

# NUTRITION NEWS

DESE CHILD NUTRITION UNIT

NUTRITION NEWS: JANUARY 2023

## NATIONAL PIZZA DAY CELEBRATE FEBRUARY 9TH!

Get students and staff involved by hosting a Great Debate! - old school square versus triangle? Pineapple or Pepperoni? Which slice will come out on top? Be sure to post: #NationalPizzaDay

Surveys are a great way to get feedback on how to improve menu choices and increase participation throughout the district!

Scan Me



### UPCOMING

#### DIRECT CERTIFICATION

New Direct Certification (D.C.) Match will drop the week of January 16th, 2023.

Reminder: D.C. match must be pulled at least three times per year.

#### USDA COMMODITY PROCESSING

If processing commodities for the 2023-2024 school year, the process should begin in February to allow ample time for formal bidding. Reach out to the commodity office if you have questions!





















Phone: 501-371-3013



# Food Satisfaction Survey

Food Item:

Circle the emoji that best fits your thoughts.

	Highly Satisfied	Satisfied	Neutral	Dissatisfied	Highly Dissatisfied
Taste					
Appearance					
Texture					
Overall					

## Comments

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**QUESTIONS?  
CONTACT YOUR CHILD  
NUTRITION DIRECTOR**

Tell us your thoughts!



# CHILD NUTRITION NEW YEAR RESOLUTIONS

## WHAT GOALS WILL YOU SET?



### MENU A NEW FRUIT OR VEGETABLE

Take time to plan and procure new fruits and vegetables for students to try. This is a great opportunity for nutrition education and promotion on the new food item!

### WELLNESS COMMITTEE PROMOTION

Plan extra outreach to get students and community members involved in menu planning and setting wellness goals for your district. **Remember that menus need to be reviewed by the Wellness Committee at least quarterly!**

### TAKE MORE TIME TO LEARN

Did you know that CNU hosts regular **Digital Learnings** and will also be hosting in person training in **February, March, and April** at a Education Cooperative near you?

### NEW DIGITAL LEARNINGS ARE SCHEDULED FOR:

- February 2nd, 2023
- March 2nd, 2023
- April 6th, 2023

Scan here to for links to Digital Learnings



# PROFESSIONAL STANDARDS

Required professional standards apply to all school nutrition employees, whether the school operates the nutrition program or contracts with a food service management company. District level compliance and documentation is monitored as part of the Administrative Review.

Job Category	Annual Training Requirements
Directors	12 hours
Managers	10 hours
All other staff (working 20 hours or more per week)	6 hours
Part time staff (working less than 20 hours per week)	4 hours

## USDA REQUIRED ANNUAL TRAINING TOPICS

- Free/Reduced Eligibility, Application, Certification, Verification
- Meal Counting & Claiming
- Reimbursable Meal
- Nutrition/Physical Activity/Healthy Lifestyle
- Food Preparation
- Food Safety Standards
- Civil Rights
  - Collection & Use of Data
  - Complaint Procedures
  - Compliance Review Techniques
  - Resolution of Noncompliance
- Accommodating Children with Disabilities
- Accommodation for Language Assistance
- Conflict Resolution
- Customer Service

Topic requirements vary depending on job position. For more information visit ADE Commissioner's Memo CNU-23-006 or contact your Area Specialist.

## Where To Find Training:

- CNU Digital Learnings and in person training events
- Local in-service trainings
- Institute for Child Nutrition (ICN)
- Food service suppliers
- USDA Professional Standards Training Database
- USDA FNS Office of Food Safety
- Professional organizations (such as ARSNA)

## Directors Certification Requirements

Child Nutrition Directors are required to be certified through DESE CNU when they are paid from the non-profit food service account in Arkansas public and charter schools. This certification process must be started within 12 months of being hired. Here is an overview of how to become certified:

Step 1: Culinary Directions Part 1 (June 2023)

Step 2: Culinary Directions Part 2 (June 2024)

Step 3: Director Certification Training Course

- One year of On-the-Job Director Training that occurs in the district
- Attend 3 Digital Learnings
- 16 months after training course, presentation of Directors Certification
- Must maintain 12 hours of professional development annually

For more information reach out to DESE CNU.



# WARM UP WITH COFFEE OR HOT CHOCOLATE (GRADES 9-12 ONLY)

BEVERAGES WITH LESS  
THAN 10 CALORIES CAN  
BE UP TO 20 OZ:

4 oz Coffee + sugar free flavored  
syrup

OR

Hot tea + no calorie sweetener

BEVERAGES 10-60  
CALORIES CAN BE UP  
TO 12 OZ:

4 oz Coffee + 6 oz milk (1%) + sugar  
free flavoring syrup

OR

Sugar free hot chocolate packet +  
12 oz hot water

## DID YOU KNOW?

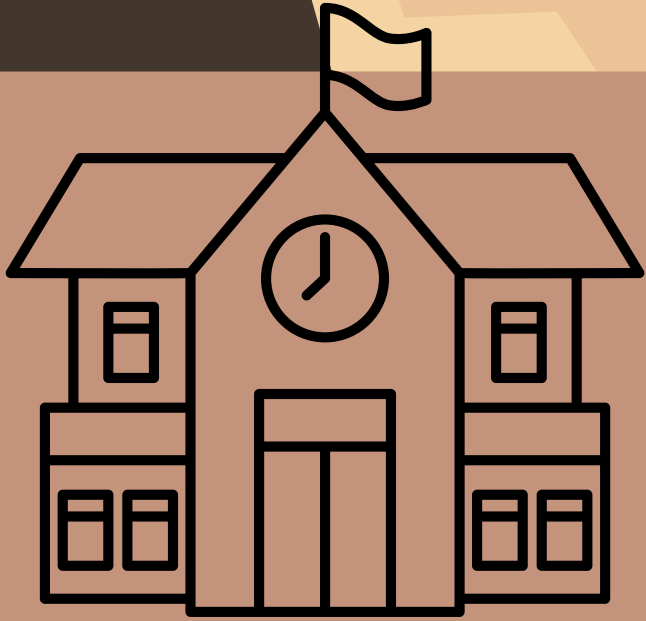
At the point of choice, at least 50% of beverage selections must be 100% fruit juice, low-fat or fat-free milk, and unflavored, unsweetened water.

*Scan the QR Code below  
for tips on running a  
Smart Snacks compliant  
coffee bar*



# Coffee Bars

FOR HIGH SCHOOLS



## High School

High School - A campus with a designated LEA number containing any combination of grades nine through twelve (9-12).

## Allowable Beverages

- fat free or 1% flavored or unflavored milk
- 100% or diluted 100% fruit juice
- Water
- No calorie or low calorie beverages
  - 40 calories/8oz
  - 60calories/12oz



## Smart Snack

All foods and beverages sold or provided in schools are required to meet smart snack standards and DESE rules \*

- Smart Snack Calculator assess compliance with federal smart snack standards
  - [healthiergeneration.org](http://healthiergeneration.org)
- All beverages, excluding water are limited to no more than 12oz.
- Beverages shall not contain more than 55mg of caffeine/serving.



## Coffee Shops

- At the point of choice, at least 50% of beverage selections shall be 100% fruit juice, low-fat or fat-free milk, and unflavored, unsweetened water.
- During the school day, competitive food or beverages are restricted until 30minutes after the last lunch period has ended.



## Tips for Success

- Create a standardized recipe for each drink.
- Ensure each drink is smart snack compliant.
- Maintain documentation of smart snack compliance.



\*Arkansas Department of Education Division of Elementary and Secondary Education Rules Governing Nutrition, Physical Activity and BMI Age Assessment Protocols in Arkansas Public Schools

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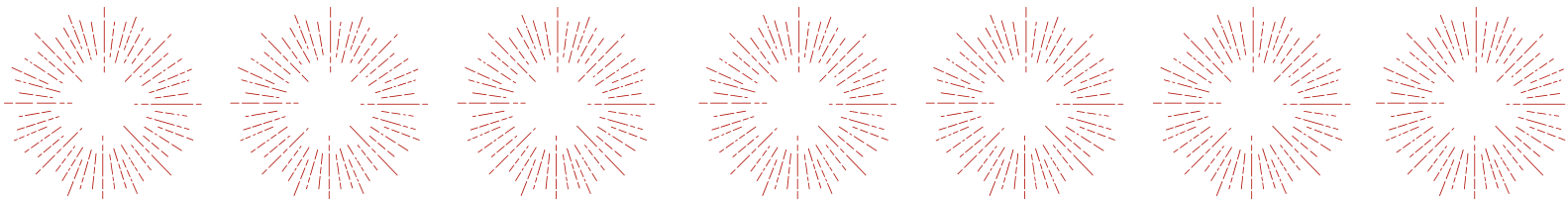
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FOR UPDATES, RESOURCES, AND TRAINING VISIT

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