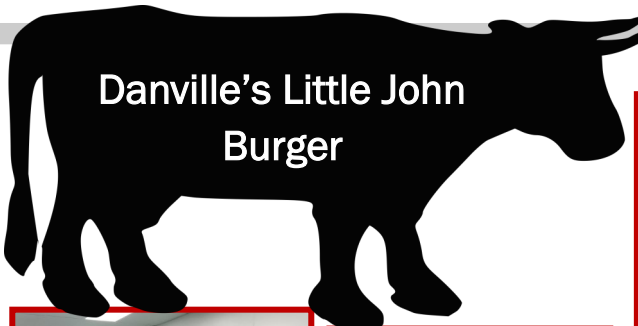


NUTRITION NEWS

Danville's Little John Burger

Special points of interest:

- Danville's Little John Burger
- What's growing at Cutter Morning Star?
- The World of Child Nutrition
- Milestones— Ashley Williams
- Milestones— Saraj Goldberg
- FFVP Update
- Harmony Grove SD Brightens up the Cafeteria



Dates to Remember:

October Digital Learning	Oct. 5
Nat'l School Lunch Week	Oct. 9-13
November Digital Learning	Nov. 2
Verification Process completed by	Nov. 15
Last day to purchase FFVP equipment	Nov. 30
December Digital Learning	Dec. 7
Verification Report due by	Dec 15

The agriculture teacher at Danville school district, Mr. Gary Gray, approached me about the possibility of serving farm-raised beef produced by our Future Farmers of America (FFA) organization to students in our school cafeteria. We went to our superintendent, Mr. Gregg Grant, and asked for approval to proceed. He was thrilled with the idea so I attended a Farm to School meeting in Little Rock to get information on how I could purchase my school's beef without having to go through the bid process. After attending the Farm to School meeting, I called the child nutrition office to see what the requirements would be and had a conference with Stephanie Alsbrook, Assistant Director of Healthy Schools, and Josh Clements, West Central Area Specialist, who informed us we would need a USDA inspected facility to do the processing and would have to process the meat according to guidelines in the USDA Food Buying Guide. I shared the necessary packaging and labeling requirements with Mr. Gray and he researched and found a facility in Hot Springs called Cypress Valley Meats that could meet the requirements and they agreed to process the beef. Cypress Valley Meats also conducted E.coli and crude fat testing on the beef. Our school purchased the calf and paid for processing. The facility did not have a meat patty machine so we purchased a couple of single press machines from Atwood's and made hamburger patties. Overall, we used 120 pounds of beef. For each patty, we used three ounces of raw meat which resulted in a cooked weight of 2 1/8 ounces. We seasoned the beef with our very own seasoning mix that has minimal salt. Cypress Valley has agreed to purchase a patty machine for future processing so we will not have to do it ourselves next time.

On August 24, we served the burgers to our students. We sent out a memo, it was announced to our students ahead of time that they would be served our own FFA beef, and it was also posted on our school FB page. They came in "groves" to try the burgers. Our elementary participation increased by 51 students, our middle school by 33 students and our high school by more than 60 students. This was a big deal because our high school has an open campus in which students can go off campus for lunch. We surveyed the students to evaluate their thoughts on our burgers and we did not receive one negative response. The students were impressed that the delicious burger was a result of the calf raised by our own student body FFA organization and they said "it was the best burger [they had] ever eaten."

What's growing at Cutter Morning Star?



This summer, more than students were growing at the Cutter Morning Star School District!

About a year ago, fourth grade teacher Sarah Richardson obtained three small grants, partnered with a local nursery, and gained support from the school and community to start a school garden. The garden is managed by students in all grades, teachers, and parents. Several families consistently come on Saturdays with their students to "Garden Work Days." A local business has donated fruit trees and blueberry bushes. Student led fundraisers have added small tools and accessories to the garden. Community members have helped with building raised beds, transporting materials and backhoe work. So far, over 100# of fresh produce has been donated to the local food bank or sent home with students. For an entrepreneurial project, some plants and produce have been sold, and the profits have been re-invested in the garden.

Cutter Morning Star students enjoyed the garden so much during the school year, that they wanted to come back during the summer. Garden Camp had enough interested students that this particular summer enrichment program was scheduled for two, one-week sessions. Students sampled fresh produce, cooked vegetables in the classroom, planted, harvested, and tended to the garden. Unusual bugs were observed and identified using mobile technology, and interactive games were played in the garden area to boost physical activity. When students finished with the daily Garden Camp activities, they were invited to stay and enjoy a summer meal in the school cafeteria.

Mrs. Richardson says the school garden is so successful because many students, parents, and teachers are invested in the idea. She believes the garden is strongly supported because it puts all students on a level playing field, and everyone has something to contribute.

Future plans for the garden include connecting the produce with the cafeteria, seeking grant funding for a garden kitchen, and expanding the size of the garden.

Superintendent Nancy Anderson says, "We are very pleased about the excitement the students have regarding the garden, and we certainly appreciate the parent volunteers and community that has donated and supported this project."

For more information on school gardens, nutrition education in the classroom and cafeteria, or summer meals, contact the Child Nutrition Unit at (501) 324-9502.

The World of Child Nutrition:

Presentation to UAMS Dietetic Interns about Child Nutrition



During the month of August, I had the opportunity to go and speak with the UAMS Dietetic Interns. The interns were just finishing their first week of the internship and while I expected them to be exhausted and brain dead, they were just the opposite. They welcomed me with smiling faces! During my time with them, I was able to introduce the world of child nutrition. Not only on the State Agency level, but also locally and federally. We covered a lot of information in a short amount of time but I, along the interns, found it informative. One thing I made sure to cover were the professional standards and the state requirements compared to the federal requirements. I then went into detail on how the child nutrition world benefits greatly from hiring individuals that come from a nutrition background and what the benefits are from having a Registered Dietitian on staff, whether it be local, state or federal level. I finished the presentation with some Arkansas child nutrition statistics, which I think really showed the impact it has within the state. The interns asked some intriguing questions and by the end of it, some of them seemed really interested in child nutrition. I can only hope they choose a professional path in child nutrition! All in all, I think it was a great success and I would love to do it again.

Article by Deidra Strom, Northwest Area Specialist

Milestones — Ashley Williams



Ashley Williams is the new Area Specialist for the Northeast region.

She is originally from Eudora, Arkansas but she currently resides in Conway.

Ashley received her Bachelor of Science in Nutrition from the University of Central Arkansas (UCA) in Conway and her Master of Health Sciences from Arkansas State University (ASU) in Jonesboro.

Before joining the Child Nutrition family in July, she was a Family and Consumer Science Agent, at Cooperation Extension Service, for 6 years.

Ashley has two boys Jalen (13) and Carlton "Armon" (2) who keep her pretty busy but in her free time she enjoys listening to audiobooks, watching movies and playing with her boys.

Ashely loves nutrition and truly enjoys educating people, especially Arkansans,

about healthful eating so she knew Child Nutrition would be a good opportunity for her to continue working in her passion.

She expresses great enthusiasm to be apart of the Child Nutrition Unit and we are certainly excited to have her !

Milestones — Saraj Goldberg

Saraj Goldberg is celebrating her 3 year anniversary with Child Nutrition this month.

Saraj is an Administrative Specialist for Child Nutrition Claims. Previously, Saraj was the Administrative Specialist providing clerical support for the Area Specialists.

Before joining the Child Nutrition family, she was a teacher. Saraj has a Bachelor of Science in Education and a Master of Arts in Teaching.

She has taught several grades including 2nd, 4th and 9th.

Before teaching, she worked 14 years for Wal-Mart's home office in Bentonville, Arkansas.

She four daughters, two of which "are four-legged and fuzzy."

Saraj has a true desire to help people and working in Child Nutrition allows her to fulfill that desire. She enjoys being able to support schools by assisting them with any claim issues.

Saraj expressed how grateful she is to work with such " a great group of people." She said, "The Child Nutrition Unit is a family that made [her] feel welcomed and apart."

Happy 3 year anniversary Saraj !





Fresh Fruit and Vegetable Program (FFVP) Update

136 schools in 84 districts were awarded FFVP for SY 17-18. All of the FFVP schools have implemented the program this year and are serving a fresh fruit and/or vegetable snack to the students in the morning or afternoon. Schools have been actively purchasing fruits and vegetables, supplies and approved equipment to ensure they have everything needed to have a successful year with FFVP.

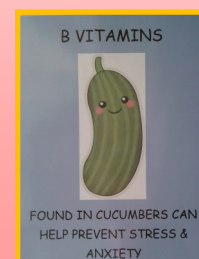
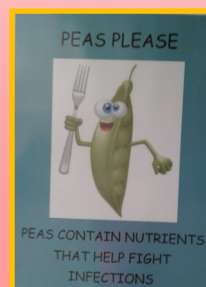
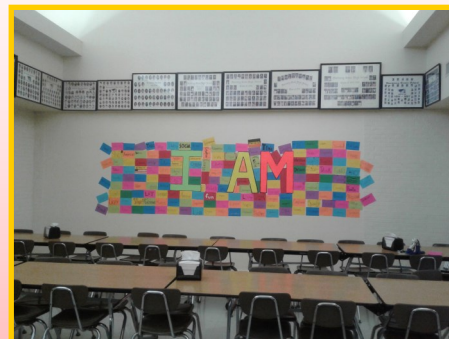
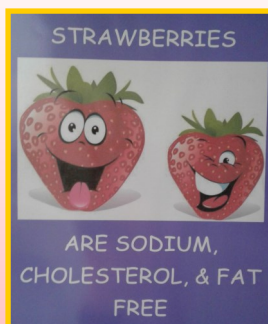
We are quickly approaching the end of Allocation 1 (which ends on September 30) and the schools will soon have access to their larger pot of money to purchase more fresh fruits and vegetables throughout the remainder of the school year (October 1 - May 31).

In the Child Nutrition Unit, Debi Branscum and Kelly Doppelhammer, Administrative Assistants providing clerical support for FFVP, are approving and entering August claims. Myia McBride, Fresh Fruit and Vegetable Program Coordinator, is approving equipment requests and August claims.

Schools who are interested in applying for FFVP in the future should plan to attend the February Child Nutrition Digital Learning to hear more about the application process.

Harmony Grove

Brightens up the Cafeteria Promoting Healthy Eating



ADE Commissioner's Communication Memos

The following Arkansas Department of Education Commissioner's Communication Memos relate to Child Nutrition Programs. A complete list can be accessed on the Child Nutrition

Web page at http://www.arkansased.gov/divisions/fiscal-and-administrative-services/child_nutrition_unit/cn-related-commissioners-memos

- [CNU-18-019](#): Benefits of Collecting Free and Reduced-Price Meal Applications
- [CNU-18-016](#): Regulations and Processes Impacting the Payment of the Child Nutrition Claims for Reimbursement
- [CNU-18-015](#): National School Lunch Program (NSLP) Equipment Assistance Grants - Fiscal Year 2017
- [CNU-18-014](#): Registration of Food Service Management Companies
- [CNU-18-013](#): Procurement of Food Service Management Companies
- [CNU-18-012](#): Change in Arkansas Small Purchase Threshold for School Food Authorities beginning July 31, 2017
- [CNU-18-011](#): October Digital Learning: Procurement Requirements and Accommodating Children with Disabilities in School Meals Programs
- [FIN-18-013](#): Indirect Cost Rates for Fiscal Year 2017-18
- [FIN-18-012](#): Required Data Submission for 2018-19 Indirect Cost Rate
- [CNU-18-010](#): September Digital Learning: Verification, Cycle 2 Reporting, Equipment Grant, National School Lunch Week, CACFP Meal Pattern
- [CNU-18-009](#): Compliance with and Enforcement of the Buy American Provision in the Child Nutrition Programs
- [CNU-18-008](#): Accommodating Children with Disabilities in the School Meal Programs – Guidance Released from USDA
- [CNU-18-007](#): The New Web-based Interactive Food Buying Guide
- [CNU-18-006](#): Grain- Based Desserts in the Child and Adult Care Food Program
- [CNU-18-005](#): Flexibility for Co-Mingled Preschool Meals; Questions and Answers
- [CNU-18-004](#): Celebrate National School Lunch Week October 9-13, 2017
- [CNU-18-003](#): Reimbursement Rates SY 2017-2018
- [CNU-18-002](#): Eligibility Manual for School Meals, Revised, July 2017
- [COM-18-002](#): Act 1118 of 2017 - Concurrent Credit
- [CNU-18-001](#): August 2017 Digital Learning: Determining Free and Reduced Price Meal Eligibility 2017-2018 SY
- [CNU-17-054](#): Menu Planning Flexibility: Exemption Options for Whole Grain Rich and Fat Free (Skim) Milk for SY 2017-18
- [FIN-17-047](#): Classified Employee Minimum Hourly Wage for 2017-2018
- [CNU-17-053](#): Menu Planning Flexibility: Sodium Target 1 to Remain in Effect for SY 2017-18

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