Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

Issue 2013-2

Spring 2013

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If you know of a nutrition-related or Food Service success story, please click here.

Congratulations to Tammi Wintz!
2013 School Food Service Employee of the Year

Pictured above from left to right: Tammi Wintz, Chad Moeller, and Carla Prickle

On May 10th, the Indiana Department of Education presented the 2013 School Food Service Employee of the Year Award to Tammi Wintz. Mrs. Wintz is a Cafeteria Manager at St. Louis Catholic School in Batesville, Indiana. For the sixteenth year, this award has provided formal recognition to school food service professionals who contribute significantly to the health and learning capabilities of students.

Mr. Chad Moeller, Principal of St. Louis Catholic School, submitted two nominations, one for Tammi Wintz and one for Carla Prickle. Mrs. Wintz and Mrs. Prickle are Cafeteria Managers, and Mr. Moeller stated they make a great team. Julie Sutton, Director of School and Community Nutrition Programs, and Suzette Hartmann, School Nutrition Specialist, traveled to Batesville to present the award.

Tammi Wintz is a member of the School Wellness Committee. She has written and received grants to benefit the food service department and students. She works with parents of children who have diabetes or food allergies in order to provide appropriate meals for those students. Mrs. Wintz provides homemade foods for the students and offers a variety of fruits and vegetables for lunch. A teacher stated "her positive influence reflects how at ease the students are in talking with the cafeteria staff." She has worked hard to meet the new USDA Nutrition Standards, and St. Louis Catholic School was one of the first schools in Indiana to receive approval for 6 Cents Certification this school year.

Success Story at Taylor Community Schools

Taylor Community Schools is an example of a new meal pattern success story. This is a smaller school corporation with a big heart for nutrition. Beth Schave is the Director of Food Services, and her department has does an excellent job of providing an expanded list of menu options for students. Teachers and parents have also noticed the great new food items added to the school menus. Taylor Food Service decided to increase menu choices at a time when many schools were considering decreasing choices due to the complexity of the new meal pattern. In school year 2011-2012, they offered only one main entrée. Several entrée options are now offered each day, including spinach wraps, stir-fry bowls, baked taco bowls, Mexican lasagna, and chicken parmesan. They offer all of their vegetable subgroups daily, which provides for ease of menu planning and accessibility to student's favorite choices. Because of the variety, Taylor Food Service has seen an increase in participation. Because of their push for nutritious meals and inspiration to try different and new cuisines, the food service department was voted "Teacher of the Month" by Taylor students. Not only did their menu get an overhaul, but Taylor Food Service purchased new signage for the cafeterias. This makes it easier for students to understand items that need to go on their tray, while making the cafeteria a warm and appealing place to eat breakfast and lunch! In addition to planning, preparing, and serving great food, the food service staff know how to have fun. Check out their Harlem shake video at http://www.schooltube.com/video/091ebcd075f340a58646/Harlem%20Shake1. Go Titans!

Uncle Ben's® Introduces the 2013 *Ben's Beginners*™ Cooking Contest

Begin with Ben™ for 6 chances to win up to $30,000 for a cafeteria makeover

Uncle Ben's® announces its 2013 Ben's Beginners™ Cooking Contest with a total of $140,000 in cafeteria makeover prizes. The contest is designed to empower and encourage parents to cook with their children as a way to positively influence healthy choices for generations to come. This year in addition to awarding the winning families and their schools, three schools with the highest number of student participation in the contest will also win cafeteria makeovers.
The 2013 contest is kicking off on July 29, 2013. Parents are invited to submit a video to www.unclebens.com or www.facebook.com/unclebens by Oct. 6, 2013, of a rice-based dish they prepared together with their child (kindergarten through eighth grade). One grand prize winner will receive a $30,000 cafeteria makeover, $15,000 for the family and an appearance on "The Rachael Ray Show." Additional prizes include:
* **Two Runner-Up Prizes**: $10,000 for a school cafeteria makeover and $5,000 for the winning family.

* **Three School Participation Prizes**: $30,000 for a cafeteria makeover to the schools with the highest contest participation in their enrollment categories.
Uncle Ben's® is encouraging school foodservice directors to share the details of the Ben's Beginners™ contest with parents and school administration, increasing the chance for their school to win a cafeteria makeover. Tools for communicating contest details to school administrators and parents along with official contest rules and kid-friendly recipe ideas may be found at www.bensbeginners.com. These materials include a backpack flyer that introduces the contest to parents, customizable letters for the principals and PTA/PTO leaders and a PR toolkit to help generate local media support.

Indiana Farm to School Network

In August of 2012, the Indiana Farm to School Network (IFSN) was formed to connect and strengthen the Farm to School movement across Indiana. Members of the group include: the Indiana Department of Education; Indiana State Department of Agriculture; Indiana State Department of Health; Purdue Extension; school food service directors; food producers; and additional stakeholders. IFSN's main goal is to help local farms, markets, and schools work together to ensure the health of children, farms, the environment, the economy, and communities.

IFSN is focusing on three areas that play a critical role in running a sustainable Farm to School program: grants, education, and procurement. Grants are essential because funding is necessary for any program to stay afloat. The group is also focusing on nutrition education because children in today's society have lost the concept of where food actually comes from. Procurement guidelines are important for both producers and schools. Schools may purchase items directly from farmers, but there are regulations that define what and how food can be purchased.

The first event IFSN participated in to promote Farm to School was at the Indiana Horticultural Congress in January of this year. In March, the group participated in the first Indiana Small Farm Conference. The Farm to School program really sparked the interest of growers at both events.

IFSN released a short survey to collect feedback from producers that are interested in the Farm to School program. The survey will help identify the main barriers that prevent farmers from supporting the program. IFSN will use the results from the survey to develop strategies to overcome some of the common obstacles.

In the near future, IFSN will be looking for feedback from school food service directors. USDA released a Farm to School Census in late March that is designed for public food service directors. Directors are highly encouraged to complete the census, because it will help determine how active Indiana is in the Farm to School program. IFSN plans to create two directories: a directory of schools already participating in Farm to School; and a second directory of producers in Indiana that are interested in the program. The idea behind creating these directories is to help schools and producers connect with each other on their own. These lists will potentially be available on a future IFSN webpage which is currently in production. IFSN's goals cannot be accomplished without the help from school food service departments. Feel free to reach out to Brittany Dale, Indiana Department of Education Farm to School Contact, at bdale@doe.in.gov. This is a perfect time to share any successes you have had with the Farm to School program.

Director's Corner

Our School Nutrition staff recently attended USDA training in Illinois on the new Administrative Review of the school meals programs. We will be conducting these new reviews in the coming 2013-2014 school year. We will no longer have separate CRE and SMI reviews. The new Administrative Review covers all program areas under a single review. The new required review cycle is a minimum of once every three years for each school corporation.

The new review will require more information collection prior to the on-site visit and will focus more on the corporation level, not just the school sites selected. We will still select schools for on-site visits for a more in depth review. Statistic sampling will be used to look at Free and Reduced Meal Applications and benefit issuance documentation from the entire corporation.

We will also be spending more time looking at procurement procedures, indirect costs, and the status of the nonprofit school food service account.

Look for further information this fall on what to expect during an Administrative Review.

Have a great summer!

Food Distribution Notes

As we are nearing the end of the school year, it is important for you to take note of your current inventory residing at your distributing warehouse, as well as the inventory being stored at your schools. Additionally, as the new meal pattern takes effect, you might find you are not utilizing all of your commodities as expected.

When addressing your inventory, here are some important points to remember:

For your warehouse inventory:

- Whenever possible, you should make arrangements to have your inventory delivered prior to the end of the school year.
- By having your commodities delivered instead of letting them sit at the warehouse over the summer, you can avoid accruing excess storage charges.
- You have access to place Delivery Orders for your commodities through June and in time to be utilized with a Summer Feeding Program.
- Any inventory you know you will not be utilizing, you should contact the State Agency so it can be electronically removed and offered to other RAs as Surplus.

For your school inventory:

- You should check the age of the inventory and make an accurate assessment of the quality. Select the following link for further guidance **"best if used by" guidance**.
- Any inventory you know you will not be utilizing may be shared with another RA at no charge. Additionally, the USDA allows for commodities not consumed may be donated to food banks or charitable organization which is tax exempt. Select the following link for further guidance **commodity donations**.

Team Nutrition Notes

On April 16, 2013, Noblesville School's Food Service Department hosted "Savor the Flavor"! This special event showcased the food service department, providing students, parents, administrators, school board members, and Wellness Committee members a unique opportunity to learn what is behind school meals. Held at Noblesville West Middle School, participants were offered food sampling, a cooking demonstration with a local chef, exhibits with nutrition resources, and door prizes. A highlight of the evening included recognizing three schools for receiving USDA's HealthierUS School Challenge Silver Award. Special congratulations to Sue Dunn, Erin Hevel, and the food service staff at Hazel Dell Elementary, Noble Crossing Elementary and White River Elementary for achieving this outstanding accomplishment!

Smarter Lunchrooms at Franklin Community Schools

Franklin Community Schools in Johnson County have found some creative ways to educate students about the new school meal patterns. Food service employees are going above and beyond by taking on a larger role of nutrition education in the lunchroom.

At Webb Elementary School, display tables have been created to show students how fruits and vegetables look before they are cut and served on the lunch line. Belinda Williams, Food Service Manager at Webb, stated that elementary students may not know how food looks right after being picked, so an initiative was started to provide students with visualizations. Webb Elementary also helped to answer the students' questions of "what is that" by using color coordinated spoons on the salad bar line. Red spoons signify fruits, green spoons signify vegetables, and black spoons signify other salad bar items. This easy-to-implement educational tool is a great idea to help teach students about the different food groups.

At Northwood Elementary School, the students are offered a chance to expand their comfort with fruits and vegetables through "Taste Me Tuesdays." Every other Tuesday, students are given the opportunity to taste a food they may not be accustomed to, such as fennel and jicama. Also, what better opportunity to teach the students nutrition than when they are waiting in line? A "Fun Food Fact" sign is placed at the start of the lunch line, and each week a new fun fact is shared. In addition, signs have been placed above foods on the salad bar line to educate students about the items being served.

The students are enjoying the new additions in their cafeterias, thanks to the hard work and dedication of all the food service staff at Franklin Community Schools!

McKinley Primary Center Wins HealthierUS School Challenge Gold Award of Distinction!

McKinley Primary School has a vision: Growing Champions from the Ground Up. With that in mind, McKinley embarked on a journey to change the school environment using the HealthierUS School Challenge (HUSSC) as a tool.

On Monday, April 22, 2013, McKinley's efforts were rewarded when everyone involved with this journey came together during a school assembly to celebrate winning the HealthierUS School Challenge (HUSSC) Gold Award of Distinction! Beth Foland, representing Indiana Department of Education's Office of School and Community Nutrition, joined Meredith Perks, District Director for Senator Joe Donnelly, in presenting the HUSSC Gold Award of Distinction plaque to Mrs. Martin, Principal of McKinley Primary Center. Dr. Carole Schmidt, Superintendent of South Bend Community Schools, shared some thoughts about the school's accomplishments. Following the assembly, Victoria Moore, Director of Food Service, and her staff hosted a special reception.

McKinley started making changes right after receiving a USDA Team Nutrition Grant! Menus were updated to include more dark green and red/orange vegetables, such as fresh spinach, romaine lettuce, broccoli, carrots, and sweet potatoes. Students also began seeing more legumes offered, including refried beans, barbecue lentils, black beans, and black bean chili. Whole-grain foods are offered daily.

Staff improved communication around the school so that students received clear and consistent nutrition education messages. Students in kindergarten through 4th grade receive health education through the Great Body Shop curriculum. Thanks to a partnership with Memorial Hospital, students learn the importance of nutrition and physical activity through HealthWorks! Kids' Museum. A school garden serves as a learning lab to expose students to fresh fruits and vegetables. Students plant radishes and leafy greens in the spring. The school hosts a Garden Harvest in the fall and invites parents and community to share in the bounty.

McKinley provides physical education for the students, as well as making opportunities available for physical activity through the CATCH program and recess. With support from the Northern Indiana Dairy and Nutrition Council, students participate in Fuel Up to Play 60.

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McKinley recognizes the value of partnerships. Some organizations provided funding for programs while others offered resources and/or volunteer staff. Most importantly, all made a commitment to making McKinley a healthier place for students to learn and grow.

McKinley Food Service Staff host a celebration reception!

Indiana School Health Network Conference

Hosted by Covering Kids & Families of Indiana and Indiana Action for Healthy Kids, the Indiana School Health Network's Annual Conference is planned for June 10-11, 2013, at the Indianapolis Marriott North. The School and Community Nutrition Division will be presenting several sessions for school food service staff. There is a special Food Service Staff price of $25 for the 2 day conference. Non Food Service Staff will need to pay $150 for the two-day conference. There are opportunities to apply for a scholarship to help pay for the conference fees.

To register for the conference, click here: http://www.regonline.com/ISHN2013

This is a quarterly publication, developed by the Indiana Department of Education
Office of School and Community Nutrition.
http://www.doe.in.gov/student-services/nutrition

IMAGINING the possibilities. MAKING THEM HAPPEN.

Indiana Department of Education
Glenda Ritz, Superintendent of Public Instruction

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