

NUTRITION NEWS

Education

School
Meals

Health

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Highlights:

- HUSSC Area Workshops
- Success with FFVP
- Coordinated Review Effort (CRE)
- Verification
- Nutrition Corner
- Milestones
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Take the Healthier US School Challenge: CNU Offers Area Workshops

The Healthier US School Challenge (HUSSC) is a voluntary initiative established by the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) in 2004. This initiative was designed to recognize schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition education and physical activity.

In February 2010, First Lady Michelle Obama introduced *Let's Move!*, incorporating the HUSSC into her campaign to raise a healthier generation of kids. At that time, monetary incentive awards became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

The Arkansas Department of Education (ADE) Child Nutrition Unit (CNU) is offering area workshops for districts interested in applying for the HUSSC. Award criteria and application guidelines will be reviewed. There is no charge for the workshops but pre-registration is required. Space is limited. Workshops will be held 8:30 a.m. - 12:30 p.m.

For registration forms and full details on the workshops, please see Commissioner's Memo FIN-11-039 on the Child Nutrition Web site: www.arkansaschildnutrition.org. You may also contact the district's assigned CNU Area Specialist at 501-324-9502. ■

HUSSC Workshop Dates & Locations

- Jan. 19, 2011 @ Searcy*
- Jan. 21, 2011 @ Hope
- Jan. 27, 2011 @ Russellville
- Jan. 28, 2011 @ West Memphis
- Jan. 28, 2011 @ Hot Springs
- Feb. 11, 2011 @ El Dorado
- Feb. 18, 2011 @ Stuttgart
- Feb. 25, 2011 @ Harrison
- March 11, 2011 @ Dumas
- March 11, 2011 @ Mt. View
- March 29, 2011 @ Mena

* Change in date of Searcy workshop anticipated.

Success Continues for Fresh Fruit and Vegetable Program

Senator Lincoln Visits Arkansas School for the Deaf

Fresh fruits and vegetables are no stranger to the children at Arkansas School for the Deaf and neither is Senator Lincoln. The Senator received a huge welcome from an eager group of preschoolers and kindergarteners when she visited the district in February. Senator Lincoln is instrumental in the fresh fruit and vegetable program in which our school is entering our second year of participation. The program has succeeded in offering our students a variety of fresh fruits and vegetables.



Senator Lincoln takes time out of her busy schedule to teach Arkansas students about fresh fruits and vegetables

The Senator greeted the students with smiles and handshakes. The preschool and kindergarten classes were a captive audience as Senator Lincoln picked out fruits and vegetables and asked the students to identify them.



The Fresh Fruit and Vegetable Program provides students with the opportunity to try a variety of fresh produce.

Before serving the children, Senator Lincoln read a book entitled *The Carrot Seed* by Joy Crowley. The children were eager as the little boy struggled to grow a carrot. The ending brought joy and relief as the boy woke up to a huge carrot that he had to haul away in a wheelbarrow. Finally, Senator Lincoln had a big surprise for the children. She stepped away only to pull out a red wagon with a GREAT BIG ORANGE CARROT IN IT! The kids were amazed with the carrot and took turns pulling it around the room.

This nutrition education activity had the children ready for the mid-morning snack. Senator Lincoln served baby carrots to the students and passed out decorative sunglasses, fruit and vegetable trading cards. ■

Nutrition News thanks Elizabeth Butler, RD, Child Nutrition Director, for submitting this article.

Get Creative with Fresh Fruit and Vegetable Promotion

Piggott School District showed their creative side with a float promoting the Fresh Fruit and Vegetable Program (FFVP).

During the annual Piggott July 4th Parade, volunteering students, teachers and foodservice personnel dressed as fruits and vegetables to show their excitement for the program. Costumes included bananas, tomatoes, corn and green peas in a pod.

The float was displayed like a classroom with a teacher leading a nutrition education discussion. In place of throwing out candy, the volunteers tossed small bags of carotennies to parade on-lookers.



Piggott School District's float promoting FFVP at local parade.

Janice Beck, Piggott School District Child Nutrition Director, credits local businesses for the success in this project. All expenses related to the float and costumes were funded by donations from these businesses.

The costumes were also used at Halloween for teaching nutrition education to students. District child nutrition staff and teachers dressed as fruits and vegetables and went to each classroom sharing nutrition messages. This activity was great to grab the students' attention and of course they loved seeing the adults dressed in costumes. ■



Students, teachers and child nutrition staff team up to promote fruits and vegetables.

Nutrition News thanks Janice Beck for submitting information and pictures for this article.

Get Prepared for 2010-11 Coordinated Review Efforts

The Arkansas Department of Education (ADE), Child Nutrition Unit (CNU) reviews school food service programs under a system established by the United States Department of Agriculture (USDA) identified as Coordinated Review Effort (CRE). CNU reviews each school district's food service program once every five years.

UNDER COORDINATED REVIEW:

- A standard review form ensures that all critical areas in school food service programs are reviewed the same way for all school districts.
- *Critical areas of review* are: eligibility certification, meal counting and claiming, and meal pattern components.
- *General areas of review* are: the free and reduced-price process, civil rights, monitoring and reporting, record-keeping responsibilities, sanitation and food storage, Food Safety Plan, state nutrition standards, district Wellness Policy, Wellness Priority for School Improvement Plan, staff training and staff certification.

CHECK YOUR PROCEDURES FOR CRITICAL AREAS OF REVIEW:

DO YOU:

- Approve each household's application for free or reduced-price meals correctly?
- Serve meals that contain the required food items?
- Record, consolidate and report meal counts correctly on the claim for reimbursement?
- Maintain a current roster of student meal status eligibility?
- Base claim for reimbursement on accurate meal counts taken, by category, at the point of service?

DO YOU:

- Follow the procedures identified in the school district's free and reduced-price policy statement?
- Serve meals that provide the required amount of food?
- Make sure an on-site review of each school site's meal counting system is conducted by February 1 and corrective action is taken as needed (applies to school districts with more than one serving site.)?
- Submit reports and keep records as required?
- Verify the correct number of applications by November 15, 2010, email the Verification Summary Report by December 15, 2010 and keep verification records?
- Make sure that no child is denied benefits or discriminated against because of race, color, national origin, age, sex or disability?
- Check each school's meal counts before submitting a claim for reimbursement?

If "yes" is the answer to these questions, a school district should not have any critical area violations. To help a school district prepare for a CRE, an On-site Review form can be found on the Child Nutrition Web site at <http://www.arkansaschildnutrition.org>. Click on the "Forms" link on the left hand side of the page.

For questions or technical assistance, contact the district's assigned CNU Area Specialist at 501-324-9502. ■

Reminder: Verification Deadline

Each Arkansas public school district and charter school receiving federal funds from the United States Department of Agriculture (USDA) for the administration of district child nutrition meal programs is required to submit an annual school district "Verification Summary Report" to the Arkansas Department of Education (ADE) Child Nutrition Unit (CNU). CNU is required to submit the statewide data compiled from the district summary reports to USDA.

This year, the deadline for emailing a district's Verification Summary Report to the CNU office is **Wednesday, December 15, 2010**. For details on collecting data for completing the report and a Verification Timeline, go to the Child Nutrition Web site, <http://www.arkansaschildnutrition.org>. Click on "Guidance" at the top of the page and then select "Verification".

For additional information, call the school district's assigned CNU Area Specialist at 501-324-9502. ■

Students' Nutrition Lessons Make a Difference at Home

SNAP-Ed (Supplemental Nutrition Assistance Program – Education) is a partnership between the University of Arkansas Cooperative Extension Service (UACES), the Arkansas Department Human Services (ADHS), and the USDA Food and Nutrition Service (FNS).

The goal of SNAP-Ed is to provide educational programs that improve the likelihood that SNAP participants and those eligible, will make healthy choices within a limited budget, and choose active lifestyles consistent with the Dietary Guidelines for Americans. SNAP participants and those eligible for SNAP are reached in various ways. One venue is through schools where 50% or more of the students receive free or reduced-price lunch.



Ms. Susan Daniels from Carver Elementary, teaching Pick a better Snack to kindergarten class.

Following the 4-H model, UA Extension FCS (Family and Consumer Science) agents engage children in educational activities to serve as agents of change within their families. In 2010, UACES partnered with 161 eligible schools in 60 counties to deliver nutrition education to school-aged children and, indirectly to their

parents. Approximately 1,800 teachers were involved in teaching nutrition concepts to students.

In order to evaluate the impact of SNAP-Ed school programs on parents, a survey was conducted in ten public schools in Arkansas at the end of the 2009-2010 school year. Approximately 1,600 parents completed surveys.

The survey indicated that 80 percent of parents reported that their child had spoken to them about healthy foods or snacks; 75 percent said their child had asked for more or different fruits, vegetables, milk or yogurt; and 66 percent said their child had talked about being more physically active.

Of the families surveyed, 74% reported that they made healthy changes. The greatest changes were incorporating more or different vegetables and fruits, more water into their diets, more activity, and eating less fast food.

Thank you to all the teachers, school nutrition staff and other school personnel who work with the SNAP-Ed program. We could not impact children and families without our partnerships with you. ■

Nutrition News thanks Amy McClelland, MS, RD, SNAP-Ed Program Manager, for submitting this article.

Win a Welch's Harvest Grant to Fund a School Garden

In a second year partnership with Scholastic and the National Gardening Association, Welch's will support school garden programs through Welch's Harvest Grants.

Entries will be judged by experts at the National Gardening Association. This award is open to PreK - 8 classrooms in the United States with a minimum of 15 students who plan to use outdoor or indoor gardens to teach students about nutrition and sustainable agriculture.

Two schools in each state will receive the grant award. Winning schools will receive a customized indoor or outdoor garden package filled with a variety of tools, seeds, educational materials, and more. The top five (5) winners will receive a package valued at \$1,000; 95 winners will receive a package valued at \$500. **Deadline for submission is February 11, 2011.** Awards will be distributed in April 2011.

Coordinators of winning programs are expected to complete a year-end report and submit at least one video and digital photo with parental release forms.

All details on how to register and apply may be found online at <http://www.scholastic.com/harvest/register.htm>. ■

Healthy Giving for Healthy Living

Join *Action for Healthy Kids* and consider giving a gift that contributes to good health this season.

Action for Healthy Kids is the nation's leading nonprofit and volunteer network fighting childhood obesity and undernourishment.

For easy ideas for giving the gift of health this season visit <http://www.actionforhealthykids.org/assets/pdfs/healthy-giving-for-healthy.pdf>.



MILESTONES

The Arkansas Department of Education (ADE) Child Nutrition Unit (CNU) has experienced some exciting changes in the last few months. Highlights include two additions to the CNU family.

In July, Amie Lassen, Administrative Specialist for Finance, and her husband welcomed their first child. Hannah was born on July 29, 2010 and weighed seven pounds and was 21 inches long. She has been a joy to her parents and she loves to share sweet smiles with everyone.



Amie and Hannah

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-11-039	10/28/10	Healthier US School Challenge Area Workshops
FIN-11-038	10/15/10	Registration of Food Service Management Companies
FIN-11-037	10/15/10	Procurement of food Service Management Company Services
FIN-11-029	09/16/10	Exclusion of Military Combat Pay and Deployment Extension Incentive Pay (DEIP)
FIN-11-027	09/14/10	Distance Learning- Special Dietary Needs
FIN-11-026	09/14/10	Distance Learning- Coordinated Review Effort (CRE) & School Meals Initiative (SMI)
FIN-11-021	08/26/10	APSCN Cycle 2 Report- Oct 1 Enrollments, Free & Reduced Price Eligibles
FIN-11-020	08/17/10	REQUIRED State Report- District Verification Results- Free & Reduced Applications 2010
FIN-11-019	08/17/10	October 1 Pre-School Report
FIN-11-017	08/17/10	2010-11 Income Eligibility Guidelines (in effect for the entire school year)
FIN-11-016	08/17/10	September 2, 2010 Distance Learning- Verification, Cycle 2 Reports
FIN-11-007	07/19/10	2010-11 Child Nutrition Reimbursement Rates
FIN-11-004	07/13/10	Non cash Transactions for Donated Foods and FFV in SY 2010
FIN-10-096	06/14/10	Classified Employee Minimum Hourly Rate for 2010-11 Consumer Price Index
FIN-10-102	06/29/10	Income Eligibility Guidelines SY2010-11, Child Nutrition Programs
FIN-10-093	06/03/10	August 12, 2010 Distance Learning- Free and Reduced Price Meal Eligibility and Application

Most recently, ADE CNU has had the pleasure of adding Melissa Cullen to the team. Melissa received her undergraduate degree from the University of Arkansas at Fayetteville. She completed her dietetic internship at the University of Arkansas for Medical Sciences and is now a registered and licensed dietitian.

Before coming to the CNU Melissa worked as a Manager for the Northwest Medical Center Food Service Department in Bentonville.

Melissa lives in North Little Rock with her husband and they are expecting their first child in March.

Melissa will be working as the Central Arkansas Area Specialist. ADE, CNU is excited to have Melissa and her expertise in working with Arkansas schools. ■



*Melissa Cullen
Area Specialist*

Distance Learning Dates & Topics

December 2- Menu Planning, Food Production Records and Lost Revenue in CN Programs

February 3- Severe Need and FFVP

March 3- CN Regulatory Changes

April 7- End of the Year Financials and Claims

CALENDAR OF EVENTS

December

- 2 Distance Learning, *Menu Planning, Food Production Records and Lost Revenue in CN Programs*
- 15 District Verification Summary Report due to CNU

January

- 1 Deadline for Each Serving Site to Receive One (1) Health Inspection
- 19 HUSSC Area Workshop, Searcy
- 21 HUSSC Area Workshop, Hope
- 27 HUSSC Area Workshop, Russellville
- 28 HUSSC Area Workshop, West Memphis
- 28 HUSSC Area Workshop, Hot Springs

February

- 1 Deadline for Completion of On-Site Reviews
- 3 Distance Learning, *Severe Need and FFVP*
- 11 HUSSC Area Workshop, El Dorado
- 18 HUSSC Area Workshop, Stuttgart
- 25 HUSSC Area Workshop, Harrison

March

- 3 Distance Learning, *CN Regulatory Changes*
- 6-9 SNA Legislative Action Conference 2011, Washington, DC
- 7-11 National School Breakfast Week
- 11 HUSSC Area Workshop, Dumas
- 11 HUSSC Area Workshop, Mt. View
- 21-25 Statewide Spring Break
- 29 HUSSC Area Workshop, Mena

SHARED MOMENTS

Bradley School District Celebrates NSLW

The child nutrition staff at Bradley School District found fun ways to promote National School Lunch Week (NSLW), celebrated on October 11-15, 2010. Cindia Bullock, Child Nutrition Director, planned menus using the School Nutrition Association's (SNA) suggestions for the week. The Organ-wise Guys were used to promote foods of the month, including apples and winter squash. A colorful bulletin board was used to endorse NSLW and display positive nutrition messages for the viewing of all students and staff. ■



Mabel Redden, Cindia Bullock, Inez Eason and Dianne Williams were instrumental in coordinating the NSLW activities.

Nutrition News thanks Cindia Bullock for submitting the information and picture for this article.

NUTRITION NEWS

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Reminder:

**All Serving Sites Should
Have Two (2) Health
Inspections Per Year.**

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