

# THE OUTLOOK

Your Guide to School-Based Child Nutrition Programs



## Salad Bar Grant Opportunity

**Attention: Schools wanting to offer more fresh produce to your students!**

The United Fresh Association and the *Let's Move* initiative are offering a salad bar grant opportunity for K-12 schools. Schools that are certified as USDA's *HealthierUS School Challenge* receive top priority. The *Let's Move Salad Bars to Schools* initiative has a goal to fund and award 6,000 salad bars over the next three years. Let your school be next to receive a salad bar! Apply today at <http://saladbars2schools.org/guidelines>.



## Vote for Your Favorite Recipe for Healthy Kids

The *Recipes for Healthy Kids Challenge*, part of the First Lady's *Let's Move!* initiative has opened up for its public voting beginning the first of March and concluding on May 15, 2011. Eight winners will be chosen in this national contest to develop school lunch recipes. School teams submitted recipes in three different categories, whole grains, dark green and orange vegetables, and dry beans and peas. The categories and prize awards follow:

- Grand Prize Winner - \$3,000
- First Place (Whole Grains) - \$1,500
- Second Place (Whole Grains) - \$1,000
- First Place (Dark Green and Orange Vegetables) - \$1,500
- Second Place (Dark Green and Orange Vegetables) - \$1,000
- First Place (Dry Beans and Peas) - \$1,500
- Second Place (Dry Beans and Peas) - \$1,000
- Popular Choice Award - \$1,500

The judging criteria included: Student Involvement, Nutrition, Creativity and Originality, Ease of Use in Schools and Recipe Presentation. Vote today at <http://www.recipesforkidschallenge.com/>.

## Dairy Fully Fueled Returns to Illinois Apply by April 30

St. Louis District Dairy Council is now accepting applications for the 3<sup>rd</sup> Annual *Dairy Fully Fueled* Schools Tour. *Dairy Fully Fueled* is an innovative and interactive program designed to give students a unique experience of the power

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This institution is an equal opportunity provider.

of healthy eating. The Fall Tour aims to reward Illinois schools for their efforts toward building healthier student bodies with a day of physical activity, fun, games, and nutrition know-how. Funded by local dairy farmers, the tour has visited more than 70 local schools who have demonstrated their commitment to building healthier student bodies. Check out [www.dairyfullyfueled.com](http://www.dairyfullyfueled.com) for application materials and video highlights from last year's school tour, which reached over 15,000 students. Applications are open to schools in the 81 Illinois counties served by St. Louis District Dairy Council. Visit [www.stldairyCouncil.org](http://www.stldairyCouncil.org) to see a coverage map. The application deadline is April 30<sup>th</sup>.

## Nutrition Education Loan Library Closes this May

With the preponderance of new nutrition and food related resources, many available online and free of charge, and the increased costs of mailing resources; the Nutrition Education Loan Library will officially close effective May 1, 2011. We appreciate serving your nutrition education needs over 20 plus years.

The *Body Walk* trunk and manual will remain available for loan purposes, with no shipping charges to your school. Sponsors in the NSLP may borrow *Body Walk* for a three-week period. The purpose of the *Body Walk* project is to engage teens in promoting lifetime healthy eating and physical activity to elementary-level students in their district and/or community. This teens-teaching-kids initiative involves students and educators working together to design and assemble a walk-through exhibit of the human body. Teens mentor elementary students who travel with them on the *Body Walk* tour, engaging them in educational activities at each one of ten stations.



Body Walk Demonstration

Go to this URL to download the *Body Walk* manual. [http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=552&level3\\_id=0&level4\\_id=0&level5\\_id=0&topic\\_id=2139&placement\\_default=0](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2139&placement_default=0). If you are interested in reserving the *Body Walk*, please contact [cnp@isbe.net](mailto:cnp@isbe.net) to request the use of the *Body Walk* resource, or contact us at 800/545-7892 or 217/782-2491.

This might be a good time to bookmark the following as website favorites:

- USDA's New Searchable Education and Training Database - [http://healthymeals.nal.usda.gov/schoolmeals/Resource\\_Cafe/Resource\\_Search.php](http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php)

- USDA's Team Nutrition-Recipes and Menu Planning [http://healthymeals.nal.usda.gov/nal\\_display/index.php?tax\\_level=1&info\\_center=14&tax\\_subject=230](http://healthymeals.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=14&tax_subject=230)

## USDA Foods

### Excess Inventory at Processors

Be sure to check out the excess inventory module on the Illinois Commodity System (ICS). The module is located under the *Annual Order Forms* main menu option on ICS and is called *Excess Processing*. We currently have a variety of commodities available.

Any excess inventory is listed by processor and can be claimed by any school that does not have excess inventory at processors. The inventory is offered on a first come first served basis and it is free. Additional processing costs apply but the commodity itself is free. Those schools claiming pounds should be familiar with commodity processing procedures and end product distribution.

Since the excess inventory from processors changes monthly, we advise checking the list on a weekly if not daily basis as we anticipate any inventory that comes along will be claimed quickly.

The excess inventory procedures can be found on the food distribution website by selecting *Inventory Level Procedures at Further Processors Letter*.

If you have any questions about the procedures or the module, please call the Food Distribution program at 217/782-2491.

## Spotlight on Schools

### National Nutrition Month Robin A. Orr Community Partnership Award Recipients 2011 Announced

In honor of National Nutrition Month, each March the Interagency Nutrition Council (INC) requests nominations for those that are doing great things in the areas of wellness, nutrition, physical activity, partnerships and food access. This year INC received a wide variety of nominations for different types of programs from all over the state and 10 of those nominees were selected to receive this year's Robin A. Orr Community Partnership Award:

1	Academy for Global Citizenship	Chicago
2	Boys and Girls Club of Carbondale	Carbondale
3	Bushnell-Prairie City Elementary School	Bushnell
4	C-U Fit Families	Urbana
5	CUSD 300 Golfview Elementary School	Carpentersville
6	Illinois Coalition for Community Services	Charleston
7	Namaste Charter School	Chicago
8	Near North Health Service Corporation	Chicago
9	Oswego Senior Center/ Oswegoland Seniors Inc.	Oswego
10	Sarah Bush Lincoln Health Center	Mattoon

The awardees received framed certificates and wellness related materials. Congratulations to the awardees and the nominees for all that you do to increase wellness and access to food in Illinois!

### **Eighteen Schools Receive HealthierUS School Challenge Mini-grants**

Congratulations to the 18 Illinois schools that have been awarded grants from the Illinois Nutrition Education and Training (NET) Program in preparation to take the *HealthierUS School Challenge* during the 2011 – 2012 school year. The *HealthierUS School Challenge* is a voluntary recognition program from USDA Food and Nutrition Service that recognizes outstanding achievement in healthier school environments. The mini-grants are provided through a 2010 USDA Team Nutrition Training grant received by the Illinois State Board of Education. Winning schools are listed below.

District/School	City	Award Amount
Chicago Public School District 299 • Skinner North Classical School	Chicago	\$3,500
Crystal Lake Community Unit School District 47 • Husmann Elementary School	Crystal Lake	\$3,500

Diocese of Rockford • St. Mary's School Sterling	Sterling	\$3,500
Egyptian Community Unit School District 5 • Egyptian Elementary School	Tamms	\$3,500
Payson Community Unit School District 1 • Payson Seymour Grade School	Payson	\$3,500
Prairie Central Community Unit School District 8 • Chenoa Elementary School	Chenoa	\$3,500
Woodstock Community Unit School District 200 • Clay Elementary School • Creekside Middle School • Dean Street Elementary School • Greenwood Elementary School • Mary Endres Elementary School • Northwood Middle School • Olson Elementary School • Prairiewood Elementary School • Verda Dierzen Early Learning Center • Westwood Elementary School • Woodstock High School • Woodstock North High School	Woodstock	\$24,500

For more information on the *HealthierUS School Challenge*, please visit USDA Team Nutrition website at <http://teamn nutrition.usda.gov/HealthierUS/index.html>.

### **Illinois' HealthierUS School Challenge Certified Schools Growing**



Kudos to Illinois' newest HealthierUS School Challenge (HUSSC) certified schools. Representing St. Charles Community Unit School District 303, the five schools are: Wasco, Wild Rose, Norton Creek, Munhall, and Lincoln, Munhall, Norton Creek, Wasco, and Wild Rose Elementary Schools. These schools are now HUSSC bronze-level certified for four years.

The HUSSC rewards schools for excellence in promoting

nutrition and physical activity.

USDA has established a national goal of 1,250 schools to be HUSSC certified by the end of June, with 1,000 schools added per year for the next two years. Since the beginning of the HealthierUS School Challenge in 2004, 1,139 awards have been given to schools in 40 states. As of March 9, 2011, 578 schools are currently certified.

Schools participating in the challenge are recognized with Gold of Distinction, Gold, Silver, or Bronze-level certification. Challenge certification also includes monetary incentives for schools - \$2,000 for Gold Award of Distinction, \$1,500 for Gold, \$1,000 for Silver and \$500 for Bronze.

Illinois boasts eight HUSSC certified schools with the number growing each month. Take the *HealthierUS School Challenge* today! Go to <http://teamnnutrition.usda.gov/healthierUS/index.html> for the application, training and technical assistance, FAQs, tips from award winners, a calculator, and more useful information.

## Begin Planning for School Nutrition Employee Week



School Nutrition Employee Week will be celebrated May 2-6, 2011. It provides the opportunity to recognize all of your school nutrition employees who work to provide healthy meals to your students. So, show your appreciation by visiting the School Nutrition Employee Week website at <http://www.schoolnutrition.org/Content.aspx?id=13427&terms=school+nutrition+employee+week> to read a proclamation, post an appreciation on the “wall”, send an e-card, and so much more.

## Flavor of the Month

### Breakfast in the Classroom

What is BIC? BIC, or **B**reakfast **I**n the **C**lassroom is an acronym describing a method that is gaining in popularity in which schools serve reimbursable breakfasts to students in the classroom. Many schools, including several in Illinois have realized the advantages of serving breakfast in the classroom and have done so with great

success. Read on for more information about BIC.

Breakfast in the classroom can take many forms, including a ‘grab and go’ bagged meal that students can eat in their first period classroom, or serving breakfast after first period, allowing late arrivals the opportunity to participate in the program. The service of breakfast in the classroom can also relieve the stress, time, and budget constraints related to a breakfast format that requires students to arrive early to school.

According to the *Food Research and Action Center (FRAC) Breakfast Score Card* released in January 2011, schools using a .BIC format have the highest participation rates. Some studies on BIC suggest that serving breakfast in the classroom may help to reduce tardiness and absences and improve student behavior.

Chicago Public Schools, District 299 (CPS), over the past year, saw a dramatic increase in participation rates with their use of a universal free breakfast in the classroom format. FRAC ranked districts based on their ratio of students eligible for free and reduced-price meal benefits eating school breakfast compared to lunch. During the 2008-2009 school year only 30.9 percent of CPS students that participated in the lunch program, participated in breakfast. Compare that to the 2009-2010 school year, where breakfast participation increased to 43 percent overall. At the 192 schools implementing BIC within CPS as of May 2010, the average BIC breakfast participation rate was reported as 68.7 percent.

For additional reasons why you should start a breakfast program, please visit [http://www.fns.usda.gov/cnd/breakfast/expansion/10reasons-breakfast\\_flyer.pdf](http://www.fns.usda.gov/cnd/breakfast/expansion/10reasons-breakfast_flyer.pdf). If you would like to read the full FRAC report, please visit <http://frac.org/2010-school-breakfast-report/>.

## Professional Development

### Register for the Fourth Annual School Wellness Conference Now

Take advantage of the early registration rate of just \$45.00 to attend the day-long Illinois School Wellness Conference, Tuesday, May 3, in Decatur, Illinois. Dr. Toni Yancey, author of *Instant Recess: Building a Fit National 10 Minutes at a Time*, is this year’s keynote speaker. Yancey, who played basketball for Northwestern University, is currently a professor in the UCLA Department of

Health and a national board member for Action for Healthy Kids (AFHK). Her presentation will be based on her book, which provides “doable” solutions for any setting to get Americans moving, according to Dr. David Satcher, a former U.S. Surgeon General and founder of AFHK.

The conference, which is co-sponsored by AFHK-Illinois and the Illinois State Board of Education, is perfect for school administrators, school nurses, educators, food service staff, wellness committee members and anyone else who wants to learn more about encouraging healthy lifestyles and healthy food at school.

Register at

[http://take.actionforhealthykids.org/site/Clubs?club\\_id=1121&sid=2150&pg=event](http://take.actionforhealthykids.org/site/Clubs?club_id=1121&sid=2150&pg=event) today! Do not delay.



## Professional Development Opportunities Support School Wellness

Illinois Nutrition Education and Training Program are pleased to announce their three free webinars available for school staff involved in wellness activities. The webinars can be completed at your leisure and all handouts can be downloaded from the [www.KidsEatWell.org](http://www.KidsEatWell.org) website. Participants can email [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org) to obtain continuing education credit. Please include your title and school in the email. These webinars are only available for a short time, so take advantage now.

- Go for the Gold: Join the HealthierUS School Challenge – Learn how your school can earn national and state recognition as well as financial incentives in this USDA program. *Intended Audience:* All school staff involved in implementation of school wellness poli-

cies (teachers, school foodservice, administrators, school nurses)

- Refuel Afterschool Food and Fitness – Learn how you can incorporate fun, hands-on nutrition and fitness activities in afterschool programs. *Intended Audience:* Afterschool coordinators and staff
- Whole Grains for Healthier School Meals – Learn cost-saving ways to add student-pleasing whole grains to school menus in preparation. The information in this webinar will also help you prepare to meet new nutrition standards for school meals that are on the horizon. *Intended Audience:* School foodservice directors and staff

## Developing a School Food Safety Plan Workshop

All schools participating in the NSLP are required to have a food safety plan in place. The *Developing a School Food Safety Plan* workshop will help schools satisfy this requirement by assisting schools in the revision of a current food safety plan, or in the development of a new food safety plan. Participants will be introduced to the Process Approach, which allows for a more simplified application of food safety procedures. Participants will also receive information on the overall format of a school food safety plan, writing or revision Standard Operating Procedures, and will work with hands-on activities that can be taken back to schools and immediately used in the training of additional food service staff.

The following dates and areas are currently available:

- April 12, Carterville, IEA Building
- April 14, Charleston, Charleston School District Board Office
- April 20, Schaumburg, Courtyard Marriott
- April 21, Crestwood, Eisenhower Cooperative

Space is limited, so please register now at

<http://webprod1.isbe.net/cns/calendar/asp/EventList.asp>.

## The Melting Pot

### April 15 Due Date for the Silent Hero Grant

Attention Summer Food Service Program Sponsors serving breakfast. The Silent Hero Grant Program,

provided by the *got breakfast?*® foundation, will award grants up to \$5,000.00 to create, support and expand Summer Nutrition Programs.

*Got breakfast?*® aims to increase access to breakfast programs to help fight obesity, raise test scores and improve overall health. The due date is April 15 to apply for the Silent Hero Grant. For additional information, to complete the Application, visit [www.gotbreakfast.org](http://www.gotbreakfast.org).



### Freshen Up Your Menus with New Recipes

When was the last time you featured a new recipe in your menu plan? If it has been awhile, consider visiting USDA's recipe website, which offers a variety of interesting recipes. The recipes are categorized both alphabetically and numerically. Look for new whole grain recipes and much more!

- <http://www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cELEPTI3MA==>
- <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cELEPTEwMiZpc01ncj10cnVl>
- <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cELEPTEwMyZpc01ncj10cnVl>

### Join *The Outlook* Newsletter List Serve

To receive monthly notices of *The Outlook* newsletter link, join *The Outlook* List Serve. Email: [Outlook10-join@list.isbe.net](mailto:Outlook10-join@list.isbe.net) and type only the e-mail address to be added in the message section. A confirmation will be sent to the e-mail address provided. School staff listed as the contact person on NSLP site and/or sponsor applications are already on *The Outlook* List Serve. For questions regarding *The Outlook* newsletter or list serve, please e-mail Joan Love at [jlove@isbe.net](mailto:jlove@isbe.net) or call 800/545-7892 (in Illinois) or 217/782-2491.



Share this newsletter link with staff in your school.

[www.isbe.net/nutrition/htmls/newsletters.htm](http://www.isbe.net/nutrition/htmls/newsletters.htm).

## Calendar of Events – May 2011

Renew any meal service contracts or school-to-school agreements (if applicable)

Complete the Meal Count Edit prior to submission of the Claim for Reimbursement

- 2–6 School Nutrition (formerly Child Nutrition) Employee Appreciation Week
- 3 Illinois School Wellness Conference—Decatur
- 10 Submit Reimbursement Claim
- 11 SFSP New Sponsor and New Staff Training—Chicago
- 12 SFSP Current Sponsor—Chicago
- 21–24 National Restaurant Association Show—Chicago
- 30 Memorial Day—ISBE office closed

[www.isbe.net/nutrition](http://www.isbe.net/nutrition)

### Your link to the Child Nutrition Programs in Illinois

*The Outlook* is published ten times per year, March through May, for those participating in School Nutrition Programs, by the Nutrition Programs, Illinois State Board of Education, 100 North First Street, Springfield, Illinois 62777-0001. FAX number 217/524-6124; TOLL FREE number 800/545-7892, <http://www.isbe.net/nutrition/>, Christine Schmitt, Division Administrator.



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