

NUTRITION NEWS

School Meals

Education

Health

June 2010

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- USDA Visit to Hope School District
- CN Training
- Student Involvement
- Milestones
- Summer Meals
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American Recovery and Reinvestment Act of 2009 Equipment Assistance Grant Update

As of May 15, 2010, 102 of the 105 Local Education Agencies (LEAs) awarded an American Recovery and Reinvestment Act (ARRA) Equipment Assistance Grant have received reimbursement. Purchases have included freezers, steamers, combi-ovens, and mixers with some purchases replacing 20-30 year old equipment. These purchases have allowed Child Nutrition Programs to provide healthier meals, increase participation, improve the safety of food served and become more energy efficient.

Arkansas received an additional \$318,850 in National School Lunch Program (NSLP) federal funds. These funds are being used to award previous non-funded ARRA equipment applications submitted by LEAs in the spring of 2009. LEAs who previously received USDA, ARRA Equipment funds were not eligible for the additional NSLP Equipment Award.



Eureka Springs Elementary School purchased a countertop steamer with ARRA award.

Go to http://recovery.arkansas.gov/ade/pdf/equip_grant_recipients_082609.pdf for a list of ARRA equipment grant recipients. ■



Crawford Elementary of the Russellville School District purchased a new mixer with ARRA grant award.



Hope School District's William Jefferson Clinton Primary utilized their ARRA funds with the purchase of a new convection steamer.

Nutrition News thanks Patricia Winders, ADE, CNU Area Specialist, for providing information about ARRA Equipment Assistance Grants.

USDA Visits Hope School District to Celebrate National School Breakfast Week



Deanna Gilbert, Hope CND and Kenneth Muldrew, Hope Superintendent receiving Certificate of Appreciation.



Hope students enjoy all the festivities surrounding the National School Breakfast Week Celebration.



Hope student benefits from the FFVP. During class, this student has the opportunity to try grapefruit.

On March 11, 2010, Hope School District welcomed staff from the United States Department of Agriculture (USDA), Regional Office and Senator Blanche Lincoln's Office, in celebration of National School Breakfast Week (NSBW).

Deanna Gilbert, Hope School District Child Nutrition Director (CND), worked to organize the events for the day, to be held at Beryl Henry Elementary School. Parents were invited to join their children for breakfast. The choir performed two songs with lyrics promoting the importance of eating a healthy breakfast. The high school cheerleaders and school mascot performed a skit on the results of eating a good breakfast. The student body and staff really showed their spirit by joining in with the cheers.

Special guests and speakers for the event included Ellen Wahlberg and Michelle Bradford of USDA, Ed French, Community Affairs Specialist for Senator Blanche Lincoln, Bill Goff, ADE Assistant Commissioner,



Bill Goff, ADE Assistant Commissioner, offers his thoughts on the importance of breakfast.

Roy Turner, Beryl Henry Principal, Kenneth Muldrew, Hope School District Superintendent and Dennis Ramsey, Mayor of Hope. Speakers discussed the importance of a nutritious breakfast and promoted the Hope Child Nutrition Program.

Some of the guests stayed for the Fresh Fruit and Vegetable Program (FFVP) activities for the afternoon. Hope Schools featured a "Color Me Hawaiian" day. Dr. Sooman, a local pediatrician and native of Hawaii, came and spoke to students on the importance of fruits and vegetables. She and her staff even performed two traditional Hawaiian dances. The local newspaper and television station were there to capture all the action. Everyone really enjoyed the program.

Ms. Gilbert and Mr. Muldrew were awarded a Certificate of Appreciation for their efforts in the Hope Child Nutrition Program.

Nutrition News thanks Deanna Gilbert, Hope CND, for providing information for this article. ■

CHILD NUTRITION TRAINING

Training Dates Set for CN Managers

Child Nutrition Manager Training Part I and Part II will be held June 14-25, 2010 in Conway, Arkansas. In order to continue providing the best training possible, it will be necessary to limit the number of participants in Part I to 120.

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

Certification will be given after successfully completing Part I and II and successfully 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 their date of high school graduation or GED certification, or sign a statement of their intent to earn a GED certificate. Participants may attend the workshops but cannot be certified by the Department of Education without meeting this requirement. Certification lasts for six years and may be renewed by attending a recertification course.

A large number of schools have deemed it appropriate to use district funds to under write staff expenses for this training program. This should be discussed with your administrator and food service director. ■

Reminder:

CN Manager's Recertification will NOT be held in 2010. The Child Nutrition Unit only offers the recertification course every other year in odd-numbered years.

Training Dates Set for CN Directors

Child Nutrition Director's training will be held July 12-23, 2010 at the Brewer-Hegeman Conference Center on the University of Central Arkansas campus located in Conway, Arkansas.

For complete steps to follow for acceptance into the Director's Training Program please see Commissioner's Memo FIN-10-073 on the Child Nutrition Web site. Participants have to be accepted into the program before they register with UCA for the class.

Participants will be provided training in computers, program accountability, procurement, personnel management, financial management, marketing, equipment, menu planning and production records.

For more information on training, contact the district's assigned Child Nutrition Unit Area Specialist at 501-324-9502. ■

Directors' Conference 2010

The dates for the 2010 Child Nutrition Directors' Conference have been set for Tuesday, August 3 and Wednesday, August 4, 2010. Orientation for new directors will begin the afternoon of Wednesday, August 4, and be completed by noon on Thursday, August 5. Please reserve the dates and plan to attend.

The conference will be held at the Holiday Inn Airport, 3201 Bankhead Drive, Little Rock. To reserve rooms at special rates, call Holiday Inn Airport reservations toll free at 1-877-863-4780 or call the hotel directly at 501-490-1000. 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 training and discussion at this conference, please contact Karen Franklin at karen.franklin@arkansas.gov or 501-324-9502. ■

Team Nutrition Training Grant Activities Continue

The Team Nutrition Training (TNT) Grant is winding down with final projects scheduled to be completed by September 2010.

Arkansas Department of Education (ADE), Child Nutrition Unit (CNU) has completed six (6) Whole Grain Workshops around the state. Further plans for this project include the development of a Whole Grain Recipe Booklet for districts. Additional trainings on whole grains will be included in future CNU events.



The *Planet Health* project is still underway with 11 training sessions scheduled for middle school teachers in the summer of 2010. Training sessions will be held at area education cooperatives. Training is required to assist teachers in their efforts to incorporate nutrition and physical activity messages within traditional lessons for math, language arts, science and social studies. Middle school teachers who attend the training and agree to implement *Planet Health* will receive the FREE research-based curriculum. ADE, CNU is also available to schedule *Planet Health* training at other sites, if requested.

The project focusing on community involvement and role modeling was completed spring 2010. Zonya Foco, motivational speaker and expert in the field of nutrition and physical fitness, traveled to five areas in the state to share uplifting messages related to the incorporation of healthy habits. The focus of Zonya's *Fit Families for Life* presentation was to encourage families to become more healthy and especially to motivate adults to model behaviors that will promote healthy habits in children. Her energy and conviction were well received. Those who attended left feeling empowered and ready to make changes. ADE, CNU was honored to have First Lady Ginger Beebe's support in this effort. Mrs. Beebe was able to attend the motivational forum in North Little Rock. Her opening address inspired the group to take action here in Arkansas, to help the children in this state to become more healthy and to make wellness more of a priority in homes, schools and communities.



At a Whole Grain Workshop in Harrison, participants work in teams to complete activities.

Stay tuned for a complete summary of TNT activities and accomplishments in future newsletters. ■

Food Purchasing Workshop Update

The 4-H Center in Little Rock was the setting for the Food Purchasing Workshop on April 5-7, 2010. The participants invited to attend consisted of child nutrition directors and/or managers from school districts with one or two serving sites. Sixty-two (62) directors participated in this exciting workshop.

Ms. Wanda Shockey, Director of the Child Nutrition Program informed the participants of the process for the formal methods used in food purchasing. The steps involved in the formal method included creating a formal food bid document, establishing a bid schedule, issuing an invitation to bid, tabulating and evaluating bids, awarding a contract and issuing purchasing orders, receiving and inspecting deliveries, storing foods in the proper areas and recording transactions on inventory, evaluating products and follow-up new product evaluation and issuing food supplies for production and services.



Purchasing Workshop participants were provided many hands-on activities to reinforce new knowledge.

The second day of the workshop opened with large group presentations in the auditorium. After specific subject matter was covered, participants were divided into small groups. Each



Participants were happy to receive their much deserved certificates of completion.

group reviewed materials with hands on activities. Subject matter reviewed in small groups consisted of creating price documents, gathering price quotations, awarding vendors and placing orders, receiving and inspecting deliveries, storing, recording transactions on delivery, evaluating products, issuing food supplies for production and service.

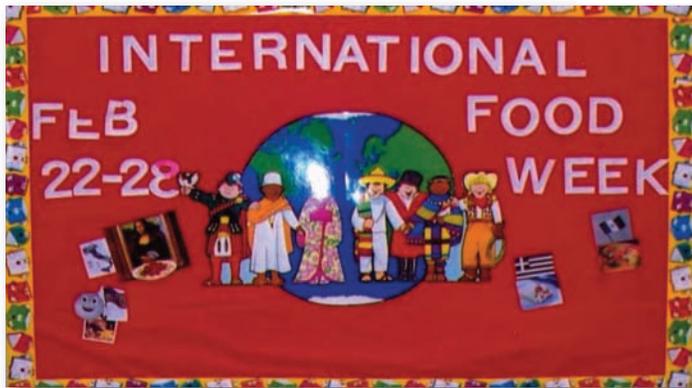
In addition to the strong academic components of the workshops, fun activities were also included. The participants were treated to two movie nights. Some opted to walk the beautifully landscaped grounds at the Center. The 4-H Center staff prepared delicious meals which from all indications from the evaluations were superb. ■

Nutrition News thanks Dr. Wynona Bryant-Williams, ADE, CNU Special Assistant for Projects and Training, for providing information about the Purchasing Workshop.

Child Nutrition Directors Get Creative with Student Involvement

Child Nutrition Directors at the following schools have found some creative ways to get more students involved in their programs.

Barbara Robinson, Pottsville School District Child Nutrition Director, conducted an International Food Week this past February for students at all four serving sites. Mexican, Oriental, Greek, Italian, and American foods were represented. On Monday, students could choose from a soft taco or a burrito. Tuesday, the choices were egg roll or Asian BBQ Chicken. A Grecian Flatbread Sandwich or a Greek Pita Pocket was available on Wednesday. Thursday was Spaghetti or Pizza Stick for lunch. And of course Friday was all American with hamburgers or hot dogs! In addition to the food, the band director had music playing as the students came to eat each day. One of the music teachers made decorations for the serving line, and the second grade students made table decorations for all of the lunch room tables. Everyone had a great time, enjoyed the food, and even learned something about other cultures!



The Pottsville Child Nutrition Program found creative ways to promote the International Food Week.



The Cave City School District has found a creative way to update their cycle menus. Elaine Nix, Child Nutrition Director worked with the High School Family and Consumer Science teacher on a special project for the Foods Class this year. Ms. Elaine described the Child Nutrition Program – including funding, regulations, nutrition standards, meal pattern, and Three Steps – to the four Foods Classes. The students then used this knowledge to create cycle menus. Each class was divided into groups – with 12 groups total. Each group was assigned the task of completing a week's worth of lunch menus. The groups were graded on the quality of the menu they completed, including how well it followed the Three Steps guidelines. At the end of the semester, the menus were turned-in to Ms. Elaine. She plans to identify the top six menus and use them as her six-week cycle menu starting in the fall.



Jean Moore, Child Nutrition Director of the Star City School District has an annual event for the Senior Class. Senior Day is a special day in the cafeteria where graduating seniors are



Star City High School Seniors enjoy their day of recognition.

served a special meal. The meals consist of higher cost menu items that are not typically served in the cafeteria – except for special occasions. The practice has become a tradition, and the seniors look forward to the event each year. The meals are paid for out of Child Nutrition funds since Ms. Jean tends to have at least a three-month's operating balance available. School administrators, Board Members, community leaders, and

sometimes a State Area Specialist are invited to attend. Senior Day is a great way to recognize the successful graduates of Star City Schools.



Star City High School Child Nutrition staff

Remember that all schools are required to have documentation of Student/Parent Involvement. See what creative ideas you have for encouraging your students and parents to eat with you! ■

**Stephanie Alsbrook, RD, LD
Area Specialist**

MILESTONES

A ceremony at the Arkansas Department of Education, in December, honored Rita Hamilton and Patricia Winders for their years of service to the State of Arkansas. Each was presented a Certificate of Recognition and applauded for their dedication.

Rita Hamilton has worked with Arkansas Department of Education (ADE), Child Nutrition Unit (CNU) for over 30 years. During that time she has covered most areas of the state as an Area Specialist, and currently works with districts in Northwest Arkansas. Rita is known as the area expert in many child nutrition areas but most notably for safety and sanitation. Her energy and charisma make her a joy to work with.



Rita Hamilton

Patricia Winders was recognized for 10 years of loyal service. During her 10 years at ADE, CNU she has had the opportunity to work closely with districts in the central area of the state. Many grant projects have kept her busy during her time at CNU. Patricia provides a great deal of expertise in the areas of nutrition and equipment planning and purchasing. Her broad knowledge of nutrition topics and caring personality make for a great fit to the child nutrition family.



Patricia Winders

These ladies have been instrumental in making child nutrition programs a success. It is apparent that they have the children of Arkansas' interest at heart. ■

Summer Meals 2010

CNU Summer Feeding

The United States Department of Agriculture (USDA) encourages summer feeding to ensure that children continue to receive nutritious meals and not go hungry during summer months when they do not have access to school lunch or breakfast. 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.

The Arkansas Department of Education (ADE), Child Nutrition Unit (CNU) administers both regular summer feeding and Seamless Summer feeding at school sites in Arkansas. With regular summer feeding the meals are counted and claimed in the same manner as regular meal service during the school year, by free, reduced price and paid categories. Seamless Summer feeding is different in that all students 18 and under eat free. The district must complete and submit form C-10 from the Forms page of the CNU website in order for the school site to be approved by CNU for this program. To qualify the school must have 50% of the students enrolled eligible for free or reduced price meals, based on the most recent October 1 data on file with CNU.

School districts interested in providing a Summer Meals Program to benefit children should contact the district's assigned Child Nutrition Unit Area Specialist at 501-324-9502. Please see Commissioner's Memo FIN-10-080, Summer Meals 2010, for information regarding summer feeding in public schools. ■

DHS Summer Feeding

The Arkansas Department of Human Services (DHS) has been selected to participate in a Demonstration Project for the USDA Summer Food Service Program (SFSP). Participation in this project will allow for additional funding for summer feeding.

The additional funding will only be offered through DHS summer feeding programs. ADE, CNU does not have an avenue of funding from the federal level for this SFSP funding.

The public announcement addressed that funding would only be available to sites that operate a minimum of 40 days in the summer. An additional \$0.50 reimbursement will be provided for each lunch served at sites that are open for this length of time or longer. According to this announcement, the purpose of this demonstration is to determine whether a financial incentive can encourage programs of longer duration, thereby improving access to meals for low-income children for a greater portion of the summer.

Additional funding can be utilized to remove barriers to summer meals, including transportation of food or participants, supervision, security, and/or other barriers prohibiting participation or initiation of a summer feeding program.

For more information please contact Sheila Bailey, DHS Summer Demonstration Project Leader at 501-682-8869 or visit the DHS Special Nutrition Web site at <https://dhs.arkansas.gov/dccece/snp/>. ■

CALENDAR OF EVENTS

June 2010		August 2010	
2-3	ASNA Leadership Conference Presidential Holiday Inn Little Rock, AR	3-4	CN Directors' Conference Holiday Inn Airport Little Rock, AR
14-25	CN Manager Certification, Part I Conway, AR	3-4	CN New Directors' Orientation Holiday Inn Airport Little Rock, AR
14-25	CN Manager Certification, Part II Conway, AR	12	CN Distance Education Program <i>Eligibility and Application Process</i>
July 2010		September 2010	
11-14	SNA National Conference Dallas, TX	2	CN Distance Education Program <i>Verification & Eligibility Reports</i>
12-23	CN Director Certification Conway, AR		

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://cnn.k12.ar.us/>. Click on "ADE Memos."

NUMBER	DATE	SUBJECT
FIN-10-082	04/26/10	Child Nutrition Renewal of Agreement 2010-2011
FIN-10-081	04/22/10	2010 Child Nutrition Director's Conference and New Director's Orientation
FIN-10-080	04/22/10	Summer Meals 2010
FIN-10-079	04/22/10	2010-2011 Allowable Competitive Foods/Beverages and Maximum Portion Size List
FIN-10-073	03/16/10	2010 Child Nutrition Directors Certification Training
FIN-10-071	03/08/10	Community Forums- Healthy Role Models for Children
FIN-10-068	02/26/10	Team Nutrition Training Grant Two Regional Whole Grain Workshops
FIN-10-066	02/24/10	New Eligibility Manual for School Meals - Revised 2010
FIN-10-060	02/11/10	FREE ACSIP Resource for Wellness Priority - Planet Health
FIN-10-059	02/05/10	Funding Opportunity - Fresh Fruit and Vegetable Program SY 2010-2011
FIN-10-058	01/26/10	Severe Need Funding for Breakfast Program 2010-2011
FIN-10-057	01/25/10	Exclusion of Military Combat Pay for Free and Reduced Eligibility for School Meals
COM-10-111	01/07/10	Emergency School District Contacts

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