

NUTRITION NEWS

School Meals

Education

Health

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Highlights:

- **New Nutrition Standards & Meal Pattern**
- **Creativity at Jasper School District**
- **2012 Summer Meals**
- **Training Updates**
- **Commissioner's Memos**

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New Meal Pattern Promotes Healthier Meals for Nation's Children

New nutrition standards and meal pattern requirements will advance Child Nutrition standards for the first time in more than fifteen years and improve the health and nutrition of nearly 32 million kids that participate in school meal programs. The healthier meal requirements are a key component of the Healthy, Hunger-Free Kids Act, (HHFKA) which was championed by First Lady Michelle Obama as part of her Let's Move! campaign and signed into law by President Obama.

Key components of the new standards will ensure that students are offered both fruits and vegetables every day of the week as well as whole grain-rich foods. Milk must be fat-free (flavored) or 1% (low-fat) white. Calories in school meals will be based upon the grades of the children being served and portion sizes will be adjusted accordingly. There is an increased focus on reducing the amounts of saturated fat, trans fats and sodium.

The United States Department of Agriculture (USDA) built the new rule around recommendations from experts convened by the Institute of Medicine. The standards were also updated with key changes from the 2010 Dietary Guidelines for Americans.

The final nutrition standards are to be phased in over a three-year period, starting in school year 2012-2013. For example, schools will be permitted to focus on some changes in the

lunches in the first year, with most changes in breakfast phased in during future years.

The Arkansas Department of Education (ADE), Child Nutrition Unit (CNU) held a two day workshop for Child Nutrition Directors on May 9-10th in Little Rock. More than 200 Child Nutrition professionals across the state convened to receive training on the new nutrition guidelines and meal pattern. More regional workshops are being planned to address the new guidelines and to provide technical assistance as school districts work to implement the regulations.

For assistance, contact the Area Specialist assigned to the school district at 501-324-9502. ■



Jasper Schools Seeks Innovative Solutions

Child nutrition is often changing and it takes innovative personnel to roll with these changes. It is important to look for creative solutions that can promote child nutrition programs and demonstrate all the positive changes taking place. So many schools in Arkansas have excelled in this area.

The Child Nutrition staff at Jasper School District has done a wonderful job of promoting breakfast, lunch and other programs. These ladies have found solutions for making the food more appealing to the children with clever displays and positive promotion.

Programs such as, Fuel Up, Play 60 and the Fresh Fruit and Vegetable Program are used to introduce students to healthier options. These programs have allowed Jasper students the opportunity to have fresh fruits and vegetables, improve access to physical activity and many more healthful experiences. ■



(From left to right) Vivian Wilson, Gayle Slape, Tina Byrd, Debra Beauchamp and Becky Morgan work hard to better serve the student of Jasper School District.

A special thanks to Jasper School District and Jeff Dezort, Newton County Times, for providing the information and photo for this article.

Summer Meals 2012

At the close of the school year, some students may not have another nutritious meal until returning to school in the fall. There is a need for summer meals in many areas of the state of Arkansas, especially in those areas with large populations of students that qualify for free or reduced-price meals.

School districts have several options for feeding students during the summer months. Please see Commissioner's Memo FIN-12-083, Summer Meals 2012, for information regarding summer feeding in public schools.

If the district is providing summer school programs, then continuing regular meal service might be the best option. With this option the district counts and claims meals in the same manner as is done during the rest of the school year (students are eligible for free, reduced or paid meals based on eligibility). The district must notify the Child Nutrition Unit (CNU) of the Arkansas Department of Education (ADE) prior to beginning meal service with the dates the summer meals will be served.

A Claim for Reimbursement is completed in the same manner as the regular school year, with the box on the top right of the form marked "summer" for regular summer meals. The district may claim breakfast, lunch or after-school snacks for reimbursement.

The Seamless Summer option may be the best choice for some districts. With this choice, any school with 50% or more of the students eligible for free or reduced-price meals (on the most recent Cycle 2 report) can serve meals at no charge to anyone 18 or under that wants to eat during the summer. These meals are then claimed as free on the Claim for Reimbursement with the top of the claim form marked "Seamless Summer." The district may claim one or two meals (breakfast, lunch, supper or snack) each day; however, the district may not claim both lunch and supper reimbursement. CNU, ADE must have at least two weeks to process the paperwork before Seamless Summer meals may be claimed for reimbursement.

The Seamless Summer choice is excellent for districts with high free and

reduced price eligibles. Children do not have to be enrolled in the school district to participate. Some schools have children coming to eat from local day care centers, church Bible schools, counseling centers and boys and girls clubs. Local civic organizations may be interested in transporting children in vans and buses to the school to eat each day.

The Department of Health and Human Services (DHHS) also has summer meal options. Contact the DHHS office for further information.

An ADE Commissioner's Memo is also available describing the requirement for districts to work cooperatively with other districts and Summer Food Service Programs to inform local families of the availability and location of free meals to students once the regular school year ends. See FIN-12-093 for further instruction.

If additional information is needed on summer feeding programs, please contact the Area Specialist that assigned to the school district at 501-324-9502. ■

USDA Key Messages: Foods to Reduce

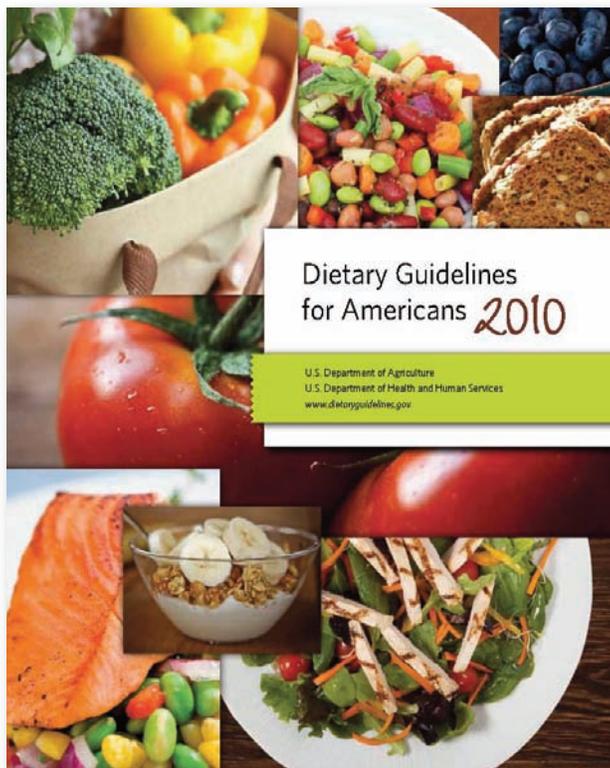
For May thru April 2012, USDA 2010 Dietary Guidelines theme is “Foods to Reduce.” The key message for consumers is, “drink water instead of sugary drinks.”

- Certain foods and food components are consumed in excessive amounts and may increase the risk of certain chronic diseases. These include sodium, saturated fat, trans fatty acids, added sugars, and refined grains.

- Eating less of these foods and food components can help Americans meet their nutritional needs within appropriate calorie levels and help to reduce risk of chronic diseases such as cardiovascular disease, diabetes and certain types of cancer.

For additional information on the 2010 Dietary Guidelines for Americans, visit USDA's Center for Nutrition Policy and Promotion at <http://www.cnpp.usda.gov/dgas2010-policydocument.htm>. ■

Source: USDA Center for Nutrition Policy and Promotion



CN TRAINING UPDATES

Directors' Conference 2012

The dates for the 2012 Child Nutrition Directors' Conference have been set for Wednesday, August 1 and Thursday, August 2, 2012. Orientation for new directors will begin the afternoon of Thursday, August 2, and be completed by noon on Friday, August 3. Please reserve the dates and plan to attend.

The conference will be held at the Little Rock Embassy Suites, 11301 Financial Centre Parkway, Little Rock. To reserve rooms at special rates, call Little Rock Embassy Suites reservations toll free at 501-312-9000 or fax requests to 501-537-3348, Attn: Reservations. Be sure to request the ADE Child Nutrition rates.

This conference is an excellent way to become aware of new and changing regulations and requirements for the Child Nutrition Program. It also counts as 10 hours of continuing education training.

If you have any suggestions for discussion at this conference, please contact Karen Franklin or Krista Jackson via email or at 501-324-9502. ■

Reminders:

**Managers Certification Parts 1 & 2 will be held
June 11-22, 2012 in Vilonia, AR**

**Director's Certification will be held
July 9-20, 2012 in Conway, AR**

There will be NO Manager's Recertification in 2012

Additional Upcoming Trainings

Provision 2 Base Year Training: On July 23, 2012, at St. John's Catholic Center, any school doing a Provision 2 Base Year for the 2012-13 school year is required to attend.

Provision 2 Non-Base Year Training: On July 24, 2012, at St. John's Catholic Center, any school operating a Provision 2 Non-Base Year for the 2012-2013 school year is required to attend.

For more information, contact Donna Ratliff at 501-324-9502.



FFVP Training: On June 29, 2012, at Little Rock Cooperative Extension Service, schools operating the Fresh Fruit and Vegetable Program (FFVP) for the 2012-13 school year are required to attend training focused on program implementation.

For more information, contact Alicia Casteel at 501-324-9502. ■

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.arkansaschildnutrition.org>.

NUMBER	DATE	SUBJECT
FIN-12-106	05/17/12	2012 Child Nutrition Directors' Conference and New Directors' Orientation
FIN-12-099	04/23/12	Grant Funding Opportunity - USDA Farm to School Grants
FIN-12-098	04/23/12	Child Nutrition Renewal of Agreement and Policy Statement 2012-2013
FIN-12-093	04/13/12	FREE Summer Meals Outreach - New USDA Requirement for School Districts
FIN-12-092	04/19/12	2012 Child Nutrition Directors Certification Training
FIN-12-091	03/27/12	Temporary School Meal Application Approval Option is DELETED
FIN-12-090	04/04/12	Crediting Tofu and Soy Yogurt Products for School Meals
FIN-12-089	03/27/12	Paid Lunch Equity: School Year 2012-13 Calculation and Tool
FIN-12-083	03/01/12	Summer Meals 2012
FIN-12-076	02/08/12	Required Changes to the Local School Wellness Policy
FIN-12-075	02/09/12	Breakfast Alternative Reduced-Price Student Co-Pay Option Using State Categorical Funds
FIN-12-070	01/27/12	New Meal Patterns - The Healthy, Hunger-Free Kids Act of 2010

Enjoy
the
Summer!



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