

# Indiana Nutrition Newsletter

## Keeping Schools 'IN' the Know

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If you know of a nutrition-related or Food Service success story, please [click here](#).

## HealthierUS School Challenge Celebration at the Indiana State House!

By Suzette Hartmann, School Nutrition Specialist

On September 24, 2013, recipients of USDA's *HealthierUS* School Challenge (HUSSC) Award gathered at the Indiana State House for a recognition ceremony. Beth Foland, Team Nutrition Senior Specialist for the Indiana Department of Education, congratulated Indiana's 72 HUSSC schools and welcomed those in attendance.



Samia Hamdan, Senior Nutritionist with the USDA Food and Nutrition Service at the Midwest Regional Office, graciously accepted an invitation to attend the ceremony and provided an overview of the award. Hamdan stated, "We at USDA appreciate your diligence, your patience, your determination, and especially your will to create a healthy school environment for children in your schools. You are all now national role models to your peers and are recognized as such on the USDA Team Nutrition website."

Risa Regnier, Assistant Superintendent of School Support Services, offered her congratulations on behalf of Glenda Ritz, Superintendent of Public Instruction. Regnier stated, "What you do for your students every day makes a huge difference in their lives and we are proud to support you in your efforts."

Representatives of Indiana's two HUSSC Gold Award of Distinction schools provided insight into their journey to receiving this highest level of HUSSC certification. Candice Hagar, Director of Nutrition Services for Fort Wayne Community Schools, shared how Mabel K. Holland Elementary School received this special award. Victoria Moore, Director of Food and Nutrition for South Bend Community Schools, related how McKinley Primary Center reached their goal of becoming a Gold Award of Distinction school.



Power Panther attended the celebration!

Samia Hamdan, representing USDA, and Julie Sutton, Director of School and Community Nutrition, Indiana Department of Education, presented certificates to the HUSSC school districts. Power Panther was there to cheer for all the schools. At the conclusion of the ceremony,

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participants were offered the opportunity to take a tour of the State House. Congratulations to all 72 HUSSC schools!

To view the names of the HUSSC schools, click [here](#).



Certificate Presentation to Mabel K. Holland Elementary School of Fort Wayne Community Schools



Certificate presentation to McKinley Primary Center of South Bend Community Schools



The USDA's Food and Nutrition Service recently released an updated School Breakfast Program (SBP) toolkit that includes a wealth of resources targeted towards school food service directors and others who are interested in establishing or expanding the SBP at their schools. This resource is called the "Energize Your Day with School Breakfast" Toolkit. Please note that the toolkit focuses on the breakfast meal pattern requirements for school year 2014-2015, when most changes are required to be implemented. The link to the toolkit is <http://www.fns.usda.gov/sbp/toolkit>. Check out the introduction and all three toolkit modules! The marketing module includes flyers, a PowerPoint presentation, newsletter inserts, Public Service Announcements, and posters. To quickly view two of the great marketing resources, click on the following items: [10 Reasons to Try Breakfast in the Classroom Flyer](#) and [a Video Public Service Announcement featuring Dominique Dawes](#).

## Numbers Speak Volumes About Breakfast at Elkhart Community Schools!

*By Suzette Hartmann, School Nutrition Specialist*

About three years ago, Pam Melcher, Food Service Director for Elkhart Community Schools, had been considering the possibility of piloting Breakfast in the Classroom at one school in the district. At about the same time, an elementary principal asked the food service department for help to implement breakfast in the classroom at his school. The principal wanted to try this alternate type of meal service to see if it would reduce the number of discipline issues. One of the first things Melcher decided to do was to visit a nearby school corporation to observe a school already implementing breakfast in the classroom.

Toward the end of the 2010-2011 school year, Nicole Scheetz, Commodity Coordinator and Melcher's "right hand co-worker," talked with a group of principals about how breakfast in the classroom could be implemented at their schools.

At the start of the 2011-2012 school year, the food service department began implementing breakfast in the classroom at three pilot elementary schools. Several months later, the food service department sent information about the program to all the principals. This alternate breakfast service was offered as an option at all grade levels and the principals were given the opportunity to decide if they wanted to implement it at their schools. Before the end of the pilot year, two additional schools started providing breakfast in the classrooms.

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The next school year (2012-2013), four more elementary schools were included - for a total of 9 schools. This school year, four more elementary schools were added - for a total of 13 elementary schools!

This school year:

- At seven schools, students go to the cafeteria to pick up a Grab 'N' Go breakfast, and then they go to their classrooms to eat. A hot breakfast is offered twice a week, and Offer versus Serve is implemented at these schools.
- At five schools, food service staff pack coolers with breakfast items and take the coolers to the classrooms. Students eat breakfast in their classrooms.
- At one school, breakfast carts are located in various areas of the school building. As students enter the school, they pick up a Grab 'N' Go breakfast and take it to their classrooms.

This year is a pilot year for the cart system. The food service department is looking at the possibility of increasing the number of schools using breakfast carts. Melcher stated that teachers have more responsibility when coolers are taken to the classrooms. The food service department wants to help each school offer the type of breakfast service that works best for their students.



The following statistics are in regard to breakfast participation at the elementary level:

- Before breakfast in the classroom was implemented, breakfast participation was about 15%
- In October of 2012 (with 9 schools providing breakfast in the classroom), breakfast participation increased to 45%

This school year, Universal Breakfast has been implemented at six elementary school sites.

- At the end of September, 2013, with 13 schools providing breakfast in the classroom and 6 schools implementing Universal Breakfast, breakfast participation was at 53.5%

They have received positive comments from school secretaries, nurses, principals, and teachers. In fact, the biggest response has been from school secretaries – since they have experienced a drop in the number of students being sent to the principal's office in the morning for behavior issues. The principal who originally requested Breakfast in the Classroom stated that it has helped immensely to reduce the number of discipline issues!

Melcher provided information about ISTEP Scores for Bristol Elementary School - one of the pilot schools that implemented breakfast in the classroom at the start of the 2011-2012 school year.

Bristol Elementary School's ISTEP Scores –

2010-2011	52.5% Pass
2011-2012	58.1% Pass
2012-2013	63.1% Pass

It is possible that the increase in the percentage of students passing ISTEP was due at least in part to the increase in school breakfast participation. Studies show that eating breakfast can help improve students math, reading, and standardized test scores.

Melcher suggests talking with principals and teachers before implementing an alternate breakfast service. Melcher explained that, "It is easier to start a new program when you are not mandating it. The food service staff must be sold on it too. Having the team on board is much better!"



Food service employees take coolers filled with breakfast items to classrooms.



## 6 Cents Certification Update

By Marcia Yurczyk, School and  
Summer Monitoring Coordinator

**If you were told that at the end of the 2012-13 school year 82% of Indiana students attended a school that was already 6 cents certified, would that surprise you?** If you read the June article in the Indianapolis Star, you might be surprised by the fact above. The bottom line, the Star used data that included sponsors not eligible for 6 cents certification and also did not reflect all of the submissions that were in various stages of the approval process. The Indiana Department of Education School and Community Division is very proud of how hard our sponsors have worked to get on board with the Healthy Hunger Free Kids Act

(HHFKA) requirements. Since the approval process began back in October 2012, there have been only 15 denied submissions, several which were resubmitted after making adjustments and were subsequently approved. The State Agency has already received 104 submissions for the 2013-2014 school year, 70 of those are already approved, making 84% of our total school corporations and RCCIs either approved or in some stage of the approval process.

Of the uncertified corporations, many are already following the new meal pattern and have embraced the changes recommended for the required 6 cents certification. However with the beginning of a new 3 year review cycle this year, it is imperative that all sponsors be following the HHFKA meal pattern and be 6 cents certified. Trainings are currently underway to assist those who need to get certified this year, so if your school has not yet started the 6 cents process please call your field specialist today! In addition, sponsors can also learn about 6 cents certification by going on our Moodle website and going to the 6 Cents Certification Course. <http://moodler.doe.in.gov/>

In summary, it is very likely that a typical Indiana student goes to a school that has already been certified than to a school that has not yet been certified. Please keep in mind that certification is awarded by school corporation, and all schools within a corporation must be in compliance with the new Healthy Hunger Free Kids Act meal pattern in order to be certified. All schools must be providing the required meal components in the required amounts for both breakfast and lunch. In addition, schools must be in compliance with the minimum weekly and daily requirements for all of the vegetable subgroups, meat/meat alternates and grains.

### Director's Corner - *By Julie Sutton*

We enjoyed seeing everyone at the Annual ISNA State Conference. Many of you attended our DOE sessions, and we hope you took away some useful information. I'm sure learning about USDA requirements was not the most exciting part of the conference for you, but I thought our speakers did a great job of making it as interesting as possible. It was a great conference and nice to be back in Indianapolis. I hope you enjoyed it as much as we did.

This spring please look for information announcing our upcoming trainings. We will be offering training on the new Competitive Foods Rule and the new Administrative Reviews. Both of these new requirements will go into effect in school year 2014-2015. Also, we have received a 2013 Team Nutrition Grant that will allow us to offer Smarter Lunchroom Training and Wellness Policy Training. So stay tuned for more information.

Have a happy holiday season!

# Grab 'N' Go Breakfast is the Way to Go at Hope Elementary School!

By Suzette Hartmann, School Nutrition Specialist

At the start of the 2011-2012 school year, Hope Elementary School stopped serving breakfast in the cafeteria and began providing a Grab 'N' Go breakfast the students eat in their classrooms. Lisa Garrison, Food Service Director at Flat Rock-Hawcreek School Corporation, stated that when they made this change - the number of students receiving a school breakfast almost doubled when compared to the start of the previous year!



Why the change? At the end of the 2010-2011 school year, the administration knew that the next school year they would experience budget cuts; consequently, funds would no longer be available to support having classroom aids monitor students during breakfast service in the cafeteria. Garrison talked with the school principal and suggested implementing this alternative breakfast service. The principal liked the idea.

Offer versus serve is not implemented this school year, but the students are offered choices. Two or three different cold cereals are offered every day, and on most days students also have the choice of a hot breakfast item. More pre-packaged items are now offered, including breakfast burritos, blueberry pancakes, and sausage biscuits. Other popular items are yogurt, string cheese, and graham crackers. Students have commented that they like eating breakfast in their classrooms.

Two food service employees spend about one hour filling breakfast bags for the next day. This involves packing cold items in the bags, along with a napkin, spoon, and a straw. Each morning, food service staff take the breakfast bags, milk cartons, and hot entrée items to breakfast stations located in two different areas of the school. Two food service employees operate each breakfast station. The cashier at each station uses a laptop computer. When a student chooses a hot entrée item, a staff person puts the food in a bag for the student. Students simply go to a breakfast station to grab a carton of milk and a pre-packaged breakfast of their choice. The only exception to this procedure is that food service employees deliver breakfast to the kindergarten classrooms.

With the new breakfast service, there is no steam table to set up and tear down. Clean up is easier since there is no need to use the dishwasher to clean pots, pans, and trays. Garrison said that, "Operation costs for breakfast are a little higher but labor costs are lower. Grab 'N' Go has been tremendous for our numbers!"



Students at Hope Elementary School grab a breakfast before heading to their classrooms.

## Food Distribution Notes



There is some good news for those Recipient Agencies who participated in the Food Distribution Program (FDP) last school year. This year we have again issued new invoice credits for the 2014 School Year. These credits will cover your per-case and per-pound Administration Fees (not excess storage fees) and help ease your out-of-pocket food expenses. In many cases the invoice credit will cover most of your FDP charges for the upcoming year. If your commodity activity this year is similar to last year's, many of you will have your actual costs reduced by more than 90%. In addition, you might not see any FDP charges deducted from your NSLP reimbursement payments until the final month - when the invoice credit balance may be "used up." You can see your invoice credit amount and track how the FDP charges are being deducted by selecting the "Invoicing Tab" on your Recipient Agency Summary Page. There will be another round of invoice credits issued a little later in the school year.

As always, feel free to contact John Moreland, FDP Program Specialist, at (317) 232-0548 or [jmorelan@doe.in.gov](mailto:jmorelan@doe.in.gov) with any Food Distribution questions you may have.

# Team Nutrition Notes



## Indiana is Awarded a 2013 Team Nutrition Grant!

Indiana's 2013 Team Nutrition Training Grant project will offer wellness training for schools, support free on-site nutrition education lessons for students, and provide food-service training on Smarter Lunchroom principles and the *HealthierUS* School Challenge (HUSSC). Sub-grants will be offered to 30 schools that apply for the HUSSC, implement Smarter Lunchroom principles, and create videos showcasing their success.

To learn more about Indiana's 2013 Team Nutrition Grant, click [here](#) .

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<http://www.doe.in.gov/nutrition>



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