

# NUTRITION NEWS

## Special points of interest:

- Collards for the Community
- Holiday Bags
- Spotlight—  
Deanna Gilbert
- 10th Annual Turkey Walk
- SPARK it up Arkansas
- Milestones
- Mayflower
- FFVP: Lighthouse Charter - Jacksonville

## Dates to Remember:

Direct Certification Portal	January 18
February Digital Learning	February 2
March Digital Learning	March 2
Direct Certification Portal	March 13
Fresh Fruit and Vegetable Program (FFVP) Application	March 17
Community Eligibility Provision (CEP) Data Collection	April 3
April Digital Learning	April 6
CEP Application Deadline to CNU	April 17

## Collards for the Community

#greatgreensgiveaway



For 10 years, J.A. Fair High School East Lab students, led by Mr. Dennis Troutman, have planted and harvested collard and mustard greens to give away to the community.

The students planted the seeds this past spring and nourished the plants continuously throughout the year.

This year the “Great Greens Giveaway” was on November 17th just in time for the Thanksgiving holiday. People from the community were welcomed to come and pick as many greens as they desired or the students graciously volunteered to pick greens for anyone in the community.

When a student was asked why they host the annual “Great Greens Giveaway” she replied to “help the community and help build positive community relationships with others outside of the school.”

The “Great Greens Giveaway “ is a great example of the educational component of Farm to School. The students were able to participate in educational activities related to agriculture and food while simultaneously helping their community.

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools, early care and education sites. To learn more about Farm to School including ways to incorporate the program in your school, check out <https://www.fns.usda.gov/farmtoschool/farm-school>.



# Holiday Bags



Conway Public Schools Food Service partnered with school counselors across the district and members of the community to provide over 500 breakfast bags to students who needed a healthy way to start the day over this year's winter break.

Families can struggle with food insecurity when school is out of session. Sharon Burgess, Child Nutrition Director for Conway Schools, and Laura Jill Shores, Food Service Coordinator for Conway Schools, chose to focus on breakfast because they identified other sources that provide lunch and supper meals. The team felt like breakfast was the missing link for these hungry children.

To raise funds for the project, the local newspaper released an article asking for donations, and social media circulated the request. The response was amazing with over \$10,000 in donations. The donations covered all breakfasts needed for the winter break with enough funds remaining to provide the same breakfast bags over spring break.

Volunteers met in the afternoons leading up to the last day of school to stuff the bags with shelf stable milk, fruit, cereal, granola bars and other items. The bags were delivered to each school and given to the students on the last day of classes.

What a great way to serve students and their families!

Written by Stephanie Alsbrook, CNU Staff

# Last Word



» meet *deanna gilbert*

**CHILD NUTRITION DIRECTOR** » Hope Public Schools, Hope, Ark.

**Q** How long have you been an SNA member, and what's been your favorite Annual National Conference (ANC)?

**A** 28-29 years. I've never thought about a favorite [ANC]! They have all been good. I guess I would pick Salt Lake City, because it was so beautiful. We have had awesome speakers at them all. I love to see new food items and hear new ways to do things for the students.

**Q** What's your favorite aspect of the school nutrition profession?

**A** I take home more than a paycheck. I help teach students good health. They have impacted my life as much as I have theirs.

**Q** What's your favorite vacation spot, and why?

**A** Petit Jean State Park [in central Arkansas]. It is so beautiful and quiet, and it has trails and hiking. We have our family reunion there now—sometimes that is the only vacation I take.

**Q** What is the most romantic thing anyone has ever done for you?

**A** My husband sent me flowers on our 25th wedding anniversary. You have to know my husband—he doesn't do that kind of stuff often!

**Q** What kitchen appliance do you use every day?

**A** The coffee pot is used every day—got to have my "get up and go" juice!

**Q** What would people be surprised to learn about you?

**A** This is a hard question, because I am the type of person that you know where you stand with me. I stand up for what I believe in.

**Q** What is one of your best memories from childhood?

**A** I am the oldest of three children, so I was the one who chopped down trees and split wood with an ax and mowed the yard. I loved to go to the woods with my dad; I out-walk people today because I learned to keep up with him. What I would give to have him back with me now.

**Q** What accomplishment are you most proud of and why?

**A** I never dreamed when I was younger that this country girl would be flying in planes and going to Washington, D.C., to fight for our kids' meals. To be getting to see other places I probably would not have ever had the chance to. Child nutrition has been my passion for 30 years now. I love what I do.

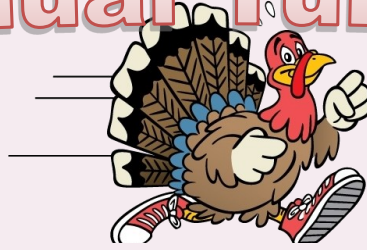
**Q** What motivates you to work hard?

**A** God gave me a passion to do what I do. I love to feed those hungry tummies. I love the snort-nosed hugs in the mornings.

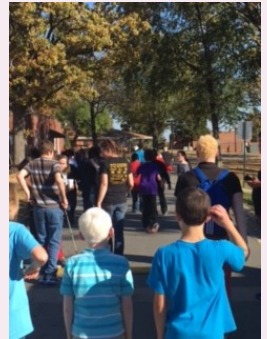
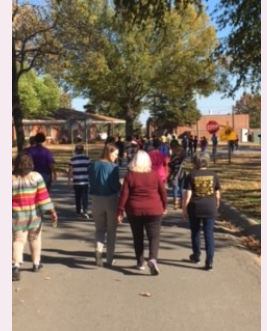
I love all the pictures and thank-you cards I have gotten over the years. One day just before Christmas break, a precious little girl came up and gave me an apple wrapped in a paper towel. She said, "Mrs. Deanna, I just wanted to give you a Christmas present, but this is all I could give you." That's why I do what I do.



# 10th Annual Turkey Walk



The Annual Turkey Walk was sponsored by the Arkansas School for the Blind and Visually Impaired Wellness Committee. The entire school including both staff and students participated by walking for 30 minutes around the campus after their traditional Thanksgiving lunch. There were two routes for the walk— a short route and a longer route. The longer route was approximately two miles. Throughout the walk, monitors were stationed to determine who would receive the “Young At Heart Turkey Trophy” which was awarded to the student who had the most laps within the designated time frame. First, second and third place trophies were awarded after the walk. The students also had the chance of winning whole turkeys averaging 15 pounds through a drawing. The Turkey Walk was a great way to promote the importance of physical activity for all ages even during the holiday.



The Arkansas Department of Education’s (ADE) Office of School Health Services is excited to announce the SPARK It Up, Arkansas! grant project, funded by the Blue and You Foundation for a Healthier Arkansas. This project will provide physical education instructors professional development, curricula, and classroom resources to provide quality physical education using the SPARK (Sports, Play and Active Recreation for Kids) Program.



Each SPARK PE workshop is designed to address the professional needs of kindergarten through sixth grade physical education teachers and provide each attendee with a practical knowledge of SPARK’s unique content and instructional strategies. Teachers leave motivated and ready to “SPARK-up” their students for a lifetime of good health. Teachers receive hands on practical training and resources that can be utilized immediately in physical education class.

ADE recognizes the importance of high-quality physical education instruction as a way to improve lifelong physical fitness skills for public school children, as well as its contribution to overall academic success. All public school employed physical education teachers will have an opportunity to register for any of the regional trainings offered through this initiative.



# Milestones



Congratulations to CNU staff **Sheila Chastain** (pictured left; 20 years) and **Stephanie Starks** (pictured right; 10 years) for their years of service with the Arkansas Department of Education.



MILE  
20

MILE  
10



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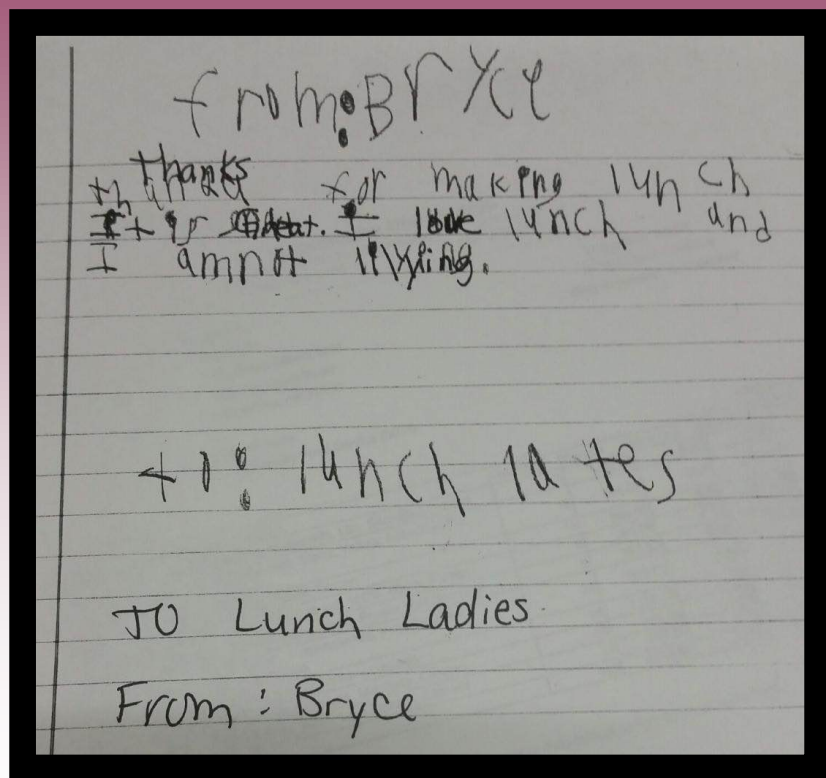
National Nutrition Month® 2017



CHECK THIS OUT!

The Nutrition Committee of the Arkansas School Nutrition Association (ASNA), in collaboration with the Arkansas Department of Education (ADE), Child Nutrition Unit (CNU), is sponsoring a nutrition poster contest based on The Academy of Nutrition and Dietetics 2017 National Nutrition Month theme - "Put Your Best Fork Forward."

For more information regarding the contest, check out Commissioner's Memo, CNU-17-022, <http://adecm.arkansas.gov/ViewApprovedMemo.aspx?Id=2080>.



The foodservice workers a.k.a. "lunch ladies" at Mayflower Elementary School received a sweet letter of appreciation from one of the students they serve.

The letter reads " Thanks for making lunch. It is great. I love lunch and I am not lying." Keep up the great work Mayflower. You all are doing a great job!



During election time last year, the students at Lighthouse elementary had a very important vote of their own. The students voted on their favorite fruit/vegetable that had been served through FFVP at their school. The results (pictured right) indicated that strawberries were their favorite FFVP snack. Jerry Sundermeier, CND at Lighthouse Charter, does a wonderful job by providing a variety of fresh fruits and vegetables for her students to try.

Tune in to February's digital learning on February 2 from 1–4 p.m. to learn more about FFVP including how and when to apply for SY 17-18.



## 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](http://www.arkansased.gov/divisions/fiscal-and-administrative-services/child_nutrition_unit/cn-related-commissioners-memos)

**CNU-17-026: Child and Adult Care Food Program (CACFP) Meal Pattern Revisions as Related to the HHFKA of 2010 – REQUIRED Changes for Pre K Student Meals in Public Schools**

**CNU-17-025: Local Meat and Eggs Guide for Child Nutrition Programs**

**CNU-17-024: Unpaid Meal Charges: Questions and Answers (Q&A) and USDA Guidance**

**FIN-17-024: OMB Guidelines to Agencies on Governmentwide Debarment and Suspension (Nonprocurement)**

**CNU-17-022: 2017 Nutrition Education Poster Contest**

**CNU-17-020: Required On-Site Review of Child Nutrition Programs including Revised On-Site Review Form**

**CNU-17-019: Child Nutrition Monitoring of Vending Machines**

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Commissioner  
Arkansas Department of Education

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- (1) mail: U.S. Department of Agriculture  
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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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