

# Indiana Nutrition Newsletter

## Keeping Schools 'IN' the Know

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## Healthy Lunchtime Challenge



On August 20, 2012, First Lady Michelle Obama hosted the first ever "Kids State Dinner" at the White House. She invited 54 budding chefs to a formal luncheon for winning the Healthy Lunchtime Challenge. Children ages 8 to 12 from all over the country came up with recipes for healthy, affordable, and delicious meals that followed the nutritional guidelines from MyPlate. One winner was picked from all 50 states, 3 territories, and the District of Columbia. Kids were able to bring a parent with them to the event.

Over 1,200 recipe submissions were sent in and judged carefully based on appearance, smell, and taste. Judges also took price and nutrition into consideration while judging the entries. The full cookbook of recipes can be found on the [Let's Move](#) website.

Alexander Aylward, age 8, from Fort Wayne Schools won with his recipe titled Vegetable Quinoa Salad with Chicken. The foodservice team at Fort Wayne Schools is currently testing the recipe to start serving in their cafeterias.

Great job, Alexander!

Below is Alexander's recipe to try at home!

### Vegetable Quinoa Salad with Chicken

(serves 4-6)

#### INGREDIENTS

2 cups cooked quinoa  
6 ounces grilled skinless boneless chicken or turkey deli meat, cut into bite-size pieces  
2/3 cup chopped fresh spinach  
1/2 cup diced tomatoes  
1/2 cucumber, peeled and diced  
1/2 red pepper, seeded and diced  
3 tablespoons homemade or purchased olive-oil vinaigrette  
Salt

#### PREPARATION

In a large bowl, combine the quinoa, chicken or turkey, spinach, tomato, cucumbers, red pepper, and vinaigrette. Toss to combine, and season to taste with salt.

For more great recipes featured at the Healthy Lunchtime Challenge, click [here](#).

## Tasty Tables

Chartwells and MSD of Pike Township Schools have implemented a Chefs 2 School program, based off of First Lady Michelle Obama's Chefs Move to Schools initiative. With the Chefs 2 Schools program, guest chefs adopt a local school district. The chef then makes occasional planned visits to designated schools to focus on healthy meals and help educate students about sound eating habits and food preparation.

Guest chefs are invited to interact with schools in a variety of ways. They can plan and prepare healthy meals that meet the new meal pattern standards to be featured on the school menu. They have the opportunity to provide food demonstrations which feature local

produce and good nutrition, such as whole grains, fruits, salads, and vegetables with low-fat dips. Or they can host an exhibition cooking demonstration and visit classrooms.

Snacks Elementary, a MSD of Pike Township school, is one of the schools involved with the program. They invite chefs in to host a Chefs Table. At the table they hand out samples of recipes that they are considering putting on their menu. One recent Chef's Table featured kale. The table displayed fresh kale and facts about kale. There were also samples of kale chips. Because of the success during the tasting, the school plans on adding kale chips to their menu!

Future plans for the guest chefs include food promotion and nutrition education activities, local farm events, hands-on cooking classes, family food and fun night, and working with the student council, wellness and youth advisory committees.



## Monarch Café's Fruit and Veggie Bar

In Indianapolis, St. Joan of Arc's cafeteria, known as Monarch Café is currently experiencing a major transition. This is the first year the foodservice staff is preparing food in their own cafeteria. St. Joan of Arc is a small private school, so it has been easy to offer foods the students want. Lesley Bartone, Assistant Cafeteria Manager, said the students prefer fresh



fruits and vegetables over cooked and canned. Because of this, St. Joan of Arc has decided to serve only fresh produce in Monarch Café. A salad bar is used to present multiple fresh fruit and vegetable options so everyone finds something they like. The lunch line begins with the salad bar where students pick their fruits and veggies for the day. Once the Lunch Director, Leslie Burnside, verifies that they have the right portion size, they are allowed to get their hot lunch entrée.

Cost is usually what prevents schools from serving large quantities of fresh fruit and vegetables. However, Bartone says money has not been an issue. She buys her fresh fruit and vegetables in season, when there is a large harvest, so the prices are more reasonable.

A couple minor issues they have experienced with the new salad bar are mess and food waste. Salad bars do require more cleaning but this problem was easily solved by assigning a staff member to wipe down and straighten up the salad bar more often during the lunch

period. Waste is always a factor, but luckily Bartone said by providing more options and giving the students the ability to pick out what they wanted to eat, the waste has not been out of control.

The highlight of the salad bar is that students are consuming more fruits and vegetables. The school's lunch production numbers provide evidence that there has been a tremendous increase in fruit and vegetable consumption. Everyday Bartone and Burnside observe students eating more fresh fruits and vegetables. Bartone also mentioned that the number of students that participated in the school lunch program has increased. Last year 100 out of 271 students took part in the school lunch program, and this year the numbers have risen to 140. Currently, a little over half the school participates in the school lunch program. Monarch Café's goal is to continue to increase that number to help educate students on what healthy eating looks like.

St. Joan of Arc's salad bar has made a positive impact. The students are enjoying the salad bar and the items that are provided on it. There is no doubt that starting a salad bar may be complicated in the beginning, but with time and great determination, the advantages of having a salad bar can make an impressive difference on students' fruit and vegetable intake.



## Chefs Move to Schools: Best Practices

The Chefs Academy recently reached out to Indianapolis Public Schools for a chance to teach kids about healthy eating choices. One of their goals was to restructure the entire menu. However they were not aware of the new meal pattern or the number of foodservice staff currently working on this menu. After talking with IPS's FSD Jane Cookson, instructors and culinary students were given the chance to take an existing menu item and reconstruct the recipe to include healthier ingredients. They were then allowed to visit during a lunch period, pass out the new dish, distribute recipes, and talk about healthy eating to the students.

More and more chefs are expressing interest in working with school cafeterias and classrooms. Many want to offer their expertise to help excite kids about healthy eating. However in the midst of their enthusiasm, many chefs forget or are not aware that there are rules and regulations to school lunch and that professionals in the school are already working to provide a healthy environment for kids. One of the biggest concerns of FSDs for inviting a chef into the school is the idea that the chef wants to take over or they do not value the knowledge and experience of the foodservice staff.

Working with a chef can be a very valuable collaboration, however there are some techniques that should be followed in order to

guarantee the best partnership.

- Direct new volunteer chefs to view a School Nutrition Program webinar created for chefs to learn about the rules and requirements for the National School Lunch Program. (This webinar is in the works, look for an announcement in a weekly newsletter!)
- Ensure the same goals are shared between the school and chef.
- Make sure the chef has met all of the important people at the school and that all faculty and staff are aware of the chef.
- Think about all aspects of the event or program and how it will fit in with the school. Think about age, income level, and experiences of the student body.
- Develop a structured and organized plan. Even if it is a simple taste testing table. Make sure you have worked out all of the details.

If you have experienced an unsuccessful chef partnership in the past, don't let that prevent you from collaborating in the future! Take all of your experiences and learn from the mistakes. Create your own set of best practices and put them to use!

### Director's Corner

We are just about halfway through the school year and making progress getting schools certified for the extra \$.06. Over 30 school corporations are now certified and more than 60 are in progress. We are still offering training sessions in your region, so if you have not attended a workshop please contact your field consultant for the dates and times. We have noticed schools who have attended a training session have far fewer errors on their certification submissions. Please contact Marcia Yurczyk or your Field Consultant if you are having any trouble working with your USDA worksheet.

As a reminder we do have 60 days to process your certification submission but we will retroactively reimburse the extra \$.06 back to the month of the menus you submitted. When submitting menus they should be for the current month or the preceding month.

There are now four programs approved as alternatives to the USDA worksheet, including NUTRIKIDS, inTEAM, PrimeroEdge, and TrakNow. We will accept submissions using any of these programs. Please contact us if you have any questions regarding the requirements for submission.

After the start of the new year watch for training on the New Breakfast Meal Pattern.

Enjoy the Holiday Season!

### Meet Our Staff



**Cheryl McNutt Moore**, Child Nutrition Operations Specialist, is the newest addition to the team! She comes with extensive knowledge and human services experience. Cheryl

holds a Bachelor's Degree from Illinois State University in General Home Economics and an Associate of Arts Degree in General Studies from Lincoln College. In December 2012, Cheryl will complete an additional Associate's Degree in Hospitality Administration from Ivy Tech Community College.

Cheryl has worked for the State of Indiana for a number of years. Past jobs include determining Food Stamps, TANF, and Medicaid benefit eligibility as a Public Assistance Caseworker for Family and Social Services Administration (FSSA); investigating allegations of abuse and neglect as a Family Case Manager for the Indiana Department of Child Services; working toward an efficient welfare system as Director of the Public Health and Assistance Ombudsman Program for Mental Health America of Indiana; and as Education Manager for the Indiana State Department of Health.

In her spare time, Cheryl enjoys spending time with her family, traveling and cooking.



## Dinner is Served

Due to the new meal pattern regulations, many schools have expressed concern about not providing enough food to students during the school lunch period. One solution to help ease student and parent concerns is to implement At-Risk Afterschool Meals, a part of the Child and Adult Care Food Program (CACFP). This program provides a cash reimbursement to eligible (50% or higher free and reduced rate) public and private organizations for serving nutritious snacks and suppers to school-age children participating in at-risk afterschool programs. Examples of at-risk afterschool programs include homework help, life skills classes, art and music enrichment, and so on.

Terry Fuller, Food Service Director from Peru Community Schools, started operating the supper program after school officials noticed a need due to mass layoffs in the community and an increase in families in need.

Despite the fact that the At-Risk Afterschool Meals program operates separately from NSLP, Fuller says that starting the new program was fairly easy. CACFP Specialists work to get these programs operating as quickly as possible.

Peru Community's supper program operates Monday through Thursday, and the meals vary due to a cycle menu. Dinner is served at both the High School and Junior High. Fuller follows the NSLP meal pattern, and the children are fed nutritious and filling meals.

Advertising for the supper program was not a difficult task. Notes were sent home to parents in the school newsletter. Peru Community Schools also marketed their supper program through their calling system. In addition, they displayed the dinner menu on their school's cable channel. Some social service organizations around town helped advertise the program as well.

Fuller enjoys coordinating the supper program. All children regardless of free, reduced or paid eligibility are able to sit with friends and enjoy a meal. Fuller mentioned that it is nice when a child who is really in need observes a child that might not be as needy consuming the same meal. This allows children a shame-free experience. Fuller mentioned that parents also come with their children. If they want a meal then they are allowed to purchase dinner for a small fee. The schools have even had a few elderly people come in and pay the nominal fee in order to enjoy an inexpensive meal.

Peru Community Schools have not had any complaints about the program. The only difficult obstacle Fuller had to overcome was in the beginning, when the staff had to let the adults know that they had to pay a fee for themselves in order to have a meal. However after a number of months, the parents now understand the rules of the program. Peru Community Schools do have monitors just to make sure the program runs smoothly. (Continued on pg. 6)

## Vinton Schools Got Milk!



Students are encouraged to drink milk at breakfast and lunch at school but what happens during the summer? It was this concern that led the Lafayette School Corporation's food service staff to plan "Hooray for Milk" week in May.

Students arrived at the Vinton Elementary School cafeteria to "Got Milk" decorations and a giant cow poster proclaiming, "This is Hooray for Milk Week". A schedule of the week's activities during lunch time was posted with the last day listing only, "Guess who the special guest

will be?"

The first day a local 4-H member spoke about how healthy dairy foods are and why students need to drink milk and eat dairy foods. While they were standing in line for lunch the presenter had the students play a game where foods from the different food groups were placed on a table and they had to pick out the dairy foods. She then had everyone take the "3-a-day" pledge, where they held up three fingers to pledge to drink milk or eat dairy foods at least three times a day during their summer vacation.

The next day, while the fourth grade classes took a field trip to Fair Oaks Dairy, the other grades watched a video during lunch about dairy farming. Students were shown how farmers take care of their cows, the process of milking cows and all the steps involved until they purchase milk from the store. The principal, Mr. Hobbs, even joined the conversation and shared with students all

about the trucks used to transport milk and the special features to keep milk safe for them to drink.

The final day was a very exciting day! The Indiana State Fair Queen, Erika Burghardt, came to visit at lunch. She told the students that the Indiana State Fair theme this year is the "Year of the Dairy Cow" and described what they could see at the fair such as cows being milked, the nursery tent that houses baby calves and the Little Hands on the Farm where one can learn how food is grown.

As the finale, "Got Milk" stickers had been placed on a several milk cartons and those lucky students were given milk mustaches and had their picture taken with the queen!

As students left the cafeteria, they were given coloring books about dairy farming provided by the Tippecanoe County Extension service and spoon straws, "Got Milk" zipper pulls and squeeze balls that were donated by Prairie Farms Dairy.

The students really enjoyed the activities conducted during this promotion and it encouraged them to make sure they eat their 3-a-Day of dairy foods during the summer.



## Food Distribution Notes

In January a Pre-Order Survey will be posted. At that time you will spend your new Entitlement and “go shopping” by making your commodity requests for the 2013-2014 school year. The details regarding the Pre-Order Survey procedures will be sent to you later in December. We are planning a live Webinar to walk you through the process and to field any questions. This Webinar will be recorded to provide a review of the procedures for those Recipient Agencies who could not attend.

Below are some tips to remember when placing your delivery orders for your brown box commodities.

- You never need to establish multiple delivery orders for the same delivery site and for the same time period. As long as a delivery order is in an “OPEN” status, you can increase or decrease your requested amounts by selecting the Edit link in the action column, editing the delivery order and then resubmitting it.
- By editing your existing “open” delivery orders and combining multiple orders into one, you can avoid extra delivery drop charges. Remember to place delivery orders for at least 10 cases per site. You should be aware the warehouses may charge an extra \$15.00 fee for deliveries of less than 10 cases.
- You can dedicate a commodity delivery to a future delivery period. By selecting the delivery period pull-down menu box on the Delivery Order Form, you can see your delivery periods for the entire year. You can choose a future delivery date, fill your order and submit it. You should avoid placing delivery orders too far in advance.
- Delivery ordering deadlines vary depending on your specific delivery schedule. The delivery period defaults to the next available delivery week as of 5:00 pm, Indianapolis time, every Wednesday. You must establish delivery orders no later 5:00 p.m. by the Wednesday prior to your scheduled delivery week, otherwise you will have to place delivery orders for the next available delivery period in two weeks.



## Team Nutrition Notes

### THE NEW FACE OF FRUIT AND VEGETABLES

This [picture](#) gives a whole new meaning to the common phrase, “You are what you eat”! Hopefully you are finding new and creative ways to introduce students to some different fruit and vegetable dishes on your lunch line. With so much time and effort spent on meeting the new meal pattern guidelines, we want you to know about some “tried and true” resources! For more details and ideas, go to the Best Practice Sharing Center on the Team Nutrition web page, [here](#).

### SALAD BAR BLUES?

Do you have a new salad bar, or are you looking for ways to improve your standard service? Fruit and Vegetable Bars have the potential to improve nutrition and increase the consumption of fruits, vegetables and legumes while helping to meet the new meal pattern requirements. Use this [guide](#) as a resource when implementing fruit and vegetable bars.

### TOO IRRESISTIBLE TO NOT EAT!

Getting students to open their palate to new offerings is a big challenge. Catch students who are willing to try new things and recognize them! Offer taste tests and build marketing strategies that “Kick it up a notch!” Studies show that moving and highlighting fruit increased sales by up to 102%. Think about adding signs, a desk lamp or other illumination so that kids won’t miss seeing the fruit! Put fruit in a nice basket or bowl, anything to get it out of the stainless steel serving pans. More ideas can be found at [Smarter Lunchrooms](#). (Continued on pg. 6)



## CALENDAR OF SCHOOL NUTRITION PROGRAM REQUIREMENTS

Item or Process	Due Date	Submit to Doe	Retain in File
* <a href="#">Verification Process Started</a>	October 1 <sup>st</sup>	No	Yes
* <a href="#">Direct Verification</a>	October 1 <sup>st</sup>	No	Yes
* <a href="#">Verification Process Completed</a>	November 15 <sup>th</sup>	No	Yes
* <a href="#">Verification Summary Report</a>	December 15 <sup>th</sup>	Online	No
* <a href="#">Direct Certification- 3<sup>rd</sup> Match</a>	Last Week of January	No	Yes
** <a href="#">On-Site Monitoring Process</a>	February 1 <sup>st</sup>	No	Yes
<a href="#">Update Paid Meal Pricing</a>	March	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.

## Dinner is Served

(Continued from pg. 4) Fuller believes this is a valuable program that was truly needed and is now appreciated throughout the community. Participation numbers show just how much of a success the program has been in Peru. In May 2012, Peru schools served 1,404 suppers. In September this year, 2,340 meals were served. 936 more meals were served!

Individuals that help run the program have received thank you cards from families that have benefited from the program. The children constantly tell the staff how glad they are that the program exists, and the employees feel good knowing that they are feeding a large amount of children in the district. Fuller stated that she is very proud to be a part of Peru Community Schools because they really do care about children and people in their community!

For more information about starting the At-Risk Afterschool Meal Program at your school:

- View an informational handout, here: <http://www.doe.in.gov/sites/default/files/nutrition/risk.pdf>,
- Call 800-537-1142, option 2, or
- Email Carol Markle ([cmarkle@doe.in.gov](mailto:cmarkle@doe.in.gov)), Maggie Abplanalp ([Maggie@doe.in.gov](mailto:Maggie@doe.in.gov)), or Heather Stinson ([hstinson@doe.in.gov](mailto:hstinson@doe.in.gov)).

## Team Nutrition

(Continued from pg. 5)

### MAKING THE MOVE TO NEW MENUS

[Menus that Move](#) is a set of seasonal cycle menus to help schools serve tasty meals that fit within USDA's new meal guidelines. Each seasonal cycle menu contains five weekly menus that have been entered into the USDA Menu Certification Worksheet and meet both the required meal components and nutrient analysis. Florida has some super [New Meal Pattern Tips](#) and [Offer Versus Serve resources](#).



### PICK ME! RECIPES

Colorful, tasty and kid approved! Find Mediterranean Quinoa Salad, Fiesta Wrap and other mouth-watering dishes that are already standardized for school cafeterias. [The Recipe for Healthy Kids \(R4HK\) Competition](#) challenged teams of school nutrition professionals, chefs, students, parents and other community members to cook up kid-approved recipes that schools could incorporate into their cafeteria menus! This culminated in the creation of 30 delicious, kid-tested standardized recipes.

## USDA Memos

### Memos

Code	Date	Title
SP 42-2012	08/16/2012	<a href="#">Application and Other Household Materials for Limited English Proficient Households—Reminder</a>
SP 43-2012	08/23/2012	<a href="#">Current USDA Information on Central Valley Meat Investigation</a>
SP 44-2012	10/12/2012	<a href="#">Child Nutrition Reauthorization 2010: Questions and Answers Related to the 6 Cents Certification Tool— REVISION</a>
SP 45-2012	08/24/2012	<a href="#">Preventing Overt Identification of Children Certified for Free or Reduced Price School Meals</a>
SP 46-2012	08/27/2012	<a href="#">Revised Edition of Eligibility Manual for School Meals</a>
SP 02-2013	10/03/2012	<a href="#">Corn Masa (Dough) for Use in Tortilla Chips, Taco Shells, and Tamales</a>

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>



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