 12-16

Part 2—New Director's Orientation Oct 26

Arkansas Department of Education

# Nutrition News

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SUMMER 2015

## Big Hearts in the Guy-Perkins Cafeteria

The small town of Guy, Arkansas boasts on its welcome sign, "A small town with a big heart." One of the town's big hearts can be found in the Guy-Perkins School District cafeteria. Marcelle Fielder is a 91 year old Child Nutrition Worker who has spent the last 35 years filling the bellies and hearts of students and staff.

Marcelle started to work when her youngest child went to school. She served as a substitute in the cafeteria while one of the workers was caring for her sick husband. Once the worker returned to the cafeteria, Marcelle went home for only two days. The superintendent called her and asked if she would come back full-time. Marcelle agreed and has been there almost every day since. She did miss a few weeks a couple years ago when she had a heart attack and open-heart surgery. Two weeks after surgery, she insisted her daughters drive her to the school so she could see the children. The cafeteria staff put a chair at the beginning of the serving line so Marcelle could greet the children as they came for lunch. Two weeks later, she was back at work.

Marcelle graduated from Guy-Perkins School District and has invested in its students over the years. She sent five children there and now has grandchildren and great grandchildren at the district. But it is not just family that stops to give her a hello and a hug. Many students and former students come to visit Marcelle every day. Several school staff are former students, and they can remember Marcelle serving them lunch in years past. Marcelle says she does not do it alone. She believes her success and abilities are only made possible by the help of her team. She says, "... they are like daughters to me. They take care of me." The teams says Marcelle keeps them laughing and always serves as a role model.

The current superintendent, Brian Cossey, says you can count on Marcelle to be there ready to cook breakfast at 6 am as much as you can count on the teenagers to be into mischief.



He recalls viewing a surveillance video with students throwing paper wads at each other in the kitchen one evening after a special event. The video jumps from the mischievous students to Marcelle coming into the kitchen the next morning ready to open refrigerators and preheat ovens.

When Mr. Cossey came to Guy-Perkins six years ago, he worked with the local school board, parent/teacher organization, and others to officially name the lunch room the Marcelle Fielder Cafetorium.

Marcelle's advice to younger generations is to "keep on doing your best no matter what." She says the best thing about working in Child Nutrition is the kids. Her worst memory is getting locked in the freezer one morning. Fortunately, she was not there too long until someone heard her yelling.

After visiting the Cafetorium and hearing the stories of Marcelle, one can certainly say "A great cafeteria with a big heart."

Thank you to Marcelle for her years of service and dedication. Thank you to the District Superintendent Brian Cossey, the District Child Nutrition Director Ann DeMara, and all of the Child Nutrition Staff at Guy-Perkins School District for their hard work to help feed the children of Arkansas every day.

Article by Stephanie Alsbrook

THE GUY PERKINS

BIG HEARTS CAFETERIA

STAFF



## SUPER HEROES IN ARKANSAS SCHOOLS



### **“I’m a Lunch Lady.....What’s Your Super Power?”**

A creative and empowering slogan written on a T-shirt worn by a Child Nutrition Director at last month’s training.

The Arkansas Department of Education Director’s Training was held at the University of Central Arkansas July 6<sup>th</sup>– 17<sup>th</sup> where Child Nutrition Directors from various school districts in Arkansas attended a child nutrition workshop.

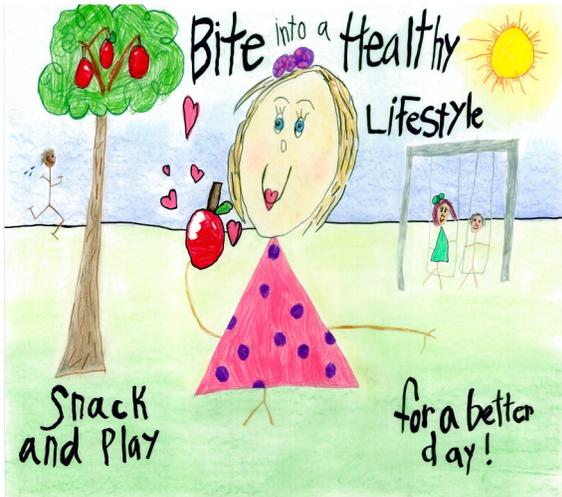
Johnie Ruth Owens, a Child Nutrition Director for Jackson County School District attended the training and proudly displayed her “Lunch Lady Super Hero” T-shirt which was given to her and her staff by Rebecca Head, a Child Nutrition Director at Jonesboro School District. Rebecca presented the T-shirts as a token of her appreciation for the hard work and dedication of the Jackson County child nutrition staff and for their instrumental role in serving Arkansas children.

Many would agree that all administrators, educators and support staff within Arkansas schools certainly have many reasons to boast of the various ways they use their “Super Powers” to meet the needs of our children. However, we should never forget the “Super Heroes” of child nutrition who serve in the awesome capacity of providing delicious and nutritious meals to thousands of Arkansas students.

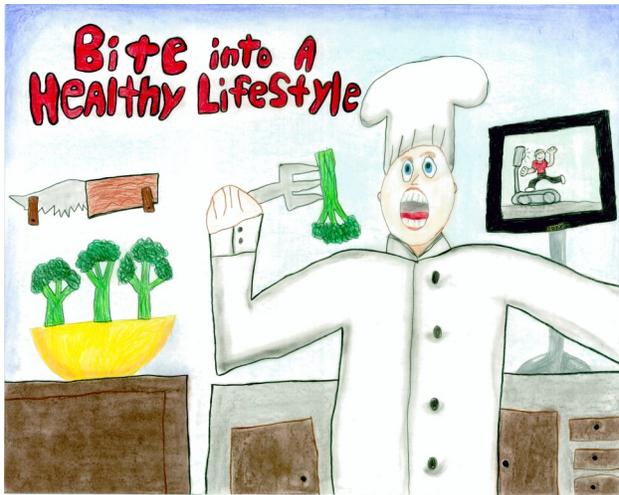
Child Nutrition is a profession that requires the super powers of exceptional knowledge, planning, purpose and compassion to execute the daily requirements of the job. So we salute the child nutrition staff of Arkansas and encourage you to ask, “What’s Your Super Power?”

*Article by Evonne Rayson*

# Poster Contest Winners



**Zoey Hunter**  
**Division K**  
**Woodlawn Elementary School**



**Emma McCoskey (Right)**  
**Division II**  
**Woodlawn Elementary School**

The 2015 Nutrition Education Poster Contest entries were wonderful! Congratulations to the winners! The choices were difficult since there were so many exceptional posters. The poster contest is an annual event funded by the Nutrition Committee of the Arkansas School Nutrition Association (ASNA) and administered by the Arkansas Department of Education (ADE) Child Nutrition Unit (CNU).

“Bite into A Healthy Lifestyle” was this year’s theme for the Academy of Nutrition and Dietetics National Nutrition Month Campaign. This also served as the theme for the 2015 Nutrition Education Poster Contest.

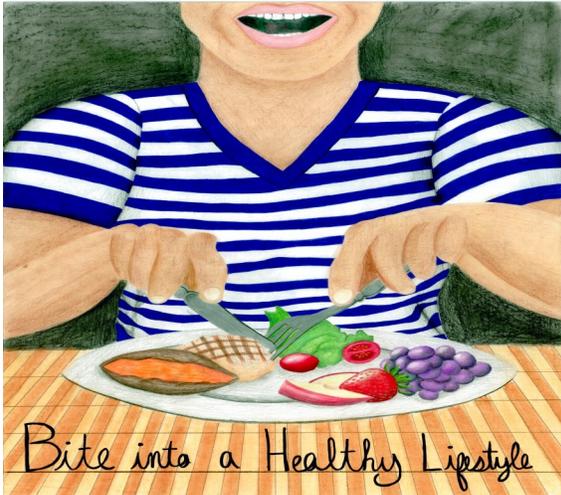
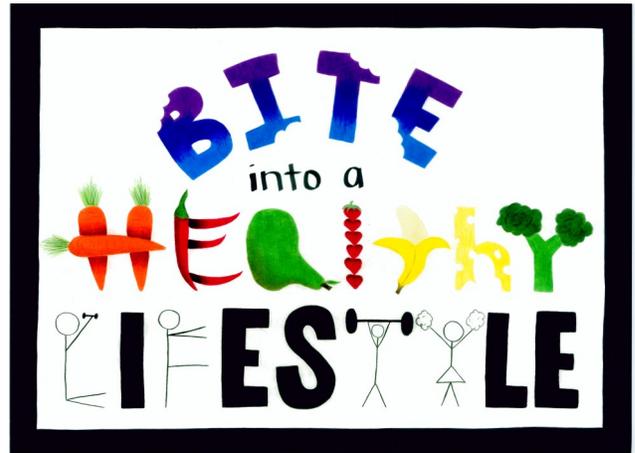
Five division winners were chosen at the state level to receive \$50 and a trophy. A Senior Division winner was selected to receive a \$300 scholarship and a trophy. The instructor/art teach of each state level division winner was awarded \$100 to be used toward the purchase of classroom supplies. The Child Nutrition Manager for each state level division winner received paid ASNA dues for the year 2015-16.

**Aaron Moody (Left)**  
**Division I**  
**Woodlawn Elementary School**



# Poster Contest Winners

Alison Young (Right)  
Division IV  
Woodlawn High School



Kenna McClain (Left)  
Senior Division  
Woodlawn High School



Payton Hammers (Right)  
Division III  
Fulbright Jr. High School



# Farm to School Workshops

REGISTRATION IS OPEN!!!

Please visit <https://base.uams.edu/redcap/surveys/?s=qULZq7Xfuy> to register.

**Registration will close September 15th.  
WORKSHOPS ARE FREE TO ATTEND! SPACE IS LIMITED!**

**SAVE THE DATE**

**10/15/15** Hope, AR  
Southwest Research & Extension

**10/29/15** Monticello, AR  
University of Arkansas Monticello

**11/5/15** Jonesboro, AR  
AR State University

**11/12/15** Harrison, AR  
North AR Community College

**11/19/15** Little Rock, AR  
U of A Cooperative Extension

**WHO SHOULD ATTEND?**

- Schools, Farmers, and Community Partners
- Learn How to Menu, Procure, Market and Prepare Local Foods in Schools
- Hands-On Culinary Skills Training for Cafeteria Staff
- Business and Production Planning for Farmers
- Food Safety for Farmers and Schools
- Participant Giveaways
- 10 Travel Scholarships Available Per Workshop

**Questions? Contact: Jenna Rhodes (501) 364 –3360  
jennarhodes@uams.edu**

## GROWING A HEALTHY SEARCY COUNTY

The Growing A Healthy Searcy County Committee was recognized May 14<sup>th</sup> at the Arkansas Public Health Association state conference by being given the Outstanding Community Service Award. The award honors a group for a community-based program that positively affected a population.

The Growing A Healthy Searcy County Committee was formed in 2013 and was recognized for their exemplary lunch program which started last summer. For 8 weeks throughout the busy summer months of June and July, weekly lunches were provided for children less than 18 years of age. Six sites across the community opened their doors for children to come and receive a sack lunch as well as supplemental food for the week. The Searcy County School District prepared the lunches, under the direction of Dinah Graham, Child Food Nutrition Director, which were then transported by community volunteers to the lunch sites. Marie Morgan, program coordinator with the help of 6 site supervisors, organized an army of 81 volunteers from across the county who came together to make the program a success. These volunteers transported and served lunches, provided fun activities and showered the children with lots of hugs and love.



The project was a collaborative effort between the committee, the Searcy County School District, North Central Arkansas Food Bank, the Arkansas No Kid Hungry Campaign, Arkansas Hunger Alliance and Rice Depot. According to Patty Barker, Director of the No Kid Hungry Campaign “the committee and its summer meals program is one of the best examples we have of creating a very successful meals program for kids led by local leaders.” Each week the number of children in attendance grew. In a matter of 8 weeks, approximately 1,350 meals were served. The weekly event became more than just a place to pick up lunches; it became a site for fun and fellowship.

Special thanks to the Searcy County School District and the School Board for their continued support of such a large community based project in our efforts to reduce food insecurity. If you need lunches or would like to join us in helping, the Summer Lunch program will be held every Tuesday beginning June 9<sup>th</sup> through July 28<sup>th</sup> at the following locations; Morning Start Baptist Church; Searcy County Community Center; St. Joe School; Leslie School; Witt Springs Community Bible Church; Rock Creek Fire Department/Community Center.

Pictured accepting the award are Dinah Graham, Searcy County School District; Charmaine Seaton, Searcy County Office of Emergency Management and Libby Seftar, Searcy County Health Unit Administrator.

*Submitted by Dinah Graham*

*Article by Libby Seftar*

COMMUNITY

ELIGIBILITY

PROVISION

(CEP)

◇ Provides Meals at No Cost

◇ SY 2015-16 School Year Participation

◇ 13 School Districts

◇ 45 Schools

◇ Approx. 15,742 Students

Consider CEP for Your School District!

For More Information Contact:

Donna Ratliff or Patricia Winders

At

(501) 324-9502

# Fun times at Summer Workshops!



## Fresh Fruit and Vegetable Program Update

A recent Arkansas study published in the Times Record on [swtimes.com](http://www.swtimes.com) found that schools participating in the fresh fruit and vegetable program showed a decrease in obesity rates. Arkansas Researchers found a 3 percent percentage point difference which dropped from 20 percent to 17 percent in sampled low-income elementary schools since the Fresh

Fruit and Vegetable Program began. The ADE Child Nutrition Unit celebrates this fantastic news and are excited to have the 2015-16 Fresh Fruit and Vegetable Program schools up and running! All schools are to begin serving fresh fruit and/or fresh vegetables outside of breakfast and lunch to their students no later than the first week of September. Some schools chose to start the first

week of school. Congratulations to all of them for encouraging a healthy environment with fruit and vegetables at school! If your school would like to be a part of this program next year and the school is at least 50% Free/Reduced, then plan to attend the February Distance Education Workshop to learn about the application process. Applications are due around the middle of March. Stay tuned for a Commissioner's Memo after the first of the year for the final details.

**Fresh Fruit and Vegetable Program Schools should remember the following dates:**

- **September 30**—last day to spend Allocation 1 money
- **October 1**—first day to spend Allocation 2 money
- **November 30**—last day to order equipment

## 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).

- [FIN-15-127](#): Additional Professional Standards Required for all Child Nutrition Personnel
- [FIN-15-125](#): Acceptable/Unacceptable Product Documentation for Child Nutrition Programs
- [FIN-15-123](#): August DL: Free & Reduced Meals: Eligibility and Application Process for 2015-2016
- [FIN-15-122](#): Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs
- [FIN-15-116](#): Child Nutrition Agreement and Policy Statement for 2015-16 School Year
- [FIN-15-115](#): Classified Employee Minimum Hourly Wage for 2015-2016
- [FIN-15-114](#): Guidance on Prohibition of Separation by Gender during Child Nutrition Program Meal Service
- [FIN-15-113](#): 2015 Child Nutrition Directors' Conference and New Directors' Orientation
- [FIN-15-112](#): National School Lunch Program (NSLP) Equipment Assistance Grants - Fiscal Year 2015
- [FIN-15-110](#): Community Eligibility Provision Procedures
- [FIN-15-108](#): Smart Snacks and Arkansas Nutrition Standards/Maximum Portion Size List for School Year 2015-16
- [FIN-15-107](#): May DL: Alternate Breakfast Program Best Practices, Commodity Distribution Unit

**Johnny Key**

Commissioner

Arkansas Department of Education

**Ivy Pfeffer**

Assistant Commissioner

Division of Human Resources

Educator Effectiveness

and Licensure

Arkansas Department of Education

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