

Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

Issue 2014-1

Winter 2014

The Indiana Department of Education Gets 2014 Started with Two Special Speakers!

By Suzette Hartmann, School Nutrition Specialist

In this issue:

Guest Speakers	1
Continued Story	2
Chefs Move to Schools	2
Continued Story	3
National Food Day	3
Salad Bars	4
Continued Story	5
Director's Corner	5
Food Distribution Notes	5
Mark Your Calendar	6

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



Photo: Jarrett J. Krosoczka travels to Indiana for a special keynote presentation.

On January 16, 2014, the Indiana Department of Education offered featured presentations by two guest speakers at Avon Middle School North in Avon, Indiana. The morning topic on Financial Management was presented by Mary Breckenridge, a trainer for the National Food Service Management Institute.

The afternoon keynote presentation was given by Jarrett J. Krosoczka, author and illustrator of the popular *Lunch Lady* children's book series. Our afternoon speaker gave a motivational talk about how he overcame adversity to become a successful author. Krosoczka told how it came to be that he was raised by his grandparents, who "provided a great life for me." The grandparents recognized their

grandson's talent for drawing, and they encouraged him to pursue his love of drawing. Two notable events occurred when Krosoczka was in the third grade: he wrote his first book for a class project, and he met a well known author who came to his grade school as a guest speaker. In eighth grade, Krosoczka was selected as one of several students to help deliver school lunches to classrooms. In high school, Krosoczka was the cartoonist for the school newspaper. After College, Krosoczka had his first picture book published—*Good Night, Monkey Boy*. Shortly after the book was published, Krosoczka went back to his elementary school for a special visit, and during the visit he talked with his grade school cafeteria manager, Jean Cariglia. That visit inspired Krosoczka to work on some ideas that eventually became the

Continued from page 1

children's book series titled *Lunch Lady*. Lunch Lady, the main character of the book series, fights crime in an apron and gloves with the help of a co-worker named Betty.

Last year, in memory of Jean Cariglia, Krosoczka promoted his idea for a School Lunch Hero Day to be celebrated on May 3rd - Jean Cariglia's birthday. The School Nutrition Association (SNA) partnered with Jarrett J. Krosoczka and Random House to help launch the first School Lunch Hero Day on May 3, 2013. School Lunch Hero Day was created to offer students nationwide an opportunity to give thanks to school nutrition professionals who feed 31 million students every day.

This year, School Lunch Hero Day will be held on Friday, May 2, 2014. The celebration of school lunch professionals will continue with SNA's School Nutrition Employee Week taking place May 5-9, 2014. To learn more about how your school can participate in School Lunch Hero Day and School Nutrition Employee Week, click [here](#).

To learn more about Jarrett J. Krosoczka, go to www.studiojkk.com.

Chefs Move to Schools

By Maggie Stephon, Wellness Specialist

Students at Noble Crossing Elementary School are learning about food, nutrition, and having fun by participating in an after school cooking club. The cooking club is part of the [Chefs Move to Schools](#) program - an integral part of First Lady Michelle Obama's *Let's Move!* initiative. Students gather in the cafeteria after school for one hour to make, bake, and taste a new recipe. The class is open to students in grades three through five, with 14 junior chefs participating.

Noble Crossing Elementary School was awarded grant money after becoming a *HealthierUS* School Challenge (HUSC) school, and is one of three Noblesville Schools to receive HUSC certification. With the grant money, Noble Crossing Elementary is partnering with Beth Murphy, a culinary instructor at Ivy Tech, to help educate students about food and healthy eating. The theme for this year's cooking club is "Around the World."



Photo: Chef Beth Murphy

Students have made an array of delicious and nutritious snacks with Chef Beth, including: veggie pinwheels, mango black bean salsa, wonton berry baskets, confetti grain salad, spring rolls, and homemade pizzas. During the homemade pizza class, students were provided with pizza dough, tomato sauce, shredded cheese, veggies, and additional toppings. After rolling out the dough, each student chef created an individual pizza by adding his or her own special toppings. Once the pizzas were finished baking, students were able to taste!

While the students were making their pizzas, Erin Hevel, Assistant Food Services Coordinator for Noblesville Schools, discussed colors and the nutritional benefits of the vegetable toppings. Hevel presented a lesson on bell peppers, explaining how all peppers start out green and then change color the longer the peppers stay on the vine. Hevel asked the students what food groups they were using for the recipe being prepared. When the class was asked which food group pizza dough is from, collectively the kids said "grain." Hevel then asked "how many of your daily grains should be whole grains?" Students are truly learning about nutrition and wellness.



Continued on page 3

Continued from page 2

Through this cooking club, students are being provided with all the necessary “ingredients” to help them make healthy choices.



Photo: Chef Beth cooks with students.

To learn more about Noble Crossing Elementary School's cooking club or how to prepare one of Chef Beth's tasty recipes, click [here](#)!

National Food Day: Indiana Schools and Producers Come to the Table

By Beth Foland, Team Nutrition Senior Specialist

(This article was adapted from the Indiana Department of Education article and included in the USDA FNS Midwest Region's Fall 2013 Issue of *At the Table*.)

Rates of childhood obesity are soaring while at the same time, millions of children have little to no access to healthy, fresh food. Schools are a great place to shape children's food choices and instill healthy eating habits.

On October 24, Purdue University, the [Indiana Farm to School Network](#), and business owners joined state and local officials at Mintonye Elementary School in Tippecanoe County (Lafayette) to celebrate National Food Day. The goal: to educate students about good nutrition and highlight partnerships that promote a healthy, sustainable food system in Indiana.

Lisa Kirkham, Project Coordinator for K-12 programs at Purdue University's Discovery Learning Research Center, helped plan the event. She wants to bring more partners to the table: “It encourages healthy lifestyles in our children, improving their chances for success in the classroom.”

In planning for Food Day, teachers infused agriculture, health, and nutrition into reading, math, science, and social studies activities. Food Day featured a special luncheon along with student presentations and artwork reflecting their “farm to fork” experiences. Students gathered in the cafeteria for nutrition lessons while sampling whole wheat bread, cheese, vegetables, apples and other items.

Food Day was such a great success that the Indiana Farm to School Network set a goal to continue helping schools celebrate this day for next year.

Photo (right): The luncheon, hosted by Lori Shofroth and her staff, meets the current USDA menu standards and is served monthly on the Mintonye menu. This “school lunch”, beautifully plated and delicious, was a huge hit!



Food Day partners: Jill Pritchard, IN State Dept. of Agriculture; Perry Kirkham, Wea Creek Orchard; Lori Shofroth, Tippecanoe School Corporation Food Service Director; Lisa Kirkham, Purdue University

Salad Bars: Adding One in Your School Cafeteria May be Easier than You Think!

By Cheryl Moore, Child Nutrition Operations Specialist

During the *Let's Move Salad Bars to Schools* training on October 30, 2013, at Sysco in Indianapolis, participants came together to educate and raise awareness about an initiative to move salad bars into Indiana schools. The training was hosted by the Indiana Dairy & Nutrition Council, INC, Indiana Department of Education, and the Indiana Department of Health. Everyone at the training received a handout titled *Let's Move Salad Bars to MIDWEST Schools*. To view the handout and learn how this campaign may benefit you, click [here](#).

To start the day off, Michelle Plummer, Indiana Dairy & Nutrition Council, INC, provided introductions and made the attendees feel welcome. Jenni Purcell, Indiana Dairy & Nutrition Council, INC, kicked off the training by giving a brief overview of [Fuel Up to Play 60](#). This program was founded by the National Dairy Council and NFL, in collaboration with USDA. The program empowers students to take charge in making small, everyday changes at school.

Steve Wright, with SESCO (Specialty Equipment Sales Company), educated participants about food service equipment the company provides and how SESCO can meet equipment needs in school kitchens.

Lori Taylor, [The Produce Mom](#), stated that her initiative is to educate children and communities on the convenience and affordability of fresh produce. Taylor told the audience about [Find Your Favorite](#), which launched in November of 2012 and has reached the national level. The goal of Find Your Favorite is to introduce children into the world of fresh fruits and vegetables. Currently, it can be found in approximately 10,000 schools.

Bonnie Burbrink, Food Service Director for Seymour Community Schools, enlightened participants on how salad bars were introduced to Seymour Schools. The food service staff sent out notes about the salad bar to the teachers. Posters provide information on how to keep the salad bar safe and clean, in addition to reminding everyone to use serving utensils when making food selections. Burbrink stated they set up the salad bar using smaller pans with lids to reduce waste. The salad bar is offered to grades 3-5.

Grades K-2 vegetable requirements are met at the service line. At Seymour Schools, students are reminded to "take what you'll eat, and eat what you take!" A lot of the school's produce is ordered in chopped, diced or cut forms to save prep time. Burbrink stated that



Google and [Let's Move Salad Bars to Schools](#) are good resources for salad bars. Burbrink advised participants to "figure out what works best for your schools."

Jessica Shelly, Food Service Director for Cincinnati Public Schools, shared how she took on the challenge of a salad bar in every school. In 2011, Shelly secured funding from six different organizations to purchase salad bars for all 53 schools. Today, all 34,000

Cincinnati Public School students have access to a wide variety of fresh fruits and vegetables every day at their school's salad bar.

Shelly uses SWOT Analysis (Strengths, Weaknesses, Opportunities, and Threats) for salad bars.

Shelly has found that salad bars strengthen schools by:

- Providing health benefits to students and staff
- Generating positive press for the school district
- Making 6 cents certification easier to acquire
- Empowering students to make decisions
- Increasing reimbursable meals and revenue

Shelly stated that some challenges included deciding where to put the salad bar, training her staff, and educating the students. These challenges were successfully dealt with by strategically placing the salad bar at each school and establishing an online training library to help train food service staff. To educate students, the following resources were used: a PowerPoint on how to properly use the salad bar, a Goofus and Galient Video, and the Whole Foods Traveling Salad Bar. Shelly stated that there are still opportunities to have a salad bar even when a school has little or no money. Schools can convert old steam tables into salad bars and build partnerships with organizations interested in investing in salad bars for schools. Shelly has built relationships with Chiquita, Castellini Produce, United Fresh Produce Association, Whole Foods, Pepsi Americas, and Xavier University. Shelly also suggests applying for grants from organizations and programs such as: Molina Healthcare, Walmart Foundation Local and State Giving Program,

Continued on page 5

Continued from page 4

and Fuel Up to Play 60. Shelly concluded her presentation by stating “healthy choices equal healthy kids, and young children only know what we expose them to.”

Mary Nicholson, Indiana Dairy & Nutrition Council, INC, provided some concluding remarks just before a salad bar lunch was served.

If you have questions about the *Let's Move Salad Bars to MIDWEST Schools* campaign, feel free to contact Laura Hormuth, Nutrition Coordinator, Indiana State Department of Health, at 317-232-3498 or via email at lhormuth@isdh.in.gov.

Director's Corner - by Julie Sutton

Starting next school year we will be offering the Community Eligibility Provision to schools that qualify. If you qualify, you will be notified this spring, and we will be offering individual and regional training sessions. To learn more about the Community Eligibility Provision, view our new webpage by clicking [here](#). Please contact Marcia Yurczyk myurczyk@doe.in.gov or Tina Herzog cherzog@doe.in.gov regarding any questions you have about the Community Eligibility Provision.

Our percentage of Indiana students that were eligible for free meals through Direct Certification has increased by 10% from SY 2011-2012 to SY 2012-2013. In SY 2011-2012 we were at 74%, and we brought it up to 84% for 2012-2013. We appreciate your extra efforts in conducting Direct Certification more often and updating a student's status to Direct Certification whenever possible. While we are very excited about this increase, it still fell short of the USDA required benchmark of 90% for SY 2012-2013, and the benchmark for the current year has increased again to 95%. We are still working to improve our system, and we plan on having more tools to help you use the system to find as many students as possible for next school year. Keep up the good work, and let us know if you have any questions.

Food Distribution Notes

By John Moreland, Food Distribution Program Specialist



The 2015 Pre-Order Survey is currently open and available for you to start making your commodity requests for next school year! Here are a few tips to remember when completing your Survey.

- Select the 2015 Program Year link in the CNPweb Food Distribution puzzle piece for the purpose of completing your Pre-Order Survey.
- Don't worry if your Summary Page is in “**uncertified**” or “**pending submission**” status. You are logging into Program Year 2015 for the sole purpose of completing your Survey. Recertification for School Year 2015 takes place next fall.
- Remember that if you are a returning Recipient Agency, when you first log in to the 2015 Pre-Order Survey you will see it already pre-populated with like items from your 2014 Pre-Order Survey and the associated Entitlement already spent. You will have the opportunity to edit and change your Pre-Order Survey requests as needed to meet your revised 2015 Entitlement balance and desired commodity changes.
- We want you to spend up to 102% of your available Entitlement Balance whenever possible.

This year there are two close dates. **The “brown box” cases of commodities portion of the Survey will close on Tuesday, April 1st, 2014, and the “raw pounds” of commodities portion of the Survey will close on Tuesday, April 15th, 2014.** You will need to make your selections for these products by the time each portion of the survey closes, or you will lose the opportunity to request the products. These close dates give you several months to make decisions regarding your commodity choices.

- While you have several months to make decisions regarding some products, feel free to complete the whole survey at one time at the beginning of the Survey process. In fact, we encourage all Recipient Agencies to complete their Pre-Order Survey “up-front” as soon as possible and then make any edits and refinements as needed. By doing so you will be assured that no close date deadlines are missed.
- Pay close attention to some of the new “brown box” commodities we are offering this year, such as: frozen chopped spinach, frozen strawberry cups, frozen peach cups, frozen sliced strawberries, frozen green beans, and dried cranberries.

Please contact John Moreland at (317) 232-0548 or by email at jmorelan@doe.in.gov with any questions regarding the survey process.

Mark Your Calendar with these Event and Webinar Dates:

- **Action for Healthy Kids Webinars, February through May, 2014** - Click [here](#) to learn more.
- **National School Breakfast Week, March 3-7, 2014** - Click [here](#) to learn more.
- **International School Meals Day, March 6, 2014** - Click [here](#) to learn more.
- **Indiana School Nutrition Association Regional Workshops during March 2014** - Click [here](#) to learn more.
- **Indiana School Nutrition Association Spring Training and Awards Luncheon, May 2-3, 2014, Plainfield, IN.**
- **School Lunch Hero Day, May 2, 2014, and School Nutrition Employee Week, May 5-9, 2014** – Click [here](#) to learn more.

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



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer.

It is the policy of the Indiana Department of Education not to discriminate on the basis of race, color, religion, sex, national origin, age, or disability, in its programs, activities, or employment policies as required by the Indiana Civil Rights Laws (I.C. 22-9-1), Title VI and VII (Civil Rights Act of 1964), the Equal Pay Act of 1973, Title IX (Educational Amendments), Section 504 (Rehabilitation Act of 1973), and the Americans with Disabilities Act (42 USCS § 12101, et seq.).

Inquiries regarding compliance by the Indiana Department of Education with Title IX and other civil rights laws may be directed to the Title IX Coordinator, Indiana Department of Education, Room 229, State House, Indianapolis, IN 46204-2798, 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 (312) 886-8434 – Glenda Ritz, Superintendent of Public Instruction.