

Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

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Congratulations to Debbie Wombles! 2014 School Food Service Employee of the Year

By Suzette Hartmann, School Nutrition Specialist



Pictured from left to right: Katie Rogers, Debbie Wombles, Susan Bryant

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click [here](#).

On May 3rd, the Indiana Department of Education presented the 2014 School Food Service Employee of the Year Award to Debbie Wombles. Wombles is the Cafeteria Manager at Liberty Early Elementary School, MSD of Decatur Township, in Indianapolis.

Katie Rogers, Director of Child Nutrition, Susan Bryant, Principal of Liberty Early Elementary School, and all of Wombles' co-workers attended the presentation, which was part of an awards luncheon at the Indiana School Nutrition Association's Spring Training Seminar in Plainfield, IN. Wombles received a plaque from the Indiana Department of Education and a check for \$200 from the Indiana Nutrition Council.

Principal Susan Bryant submitted the nomination for Debbie Wombles. Liberty Early Elementary School houses all the preschool and kindergarten students in the corporation - over 400 students.

Wombles and her staff deliver breakfast to the classrooms. During lunch in the cafeteria, Wombles encourages students to try new foods. At the beginning of the school year, she gives each student a "lunch necklace," which is a lanyard with a card on it showing the child's name, the teacher's name, and the student's personal lunch code. She has been an advocate for the At-Risk Afterschool Meals Program, and under her direction, her staff prepares supper for students staying after school. Wombles also helps to make the Summer Food Service Program a success. She is always willing to utilize kitchen resources to help a class with a nutrition lesson. Wombles volunteers her time to help with the school carnival and the annual staff Christmas Breakfast. Bryant stated "Mrs. Wombles makes the cafeteria a welcoming and comfortable place for all, and she goes above and beyond to give exceptional service."

Click [here](#) to see the names of all the 2014 nominees.

Gary Brackett Visits Decatur Middle School to Help Celebrate National School Breakfast Week!

By Suzette Hartmann, School Nutrition Specialist



Photo: Mark Anderson, Principal of Decatur Middle School, and Gary Brackett, former Indianapolis Colts Linebacker

On March 4, 2014, students at Decatur Middle School in Indianapolis celebrated National School Breakfast Week (NSBW) at an event sponsored by the [American Dairy Association Indiana, Inc.](#) Gary Brackett, former Indianapolis Colts Linebacker, helped serve homemade banana-chocolate chip muffins, yogurt and fruit parfaits, fresh orange slices, and milk to 200 students in the cafeteria!

Several guest speakers talked to the students about how starting the day with a nutritious breakfast will help them stay alert and perform better in school. Principal Mark Anderson kicked off the event and got everyone excited about the program—while sporting a Colts tie and designer Colts shirt. Sarah Kenworthy, Registered Dietitian with the Indiana Department of Education, spoke on behalf of Glenda Ritz, Indiana Superintendent of Public Instruction. Following the NSBW theme, Kenworthy encouraged students to “Take Time for School Breakfast.” Kenworthy stated “Students who eat breakfast have better attention and memory which results in higher test scores. Also, breakfast eaters are healthier and more energetic throughout the day. Breakfast is an easy tool to help you learn.” Kenworthy also recognized the food service staff “heroes” at Decatur Middle School who prepare school breakfast each morning. Abby Evans, Indiana’s [Fuel Up to Play 60](#) State Ambassador, introduced Gary Brackett. Brackett told the students that it has always been important to him to start each day by eating a nutritious breakfast. Guest speaker and Indiana dairy farmer Kelly MacKinnon talked about life on a dairy farm. Additional guests included Blue, the official mascot of the Indianapolis Colts, and Buttercup, the American Dairy Association of Indiana’s mascot!

The American Dairy Association of Indiana planned this event around Fuel Up to Play 60’s *It Starts with School Breakfast* campaign to educate students, parents, administrators, and the media about the critical importance of school breakfast. A local television station and local radio stations covered the event at Decatur Middle School!

[The Wellness Impact: Enhancing Academic Success through](#)

[Healthy School Environments](#), produced by the National Dairy Council, is a recent report that highlights how healthy eating and physical activity helps improve academic performance. Click [here](#) to view the Full Report, the Executive Summary, and a Wellness Impact Infographic. Programs like **Fuel Up to Play 60** and USDA’s [School Breakfast Program](#) help empower students to be healthy, and healthy students are better students!

To read about Fuel Up to Play 60 Sideline Success Stories in Indiana, click on <http://winnersdrinkmilkblog.com/?s=sideline+success>.

Katie Rogers, Director of Child Nutrition for the MSD of Decatur Township, and her staff are doing a great job of encouraging students to eat school breakfast. Breakfast is free to all students in the School District, and breakfast is either served in the classrooms or offered as a Grab and Go breakfast.



Photo: Gary Brackett serves breakfast to Decatur Middle School students.

Student Service Group Helps Local Homeless Shelter

By Suzette Hartmann, School Nutrition Specialist

At Columbia Middle school in Logansport Indiana, a student service group has found a way to help a local homeless shelter. The service group, led by their language arts teacher Mrs. Senesac, looked into how they could collect unopened food via a sharing table in the cafeteria and then give the food to the homeless shelter. Before starting the service project, Mrs. Senesac talked with the school cafeteria manager and Kelley Lease, Director of Food Services for Logansport Community School Corporation, about the idea for the project. Next they contacted the local health department to verify the proper procedures to be followed, and they received clearance from the health department to proceed with the program. A food collection box was then placed in the cafeteria. Students at the middle school may place unwanted food items that are clean and unopened in the collection box. Members of the student service group collect the food from the collection box after each school breakfast and lunch service. A representative of Emmaus Mission Center, the agency that runs the homeless shelter, goes to the school twice a week to pick up the donated food. This project has created a great partnership between the school and the shelter. There is interest in possibly expanding the project to other schools in the future.

Edgewood High School Celebrates Every Kid Healthy Week

By Vickie Coffey, Nutrition Service/Healthy Schools Director
Richland-Bean Blossom Community School Corporation



Photo: Power Panther visits Edgewood High School.

As part of the physical activity grant we received from Action for Healthy Kids, Edgewood High School celebrated Every Kid Healthy Week, April 21-25, with a week full of healthy food and fun!! We kicked off the week with Vegetable Wrap samples focusing on our Meatless Monday campaign. This is a county-wide campaign supporting non-meat items to be offered along with meat items so that students have a vegetarian option. We continued our sampling on Tuesday with Volcano Tacos, a new whole-grain product that is comparable to the fast food products - but better for you. Wednesday was our "Till and Fill Day" for our school garden, as well as smoothie samples for breakfast. Thursday was a very special day as Power Panther visited nearly our entire district, including: Edgewood High School; Edgewood Junior High School; the Early Childhood Center; Edgewood Primary School; and Edgewood

Intermediate School. We ended our week with some physical activity with YOGA in the high school gym.

Our kids loved the free samples, loved Power Panther, and enjoyed YOGA as well!! I can't wait until next year!! We will encourage everyone in our school district to get healthy during Every Kid Healthy week next year. We want to spread the health and wellness to all!!

For more information about Every Kid Healthy Week at Edgewood High School, click on the items below:

- [Additional Photos](#)
- [Flyer](#)
- [Fruit and Vegetable Survey](#)
- The Vegetable Wrap samples were made using the recipe in the [Sizzling School Lunches: Indiana Cooks with Chef Cyndie](#) cookbook.



Photo: Students sample vegetable wraps.

By Suzette Hartmann, School Nutrition Specialist

At the beginning of this school year, David Ward, a custodian at Pendleton Elementary-Primary School, noticed the food being thrown away by students in the cafeteria. Ward talked with Joseph Buck, Superintendent of South Madison Community School Corporation, and Lindsey Hill, Director of Nutrition Services, to ask if something could be done to donate the food that would otherwise be thrown away. Hill had also seen a need for this kind of project and stated she would love to work with someone who could help make the procedure easy. Ward offered to do some research, and one week later he found an organization called Food Rescue that could help! Food Rescue has a volunteer network that will help work out all of the details in regard to picking up donated food and making sure it is delivered to food pantries and other organizations. Hill was excited to learn about Food Rescue. The corporation already had a small scale operation in place at two other elementary schools, with volunteer administrators and cafeteria workers delivering the food to local food pantries. However, in order to sustain and expand the project, additional help would be required.

Within a short time a partnership was formed between the School Corporation and Food Rescue. The process started at Pendleton Elementary-Primary School, with Cafeteria Manager Colleen Halter and David Ward working out all the kinks. Ward became a Food Rescue volunteer and delivered the food after his shift! The program was then expanded within a matter of months to all the other schools.

The food service staff at each school collect, store, and get the food ready for pick up by a Food Rescue volunteer. If students have unopened packaged food that they do not eat at breakfast or lunch, students place the packaged food in collection bins in the cafeteria. The food service staff collect the food from the bins and store the food in the dry storage area or the walk-in cooler, making sure that it is put in containers labeled for Food Rescue and kept separate from other food. Hill contacted the local health department to make sure their planned procedures would meet the food safety requirements of the health department before they started the project.

According to Hill, most of the recovered food comes from the collection bins in the cafeteria or the “front of the house,” but a minimal amount of food is also recovered from the “back of the house.” Small amounts of prepared food, such as chicken and noodles, that was not served to students and would otherwise be thrown out is also recovered. This food must be frozen in order to keep it for any length of time. To avoid using containers to freeze the food, bun pan bags are placed on top of pans and the food is placed inside the bags. The pans are put in the freezer until the food is frozen in the bags. Once the food is frozen, the bags of frozen food are taken off the pans,

labeled, and kept separately in the freezer. Hill credited Julie Jackson, Cafeteria Manager at Pendleton Heights Middle School, for the idea to use bun pan bags to freeze prepared food. At Pendleton Heights High School, cafeteria worker Thea Swanson simplified the process by using empty boxes instead of pans.

Hill has four “best practices” for recovering food:

1. Set up a system for freezing prepared food using bun pan bags, labeling all the food, and keeping all recovered food separate from food that will be served to students.
2. Use a tracking log to monitor how much food is recovered from each school. Hill considers this vital data for monitoring the students’ acceptance of meals.
3. Have volunteers pick up the food once a week during a window of time that works for the cafeteria managers and kitchen staff.
4. Work as a team. Hill stated “Dedicated food service staff and dependable Food Rescue volunteers make the process successful by working as a team. With some organization by school cafeteria staff, it really takes minimal time for staff and is part of their day. It takes just as much time to put food in the trash or garbage disposal as it does bagging it and labeling it for pickup.”

All six South Madison Schools participate in the food recovery project. Volunteers from Food Rescue pick up the food one day a week at each school. Volunteers pick up the food between 9:00 a.m. and 1:00 p.m. Hill stated that this window of time works well for her schools since it is after breakfast and before the school food service managers leave for the day. Food Rescue has a network of volunteers, and Food Rescue worked out all the details regarding scheduling volunteers to pick up the food and deliver it where it is needed. The food is delivered to four nearby recipients – Ingalls Food Pantry, Park Place Food Pantry, a Women’s Alternative Center, and the Christian Center (a men’s shelter). Hill stated “Food Rescue is an awesome partner to work with, and the food pantries and shelters are very happy to receive the food.” Hill has received thank you letters from individuals residing at the shelters.

Per the organization’s website, Food Rescue’s mission is to feed people and save surplus perishable food from being wasted. John Williamson and his family first started collecting recovered food and delivering it to a local food pantry in Noblesville, Indiana in November of 2007. Shortly after that, the not-for-profit organization called Food Rescue was founded in July of 2008. The organization has rescued millions of dollars of food locally and around Indiana. To learn more about Food Rescue, go to www.foodrescue.net.

Till and Fill Day at Edgewood High School

By Suzette Hartmann, School Nutrition Specialist

This summer, special needs students from Edgewood High School, Richland-Bean Blossom Community Schools, will be tending the school garden, which was planted during Every Kid Healthy Week (refer to the article on page 3). The garden area includes two raised beds and two Garden Towers.



Garden Towers



Raised Beds

Strawberries will be grown in the Garden Towers, while tomatoes, peppers, and cucumbers will be grown in the raised beds. The harvested fruit and vegetables will be given to their Community Health Fair and/or the Hoosier Food Bank. Vickie Coffey, Nutrition Service/Healthy Schools Director, stated "Gardens provide both educational and physical learning opportunities for our students. This is our third school garden, and we hope that all seven of our schools will eventually have student-run gardens."

This is the first year their school garden includes the use of Garden Towers. Garden Towers are made by a company called Garden Tower Project based in Bloomington, Indiana. Per the company's website, the Garden Tower is a revolutionary self-contained vertical garden/composting system. The Garden Tower is easy to use and grows 50 plants in a very small space. To learn more about Garden Towers and Garden Tower Project, go to the company's website at <http://www.gardentowerproject.com/>. Garden Tower Project was recently featured on the Indiana business television program **Inside INdiana Business with Gerry Dick**.

Resources for You

- Click [here](#) to check out the **Team Nutrition Popular Events Idea Booklet!**
- To view the **Whole Grain Resource for the National School Lunch and School Breakfast Programs**, click [here](#).
- NFSMI, in partnership with USDA, has developed new food allergy training videos for schools and child care centers. The videos focus on strategies that foodservice staff can use to manage food allergies in USDA's Child Nutrition Programs. To view the videos, fact sheets, and relevant links to other great resources, visit NFSMI's Food Allergy Resources Landing Page at www.nfsmi.org/foodallergy.
- To view the new **Healthy Meeting Toolkit** developed by the National Alliance for Nutrition and Activity, go to www.healthymeeting.org.

Director's Corner - By Julie Sutton

Happy spring! This school year has flown by, but I'm glad that spring is back with its warm temperatures and blooming flowers.

Be on the lookout for upcoming Equipment Grants. We will be working on an application for schools to apply for funds to purchase new equipment. The goal of providing equipment grants is to assist in improving the quality of school meals. These grants will be competitive.

On July 29, 2014, we will be hosting training for new School Food Service Directors to learn more about USDA's Child Nutrition Programs. FSD 101 is a one-day orientation that will be held at Zionsville Community Schools, Educational Services Center. The State Agency is interested in building a strong relationship with new Food Service Directors in order to promote successful school food service operations. To register, click [here](#).

For those needing immediate assistance, please contact Sarah Kenworthy toll free at 800-537-1142, or locally at 317-232-0857. An initial visit from your field consultant may also be arranged.

Enjoy the rest of the school year and have a great summer!

Food Distribution Notes

By John Moreland, Food Distribution Program Specialist

Food Distribution
Program

As we are nearing the end of the school year, it is important to take note of your current commodity inventory residing at your warehouse. Ideally you want all cases of commodities delivered and consumed by the end of the school year to get the most out of your Entitlement. Leaving commodities sitting at your warehouse throughout the summer months defeats the purpose of why you request commodities in the first place. Remember you have Delivery Periods available through May and June, and you should make arrangements to place Delivery Orders accordingly in order to clear out your inventory. By doing so, you can avoid accruing excess storage charges and having your commodities possibly become outdated. Thank you for all of the hard work you do providing healthy, nutritious and tasty meals to your students.

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<http://www.doe.in.gov/nutrition>



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