

# NUTRITION NEWS

Education

School  
Meals

Health

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## Highlights:

- Arkansas Fresh Fruit & Vegetable Program
- 2012 Poster Contest
- National School Breakfast Week
- CN Training
- Lavaca & Harrisburg Schools Recognized
- Commissioner's Memos

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## Apply Now! Arkansas Fresh Fruit & Vegetable Program

**N**ow is the time to apply for funding for the Fresh Fruit and Vegetable Program (FFVP). This program is offered through the United States Department of Agriculture (USDA) and provides reimbursement for fresh fruits and vegetables to elementary students during the school day, free of charge. The fruits and vegetables must be provided outside of the breakfast and lunch meals.

**FFVP Application  
Deadline:**

**March 15, 2012**

Currently 115 Arkansas schools are operating the FFVP and funding is expected to increase for the 2012-2013 school year. Therefore, the Arkansas Department of Education (ADE), Child Nutrition Unit (CNU) is currently accepting applications from elementary schools that would like to participate for school year 2012-13.

Interested schools must fill out a FFVP Application and submit to ADE, CNU by **March 15, 2012**. For those schools operating the program during the 2011-12 school year, a renewal application is available and must be submitted by the date listed above.

Goals of the FFVP are to:

- create healthier school environments by providing healthier food choices
- expand the variety of fruits and vegetables children experience
- increase children's fruit and vegetable consumption
- make a difference in children's diets to impact present and future health

The selection of elementary schools will be based on applications as submitted by schools with the highest evaluation scores and using criteria required by federal regulations. This grant is for the period August 1, 2012, to June 30, 2013. The level of funding provided is based on October 1, 2011, official school enrollment at a level ranging between \$50-75 per student.

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All schools interested in applying for the 2012-13 school year should attend distance learning scheduled for February 2, 2012 at 1:00 PM. This training will discuss the FFVP application process in detail.

The FFVP application and additional information can be found at [www.arkansaschildnutrition.org](http://www.arkansaschildnutrition.org), Commissioner's Memo FIN-12-068. ■

## Get Your Plate in Shape 2012 Poster Contest

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. The American Dietetic Association's National Nutrition Month theme for 2012 is "Get Your Plate in Shape." This will also serve as the contest theme.

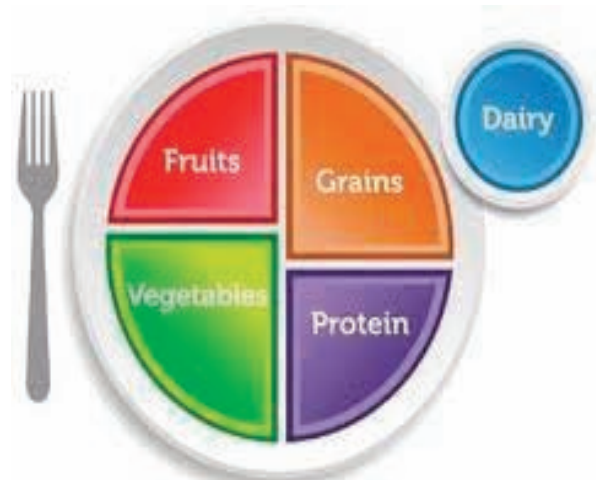
Awards for the five division winners at the state level will include a \$50 cash prize and a trophy. The Senior Division winner at the state level will receive a \$300 cash scholarship. The instructor/art teacher of each state level division winner will receive an award of \$100 for classroom art supplies. The Child Nutrition Manager at the school of each state level winner will receive paid ASNA dues for the year 2012.

In order for district winners to be considered for state competition, an entry form must be completed and mailed or faxed to the ADE, CNU no later than March 16, 2012. Posters should be delivered to the Child Nutrition office by TUESDAY, MARCH 27, 2012.

For complete details, rules and entry form, see Commissioner's Memo #FIN-12-065, Child Nutrition Unit 2012 Nutrition Education Poster Contest, on the CNU website. ■

## FFVP School Selection Criteria:

- Must be an elementary school (USDA definition of elementary is any school with a combination of grades K-8)
- Operate the National School Lunch Program
- Submit an application for participation that meets all criteria
- Must have 50% or more of the school's students eligible for free/reduced price meals
- Be chosen based on the percentage of free/reduced price students with the highest priority given to schools with the highest percentages of low-income students, to the maximum extent practicable.



## Beyond Breakfast

Beyond Breakfast ([www.beyondbreakfast.org](http://www.beyondbreakfast.org)) is a blog with information on Breakfast in the Classroom as well as other topics of interest to child nutrition professionals. Beyond Breakfast covers school lunch, the proposed USDA meal pattern changes, social media, menuing, webinars, food insecurity, and more.

This blog was developed by the School Nutrition Foundation, a member of Partners for Breakfast in the Classroom (PBIC). This partnership of the Food Research and Action Center, National Association of Elementary School Principals Foundation, National Education Association Health Information Network, and School Nutrition Foundation seeks to increase participation in the School Breakfast Program through the promotion of Universal Breakfast in the Classroom. This blog is designed to contribute to and expand upon the greater conversation Americans are having about food and nutrition in schools.

If you have any topics you want to see at Beyond Breakfast in 2012 feel free to leave a comment, or email Beyond Breakfast blogger Christina Uticone at [c.e.uticone@gmail.com](mailto:c.e.uticone@gmail.com). ■

# National School Breakfast Week

March 5-9, 2012

**W**in! Win! Win! Everyone who eats a balanced breakfast to start the day is a winner. It provides fuel which gives the body the energy needed to get moving each day. The “Let’s Move Campaign,” initiated by First Lady Michelle Obama in partnership with Arkansas First Lady, Ginger Beebe, has given a lot of attention to breakfast outreach. The theme is “School Breakfast - Go for Gold” emphasizing the HealthierUS School Challenge.

There are many alternatives to traditional breakfast service. These may include grab-and-go breakfast or breakfast served in the classroom. Extended breakfast times for secondary students (during study hall, after morning break, etc.) or breakfast on wheels are also available options. There are other unconventional ways breakfast may be served. Breakfast does not have to be toast, scrambled eggs, ham, fruit and milk. It could be a biscuit and ham sandwich, fruit and milk. It could be a grilled cheese sandwich, served with fruit and milk.

USDA has recently required that schools offering the breakfast program to do breakfast outreach. Households should be notified that breakfast is offered at school. For more information on the breakfast outreach requirement go to the USDA Food and Nutrition Service website: [www.fns.usda.gov](http://www.fns.usda.gov), memo SP 40-2011.

If you have not started a Breakfast Club at your school, now is the time to get active. The more students you can get involved to spread the word, the more your participation will increase and the more successful (healthy) the students will become.

Is your budget in the red? Are more funds needed? The answer to your problem is to increase breakfast participation. Do you have students going to the school nurse in the mornings complaining about stomachaches? Get them to eat breakfast! Are there students that say they have headaches in the mornings? Serve those students a breakfast.

Breakfast is the key to many of the problems that our children have when they are cranky. It is time for you to get busy, get innovative, get creative and revise the breakfasts that are being offered. If you serve juice every day, start offering some fresh fruits or vegetables. Give the children something that will make them want to come into the cafeteria in the morning just to see what is new. Take a look at the presentation of breakfast. Is it appealing? Are you using creative methods to display food? Take the time to really enhance the breakfast program.

Several resources, including sample menus and promotional ideas, may be found in the National School Breakfast Week section of the School Nutrition Association website: [www.schoolnutrition.org](http://www.schoolnutrition.org). ■



## Distance Learning SY 2011-2012

- Feb 2** Fresh Fruit and Vegetable Program Application Process, Severe Need Funding & Summer Feeding
- March 1** New Meal Pattern Changes
- April 5** Policy Statement/Agreement for SY 2012-13 & End of Year Closeouts
- May 3** 6 Cents Certification Information

## CN Managers Training

Manager Certification Parts I and II will be held June 11-22, 2012 in Vilonia, AR. **In order to continue providing the best training possible, it will be necessary to limit the number of participants in Part I to 120.**

Participants that will be Directors and/or Managers during the 2012-13 school year will be given preference in Part I. A place may also be reserved in Part I for a Director or Manager who has yet to be hired for a vacant position in the district and who will need training for the 2012-13 school year. If this is the case, send a completed registration form, noting that the name of the participant will be mailed later, and payment to the Division of Academic Outreach at the University of Central Arkansas (UCA) in Conway.

A brochure for workshop registration will be mailed mid-March 2012 to all school district Superintendents and Child Nutrition Directors.

Part I participants will attend workshops on Child Nutrition program regulations, food safety and sanitation, personnel management and food service math/food buying guide skills. Part II participants will receive training in food production, food science, nutrition, organization and management, cafeteria-classroom connection and menu analysis.

Manager Certification will be given after successfully:

- 1) Completing Part I and Part II, and
- 2) Functioning as a Manager for one year.

A high school diploma or GED certificate is required for certification by the Arkansas Department of Education. Part I participants are required to provide information on date of high school graduation or GED certification, or sign a statement of intent to earn a GED certificate prior to being certified.

Certification lasts for six years and may be renewed by attending a recertification course.

Training of child nutrition professionals is an allowable program cost for federal child nutrition programs. It is a local school district decision to underwrite staff expenses for this training. This type of funding may be discussed with an administrator or Child Nutrition Director. ■

## Director's Certification

As of July 1, 2006, it is a requirement of the ADE that all local education agencies (LEAs) or school districts employ Child Nutrition Directors that have been certified. For additional information, see Commissioner's Memo #FIN-06-063, Child Nutrition Director Certification Requirements, on the Child Nutrition website: [www.arkansaschildnutrition.org](http://www.arkansaschildnutrition.org).

The CNU Director's Certification Training program will be held July 9-20, 2012 in Conway, AR.

The program will consist of concentrated training on the topics of food and equipment procurement, personnel policies and management, financial management, computer applications in child nutrition and child nutrition program management. Course content is based on research by the National Food Service Management Institute (NFSMI) on competencies needed for Child Nutrition Directors.

Look for a Commissioner's Memo announcing important deadlines. ■

Training for School Meal Initiative (SMI) Reviews is planned for spring/summer.

Dates to be determined.

# Arkansas Schools Recognized by First Lady Michelle Obama

On October 17, 2011, Lavaca School District and Harrisburg School District were recognized for their efforts towards the HealthierUS School Challenge.

The First Lady hosted a reception on the South Lawn to honor the 1,273 schools that met her goal to double the number of participants in the HealthierUS School Challenge within one year. The Challenge pays tribute to schools that create healthier school environments through exceptional nutrition education, nutritious food and beverage choices, and opportunities for physical activity.

"Achieving the HealthierUS School Challenge recognition demonstrates a school's deep commitment to create and maintain a healthy school environment," US Department of Agriculture Secretary Vilsack said.

Those honored at the White House ceremony voluntarily agreed to provide healthy meals based on the Dietary Guidelines for Americans, which included serving a variety of fresh fruits and vegetables, whole-grain foods, and fat-free or low fat milk. Schools participating in the Challenge are recognized with Gold Award of Distinction, Gold, Silver, or Bronze-level certification.

The full list of HealthierUS School Challenge winners can be found at: <http://www.fns.usda.gov/tn/healthierus/awardwinners.html>. ■

Source: Tuesday Morning School Nutrition Association



*Dolores Sutterfield, Harrisburg Child Nutrition Director, and Glynieta Price, Lavaca Child Nutrition Director, represented their districts at the White House reception.*

## USDA Key Message: Balancing Calories

For January thru April 2012, USDA 2010 Dietary Guidelines theme is "Balancing Calories." The key message for consumers is, "Enjoy your food, but eat less."

- **Calorie balance refers to the relationship between calories consumed from foods and beverages and calories expended in normal body functions and through physical activity.**
- **Achieve and sustain appropriate body weight across the lifespan to maintain good health and quality of life.**
- **To address current calorie imbalance in the United States, individuals are encouraged to become more conscious of what, when, why and how much they eat.**

Source: USDA Center for Nutrition Policy and Promotion

## Calendar of Events

### February

- 1 On-Site Review Deadline for ALL schools
- 2 Distance Learning
- 13 Severe Need District Decision Form Due
- 17 ASNA Regional DDS Meeting, Nettleton
- 24 Severe Need Applications Due

### March

- 1 Distance Learning
- 4-7 SNA Legislative Action Conference, Washington DC
- 5-9 National School Breakfast Week
- 15 Fresh Fruit and Vegetable Program Applications Due
- 16 Poster Contest Entry Form Due
- 19-23 Statewide Spring Break
- 27 Posters Due to ADE, CNU

### April

- 5 Distance Learning
- 20 ASNA Regional DDS Meeting, Russellville
- 26-28 SNA National Leadership Conference, Kentucky

### May

- 3 Distance Learning
- 7-11 School Nutrition Employee Appreciation Week

## MILESTONES

The Child Nutrition Unit (CNU) Executive Secretary Teresa De Luca will be celebrating her one year anniversary with the CNU on March 7th. After living in Las Vegas, Nevada, for 16 years, Teresa moved back to Arkansas with her husband Nick, and their children MadelynnMae (10) and Vincent (6).



*Teresa De Luca  
Executive Secretary*

Teresa worked 10 years in the Clark County School District in Las Vegas, starting out as a “lunch lady” and assistant cafeteria manager. Prior to moving to Nevada, Teresa was the Department Secretary at the UAMS Dietetic Internship Program under Beverly McCabe, and at Arkansas Children’s Hospital Anesthesia Department.

Teresa’s hobbies include crocheting, sewing, spending time outdoors camping and fishing, and volunteering.

She has been welcomed with open arms and has already proven herself to be a great fit for the Arkansas child nutrition team.

### 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-12-068	01/25/12	Funding Opportunity- Fresh Fruit and Vegetable Program SY 2012-13
FIN-12-067	01/10/12	Severe Need Funding for Breakfast Program 2012-2013 School Year
FIN-12-066	01/09/12	Distance Learning- Funds for AR FFVP, Severe Need & Summer Feeding
FIN-12-065	01/04/12	Child Nutrition Unit 2012 Nutrition Education Poster Contest
FIN-12-063	12/28/11	Change in Annual On-Site Review Requirements for Child Nutrition Programs
FIN-12-056	11/15/11	Federal Funds Available for Child Nutrition Facilities
FIN-12-055	11/15/11	Additional USDA Requirements Regarding Paid Lunch Equity
FIN-12-050	11/01/11	Verification and Reporting of Foster Children
FIN-12-025	08/15/11	Oct. 1 Pre-School Reports for Enrollment & Free/Reduced Price Eligibles
FIN-12-016	08/04/11	Foster Child Categorically Eligible for Free Meals in Child Nutrition Programs
FIN-12-010	07/26/11	Additional USDA Guidance on Paid Lunch Equity SY 2011-12
FIN-12-009	07/26/11	Requirements for On-line Applications and Electronic Transactions in the Arkansas Child Nutrition Programs

## NUTRITION NEWS

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**Reminders:**  
- The second On-Site Review for Afterschool Snack Programs should be completed this spring.

- Contact local sanitarian if second health inspection has not been conducted.