

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](#).

Changing the Perception of School Foodservice

By Sarah Kenworthy, School Nutrition Programs Coordinator



Photo: Lunch service in the beautifully redesigned cafeteria at Harrison High School

Lunch line redesign? Yes please! In school year 2014-2015, Harrison High School's cafeteria went through a major redesign. Lori Shofroth, Director of Nutrition at Tippecanoe School Corporation, noticed that there was a need to change, and she made it happen. When making major changes, it takes time and the approval of many people to make your dreams come true. Shofroth made sure that all the stakeholders were included in the process in order to create an easy transition. Shofroth involved everyone, including administration, the school principal, the school board, and the food service staff.

The main focus of this renovation was on the serving lines and changing the ambiance of the cafeteria. One thing that changed was the new double stack ovens behind the serving line. These double stack ovens are used to

cook homemade pizza and sandwiches right on the serving line. This is a fresh made-to-order option that the kids love! The lines were also designed for easy accessibility and to be visually appealing to customers. Because of the changes, students are selecting more fruits and vegetables, and overall participation increased by 90 students daily. The new serving lines were expected to be completed before the beginning of the 2014-2015 school year, but like all things within school food service, it could not be that easy. The lines started being overhauled during the start of school year. Even with this setback, it did not have a negative effect on the process or outcome of the project. In fact, Shofroth started hearing positive comments from the students and staff before the redesign was completed.

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The number one positive result of the renovation is that the food service employees are pleased and happy with the changes in the cafeteria. The employees have better equipment and better logistics to make their jobs easier. The lines now have an easy switch well to change the wells to hot, cold or freezing. With this new feature, the temperature can be changed with the flick of a switch, and employees are more comfortable knowing that food will be held at the appropriate temperature. The open concept and new LED lighting have made a huge difference in the appearance of the food. Looking across the room, you can see the vibrant fresh fruits and vegetables like the bright orange carrots and dark green broccoli. Employees are very proud of how food items are now displayed. Although it was a little bit more difficult at the beginning for the food service staff, the end result outweighed any challenges.

Even though other schools within Tippecanoe School

Corporation did not experience these major renovations, all the schools started using a clear bagging system to package fresh fruits and vegetables. Because the kids can see the fruits and vegetables, they are more willing to try them. Shofroth knows small changes in packaging and accessibility can have a big impact on kid's choices.

With the redesign complete, Shofroth invited Congressman Todd Rokita to Harrison High School to see school food service today. Shofroth knows that showing others good school food service examples is important. As expected, Congressman Rokita was more than impressed. In fact, he thinks it is equal to some college cafeterias. Of course, redesigning a cafeteria takes time, lots of hard work, and patience, but the benefits outweigh any challenges or issues that are faced during the process.

To view more photos, click on [Harrison High School Cafeteria](#).

Edgewood Intermediate School's Health Fair is a Hit!

By Allie Caito-Sipe, School Nutrition Program and FFVP Specialist

Richland-Bean Blossom School Corporation's Food Service Director, Vickie Coffey, is a master at organization and networking. This has been demonstrated time and again with various health initiatives Coffey coordinates for her schools, including developing a School Health Council, participating in the HealthierUS School Challenge, implementing Farm to School activities, and most recently hosting a health fair at Edgewood Intermediate School.

This annual event is geared toward 3rd, 4th, and 5th graders. Over a period of two days, each grade spent 1½ hours rotating through health stations. The following activities were held in the school dining room: students learned about the importance of breakfast from representatives of IU Health Bloomington, Richland-Bean Blossom's Junior High Nutrition Club hosted a Fuel Up to Play 60 booth, students learned about Smart Snacks during a presentation given by an IDOE School Nutrition Specialist, and students enjoyed taste testing healthy smoothies prepared by Richland-Bean Blossom's Nutrition Services Department.

The following activities were held in the gymnasium: students participated in fun activities at the YMCA fitness station, Vickie Coffey got the kids dancing by leading a Zumba lesson, the Boys and Girls Club talked about after school activities, and the 4th grade classes demonstrated stability balls they use in their classrooms.



By the end of the health fair, both the students and the booth leaders were exhausted yet enthusiastic about the experience. The students were already looking forward to the next health fair, and the booth leaders were making plans for the activities they will offer. Because of Vickie Coffey's attention to detail and careful planning, this event is bound to continue to be a success in the years to come!



Vickie Coffey leading Zumba



YMCA Activity Station

An Exercise in Efficiency

Chef Cyndie and Chef Chris help workshop participants improve food quality and production in simple ways.

Written by Dana Beals, Community Food and Nutrition Intern with the IDOE. Dana has a degree in Culinary Arts from Sullivan University and a degree in Dietetics from Ball State University.



Photo: Chef Chris working with participants in the Morton High School kitchen. The Indiana Department of Education would like to thank Julie Boettger, Food Service Director for the School City of Hammond, and her staff for their hospitality.



Chef Cyndie helps Cathy Fisher prepare Chicken Citrus Soup. Participants had the opportunity to sample all of the recipes at the end of each day.

Are your students requesting new menu options? Does your kitchen staff need extra motivation? Do you need to complete some professional development or continuing education? If you said 'yes' to any of these questions, you should attend one of Chef Cyndie's Culinary Workshops!

These workshops aren't set up like your typical professional development seminars or teacher-student classroom settings. Chef Cyndie gets everyone involved, but don't be intimidated - these workshops are meant to be laid-back and fun. This is evident once Chef Cyndie walks in the room. She radiates positive energy and has a hearty sense of humor. Starting things off with introductions, she asks that you answer a question along with your name, "If you were a fruit or vegetable, what would you be and why?" Maybe you're a coconut – a hard outer surface, but super sweet inside. Or a potato – a little lazy but capable of doing anything. Or maybe you're a cherry because all of your friends say that you're the cherry on top in every situation.

Chef Cyndie provides tricks of the trade to increase efficiency and production. She stresses using the right piece of equipment for the task at hand. For example, she describes the different uses for various knives and explains why your kitchen staff insists on using breadknives to cut iceberg lettuce. It all has to do with knife

sharpening, honing, and proper handling and technique. Are you interested in how to make the most of your staff's time? Wait till you see how she pulls grapes off the vine or chops an onion. Chef Cyndie demonstrates ways to simplify various tasks. It's very likely that you'll be caught slapping yourself in the head and exclaiming, "Why didn't I think of that?!"

Chef Cyndie, assisted by Chef Chris, also encourages trying new things in the kitchen. This dynamic duo provides recipes that are produce-packed and capable of pleasing all palates. Craving creamy? Try the Chicken Penne. Want something fresh but sick of carrot sticks? The Sweet Kale Salad is downright delicious. Don't forget about good old fashioned Ranch Dressing. It becomes the center of attention when teams compete for the best salt-free recipe. Betty Huddleston, Director of Food Service for Franklin County Community Schools, stated, "The recipes are very easy – any kitchen can do them...and it's so much fun!"

The workshops aren't just great for the staff working in the kitchen. This experience has the potential to reach the students you serve too. Tishuana Venzke from Jefferson Elementary School stated, "I take back whatever I learn and teach the students. They learn about fruits and vegetables and try more. Students love to be educated about food."

There's a lot to gain from this experience. What's the biggest take away message for those that attend? Chef Cyndie says "It's learning that scratch cooking is not as hard as they thought it was going to be."



Participants prepare Cucumber Dill Salad

For more information on Chef Cyndie's workshops, visit her website at www.chefcyndie.com or view [Sizzling School Lunches: Indiana Cooks with Chef Cyndie](#) for recipes and kitchen tips.

FACS Students Teach Classmates about Nutrition and Promote School Breakfast

By Kristy Garcia, DOE Contractor for 2014 Team Nutrition Grant

We all recognize the importance of eating a nutritious breakfast and the impact it has on students' academic performance. Last school year, Brenda Osman, East Central High School Family and Consumer Sciences (FACS) teacher, and her students took on the challenge of providing nutrition education to the students in their school district at Sunman-Dearborn Community Schools. Working together, they used their 2014 Team Nutrition mini-grant award to accomplish their goal of teaching students about healthy eating and promoting school breakfast.

With guidance from their teacher, FACS students arranged to visit other schools in their district in order to reach students from kindergarten to 12th grade. FACS students taught kindergartners about the importance of eating fruits and vegetables and introduced them to some fruits the children were not familiar with. They also reinforced their lesson by teaching a fun fruit and veggie matching card game. Other FACS students taught a separate kindergarten class about container gardening, and the kindergarten students pledged to eat fruits and vegetables regularly. FACS students traveled to the Intermediate school building to teach 6th graders about the importance of nutrition and had them sign a pledge to eat healthy and exercise regularly.

For their high school peers, FACS students focused on promoting the importance of eating a healthy breakfast and exercising regularly. They worked with their Food Service Director, Olivia Stone, to promote their high school's Grab 'n Go breakfast. In order to generate student buy-in, the FACS students asked for help to create a new school breakfast menu item. Students taking a Nutrition and Wellness course worked together to create a recipe for a healthy breakfast item that would

be offered as part of the school breakfast. Olivia Stone worked closely with these students to help them create food items that meet USDA's School Breakfast Meal Pattern.

The outcome of this partnership resulted in a winning recipe, and the Wake and Bake Burrito was born! The next step was to add this new item to the Grab 'n Go line. The date was set for May 27th to showcase the

Wake and Bake Burrito, allowing all students the opportunity to taste the new menu item. This event was a great success. FACS students handed out a survey to everyone who selected a burrito for breakfast that day.

The survey asked participants to rate the taste/flavor, texture, temperature, food quality and presentation on a scale from excellent to terrible. Survey results showed that 80% of the students rated the burrito as either excellent or good for the taste/flavor and texture categories. For the temperature category, 75% of the students marked the survey excellent or good.

For the other two categories, 85% of the participants rated food quality excellent or good, and 85% rated presentation as excellent or good. East Central was thrilled to learn that 90% of the participants said they would purchase the burrito again.

Everyone involved in the Team Nutrition grant activities enjoyed the successes of their new partnership. In addition to engaging students in nutrition education that was fun and adding healthy options to the school menu, they also increased the number of students eating breakfast! Great job East Central!

For more ideas on how to promote school breakfast, check out USDA's School Breakfast Toolkit at <http://www.fns.usda.gov/sbp/discover-school-breakfast-toolkit>.



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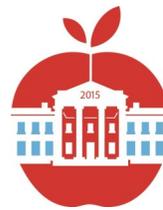
USDA has a new website for you: *What's Shaking? Creative Ways to Boost Flavor with Less Sodium*



This website includes a new infographic on sodium reduction, along with links to access many resources on sodium reduction and healthier school meals. To visit the website, click [here](#).

The School Meals Professional Standards website now includes a new brochure: *Professional Standards for School Nutrition Program Employees*. To download the brochure, click [here](#).

To learn more about Professional Standards for school nutrition professionals and view technical assistance and guidance materials, go to www.fns.usda.gov/school-meals/professional-standards.



healthy *lunchtime* challenge & KIDS' "STATE DINNER"

The winners of the 2015 Healthy Lunchtime Challenge were selected last spring. This recipe contest for kids ages 8-12 promotes cooking and healthy eating. On July 10th, First Lady Michelle Obama welcomed the 55 winners of the contest to the White House for the fourth-annual Kids State Dinner. Click [here](#) for the list of winning recipes, including the winning recipe from Indiana. Click [here](#) to learn more about the Healthy Lunchtime Challenge and download the 2015 Healthy Lunchtime Challenge Cookbook.

Director's Corner - By Julie Sutton

I hope you are having a great start to the school year and enjoying the fall weather.

We are very excited to share that we are very close to 100% of our school districts achieving \$.06 Certification. We only have four districts left that are still working on the process.

Now that you are \$.06 certified, we recommend that you enter all of your cycle menus in the \$.06 Certification Tool. This will help you make sure all of your menus meet the requirements and prepare for your review.

Please visit our web site to see all of the new training we have available this fall. The topics include Special Dietary Needs and Standardized Recipes. Serv-Safe training registration will be available soon.

For those of you up for review this year, we appreciate your patience as we work together to tackle the new Administrative Review. It will be a learning experience for all of us. We have a great team of field staff out there to help you through it, so don't hesitate to let them know of any questions you have along the way.

Thank you. Have a great school year!

Indiana School Wellness: "Be the Change"

By Amber Broughton, Wellness Specialist

Thank you to everyone who participated in the 2015 Indiana School Wellness Summit! We had a great time visiting several Indiana communities and meeting with a large number of school corporations. This year, the IDOE partnered with the Indiana State Department of Health, Action for Healthy Kids, American Dairy Association of Indiana, and the IN Healthy Weight Initiative to develop and present this series of summits. The theme of this year's summits was "Be the Change."

Seven regional summits were conducted in Indiana during May and June of 2015. There were a total of 192 summit participants, representing 91 of Indiana's school corporations. We had a great variety of participants, including school administrators, food service directors, wellness policy coordinators, school health nurses, physical education teachers, parents, community members, and other school staff.

This year's training focused on success stories and implementation. Local school and community leaders (including students!) presented at each summit to discuss their successes and challenges with implementing school wellness strategies. Resources and guidance were provided to help make Indiana school wellness policy implementation a success.

Don't worry if you did not attend a summit this year. All of the training materials are available at www.doe.in.gov/nutrition/school-wellness-policy. This webpage includes the updated Indiana School Wellness Toolkit, policy requirements, model wellness policies and examples. Please share this information with your colleagues, administrators, and other wellness council members. These materials are meant to be shared! If you have any questions or technical assistance needs, please contact Maggie Schabel at mschabel@doe.in.gov.

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



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