

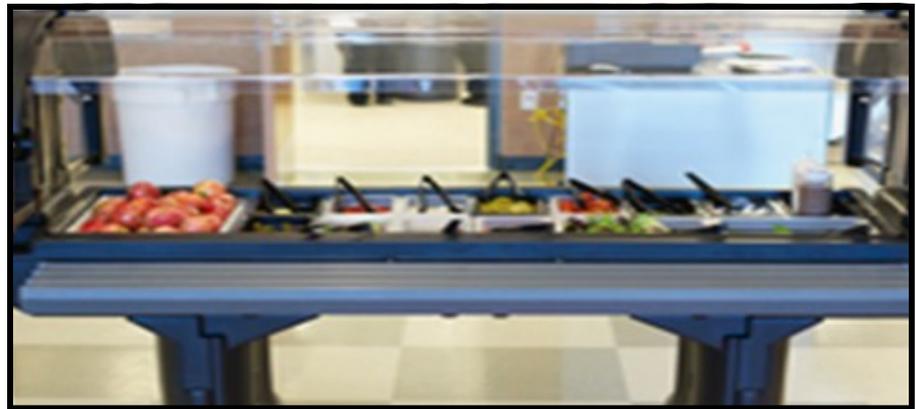
# Indiana Nutrition Newsletter

## Keeping Schools 'IN' the Know

Issue 2013-1

Winter 2013

### Salad Bars Help Increase Student Consumption of Fruits and Vegetables



#### In this issue:

Salad Bars	1
Continued Story	2
Composting	2
School Breakfast	3
Director's Corner	3
Chef Designed School Meals	4
Food Distribution	5
Team Nutrition	5
Continued Story	6

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

*Let's Move Salad Bars to Schools* is a public health effort to mobilize and engage stakeholders at the local, state, and national level to support salad bars in schools. The vision is to significantly increase salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. It is an initiative of the Food Family Farming Foundation, National Fruit and Vegetable Alliance, United Fresh Produce Association Foundation, and Whole Foods Market to support First Lady Michelle Obama's campaign called *Let's Move!* As of the first week of March 2013, over \$5,500,000 had been raised, and more than 2,250 salad bars were granted to schools.

Monroe County Community School Corporation took advantage of the *Let's Move Salad Bars to Schools* campaign by applying

for a grant in early 2011. Hattie Johnson, Food Service Director, said the corporation received notification of being awarded the grant that summer. The grant process does not require schools to help raise money to fund their salad bars, but schools and districts that participate in fundraising may receive their salad bars earlier. This is because self fundraising helps expedite the overall initiative's goal of funding 6,000 salad bars by the end of 2013. By getting the word out to the local community about their grant, donations were made in Monroe County Community School Corporation's name to the *Let's Move Salad Bars to School* campaign. The corporation's first three salad bars were fully funded by October of 2011 and delivered in December. Within a few weeks time, the salad bars were in use at the schools. By April of 2012, the ten salad bars requested through the grant had been funded and were in place.

(Continued on page 2)

(Continued from page 1)

Johnson said that student consumption of fresh fruits and vegetables has increased. Monroe County students love the salad bars, and the corporation is averaging 500 reimbursable meals from the salad bar per day, she said. Staff and parents are also excited about the implementation of the salad bars.

In elementary school cafeterias, the salad bars are free-standing. Monitors assigned to the salad bars ensure proper food safety and menu compliance are being followed. At the secondary level, each salad bar is part of the cafeteria line.



Healthy food for all!

Johnson recommends taking advantage of communication resources. The corporation wrote letters and had articles published in the newspaper. The corporation received large donations from the hospital and medical groups, as well as smaller donations from local residents.

“The grant process was very easy,” Johnson said. “Anyone thinking of implementing salad bars should consider the *Lets Move Salad Bars to Schools* campaign as a way of funding, in addition to raising awareness of the healthy options offered in their school meal program.”

To learn more about *Lets Move Salad Bars to Schools*, check out the website at [www.saladbars2schools.org](http://www.saladbars2schools.org).



Healthy choices

## Composting Puts Food Waste to Use at Delphi Community School Corporation

Figuring out what to do with excess food waste has plagued school cafeterias around Indiana. Some schools are finding resourceful ways to make their food waste less wasteful. One school in particular has created a composting program.

Beth Theobald is a high school agricultural teacher with Delphi Community School Corporation. She has been overseeing a composting program at the high school for three years. Theobald works in conjunction with the Food Service Director, Peggy Nipple, to make the program a success.

Natural resource students created a compost facility out of an old lath structure that had previously been used for nursery plants and athletic storage. Students are recycling soil from

the school greenhouse, food waste from the school cafeteria, and leaf and grass waste from the school yards.

Composting is a good way to recycle yard waste, but it is also a clever way to dispose of food scraps. Composting is most beneficial for schools that have a school garden or agricultural program.



Delphi has found that the composting program helps put less food scraps into the garbage disposal and landfills. Students in the natural resources class have an innovative, hands-on experience learning about effective ways to

use organic waste through composting. Because of the positive results at the high school, the program is now being implemented at the middle school.

## Indy Hunger Network Project Helps Increase Breakfast Participation in Marion County

In Marion County, there are half as many breakfasts provided under the School Breakfast Program as there are lunches provided under the National School Lunch Program. A project is currently in the works to help promote Universal Free Breakfast. The goal of the project is to increase the number of Marion County children who receive school breakfasts by 10% by the end of the 2013-2014 school year. Kenneth Savin is one of several individuals working on this project with Indy Hunger Network. Indy Hunger Network is a coalition of representatives of all major food providers and leading anti-hunger organizations, both public and private, in Indianapolis. It is a volunteer-led organization.



Savin has reached out to several school districts in Marion County that have 60% or more of their students qualifying for free or reduced school meals. Schools with this high percentage of students qualifying for free or reduced meals would either break even or make a profit.

Chyrie Thompson, Food Service Director for Perry Township Schools in Indianapolis, is implementing Universal Free Breakfast in two schools - Clinton Young Elementary and Winchester Village Elementary. Thompson said that implementing Universal Free Breakfast and serving the meals in the classrooms has been very successful. The percentage of students eating breakfast has increased. Students receive a meal without having to worry if they have enough money. Students no longer have to wait in the breakfast line and be hurried to eat their meal in order to make it to class on time.

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### Director's Corner

**Competitive Foods Proposed Rule**— The Proposed Rule has been published and the deadline to submit your comments is April 9, 2013.

Highlights of USDA's proposal include:

- **More of the foods we should encourage.** Promoting availability of healthy snack foods with whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredients.
- **Less of the foods we should avoid.** Ensuring that snack food items are lower in fat, sugar, and sodium and provide more of the nutrients kids need.
- **Targeted standards.** Allowing variation by age group for factors such as beverage portion size and caffeine content.
- **Flexibility for important traditions.** Preserving the ability for parents to send in bagged lunches of their choosing or treats for activities such as birthday parties, holidays, and other celebrations; and allowing schools to continue traditions like occasional fundraisers and bake sales.
- **Reasonable limitations on when and where the standards apply.** Ensuring that standards only affect foods that are sold on school campus during the school day. Foods sold at an afterschool sporting event or other activity will not be subject to these requirements.
- **Flexibility for state and local communities.** Allowing significant local and regional autonomy by only establishing minimum requirements for schools. States and schools that have stronger standards than what is being proposed will be able to maintain their own policies.
- **Significant transition period for schools and industry.** The standards will not go into effect until at least one full school year after public comment is considered and an implementing rule is published to ensure that schools and vendors have adequate time to adapt.

The public is encouraged to review the proposal and to provide comments and information for consideration by USDA. To find the proposed rule, go to the Federal Register at <http://www.regulations.gov/>. Then search for the proposed rule by entering FNS-2011-0019-0001 or National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010.

Thompson mentioned that it took time to get all the school staff on board with the new procedure. In addition, custodial employees were skeptical about starting the program because they were concerned it would create more clean up. Custodians have now told the food service staff that it is actually easier than having children go to the cafeteria, because all they have to do is pick up the trash from outside the classroom door when the students are finished eating. Also, spills rarely occur in the classroom!

Savin and Thompson strongly encourage schools with a high percentage of students who qualify for free or reduced meals to look into the possibility of implementing Universal Free Breakfast and serving the meals in the classrooms. Those that are interested can seek assistance and support from the Indy Hunger Network to help purchase equipment for the use of the breakfast program. More information about this Indy Hunger Network project may be found on their website at <http://www.indyhunger.org/who-we-are/current-projects-programs>. If you have more questions or would like help starting Universal Free Breakfast at your school district, feel free to contact Kenneth Savin at [savin\\_kenneth\\_a@lilly.com](mailto:savin_kenneth_a@lilly.com).

# Chef Designed School Meals

The Idaho Division of Child Nutrition Programs has developed a two week cycle of school lunches designed by a chef and dietitian and approved by Idaho students. The menus have been planned to meet the new USDA Meal Pattern. To view the menus, recipes, and additional information, go to **Chef Designed School Meals** by clicking [here](#). Two of the recipes are featured below. In addition, check out their **Chef Tuesdays** recipes for school lunch featuring USDA Foods by clicking [here](#).

## Try This!

### **Cheeseburger Salad Wrap** (written for grades K-8)

Serves: 100

Portion: 1 salad wrap

#### Ingredients

13 lb Lettuce, Cos or Romaine  
6 lb Onions (in beef mixture)  
13 1/4 lb Tomatoes (for toppings)  
2 3/4 lb Onions (for toppings)  
3 1/8 lb Mozzarella Cheese  
100 Whole-Grain Tortillas, Frozen  
10 3/4 lb Raw Ground Beef, 15%  
3/4 cup Tomato Paste, no salt added  
1/2 cup Mustard, yellow prepared  
4 Tbsp Garlic Powder  
1 3/4 cup Water  
3 5/8 qt Dill Cucumber Pickles (for toppings)  
6 1/4 cup Ketchup (for toppings)  
6 1/4 cup Mustard, yellow prepared (for toppings)

1. Chop romaine lettuce into bite-sized pieces. Dice onions for ground beef mixture. Dice tomatoes and onions to be used for toppings. Shred mozzarella cheese.
2. Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.
3. Brown ground beef, drain, and rinse. Add diced onions, tomato paste, mustard, garlic powder, and water. Mix well. Simmer for 10 minutes or until juices are cooked out.
4. Place 1 cup lettuce pieces, 2.1 oz meat mixture, and 1/2 oz shredded cheese on each tortilla.
5. Toppings are planned in the following serving sizes for each student: 1/4 cup diced tomatoes, 1 tbsp diced onions, 2 tbsp pickle slices, 1 tbsp ketchup, and 1 tbsp mustard.

### **Pizza Green Beans** (written for grades K-12)

Serves: 100

Portion: 3/4 cup

#### Ingredients

2 #10 cans Diced Tomatoes, no salt added  
4 1/2 #10 cans Green Beans, low-sodium  
1 cup Dried Oregano Leaves

1. Drain cans of diced tomatoes.
2. Mix undrained green beans, drained tomatoes, and oregano together, and bring to a boil. Reduce heat and simmer for 5 minutes.
3. Serve using a slotted spoon to remove juices.

**To view the standardized version of all the Chef Designed Recipes, please click [here](#).**

(Please note that some recipes are written for grades K-12, and other recipes are written for grades K-8 and grades 9-12.)

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

## Food Distribution Notes

The 2014 Pre-Order Survey is currently open and available to all Recipient Agencies to start making their commodity choices. The format of this year's Pre-Order Survey is much the same as in past years, with a few enhancements. Recipient Agencies will still "go shopping" and spend their Entitlement by pre-ordering commodities for next school year; however this year RAs will have additional time to make their requests.

Unlike Pre-Order Surveys of past years that remained open for 6-8 weeks and then closed all at one time, this year groupings of specific commodities will be closed in several sections as certain USDA product reporting dates become due. We are extending the response time for some

classes of foods for those Recipient Agencies that may need additional time to take advantage of new product offerings, to negotiate with processors on into the early spring, or to refine their brown box choices. During the time any section of the Pre-Order Survey is open, you will be able to review, edit, and finalize your commodity choices 24 hours a day, seven days a week, wherever you have internet access.

For assistance with the 2014 Pre-Order Survey, John Moreland, Food Distribution Program Specialist, will be available to answer your questions. He may be reached by calling (317) 233-0020 or by e-mail at [jmorelan@doe.in.gov](mailto:jmorelan@doe.in.gov).

## Team Nutrition Notes

### Find Your Favorite at IPS

Indianapolis Public Schools (IPS) paired with the Indianapolis Fruit Company and community heroes to pitch a new campaign to students and their families called Find Your Favorite™. Eighteen local celebrities, including Indianapolis Colt Coby Fleener and Indiana Fever basketball player Tamika Catchings, were photographed with their favorite fruit or vegetable. The photographs were printed on large, colorful signs to hang in IPS cafeterias.

The signs feature the hero with a blurb about their favorite fruit or vegetable. For instance, Gus Chavez (pictured to left) works with the Indianapolis Fire Department. His favorite fruit is a peach. The program encourages children to try different produce and find their own favorite.



Photo is from [www.findyourfavorite.com](http://www.findyourfavorite.com)



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Last November, Arlington Woods Elementary School (IPS School #99) invited Indiana leaders and legends to visit the school cafeteria for a campaign celebration, including Graham Rahal, Indy-Car Series Driver, and David Boudia, Olympic Gold Medal Diver. The Indianapolis Fruit Company and Lori Taylor (The Produce Mom) are spearheading the Find Your Favorite™ campaign.

(Continued on page 6)



(Continued from page 5)

The campaign includes a website with the 18 hero signs and information on the nutrition and seasonality of fresh produce. To find out more about the program, visit the website at [www.findyourfavorite.com](http://www.findyourfavorite.com).



Pictured above from left to right: Dena Bond, Steve Gudorf, and Julie Wojciechowski—all Foodservice Operations Managers with IPS, and Blue, the official mascot of the Indianapolis Colts.

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Office of School and Community Nutrition.

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



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