Food Service personnel across Indiana face the challenge of how to get students and staff more interested and excited about what’s going on in their cafeterias. Maureen Dvorak, Food Service Manager for Zionsville Middle School came up with an idea that worked. Wanting to drum up more business in the cafeteria in a fun way, Maureen recalled all of the “Got Milk?” posters displayed around their cafeteria and, using her background in photography, she decided it would be fun to have “GotMilk?” posters with their own school celebrities.

“We have ‘Got Milk’ posters with celebrities on them in our cafeteria… So, I thought it would be fun to have our own school celebrities.”
- Maureen Dvorak
Zionsville Middle School
Food Service Manager

After gaining approval from her director and assistant principal, she approached a few teachers to see if they would be willing to participate. As she started taking the pictures and getting the posters made, other teachers began to approach her, wanting to be a part of the project. Now, there is even a waiting list!

She enlisted the help of Life Skills students to put the cartons together. Then, she visited the daycare located at the middle school to take another round of “Got Milk?” photos.

Thanks to Maureen’s ingenuity, not only is all of Zionsville Middle School more excited about their cafeteria, but so is much of their community! For more information, contact Maureen at mdvorak@zsks12.in.us.
The Elkhart Community Schools’ Food Service Department, led by Pam Melcher, Director of Food Services, is involved in a number of projects throughout the corporation to improve the health and wellness of their students, staff, and community. The Food Services Department has:

- Designed healthy birthday treat packages, that are catered by food service, and served in the school
- Offered a free fresh fruit in the morning and a free fresh vegetable for lunch to all secondary students
- Added more fresh fruits and vegetables to the elementary menus
- Held a motivational contest during school breakfast week in which students had a race car displayed that moved forward for each day they ate breakfast at school. New students tried breakfast during that time and the teachers got involved and supported the program
- Plans to focus on increasing breakfast participation this year and creating literature to remind parents that breakfast is included for children qualifying for free and reduced lunch (especially for the 6 schools with greater than 90% of students qualifying for free and reduced meals)
- Helped develop and implement a recycling program (see below)
- Implemented guidelines and has been involved in the Elkhart County Childhood Obesity Initiative (see below)

**Recycling Program**

Along with Dr. Robert Woods, Director of Business Operations, the Food Services Department has helped establish a model recycling program in Elkhart schools. Beginning in the spring of 2009, the program has expanded from one elementary school to all 14 elementary schools, serving up to 6,500 meals per day. Currently, 95% of the cafeteria products are recyclable, including the containers, the film seals on the containers, and any foil that is used. Secondary schools will begin implementing the program by the end of the 2009-2010 school year.

The students have the opportunity to learn about recycling in the classroom, and then practice it throughout the school building. Trash cans with clear liners are for recyclable products and cans with black liners are for non-recyclable products. Custodians empty the bins and send all the bags to Michiana Refuse, the local refuse company that has worked with Elkhart Community Schools to maximize the efficiency and effectiveness of the recycling program. Cafeteria workers, custodians, and teachers have all admitted that it does not add more work. Dr. Woods emphasized the importance of a “team effort” in implementing and maintaining a successful recycling program in schools.

**Elkhart County Childhood Obesity Initiative**

Elkhart Community Schools and the six other public school districts in Elkhart County (Baugo, Concord, Fairfield, Goshen, Middlebury, and Wa-Nee) joined up with the Elkhart County Childhood Obesity Initiative (ECCOI), founded by Elkhart General Hospital, Goshen General Hospital, and the Elkhart County Health Department. The Elkhart County Childhood Obesity Initiative (ECCOI) was formed in 2005 to fight childhood obesity in Elkhart County.

“The problem that we have nationwide and locally is, there is an epidemic of obesity and overweight children. We just don’t want to have schools be a place to promote that,” stated Dr. John Hutchings, Elkhart Community Schools’ Director of Student Services. Dr. Hutchings is a member of the ECCOI School Food Workgroup and aided in the development of a number of recommendations and resources which Elkhart County Schools’ Food Service Department utilize, including:

- Guidelines for all food that is available to children at school, including food in school vending machines, concession stands, fundraisers, classroom parties, and after-school activities
- Distribution (in English and Spanish) of booklets from the ECCOI, titled “School Food Guidelines,” to parents in every school that agrees to adopt the guidelines
- Creation of a Healthy School Food Award that recognizes schools who made efforts to implement the recommendations in the Healthy School Food booklets

**Synopsis**

Recognizing the value of their Food Service Department, Elkhart Community Schools has included food service personnel in a number of endeavors and initiatives resulting in more effective and successful programs throughout the corporation. By working with various groups and areas within the school corporation and the community, the Elkhart Community Schools’ Food Service Department has truly exemplified how dynamic and successful school food service can be.

For more information contact Pam Melcher at pmelcher@elkhart.k12.in.us.
On behalf of the Office of School and Community Nutrition, welcome to the first edition of our new and improved “Nameless Newsletter”. Our creative juices have been completely stymied by the smell of flowers blooming and the warm, spring sun. Consequently, we cannot come up with an effective and catchy name for our newsletter. So we are soliciting your help. But, there is a catch. One of our “food service director friends” suggested we reward the winner of the “Name that Newsletter Contest” with a visit for a day from me to work in the winning school’s cafeteria. I think that is a fantastic idea so, we are currently accepting nominations on the future name of our newsletter. The winner (or loser, depending how you look at it, a whole day with me can be challenging, ask my co-workers) will be contacted to set up a day for me to come to your school and roll up my sleeves. Please submit name ideas directly to me via email, khatcher@doe.in.gov and make sure to include your name, title, and the name of your school and corporation. We hope you like our “Currently Nameless Newsletter”. We look forward to hearing from you!

Best wishes,
-Kent Hatcher, Director
Office of School and Community Nutrition
Healthier Students Are Better Learners: A Missing Link in Efforts to Close the Achievement Gap

A new study, published March 2010, “Healthier Students are Better Learners” brings together the most recent findings in fields ranging from neuroscience and child development to epidemiology and public health. For more information, click here.

Join the Team Nutrition Listserv

To join the Team Nutrition Listserv, click here.

For more information on Team Nutrition, contact nutrition-support@doe.in.gov

School Meals: Building Blocks for Healthy Children

This is a report of the National Academies' Institute of Medicine (IOM), Food and Nutrition Board, which was commissioned by the USDA Food and Nutrition Service. It is available here. It may also be obtained through the Institute of Medicine website. This is the final version of the report. An earlier, prepublication version was made available in October 2009, but should no longer be used.

Effectiveness of School Fruit and Vegetable Schemes

This report systematically reviewed the evidence of effectiveness of interventions to promote fruit and/or vegetable consumption in children in schools worldwide. For more information, click here.

Food Distribution Notes

Since we are quickly approaching the end of the school year, schools who currently have cases of commodities in their inventory will want to place delivery orders in accordance with their established delivery periods through the end of June. This ordering procedure applies to schools who also operate a summer feeding site and receive commodities for that program.

If you choose to leave some cases of commodities in your inventory over the summer break, remember they may be subject to excess storage fees if left past the allocation expiration date. Additionally, cases of commodities left in inventory which subsequently reach the allocation close date will be taken out of your inventory and placed into the State surplus.

Best practice would be to place delivery orders so your entire remaining inventory would be delivered prior to the end of June.

For more information, contact John Moreland at jmorelan@doe.in.gov.

Try This!

Apple-Raisin Ladybugs

Ingredients:
- 2 lettuce or kale leaves
- 1 medium Red Delicious apple, quartered
- 2 tsp creamy peanut butter
- 2 Tbsp raisins
- 5 seedless red grapes

Place lettuce leaves on two salad plates. Arrange 2 apple quarters, peel side up, on the lettuce. Use a dab of peanut butter to place raisins in the space between the apple quarters. Place 1 grape at the stem end of the apple, for the head. For the legs, cut the remaining grapes, lengthwise, into four pieces; place three on each side of the ladybugs. Place small dabs of peanut butter on the remaining raisins and gently press onto apples for “spots”. Yield: 2 servings

Submitted by: Mary Morter, Cafeteria Manager at Fairview Elementary School, Logansport School Corp

Tina’s Grape Salad

Ingredients:
- 3 cups red grapes
- 3 cups green grapes
- 8 oz. cream cheese
- 8 oz. sour cream
- 1 cup powdered sugar
- 1/2 teaspoon vanilla

Topping
- 1/2 cup chopped walnuts
- 1/2 cup packed brown sugar

Instructions
Wash and cut grapes in half, set aside in mixing bowl. Mix sour cream, cream cheese, powdered sugar, and vanilla together. Mix well, then fold in grapes. Chill for 2-3 hours or overnight.

Topping Instructions
Mix brown sugar with the walnuts. Sprinkle over the top just before serving.

Submitted by: Tina Manuel, Cafeteria Manager at West Grove Elementary School, Center Grove Community Schools

To send your own unique, seasonal, or special diet recipe, click here.

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New Feature in CNPweb

There is a new feature in the CNPweb under the School Nutrition Program’s purple puzzle piece. To help schools view their reimbursements for the school nutrition programs, they can go to the payments tab. If a school receives commodities from the food distribution program, they can see their commodities invoice in the payments tab. This shows a detailed description of their commodities ordered and their total costs which will be deducted from their reimbursement.

Fresh Fruit and Vegetable Program

The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options.

Click here for the Fresh Fruit and Vegetable newsletters.

Direct Certification

Direct Certification is a valuable technique that can result in substantial time saved by both parents and school administrators. When properly used, fifty percent or more of your free eligible students can receive their benefit without having to complete the application form. Recent proposed legislation may establish direct certification target levels for schools that the state agency would then have to monitor. For a variety of reasons it’s important that the techniques be implemented properly. Click here for a discussion of ways to improve your results and operate more efficiently! Contact John Todd at jtodd@doe.in.gov or (317) 232-0865, if you have further questions.

Indiana School Nutrition Association (ISNA)

The Indiana School Nutrition Association offers a number of professional development opportunities, promotes public awareness, and addresses legislative issues in order to ensure the availability and delivery of quality nutrition programs in Indiana’s schools.

You can access the ISNA homepage here.
This is a quarterly publication, developed by the Indiana Department of Education
Office of School and Community Nutrition.

http://www.doe.in.gov/food/

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Inquiries regarding compliance by the Indiana Department of Education with Title IX and other civil rights laws may be directed to the Human Resources Director, Indiana Department of Education, 151 West Ohio Street, Indianapolis, IN 46204, or by telephone to 317-232-6610, or the Director of the Office for Civil Rights, U.S. Department of Education, 111 North Canal Street, Suite 1053, Chicago, IL 60606-7204

-Dr. Tony Bennett, State Superintendent of Public Instruction.