



Highlights:

Lavaca Public School Excels in Education & Health

First School in Arkansas to Receive HUSSC Award!

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Lavaca Elementary School is the first school in Arkansas to receive the Bronze Award for the Healthier US Challenge! Lavaca Elementary School joins the 958 schools out of the 93,000 schools nationwide that have received the Bronze, Silver or Gold Awards.

The United States Department of Agriculture's (USDA) HealthierUS School Challenge (HUSSC) is a voluntary national certification program that recognizes excellence in nutrition and physical activity. The Challenge is designed to bring schools closer to compliance with the Dietary Guidelines for Americans and the Institute of Medicine's recommendations for school meals and foods in schools.

The Arkansas Department of Education (ADE), Child Nutrition Unit (CNU) is very proud of this school nutrition program for this

national recognition for Arkansas. Sheila Brown, ADE, CNU Assistant Director for Healthy Schools and Rita Hamilton, Area Specialist for Northwest Arkansas, have worked with Glynietta Price, Lavaca Child Nutrition Director and Anne Sneed, Lavaca School Health Coordinator to complete the national requirements for the Bronze Award.



Lavaca School District is proud to be the first school district in Arkansas to receive the HealthierUS Bronze Award.

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DHS Special Nutrition Programs: Summer Feeding & Updates



The Arkansas Summer Food Service Program (SFSP) has been affected the most by the changing federal regulations. Summer Food Sponsors are no longer required to keep production records. They can now utilize the Offer vs. Serve Method, like schools, with the removal of serving time restrictions. The Program increased sponsor participation by 12% and site participation by 13% in 2010. We also saw a 25% increase in actual breakfast meals served. Lunch meal service increased by 10% and supper meal service by 45% in 2010.

This is the second year that the SFSP will be participating in the Extending Length of Operation Demonstration Project. Sponsors who operate at least 40 days or more will receive an extra .50 cents per lunch served. Due to snow, tornados and flooding schools will have an extended school year so the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS) has decided to allow sponsors who choose to operate for 40+ days or who operate every weekday that school is out for the summer will be eligible for the demo incentive. This means that a sponsor may be eligible for the incentive even if it operates the SFSP for less than 40 days, providing it operates every weekday that school is out, excluding July 4th.

The USDA, FNS has been in the process of reissuing and revising the FNS Instructions pertaining to the Child Nutrition Programs. This process has resulted in numerous webinars and conference calls between headquarters, regional offices and state agencies. Regional office staff has been available to state agencies to help assist with interpreting the constantly changing federal regulations. Since the signing of the Act, the USDA memos have been released everyday with major changes. Some of those program changes are: Permanent Agreements for Sponsors, No Edit Checks are now required to detect Block Claiming and At-Risk Programs may serve snacks and suppers. Some Department of Human Services (DHS) Special Nutrition staff members traveled to Washington D.C. March 4th-8th to participate in a legislative Action Conference that discussed new USDA regulations.

DHS state agency staff conducted workshops at various conferences in Portland, Oregon and Denver about day to day operations of SNP programs. They requested and were granted permission from the USDA Southwest Regional office in Dallas to enhance their online billing system that will allow summer sponsors to enter their meal counts daily and receive payments weekly, biweekly or monthly.

The Child and Adult Care Food Program (CACFP) At-Risk program will have changes as well. Due to the Healthy, Hunger-Free Kids Act the Program can now serve afterschool snacks and supper to participants 5-18 years old. They can also operate on weekdays, weekends and holidays when schools are closed. ■

Nutrition News thanks Curtis Curry, Program Administrator for Special Nutrition Programs, for submitting this article.

Batesville Goes the Extra Mile

West Elementary in the Batesville School District participates in the **Fresh Fruit and Vegetable Program**. The staff at West work hard to introduce new types of fresh fruits and vegetables while teach-



ing the students the importance of good nutrition. Sharon Godwin, the manager at West shares, "The children enjoy the program. Kiwi is a fun fruit for the children, many of them have never even seen a kiwi. Strawberries, pineapples, and grapes are probably their favorites." Introducing these foods at a young age can help children appreciate the flavors, textures, and uniqueness of healthy foods.

The Program has sparked such a positive attitude that the school decided to put a salad bar in for teachers and students in the 4th, 5th, and 6th grades. Students at West have the opportunity to eat at the salad bar as long as they purchase a meal. "Not only do the teachers enjoy the salad bar, they say the kids talk about it all the time," according to David Cullins, Child Nutrition Director.



It has been a very positive thing for the Batesville School District. West Elementary is educating the children, and the children go the extra mile to educate their family and friends. ■

Nutrition News thanks David Cullins for submitting information for this article.

Bismarck Students Meet an Exotic Vegetable!

The Fresh Fruit & Vegetable Program (FFVP) at Bismarck School district recently introduced PreK-4th Grade students (and the Child Nutrition Unit Staff!) to a unique vegetable, Salicornia or Sea Beans, from southern California. Sea Beans are mysterious green plants becoming more prominent at farmers markets and restaurants.

Child Nutrition Director, Vicki Hill and Brittany Hardage, Foodservice Manager, were introduced to this unique vegetable at their area food show and immediately thought about students and their FFVP at Bismarck School District. Ms. Brittany told us, "We tried them and loved them! During our food shows, we always look at the produce to see if we can get something new & exciting."

Although the scientific name for sea beans is salicornia, they are frequently referred to by other names, including pickleweed, glasswort, drift seeds, sea asparagus, sea pickles, and marsh samphire. Their vivid green stalks, which grow on salt marshes and beaches, have a crunchy texture and a briny flavor with a vegetable aftertaste that's been likened to asparagus. They can be eaten raw, but have a high sodium content, so often they are blanched to remove some of their saltiness. Sea beans can also be sautéed, steamed, pickled, and even battered and fried.



It took one brave child to take the first bite before they all gained the courage to try this strange looking green vegetable!

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Little Rock School District Welcomes Breakfast in the Classroom

We have always heard "breakfast is the most important meal of the day" and in the Little Rock School District (LRSD) they are proving this to be true. The Little Rock school district was selected out of thousands of districts across the country to participate in the new "Breakfast in the Classroom" (BIC) program. This \$3 million project funded by Walmart aims to feed 100% of the students regardless of payment status, in the classroom, before the school day begins.

On May 19th the Public got a sneak peek into the BIC program at the Breakfast in the Classroom Media event. The event kicked off with attendees visiting some of the classrooms to see the BIC program in action. Two students from each classroom were assigned the duties of passing out the breakfast and collecting the trash when the meal had ended. All students that were interviewed had very positive things to say about the program. Regardless of the reason the student did not have access to breakfast, the outcome of BIC was the same: Better concentration, more energy, bonding time with their classmates and teacher, and no mid-morning hunger!

The Event was a huge success and attendees were entertained with such speakers as LRSD Child Nutrition Director, Lily Bouie, Mabelvale Elementary School Principal, Darian Smith, LRSD Superintendent, Dr. Morris Holmes, First lady of Arkansas, Ginger Beebe, Little Rock Mayor, Mark Stodola, National Education Association-Health Information Network (NEA-HIN) Executive Director, Jerry Newberry, Arkansas Education Association President, Cathy Kohler, Walmart Foundation Senior Manager, Julie Gerhri .



Darian Smith (left), Mabelvale Elementary School Principal and Fred Allen (right), Arkansas State Representative were joined by Arkansas First Lady, Ginger Beebe to introduce this innovative Program to the Little Rock School District.

"Simply eating a healthy breakfast can reap very substantial improvements to academic performance and health; however, today too many children miss out on breakfast and start the school day hungry," said Dr. Morris Holmes, LRSD Superintendent. "Breakfast in the Classroom puts a fresh spin on the traditional school breakfast program by offering the morning meal to everyone in the classroom after the opening bell – a change that ensures every child can start the day with a healthy, well-balanced breakfast and be ready to learn."

Mabelvale Elementary is part of 6 pilot schools that "went live" with the BIC program on April 12th. There are nine more schools that will be joining their ranks next school year after Labor day. ■

Many other district staff members played an important role in securing this award. Tara Hershaw, Elementary Principal was a key person in assisting Glynietta and Anne. Lavaca Elementary Nutrition Staff, Peggy Wilson, manager, Connie Chronister, Susan Mendez and Dolly Smalling, were instrumental in implementing major menu changes to meet requirements.

Darla Walker, Physical Education Teacher, was the lead in ensuring the physical activity requirements were met for this award. She and Lavaca Elementary Staff worked diligently to be selected as the SPARKPE Showcase School for Arkansas and the southeast quadrant of the United States. SPARK is a research-based education program that engages students in structured activities during physical education classes.

The Lavaca Elementary School will receive \$500, a plaque and a large banner from USDA. Their progress is ongoing as they are currently working toward the Silver Award for \$1,000 and Gold Award for \$1,500.

If you would like more information on the HUSSC application process and award criteria you may contact Sheila Brown at 501-324-9502 or visit USDA's HUSSC Web site at <http://teammnutrition.usda>.

Wellness Center at Lavaca Middle School

In January of this year, a school-based wellness center opened at Lavaca Middle School. The wellness center addresses the physical and mental well-being of students and serves as a clinic for staff and the community. The clinic will have a physician five days per week and dentist two days per week. The center is housed in two renovated classrooms at Lavaca Middle School.

The Lavaca School Board was among six statewide chosen to receive the annual Arkansas Healthy School Board Award. The 2010 Class 3A Healthy School Board Diamond Award recognizes members for implementing wellness policies, health services, physical education programs, nutrition/food services, and other programs and services related to health.

Congratulations to Lavaca for their continued focus on health and wellness! ■

Over 550 Years of Service

Please join Arkansas Department of Education, Child Nutrition Unit in expressing our gratitude to the following ladies, retiring at the end of this school year, for their many years of dedicated service to child nutrition:

Dorothy Bowers, Bauxite
Catherine Boyd, Watson Chapel
Patsy Breshears, Fountain Lake
Velta Byrd, Lafayette County
Betty Carmouche, Watson Chapel
Kathy Cook, Newport
Paulette Cummins, Beebe
Dorothy Davis, Hermitage
Ollie Duncan, Forrest City
Norma Gammill, Cave City
Vida Gordon, Stuttgart
Janice Hard, Clarksville
Pricilla Hernandez, Watson Chapel
Phyllis Johnson, Clarksville
Emmie Kinniard, Hamburg
Latricia Lewis, Two Rivers
Barbara McKee, Mountain Home
Linda Reid, Newport
Marilyn Reynolds, Stuttgart
Marilyn Riley, Sheridan
Derlene Rogers, Cave City
Kathey Sager, Beebe
Janice Stephens, Prescott
Vergie Stringer, Junction City
Mary Sutton, Forrest City
Hettie Tilley, Norfolk
Linda Williams, Magnet Cove
Annette Woods, Forrest City



Jared Cleveland, Superintendent of Lavaca Schools, Perry Newman, President of Lavaca School Board and Tony Wood, Assistant Commissioner for the Arkansas Department of Education, celebrated the opening of the wellness center with many members of the community.

MILESTONES

The Child Nutrition Unit (CNU) family has expanded! Two new, healthy, babies have been welcomed to the CNU world....

Alicia Casteel, Fresh Fruit & Vegetable Program Manager, and her husband, J.D., are proud to announce the birth of their first child, Berklee Mae. Like her mother, little carrot-top Berklee, was born on March 19, 2011 weighing 8 pounds and measured 20 ¼ inches long.

Lucy Catherine Cullen entered the world on March 23, 2011 at 8 pounds, 5 ounces and 20 ½ inches long. Central Area Specialist, Melissa Cullen and husband, Chris, are also first-time parents. Lucy has lots and lots of black hair like her mother.

Although slightly sleep deprived, both Melissa and Alicia are back to work and reporting milestones to all the “aunts” at the CNU office. ■



Berklee Mae Casteel



Lucy Catherine Cullen

CALENDAR OF EVENTS

June 2011

- 13-24 Manager's Certification, Conway
- 28-30 Manager's Recertification, Conway

July 2011

- 8 Fresh Fruit and Vegetable Program Training, Little Rock
- 10-13 School Nutrition Association Conference, Nashville, TN
- 11-22 Director's Certification

August 2011

- 2-3 Directors' Conference, Little Rock
- 3-4 New Directors' Orientation, Little Rock
- 11 Distance Learning, Application Approval-Changes & Cautions

September 2011

- 1 Distance Learning, Verification & Completing Eligibility Reports

Bismarck Students Meet an Exotic Vegetable- *continued from page 3*

According to Bismarck School District, who has been in the FFVP for three years, the program has many benefits, such as increasing the variety of fruits and vegetables that the children eat everyday, supporting local farmers by purchasing American grown produce, and broadening the tastes of many, many lives.

We have many new schools approved for the FFVP in 2011-12! For questions about the Program contact Alicia Casteel, FFVP Manager at 501-324-9502 or contact Vicki or Brittany for great ideas like sea beans. ■

A special thanks to Vicki Hill and Brittany Hardage for submitting information for this article.



Students of Bismarck School District have the opportunity to try unique fruits and vegetables thanks to the Fresh Fruit and Vegetable Program.

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-11-093	05/10/11	AMENDMENT to Child Nutrition Renewal of Agreement SY 11/12
FIN-11-089	04/27/11	Aug 11 DL- Free & Reduced Price Meal Eligibility & Application Process
FIN-11-088	04/27/11	Child Nutrition Directors' Conference & New Directors' Orientation
FIN-11-087	04/27/11	Change in Federal Regulation Regarding Social Security Number Reporting Requirements
FIN-11-086	04/27/11	Water Availability in National School Lunch Program Federal Requirement
FIN-11-085	04/27/11	Fluid Milk Requirement Change SY 11/12
FIN-11-084	04/27/11	Child Nutrition Renewal of Agreement SY 11/12
FIN-11-083	04/22/11	Maximum Portion Size List SY 11/12
FIN-11-081	04/18/11	Child Nutrition Director's Certification Training 2011
FIN-11-076	03/03/11	USDA Notice of Equity in School Lunch Pricing Implementation
FIN-11-067	02/18/11	Summer Meal Program 2011
FIN-11-059	02/14/11	Provision 2 USDA Alternative For Feeding Students at No Charge in High Poverty Population Areas

Mark Your Calendars

Manager's Certification

June 13-24, 2011

Manager's Recertification

June 28-30, 2011

Director's Certification

July 11-22, 2011

Directors' Conference

August 2-3, 2011

New Directors' Orientation

August 3-4, 2011

NUTRITION NEWS

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