

# 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](#).

## Susan Gargano is the 2016 School Food Service Employee of the Year!

By Suzette Hartmann, School Nutrition Specialist



Photo: Julie Boettger and Susan Gargano

On April 29, 2016, the Indiana Department of Education named Susan Gargano the School Food Service Employee of the Year. Gargano is the Food Service Manager at Frank O'Bannon Elementary School in Hammond, Indiana. Gargano received a plaque from the Indiana Department of Education and a check for \$200 from the Indiana Nutrition Council during a ceremony at the Indiana School Nutrition Association's Spring Seminar.

Julie Boettger, Director of Food and Nutrition Services for the School City of Hammond, submitted the nomination for Susan Gargano. Boettger stated, "Sue understands how to deliver high quality meals and great service to her customers. O'Bannon is a school that I am always proud to take visitors to without advance notice. I know that the food will look and smell great, rules will be followed, and customers and guests will be greeted with smiles."

Susan Gargano has worked for the school district's Food and Nutrition Services Department for 30 years, including 21 years as a Food Service Manager. "Sue does not view her work as a job but as a career. She is thoughtful in her approach to work and is always looking for ways to improve processes," stated Boettger.

Gargano oversees all the Child Nutrition Programs offered at her school, including the School Breakfast Program, National School Lunch Program, Fresh Fruit and Vegetable Program, After School Snack Program, and the Child and Adult Care Food Program (snacks and At-Risk Afterschool Supper). In addition, O'Bannon Elementary was one of Hammond's HealthierUS School Challenge applications this year.

The following examples are just some of the ways Susan Gargano has provided excellent service to the students and staff:

- Helped Head Start students plant kale seeds for a nutrition project
- Used Smarter Lunchroom techniques to create signage for menu choices on the serving line
- Held "High Five" contests for the students
- Placed centerpieces on tables in the cafeteria

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- Invited special guests to serve breakfast to students during National School Breakfast Week
- Implemented a new technique for dicing avocados, took photos of the process, and shared the photos with the other managers
- Launched the district's first Food Rescue K12 program - which saved over 6,400 pounds of unwrapped food from the garbage cans. This amounted to almost 5,350 meals that were redistributed to food pantries and shelters in Hammond. Sue advised eight additional managers when the program was expanded.

Julie Boettger stated, "Sue is great about preparing her employees to advance. She encourages them to attend any training that she attends to help further prepare them for future positions. Several new cooks and managers have come from O'Bannon, and all have been well-prepared for their new roles. It is important to Sue that her staff know they are part of a team and are known by all the students and staff at O'Bannon."



**Brenda Beverly**

Jac-Cen-Del Elementary School  
Jac-Cen-Del Community School Corporation

**Colleen Halter**

Pendleton Elementary School Primary  
South Madison Community Schools

**Cheri Higginbotham**

Stony Creek Elementary School  
Noblesville Schools

**Berna Meyer**

Batesville Middle School  
Batesville Community School Corporation

**Delores Mullis**

Perry Central Community Schools

**Kimberly Newman**

Deputy Elementary School  
Madison Consolidated Schools

**Katie Phillips-Weston**

Sycamore Elementary School  
Avon Community School Corporation

**Alison Powers**

Franklin Township Community School Corporation

**Carla Prickel**

St. Louis School

**Theresa Riley**

Shortridge International Baccalaureate High School  
Indianapolis Public Schools

**Carleen Scalone**

Eisenhower Elementary School  
Warsaw Community Schools

**Leasa Shields**

Liberty Early Elementary School  
MSD of Decatur Township

**Michelle Simonovski**

Support Service Center  
Crown Point Community School Corporation

**Nancy Slentz**

Montpelier Elementary School  
Blackford County Schools

**Cassidy Wise**

Prairie Heights High School  
Prairie Heights Community School Corporation



**Harrison Primary Center is the  
2015-2016 Fresh Fruit and Vegetable Program School of the Year!**

On April 29, 2016, the Indiana Department of Education (IDOE) named Harrison Primary Center the Fresh Fruit and Vegetable School of the Year during an award ceremony at the Indiana School Nutrition Association's Spring Seminar. The school received a banner and a framed certificate from the IDOE and \$250 from Piazza Produce for the purchase of nutrition education and promotional materials. This is the first year the IDOE sponsored this award, and the Division of School and Community Nutrition received seven nominations. All the nominated schools received a framed certificate of appreciation.

Karen Case, Nutrition Education Facilitator with the Food and Nutrition Department at South Bend Community School Corporation, nominated Harrison Primary Center for the award.

This school year, the food service staff and teachers at Harrison worked together to provide healthy fruit and vegetable snacks to students by:

- Providing snacks four days each week
- Serving a wide variety of fruits and veggies
- Incorporating nutrition education lessons into several curriculum subjects
- Receiving support for the program through a variety of partnerships

Harrison Primary Center formed a partnership with Purdue Extension to teach nutrition lessons in the classrooms. The school received a grant from the Whole Kids Foundation School Garden Grant Program and started a small garden. They are working with another non-profit, Unity Gardens, to expand the garden to make the produce available for the school families. The local supermarket offers classes for the students to work with a chef. Students learn how to prepare simple snacks and food items using fresh produce.

Each month a different fruit or vegetable is featured. In September, students learned interesting facts about peaches and participated in a science project by planting a peach pit. In January, the students learned all about citrus fruits, including nutrition facts about citrus. Worksheets provided students the opportunity to list adjectives to describe clementines and color a picture of the fruit. Other featured foods included kiwi (March), spinach (April), and strawberries (May).

The City of South Bend is a Let's Move City, so the students wrote letters to the Mayor's office to tell the Mayor why they like the Fresh Fruit and Vegetable Program.

Congratulations to the students, teachers, and food service staff at Harrison Primary Center!

***Congratulations to all of the following schools  
nominated for the  
2015-2016 FFVP School of the Year!***

**Christel House Academy South**  
Indianapolis

**Crestdale Elementary School**  
Richmond Community Schools

**Demming Elementary School**  
Vigo County School Corporation

**Fairview Elementary School**  
Richmond Community Schools

**Southeast Neighborhood School of Excellence**  
Indianapolis

**Vaile Elementary School**  
Richmond Community Schools

## Farm to Summer at Manchester Community Schools

*By Becky Landes, Food Service Operation Manager, Manchester Community Schools*



Summer is the time when there is an abundance of fresh produce. It's a great time to incorporate local produce in your summer feeding programs. At Manchester Community Schools we offer a chef salad made with local produce as one of the meal choices for our Summer Food Service Program. Every day our summer lunch sites offer a choice of a hot entrée, peanut butter and jelly sandwich/string cheese combo, and chef salad using local produce. It is very gratifying to see the very young children choose a chef salad over the peanut butter and jelly combo. Sometimes I see the younger children picking out the red leafed lettuce, but I hope that in time they will learn to enjoy the flavor of that lettuce too. Last year, a third grade student from the YMCA program who attends one of our feeding sites told a staff member, "I love salads. I don't get them at home." What a great opportunity to offer a child a healthy meal that is not readily available to him elsewhere!

For more information on Farm to Summer, visit <http://www.fns.usda.gov/farmtoschool/farm-summer>.



### **Batesville Community School Corporation is One in a Melon Award Winner!**

*By Maggie Schabel, Wellness Specialist*

HUGE congratulations to Indiana's One in a Melon Award Winner -- [BATESVILLE COMMUNITY SCHOOL CORP](http://www.batesvillecommunityschoolcorp.org) !!!

This spring, USDA ran a contest and invited parents, teachers, community stakeholders, and students to vote for their favorite farm to school program. One school district from each state received the award. Based on a tally of the number of votes received, the Batesville Community School Corporation was selected as a stand out in Indiana for having an exemplary farm to school program.

#### **What USDA heard during the nomination process:**

Batesville Community schools are actively reaching out to the local producers to get more fresh, local food in the cafeterias! Their gardens are beautiful and the children love to participate in the growing.

Congratulations to all the school districts in Indiana conducting farm to school programs. From buying local food to planting school gardens to teaching kids where their food comes from, Indiana is 'bringing the farm to school.'

Dig deeper to learn more about other Indiana schools participating in farm to school here:  
<https://farmtoschoolcensus.fns.usda.gov/find-your-school-district/indiana>.



## Hey! Not Your Mom's Muffin

*By Suzette Hartmann, School Nutrition Specialist*



West Central High School has a new homemade item on the school breakfast menu, and it was created by high school students. The new item is called **Hey! Not Your Mom's Muffin**.

The high school received a 2014 Team Nutrition (TN) sub-grant from the Indiana Department of Education, and the grant activities have been very beneficial for the students. Jessica Murray, Food Service Director (FSD) for West Central School Corporation, teamed up with Stephanie Thilges, Family and Consumer Sciences (FACS) Teacher, and together they applied for and received a TN grant.

The purpose of the grant is for the FSD and FACS teacher to develop a partnership and use [Smarter Lunchroom](#) principles in classroom instruction and in the cafeteria.

Last February, three FACS students from West Central High School received top scores during a FCCLA State Leadership Conference event in Indianapolis. FCCLA is a Family, Career and Community Leaders of America club for FACS students. The students got the idea for their Food Innovations competition event from their involvement with the school's TN grant. A freshman student decided to revise her mother's muffin recipe and then test it with students. The goal was to create a muffin that students would like to eat for breakfast. Two classmates joined the challenge, and together they developed a new muffin recipe. The muffins have been added to the school breakfast menu!

The students started testing the recipe in the FACS kitchen. After offering samples to classmates and collecting comments, they revised the recipe by adding cinnamon and fruit. With help from Britany Menciola, Cafeteria Manager at the high school, the students tested the revised recipe using the school kitchen convection oven. The student chefs made sure the muffin recipe included at least 50% whole grains, computed the nutrient information, and determined that the muffins met all the school breakfast grain requirements. Murray converted the recipe into a quantity recipe. The muffins were featured on the school breakfast menu for the first time during National School Breakfast Week! To view a photo of the muffins displayed on the serving line, [click here](#).

In addition to presenting their project at the FCCLA State Conference, the FACS students gave a presentation to the school board and to the fifth grade students at the elementary school. The FACS students wanted to encourage the students to join FCCLA next year (FCCLA is for students in 6th - 12th grade). Prior to the high school receiving the TN grant, the FACS department did not have a FCCLA club. A requirement of the grant is that the FACS program have a FCCLA chapter!

The project was a great experience for the students. The presentation received high scores from the judges at the state conference, and the students were invited to present their project at the national conference in San Diego in July. The students are making plans to present their project at the national conference!

The students received lots of help and encouragement from their teacher, cafeteria manager, and food service director. Jessica Murray stated, "All of the school staff are here for the students. We are here to help them grow."

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

Summer is here! I hope you get a chance to get away and enjoy some time with family and friends.

I am excited to announce that we don't have any big changes coming this year for the school programs. Hopefully we can catch our breath and continue to adjust to all of changes we have had for the past several years.

There are some changes coming for CACFP and preschool-age children in NSLP in fiscal year 2018. If you participate in that program or provide meals to children under 5, a new meal pattern has been announced. Keep an eye out for upcoming training on the new requirements. The new meal pattern requirements will have to be met by October 1, 2017. Fortunately, the new CACFP meal pattern is less complex than the school meal patterns.

If you are not involved in CACFP, please consider adding it. Through the CACFP At-Risk Afterschool Meals Program, you can provide free suppers and snacks in schools with 50% or more students eligible for free or reduced price meals. If you do not meet the 50% threshold, ask about the Outside-School-Hours Program. You can also offer meals to preschool age children in your buildings, including snacks during the day for day care or preschool children.

If you have any questions, please visit our website at <http://www.doe.in.gov/nutrition/cacfp-risk-afterschool-programs>, or contact Carol Markle at [cmarkle@doe.in.gov](mailto:cmarkle@doe.in.gov).

Thank you for all you do!

## Congratulations to Southern Wells Community Schools for Hosting an Every Kid Healthy Event!

Students at Southern Wells Elementary School had fun celebrating [Every Kid Healthy Week](#) during the last week of April. Chris Mossburg, Food Service Director for Southern Wells Community Schools, demonstrated the amount of sugar and fat in foods using a test tube display. Students also got to sample red peppers and snow peas. A special guest from Warren Health and Fitness Club lead an exercise station. A high school Family and Consumer Science student discussed MyPlate and provided a taste test of vegetable chips. Mike Carter, Physical Education Teacher, set up two games in the gym for the students. To view photos of some of the activity stations, [click here](#).

This is a publication of the Indiana Department of Education  
Office of School and Community Nutrition  
<http://www.doe.in.gov/nutrition>



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