

Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

Issue 2012-3

Summer 2012

Easy Incentives at North White School Corporation



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

Faced with the challenge to promote new menu items to children in PreK through 3rd grade, Food Service Director, Linda Wireman, at North White Primary School began to implement a sticker program. Each time a student sampled a new item on the lunch line, he or she received a sticker for going out of their comfort zone to try something different.

The sticker system was put into action after Wireman watched students return their lunch trays untouched day after day. Shortly after observing this, Wireman came up with the idea to give students stickers if they tried a new item. This was an inexpensive incentive to help motivate children to participate in the lunch program.

To keep the program special, the stickers are not given out daily. Wireman determines what day to pass out stickers based on the items served. She targets the lunch days when the cafeteria is serving something new or when a menu item appears that the majority of students

have thrown away in the past. The sticker program has proven quite successful, on days the stickers are handed out, almost all students will taste the item of the day and a number will eat the whole serving.

This program is not exclusive to students. Getting faculty and staff involved provides a good example to the children. In fact, Wireman has participated in the program. Once, she mentioned to a student that she did not like rice. The next time the cafeteria served rice for lunch, that student told Wireman she had to taste it. To provide a good example, Wireman tasted the rice and received a sticker. The students thought it was great that she had to follow the rules too.

North White Primary School's sticker program is a great way to interact with students and an innovative method to encourage students and faculty to try new food items on the lunch line.

Indiana Schools in the News

Indiana school lunch programs have been a hot news item lately. In addition to sharing the latest USDA changes to the meal pattern, these news articles feature how Indiana schools are handling the new challenges.

Tippecanoe Schools—

This article presents how Tippecanoe School's lunch menus are meeting the new guidelines. The article also explains their struggle to appeal to the students.



“A big part of [Food Service Director, Lori Shofroth’s] job is balancing the new requirements with what her customers — the students — will eat. Kids like tater tots, but there are too many starches on

the menu and not enough red-orange vegetables. So for now cafeterias are serving a 50/50 blend of regular and sweet potato tots.” [StateImpact Indiana](#) (8/11/2012)

Johnson County Schools—

Various school districts in Johnson County were also featured in an article about equity in school lunch pricing.

“It was a hard decision, but it was a necessary decision so

that we can run the program the way it needs to be run [to] give them the best \$2.20 meal we can give them.” [WTHR](#) (8/02/12)

Northwest Indiana Schools—

Many Northwest Indiana Schools were presented in this article discussing the biggest adjustments of the new meal pattern.

“Julie Boettger, School City of Hammond food service director, said the district has been working toward the changes for a while, having discarded all its fryers and staying within calorie guidelines for students. School officials also intend to start an advisory council to develop menus that appeal to high school students.” [Gary Community](#) (8/20/2012)

Senator Lugar’s Support of CNP

The Indiana Department of Education, Office of School and Community Nutrition, would like to recognize Senator Lugar for all of his dedication to help improve School Nutrition Programs in Indiana. Over the years, Senator Lugar provided a strong support to make the Indiana School Nutrition Program a success. In 1999, Senator Lugar authored the Summer Food Service Program (SFSP) pilot program, “Lugar Pilots,” to simplify the reimbursement process for community centers supplying children with government funded lunches. Indiana was one of the original 13 states eligible for the program. Subsequently, Senator Lugar offered and passed legislation expanding the program nationwide and now, all states are reimbursed for meals served under the Summer Food Service Program using the simplified reimbursement process.

An important piece of national legislation, the Healthy, Hunger-Free Kids Act of 2010, which extends and improves programs associated with the health, well-being, and education of Indiana children, was signed into law. The legislation improved the SFSP, which feeds more than 45,000 Indiana children in low income areas during the summer months. Senator Lugar was a co-sponsor of the Healthy, Hunger-Free Kids Act of 2010, and it was passed without a single dissenting vote in the United States Senate. Today, children in Indiana will continue to have access to nutritious meals in schools, throughout the summer, and during other times of need because Congress worked to secure the implementation of the Child Nutrition Programs.

Recently, Senator Dick Lugar and State Superintendent of Public Instruction Dr. Tony Bennett have expressed their support of the School and Community Nutrition Program by asking local organizations to sponsor the SFSP in the 20 Indiana Counties where it currently does not operate. The SFSP feeds low-income children in the summer months when school is not in session. Senator Lugar has been the lead champion of the SFSP,

and his innovative efforts to strengthen and improve the program have been adopted nationwide.

Furthermore, there is a Senator Richard G. Lugar Award that goes out every year that provides formal recognition for school food service employees who contribute significantly to the health and learning capabilities of students. Senator Lugar, who has provided meritorious leadership in Congress to preserve and improve the School Nutrition Programs, teamed up with the Indiana Department of Education to recognize outstanding achievements of school food service employees. This award is greatly appreciated by the Office of School and Community Nutrition because it provides the recognition that food service employees deserve.



In addition, the Global Child Nutrition Foundation (GCNF) presented the 2011 Gene White Lifetime Achievement Award for Child Nutrition to U.S. Senator Richard Lugar. The Gene White Lifetime Achievement Award for Child Nutrition is presented each year to an individual whose work has contributed toward helping the world's poorest children receive adequate nutrition, thrive and reach their full potential. This was an outstanding recognition for Senator Lugar because it represents the passion put forth to help feed the children nutritious meals in numerous communities.

Senator Dick Lugar has accomplished plenty in his career, especially in the area of child nutrition. The Department of Education's Office of School and Community Nutrition greatly appreciates all that Senator Lugar has done to help make the School Nutrition Programs a success. Senator Lugar was a huge advocate for school nutrition and all his efforts to improve child nutrition programs will not be overlooked after the Senator's term ends.

Foodservice Staff Have Statewide Presence at June Conference

Required as part of the 2010 Team Nutrition Grant, foodservice staff developed a Poster Session to showcase how the HealthierUS School Challenge (HUSSC) has impacted their school.

This new venue was introduced and well received at the Indiana School Health Network (ISHN) Conference in June. The conference, hosted in partnership with Indiana Action for Healthy Kids and the Indiana School Health Network, attracted over 200 people including school staff, non-profit and healthcare representatives, social service personnel and a variety of state govern-



ment agencies.

In order to educate others about the HUSSC and share their experience and ideas, Team Nutrition grant recipients reported on their HUSSC experience and outcomes during “exhibit time” and breaks. Posters were set up in the main hallway between break-out rooms providing viewing opportunities for all.

Conference attendees commented on the professionalism and creativity exhibited by the schools while foodservice staff spoke energetically about their “new developments.”

Conference attendees

Director's Corner

Welcome back to an exciting new school year! I know you have been facing many challenges this year, and we appreciate all of your efforts to implement the new USDA requirements. Keep in mind that we are viewing this year as a transition year and we are here to help you through it, so please contact your field consultant or our office with any questions or concerns that you have.

One of the many opportunities for training is the upcoming ISNA Annual State Conference. Our staff will be there and we will be providing sessions on Thursday and Friday. On Thursday, we will have a session on the Meal Pattern requirements, Chefs Move to Schools and Acquiring Certification – how to get your extra \$.06. On Friday, we will have a session on the Healthier US School Challenge and also a DOE Help Room that will be available all day. You can talk with our staff one on one in the Help Room and also get some hands on help using the \$.06 certification tools. For more information on the dates and location for the conference see page 4.

We hope to see you there!

Meet Our Staff



Brittany Dale is a recent graduate from Purdue University with a Bachelors of Science Degree in Dietetics. Brittany has been with the Indiana Department of Education (IDOE) since March where she started as a dietetic intern finishing up her

last 6-week rotation required for school. Brittany was then offered the opportunity to come back to IDOE for the summer to continue helping the School and Community Nutrition team.

Brittany was just offered a part-time position with IDOE as the School and Community Nutrition Wellness Specialist that serves as the main contact for School Wellness Policies and the Farm to School program.

Brittany has a short term goal to pass the Registered Dietitian (RD) exam. Passing the RD exam will be the pay-off for the long years of hard work and determination in school.

Brittany is the oldest of three and has lived in Indianapolis her whole life. In her spare time, Brittany loves to travel and spend time with her friends and family.

ISNA Conference



The annual Indiana School Nutrition Association (ISNA) Conference will be held **October 25-27** at the Grand Wayne Convention Center in Fort Wayne, Indiana. The theme for the conference is, “Step Up to The Plate for Child Nutrition” and will focus on health and nutrition for members and for students.

The education sessions will be very informative on the new meal patterns, chefs in schools, food safety and much more. The Indiana Department of Education will be hosting the pre-conference on Thursday. There will be three full days of learning and networking.

Visit ISNA website at www.indianasna.org for all the details.

Try This! Marketing at Carmel Clay Schools

Due to the extensive changes this year, foodservice teams across Indiana are developing ways to teach the new meal pattern established on July 1st to students, parents, and staff. Anne Marie Woerner, the Cafeteria Manager of Carmel High School, came up with a great idea to make a video to present to students and parents at the beginning of the year during registration week. Woerner contacted the Carmel High School TV Advisor, Erin Thorpe, and asked for a student volunteer who had the time and capability to make the video work. The video was scripted by Woerner and shot by Mannie Daly, a student who recently graduated May 2012.

One of the regulations for school lunch is that students are now required to take a fruit

and/or vegetable to qualify as a reimbursable meal. This is a challenging concept to teach students and Woerner was extremely concerned about the students who receive free and reduced meals. Woerner’s goal was to create a video that could be played during Back to School Registration that would highlight the lunch service at Carmel High School, with an emphasis on the changes to school lunch. The video shows how Carmel High School has started color coding the five different components to match the My Plate graphic so the students would be able to identify a full meal and get the

benefit of reimbursable pricing. Woerner believed a video would be the perfect way to explain the new school lunch changes so students and parents would be able to visualize what will be occurring in the lunch lines.

Woerner played the video inside the cafeteria throughout the week of Back to School Registration. There were usually two cashiers working the event to take deposits for lunch accounts, and she played the video directly behind the cashiers so people would watch it while waiting in line. By playing the video inside the



cafeteria, they did not have to compete with everything else that was going on during registration.

Woerner also presented the video during two Parent Connection Coffee meetings that were scheduled during that registration week.

Showing the video on the new meal pattern regulations during registration week was a hit. Students and parents were well informed about the lunch changes.

If you have implemented a new system to teach students about the new meal pattern, please let us know! We want to feature your school in the next newsletter!

Food Distribution Notes



Now that September has arrived, your USDA brown box commodities will start arriving at your distributing warehouse. We plan on posting allocations each week, however early in the school year we always have to wait for shipments to start arriving so we have commodities to allocate. As the school year progresses and the monthly inventories build up, we can meet demand more regularly.

The USDA schedules commodity shipments to arrive by the 15th and the 30th of each month. Sometimes the shipments arrive early and sometimes they arrive late. When commodity shipments do arrive at your distributing warehouse we will electronically fill your inventory in accordance with the commodity requests you made on your 2013 Pre-Order Survey.

At times the USDA may delay or cancel shipments for a variety of reasons, e.g. crop failures, higher prices, production issues, etc. The State Agency strives to make sure you receive the entire brown box and raw pounds of commodities you requested for the year; however delays

and cancellations are inevitable. Please remember, the State Agency has no control over what commodities are shipped or when they will arrive.

Typically, when shipments are delayed it is only for a month or two. When a delayed shipment eventually arrives, we will look back to the month of the original request and backfill your inventory accordingly. Depending on which brown box commodities were requested, some schools may be more adversely affected than others by a cancellation.

Making sure you spend 102% of your allotted Entitlement when completing your Pre-Order Survey and taking advantage of any Bonus or Surplus commodity offerings throughout the year can help offset any commodity value lost due to cancellations. Remember the commodity program supplements your budget by providing approximately 20% of your food needs for the school year and is not the sole source of your food. You will always need to purchase food.

CALENDAR OF SCHOOL NUTRITION PROGRAM REQUIREMENTS

Food Safety Letter sent to Local Health Department -All sites must have 2 health inspections each year	School Start	No	Yes
Breakfast Notification Letter -Required for schools that serve breakfast	School Start and Multiple Times During School Year	No	Yes
Civil Rights Training -Completed quiz on Moodle website and print out -"And Justice for All Poster" in prominent place -Document training all staff involved in CNP	Annually	No	Yes
Production Records	Daily	No	Yes
Claim for Reimbursement (CNPweb)	10 th of Each Month	Online	No
Annual Financial Report -For previous program year	September 1 st	Online	No
* Direct Certification - 2 nd Match	Last Week of September-Before Verification Process	No	Yes
* Verification Process Started	October 1 st	No	Yes
* Direct Verification	October 1 st	No	Yes
* Verification Process Completed	November 15 th	No	Yes

*Residential Child Care Institutions (RCCIs) do not need to complete these items if they do not approve free and reduced-price meal applications.

**Single school sites or single RCCI sites do not need to complete this item.

That Was Easy!

Marci Franks, Food Service Director at Warsaw Community Schools has created an easy method to encourage students to try new veggies.

Marci commented that this was, “a simple motivational tool to reward them for choosing to try out a new veggie.”

Recently a bright red button with the word “easy” was placed next to the cash register just past the vegetable station at Madison Elementary School. When pushed a voice says, “That was easy.” Students were allowed to hit the “easy” button when they selected a vegetable as part of their meal.

On that particular day, the vegetable choices included a lettuce salad of mixed vegetables and darker greens, black beans, and zucchini. Most kids selected vegetables that day just for a chance to hit the button. Getting students to eat their vegetables at Madison? That is easy!



USDA Memos

Memos Code	Date	Title
SP 35-2012	06/12/2012	<u>Procuring Services of Purchasing Cooperatives, Group Purchasing Organizations, Group Buying Organizations, Etc.</u>
SP 36-2012	07/11/2012	<u>Crediting Smoothies Offered in Child Nutrition Programs</u>
SP 38-2012	07/16/2012	<u>Residential Child Care Institutions exception for safety if serving Multiple Age/Grade Groups</u>
SP 39-2012	08/03/2012	<u>Existing Inventory of USDA Foods and Commercial Products</u>

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<http://www.doe.in.gov/student-services/>



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