

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](#).

Menu Planning at Elkhart



Over the summer, the Food Service Department of Elkhart Community Schools met to develop their menus and set goals for the 2011-2012 school year. As a group, they decided to begin implementing changes to improve the nutritional quality of meals and provide great customer service to students. These goals would also make future modifications easier due to Reauthorization and yet still meet the current meal requirements.

One creative idea that the department came up with was offering a specific type of vegetable each day, which rotates weekly. For instance, every Monday they offer orange vegetables, Tuesdays are starchy vegetables, on Wednesdays they feature beans and legumes on the menu, Thursdays are leafy greens, and Fridays are wild card days, they can serve whatever vegetable they want. The vegetable-rotation method made it easier for food service staff to begin to expose students to a diverse array of vegetables.

Along with a rotating menu of vegetables, each day over 10 different choices of fruits and vegetables appear on the line at Elkhart's secondary schools to give students a wide variety of choices. Also, in both the elementary and secondary schools, the portion sizes of fruits and vegetables have increased to 1/2 cup each.

In addition to setting goals for vegetables and fruits, the Food Service Department also discussed purchasing and providing whole grain products and low-sodium food items. Currently, 50% of their grains and breads products are whole grain, but they would like to purchase 75% whole grain products by the next school year.

To give students a choice and reduce plate waste, the decision was made to switch to offer vs. serve in all of Elkhart's schools. The Food Service Department wanted the students to enjoy the meals they were eating. By letting them choose their meals, they were less likely to waste food and more likely to have a balanced meal.

They also wanted to make sure the products that were purchased were approved by the student body. They began hosting taste-tests to see what students preferred. They realized just because the food service staff liked the product, it did not always mean the students would like it.

The department also wanted to make sure the food looked appealing once it was approved to be served on the line. After receiving positive feedback from a Chinese entrée that they taste-tested, the schools began to serve the dish for lunch. However, students rarely chose the entrée when it was on the line. They realized that the students did not find the dish enticing. To give it more appeal, the Food Service Department gave the dish a pop of color with pea pods and peppers.

With all of these changes being implemented, the students and staff have been very supportive. They have noticed the wide variety of options and the improved appeal of meals on the line. By revamping their menu now, the Food Service Department will not have to drastically overhaul their menus once the new meal pattern has been enforced, which might be the best benefit of all!

Thoughts from a Dietetic Intern... by Christina Pease

One of my first Department of Education internship experiences was visiting a Healthy Hoosier School Award (HHSA) winning school. Edgewood Intermediate is one school that is dedicated to making student wellness a regular part of the day. I saw firsthand some ways this school promotes nutrition and physical activity to their students and creates opportunities for learning.

The Healthy Hoosier School Award was developed by the Indiana Action for Healthy Kids Team. This award honors Indiana schools that have policies and educational programs in place to promote proper nutrition and increase physical activity among their students. The winners are selected for their exemplary level of commitment to create an environment that encourages children to have healthy habits.

While many Indiana schools have received the HHSA, Edgewood Intermediate has been participating for several years and their creativity has brought about some great programs. Part of the Richland-Bean Blossom School Corporation located in Ellettsville, Indiana, Edgewood Intermediate is an elementary school serving students grades 4 through 6 with a free/

reduced participation rate of 40.2% (as of May 2011). The school principal, Debbie Ferree, is very committed to providing a healthy environment to her students. Her efforts along with the Foodservice Director, Vickie Coffey, have culminated in remarkable additions to the school grounds and programs. The students now have a walking path and every day they walk after lunch. This scheduled walk is in addition to their recess time and the students look forward to it every day. Another school wide benefit is their annual Health Fair.

The Health Fair started a few years ago and it includes both nutrition and physical activity. When I visited, the Health Fair was organized in stations and each station had a different leader that led the activities. There were four stations in the cafeteria and four stations in the gym. The stations in the cafeteria were more nutrition focused. At these stations the presenters had posters and discussed topics like dairy and calcium, eating more fruits and vegetables, and drinking more water. The stations in the gym were more focused on physical activity. The children were up on their feet doing Zumba, aerobics, and games. The Health Fair was a great success and the children were clearly having a great time.



to taste, including beans, hummus, and vegetables.

There were several varieties of beans available to try like pinto, red, and black. The hummus offered was in the original flavor and roasted red pepper. And finally, the vegetable options included broccoli and watercress. The children were somewhat hesitant to try some of the foods. One student in particular did not want to try the hummus; she did not think it looked good. However, after explaining that hummus was made of chickpeas and tasted somewhat like bean dip, the student tried the new food. Immediately, she declared that she liked the roasted red pepper flavor. Once the kids had the opportunity to try the foods, they voted on their favorites. It seemed like most kids liked broccoli and roasted red pepper hummus the best!



On the same day as the health fair, there was a food tasting during the lunch period. Students could approach the tasting table after completing their meal. They would go through the line and were allowed to choose which foods they wanted

Encouraging the students to try all of the foods and not just the ones they were already familiar with was crucial to the success of the tasting. The food service staff promoted the vegetables and encouraged the students to try them. With the help of the administration, teachers, and the food service staff the day was fun and educational!

A Chef Moves to School

This is a challenging time for School Nutrition Programs across the US. With increased attention from policy makers and the public about the latest trends in children's health, USDA is asking schools to make large changes to school menus and food items that are sold during breakfast and lunch. Plenty of foodservice staff members are already feeling stretched thin and often don't have the time or the resources to be able to revamp recipes and alter lunch rooms in order to promote a healthier environment. Thankfully, many resources are being developed to help schools make these crucial changes.

One resource that many schools in Indiana are utilizing is the

"Chef's Move to Schools" campaign. This is a branch of the "Let's Move!" initiative launched by Michelle Obama, to encourage various community members to get involved in the childhood obesity battle. The key features of this initiative is to educate parents and encourage healthy environments that support good choices, provide healthier foods in schools, ensure that every family has access to balanced and affordable food, and help kids become more physically active.

Specifically with the "Chef's Move to Schools" program, local chefs are encouraged to team with schools in their area to help promote this message. There are many different ways chefs can become a



A corporate chef and regular guest on the cable morning show, “The Balancing Act,” Don Godleski, or Chef Ozzie as the students call him, began working with the school in May.

Chef Ozzie has set many goals for himself and the school including, educating kids and administration on simple, healthy substitutions to contribute to a healthier diet; introducing students to new food; taking a field trip to a local farm; starting a school garden and using those vegetables grown to develop salads for the school menu; and hosting a week-end farmers market.

Chef Ozzie has even worked with the student Wellness Committee, the Wellness Wolverines, comprised of West Clay fifth graders. Together they developed a school-wide event in which they passed out samples of raspberries to students and Chef

Ozzie spoke with the kids about eating a healthy diet. He said he wants to be considered the “fun guy” to show kids that eating healthy, balanced meals and being physically active are not chores. Instead they can have fun with nutrition, create delicious food, and enjoy various physical activities.

West Clay Elementary has really benefited from the Chef’s Move to School program. The students, parents, administrators, and community members have benefited due to Chef Ozzie’s enthusiasm. This extra energy is not exclusive to Carmel Clay Community Schools. In fact, any school can join the program and be matched with a chef in their area that wants to help. Schools and chefs are signing on everyday.

For more information on joining the “Chef’s Move to School” initiative, click here: <http://www.letsmove.gov/chefs-move-schools>.

welcome addition to a Foodservice team. They can provide hands-on cooking classes with students, help plant a school garden, create a school cookbook, attend open houses, and provide snacks to educate the family and promote the school lunch program.

One Indiana school that has received positive attention due to collaborating with a chef, is Carmel Clay Community School’s West Clay Elementary.

Director’s Corner

This year we are excited to announce that we will be providing Food Distribution Program Invoice Credits. This program will give Invoice Credits to Food Distribution Warehouse users, reducing the invoiced costs for most sponsors. We have the opportunity to use some unspent federal administrative dollars to effectively reduce the cost of the per case administrative charge. While we cannot say that this will be repeated every year, WHEN unspent funds are available, this is one way we can keep Federal Dollars in Indiana (rather than returning them unspent) and benefit local school district’s food service programs.

The state has recently released a new Request For Proposal (RFP) for Food Distribution Warehouse Contracts, for the year beginning July 1, 2012. The contract, while a one year contract, may, at the state’s option be renewed 4 times. We have included new features in the RFP that we hope will help to hold down cost increases. Since all 6 regions are being rebid, we could have new contracts for some or all of the regions. If your warehouse changes next year and some will, it would be helpful to remove all inventory by the end of the year. Details will be provided after we award new contracts.

In non-disability situations schools have the option of providing milk substitutions when receiving a written request from a medical authority or a parent or legal guardian. If a school chooses to offer a milk substitute for a non-disabled student, the substitute must be nutritionally equivalent to milk even if the written request specifies water or juice. We have identified three products that meet the Milk Substitute Nutrition Standards.

- 8th Continent Soymilk** – Regular or Vanilla
- SunOpta Soymilk** – Original and Vanilla (Shelf Stable)
- Pearl Organic Soymilk** – Chocolate and Vanilla (Shelf Stable)

For a student that has a disability determined by a physician the school must provide the substitution as prescribed in the physician’s statement.

Contact our office if you have any questions, and watch for more information on the upcoming changes to the School Nutrition Programs.

Meet Our Staff



Jolene Bracale joined IDOE in August of 2011. Jolene is a registered nurse who earned her Bachelor’s Degree and her Master’s Degree in the field of nursing. She began her career working as a critical care nurse in the hospital setting, and when her son was born, she

switched to a career in school nursing. Jolene has spent the last 15 years as a school nurse and as the Nursing Supervisor for a large school district in Indiana.

Jolene was hired by the IDOE not only to assist with school nursing issues, but to also use her expertise to help in the areas of nutrition, wellness, health, and safety. One of the areas Jolene is working on includes helping schools write, implement, and evaluate their wellness policies. She is also developing the information packets and forms that will be required in the summer of 2012 in order for schools to meet the requirements of the new Head Concussion Law for Student Athletes and is also assisting schools with immunization issues.

Jolene loves to travel, spend time with family and friends, watch movies, and stay physically active. She lives in Fishers with her husband, and she has a son who is a junior in college. She loves her new position at the IDOE, and all the people she has been able to meet and network with. Please e-mail or call her with questions about your school’s local wellness policy or any other issues related to the health or safety of your students at 317-232-0541 or jbracale@doe.in.gov.

Classroom Party Trays

Schools across Indiana are brainstorming ways to promote a healthy and nutritious atmosphere, as well as increase revenue. One great idea that Richland-Bean Blossom Community School Corporation has designed is classroom party trays.

Instead of celebrating classroom birthdays with high fat and sugary treats, Richland-Bean Blossom schools created a number of balanced and healthy options for parents to order from the Food Service staff.

The parent fills out the order form with the option they want their child's class to receive and the date, time, and location of delivery, and turns it in with an accompanying check. When the day of the event occurs, the cafeteria produces the tray and delivers it to the classroom.



Some options include vegetable platters with baby carrots, celery, cucumber, and ranch dip and fruit trays with strawberries, grapes, and sliced apples. They also create a Special Name Tray, in which they spell out the student's name with cubed cheese, and place it amid assorted fruit, crackers, and/or pretzels. Party Snack Bags are another option including an applesauce cup, cinnamon snack crackers, and string cheese, with a happy birthday greeting for the birthday girl or boy on each bag.

Food Service/Healthy Schools Director, Vickie Coffey, has said that currently this new program is breaking even. However at the rate the parents are jumping on board, this is a popular program that looks to last!

Try This!

Cheesy Chorizo Quesadilla

Serves: 50
Portion: 1 Wedge

Ingredients

4 3/4 lbs. Turkey, ground 97/3
2 tsp. Kosher Salt
1/2 cup + 2 Tbsp Chili Powder
1 1/2 Tbsp. Oregano, ground
1/4 cup Cumin, ground
2 Tbsp Coriander, ground
2 1/2 Tbsp Red Pepper Flakes, crushed
2/3 cup Cider Vinegar
1/4 cup Garlic, raw, minced in juice
2 cups Onions, raw, chopped
2 qts. Kale, raw, chopped
4 lbs Pinto Beans, frozen, cooked, drained
3 lbs Cheddar or Colby Cheese, low fat
1 cup Cilantro, chopped
20 Flour Tortilla, 12"

1. Chorizo mixture: mix the first 9 ingredients in a bowl, cover with plastic film wrap and refrigerate for at least 1 hour, or overnight.
2. In a skillet, heat the oil until hot but not smoking. Add the onions, sauté until soft. Add the chorizo mixture, sauté until the turkey is browned and reaches 165°F.
3. Add kale and drained beans to the chorizo mixture, sauté until kale begins to wilt and mixture reaches 155°F.
4. Remove mixture from heat, fold in shredded cheese and fresh cilantro. Divide mixture evenly over 10 tortillas, cover with remaining tortillas, bake at 400°F in a convection oven until crisp, 5 to 8 min. Remove from oven, cut tortillas into 5 wedges. CCP: Hold at 140°F or higher.

Optional: serve 1 wedge with 1 oz. shredded lettuce and 1 oz. fresh diced tomatoes.

Gold Rush Pizza

Serves: 50
Portion: 1 Slice

Ingredients

1 gallon Sweet Potato, raw, 1/3" cubes
1 gallon Kale, raw, chopped
3/4 cup Garlic, raw, diced
2 1/4 qts. Tomatoes, canned, diced, reduced sodium
4 Pizza Crusts, par-baked, round, 16"
3 1/4 lbs Chicken, diced, frozen
3 lbs Mozzarella Cheese, reduced fat
3 Tbsp. Canola Oil
2 tsp. Garlic Powder

1. Preheat convection oven to 350°F. In steamer, steam peeled and cubed sweet potatoes 5-7 minutes or until slightly softened. Drain and cool.
2. Steam kale 2-3 minutes, drain.
3. Drain off half the juice from the tomatoes; discard juice. To the tomatoes and the remaining juice, add the garlic.
4. Place pizza crusts on 5 sheet pans. Divide tomato mixture evenly on the 5 crusts. Using equal portions for each, layer each crust with kale, sweet potatoes, diced chicken, and ending with mozzarella cheese.
5. Mix the garlic powder and oil together. Brush lightly the edge of the pizza crusts. Bake at 350°F for 15-20 minutes. 10 slices per pizza. CCP: Hold at 140°F or higher.

To view the standardized version of both of these recipes, please click [here](#).

To send your own unique, seasonal, or special diet recipe, click [here](#)

Food Distribution Notes

As the year continues into the Holiday Season, school and home can get quite busy. We wanted to share with you a couple of very important dates so you can mark them on your calendar as a reminder.

This year's Pre-Order Survey is currently scheduled to open on Monday, January 9 and remain open through Friday, February 17.

This window will allow you six weeks (40 days) to make your commodity selections. When you complete the Pre-Order Survey, you are essentially shopping for your commodities for the next school year. It is im-

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



portant that you complete your Pre-Order Survey. Failure to do so may jeopardize your ability to receive your fair share of commodities. In mid-November you will be e-mailed a Question & Answer document that addresses what this year's Pre-Order Survey will look like and how it will function. Those Recipient Agencies who have completed the Survey last year should be familiar with it and comfortable completing it.

In mid-December, FDP will host a live webinar dealing specifically with this year's Pre-Order Survey.

You will be sent information regarding

registration for the Webinar. Please come prepared with any questions that you would like to have answered. This will be recorded and posted to our website. Those who are unable to attend will be able to view it as needed. Remember during the holiday season to check the school calendar prior to placing commodity delivery orders to ensure school personnel is at the school to accept the commodity delivery when it arrives.

The State Agency and Food Distribution Staff wish you and your family a happy and safe holiday!

Team Nutrition Notes

Congratulations to the following corporations for receiving mini-grants to implement the HealthierUS School Challenge (HUSSC) in one or more of their schools! Each school will receive \$500 and training to assist with the process. All 40 schools are required to submit their HUSSC applications to USDA upon completion. Funds were secured through a 2011 USDA Team Nutrition grant.

Archdiocese of Indianapolis-Holy Spirit Catholic School

Bartholomew Consolidated Schools -Francis Smith Elementary, Rockcreek Elementary

Batesville Community Schools-Batesville Primary, Batesville Intermediate, Batesville MS

Brownsburg Community Schools-White Lick Elementary, Brown Elementary, Brownsburg East MS, Brownsburg West MS, Cardinal Elementary, Delaware Trail Elementary, Eagle Elementary & Reagan Elementary

Crawfordsville Community Schools-Hose Elementary

Franklin Community Schools-Creekside Elementary

Fort Wayne Community Schools-Holland Elementary

Garrett-Keyser-Butler Community Schools-JE Ober Elementary

Greater Clark Co Schools-Wilson Elementary

Lake Ridge Schools-Grissom Elementary, Hosford Park Elementary, & Longfellow Elementary

Logansport Community Schools-Landis Elementary, Columbia Elementary, Fairview Elementary & Franklin Elementary

Noblesville Schools-Hazel Dell Elementary, Noble Crossing Elementary & White River Elementary

Plymouth Community Schools- Menominee Elementary

Shoals Community Schools-Shoals Elementary

South Spencer Schools-Luce Elementary

Valparaiso Community Schools- Central Elementary, Cook's Corners Elementary, Flint Lake Elementary, Hayes Leonard Elementary, Memorial Elementary, Northview Elementary, & Parkview Elementary

CALENDAR OF SCHOOL NUTRITION PROGRAM REQUIREMENTS

Item or Process	Due Date	Submit to Doe	Retain in File
*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
*Verification Summary Report	December 15 th	Online	No
*Direct Certification- 3 rd Match	Last Week of January	No	Yes
**On-Site Monitoring Process	February 1 st	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.

More Team Nutrition Notes

Twenty schools (funded through a 2010 Team Nutrition grant) have revamped recipes, tested new whole grain products, added more fresh fruits and vegetables, and worked uncompromisingly with school administrators and staff to upgrade policies and programs to meet the HealthierUS School Challenge criteria. These are just a few of their stories!

Hanover Schools in Cedar Lake turned their students' taste buds on to roasted pumpkin with Veggiecation. Using this program, they introduce nine vegetables each month. Veggiecation offers quantity recipes to incorporate veggie tastings into schools as well as vegetable lesson plans.



Working closely with a local hospital, Food Service staff from Monroe County Schools created a “peer-based” activity with younger students being guided by 4-6th graders. Monthly FOOD ART Movements are flanked by alternate weeks of physical activities.

Hamilton Southeastern introduced their middle school students to MyPlate during gym class. Using the concept of offense and defense, students were divided into a MyPlate team and a SFO (Sugar, Fats and Oils) team and the teams competed against each

other. Students on the MyPlate team were further divided, using colored wrist bands, into Grains, Protein, Fruits, Vegetables, and Dairy. As each group was announced, their goal was to run down the court and land on their section of the MyPlate diagram (taped on the floor) before getting hit by a ball (thrown by the SFO team). MyPlate members who were tagged had to leave the game and find a food/activity on the sideline. Once on the sideline, they had to read and analyze a food label and then conduct repetitions of a specified physical activity (e.g. leg lifts, sit ups, knee bends etc.). Each “run” down the field counted toward a meal, and after 3 rounds, the offense and defense teams would switch. The students loved the game and left class with tired muscles and a good grasp of MyPlate.

Bartholomew Schools implemented a Farm to Fork Program using locally grown watermelon, tomatoes, green peppers, apples, and cantaloupe in their cafeterias. Students enjoyed talking to the local grower during, *Meet the Farmer Day* and seeing these items just picked from the field. Students were amazed that the food on their plate was grown just miles away!

Whether it's a healthy party favor in the classroom, a nutrition game in PE, or something new on the “plate”, use your creativity to introduce exciting HUSSC ideas!

USDA Memos

Memos (http://www.doe.in.gov/food/schoolnutrition/usda_policies.html)

Code	Date	Title
SP 45-2011	8/03/2011	Food Safety Inspections in Service-Only Sites Participating in the School Meals Program

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Indiana Department of Education
SUPPORTING STUDENT SUCCESS

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