



Nutrition News

National School Breakfast Week

#NSBW23 TOOK PLACE MARCH 6TH-10TH



DID YOU KNOW?

The School Breakfast Program became permanent in 1975. By 1989, NSBW was established to promote healthy school breakfasts for students.

BREAKFAST BENEFITS

- Promote meals that can lead to better student academic success and health
- Elevate and raise visibility of the school nutrition profession
- Create connections to the children and community you serve in new, creative, and fun ways
- Boost participation and staff morale

Check out highlights from #NSBW23!

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Summer Training Requirements

All Child Nutrition Managers and Directors in Arkansas school districts that participate in the National School Lunch Program and are paid from the non-profit food service account are required to be certified by DESE, CNU.

Managers must complete Culinary Directions Part 1 and Part 2 to be eligible for certification after one year of on-the-job training and the recommendation of their immediate supervisor.

Directors must complete Culinary Directions Part 1, Part 2, Directors Training, and at least three digital learning workshops during their one year of on-the-job training to be eligible for certification with a recommendation from their immediate supervisor. Directors must maintain at least 12 hours of professional development annually to maintain their director certification.



Training Dates

Part 1

June 26th - 30th, Benton AR.

Part 2

June 12th - 16th, Conway AR.

June 19th - 23rd, Conway AR.

Recertification

June 20th - 21st, Virtual

ADE Summit/Director's Conference

July 10th - 12th, Hot Springs AR.

Upcoming Deadlines

May 19 - PLE Form & Agreement/Policy Statement

May 26 - FSMC Renewals

May 30 - Health inspection report

Summer Meal Programs

Summer Meal Programs are established to ensure that children continue to receive nutritious meals when school is not in session. DESE, CNU continues to offer two options for public schools to feed students after the regular school year ends.

Option 1: Regular Summer Meals Program

Serves breakfast and lunch as a continuation of the regular school meal programs. Any of the child nutrition programs (breakfast, lunch, or afterschool snack) may be served as part of the summer educational programs operated by the school district. The regular summer meals program may be operated by any public school regardless of the percentage of children receiving free and reduced-price meals.

Option 2: Seamless Summer Option (SSO)

Serves a combination of two of the following programs: breakfast, lunch, or snack. SSO may be operated in a site, or in the attendance area of a site with 50% or more students are eligible for free and reduced priced meals.

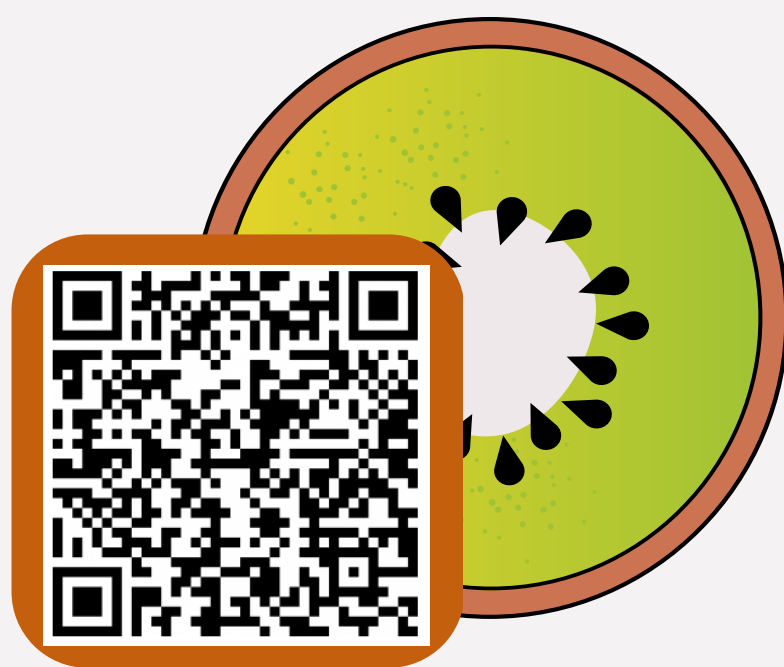
A list of summer meal programs may be found on the USDA website ([usda.gov](https://www.usda.gov))

Outreach

Schools are required to inform families of the availability and location of free summer food service program meals for students when school is not in session.

Schools and sponsors are encouraged to make use of USDA Food and Nutrition Service (FNS) resources, including the "SFSP Outreach Toolkit for Sponsors and Sites," which includes fliers, letters to parents, and other materials that help sponsors raise awareness of the Program among children and their families. The Outreach Toolkit can be found at:

<https://www.fns.usda.gov/sfsp/summer-meals-toolkit>.



SCHOOL LUNCH HERO DAY



CELEBRATE #SLHD MAY 5TH, 2023

How Do I Celebrate? (And Why Should I?)

SLHD is a way of recognizing the efforts your team shows every day to provide healthy meals to students—not only preparing food but also serving it with a smile and kind word, encouraging children to try new things and get all the nutrients their growing bodies need.

Need ideas on ways to make SLHD special? Try these ideas...

- Hang signs around the school celebrating the school nutrition staff.
- Ask teachers to have their classes make cards for the foodservice staff.
- Surprise your teams by decorating the cafeterias.
- Give your team a shoutout on social media. Single out each staff member in their own post and share what makes them an integral and important part of the team.

Fun Fruit Breakfast Pizza

Ingredients

- Non-fat vanilla yogurt, 1 qt
- Low fat cream cheese, 1 qt
- Vanilla extract, 3 TBS + 1 tsp
- Honey, 1/2 C + 2 tsp
- Canola Oil, 1 1/3 C
- Brown sugar, 3 C
- Canned applesauce, unsweetened, 2 1/4 C (No. 10 can)
- Fresh whole eggs, thawed, 8 oz
- Whole-wheat flour, 1 qt + 2 2/3 C
- Baking Powder, 2 Tbsp
- Cinnamon, 2 tsp
- Oats, rolled, dry, 1 qt + 2 C
- Fresh strawberries, sliced, 1 qt + 3 cups (or 4 lb)
- Fresh bananas, sliced, 1 qt + 1 C (or 2 lb)
- Fresh blueberries, 1 qt + 2 C (or 2 lb)

Directions

1. Pour yogurt, cream cheese, 2 tsp vanilla extract, and honey in a commercial mixer (batch as needed). Set remaining vanilla extract aside for step 6. Recommend to cook in batches of 25. Using a paddle attachment, mix on medium speed until smooth.
2. Refrigerate. Set aside for step 13. Mix for 4–5 minutes.
3. Combine oil and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix on medium speed until mixture has a crumbled consistency.
4. Add applesauce, eggs, and remaining vanilla extract. Mix on medium speed until smooth for 4-5 minutes.
5. Slowly add flour, baking powder, and cinnamon. Mix on medium speed until smooth for 4-5 minutes.
6. Fold in rolled oats
7. Press 1 qt (about 3 lb 3 oz) dough into a half sheet pan (18" x 13" x 1") lightly coated with pan-release spray (use 2 pans)
8. Bake:
 - a. Conventional Oven: 350* F for 25-30 minutes
 - b. Convection Oven: 325* F for 20 - 25 minutes
9. Remove pizza crust from oven. Allow to rest 45 minutes to 1 hour at room temperature before adding yogurt mixture.
10. Spread 1 qt 1 cup (about 2 lb 10 oz) yogurt mixture over each pan.
11. Arrange strawberries, bananas, and blueberries in any decorative pattern of choice by shingling fruit.



Recipe provides 50 servings

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 3¹/₂" x 2¹/₂").

Crediting Information:

1 piece provides 1/2 cup fruit, and 1.5 oz equivalent grain

School Districts in Action

Lincoln school district has sprung into action this year! With the help of food service staff, students, master gardeners, and teachers the district has harvested nearly 1000 pounds of watermelons from their middle school garden to be utilized on their school menu! And they aren't stopping there... with plans for a year-round greenhouse, an aquaponics system in Fall of 2023, and the addition of an Elementary and Highschool garden who knows what they could grow next!

-Story provided by Valerie Dawson,
Lincoln School District Child Nutrition Director



Want the amazing events going on in your kitchen and district to be featured in the next newsletter? Email pictures and stories to kristen.gottshall@ade.arkansas.gov

CHILD NUTRITION DIRECTOR HIRING STANDARDS

Hiring criteria depend on district enrollment size. As enrollment increases, program demands, and complexity follow. At all enrollment categories, the standards encourage directors with the minimum educational degree to pursue advanced coursework toward the next higher degree in a related field.

For more information contact DESE, CNU at 501-324-9502.

Student Enrollment Categories	Category 1 2,499 or less	Category 2 2,500 - 9,999	Category 3 10,000 or more
Minimum Education Standards	<ul style="list-style-type: none"> Bach. Degree* in specific/related major (Experience preferred, not required) 	<ul style="list-style-type: none"> Bach. Degree* in specific/related major (Experience preferred, not required) 	<ul style="list-style-type: none"> Bach. Degree* in specific/related major (Experience preferred, not required)
	-OR-	-OR-	-OR-
	<ul style="list-style-type: none"> Bach. Degree in any major & State-recognized cert. or school nutrition program directors 	<ul style="list-style-type: none"> Bach. Degree in any major & State-recognized cert. or school nutrition program directors 	<ul style="list-style-type: none"> Bach. Degree in any major & State-recognized cert. or school nutrition program directors
	-OR-	-OR-	-OR-
	<ul style="list-style-type: none"> Bach. Degree* in any major & 1 year of relevant school nutrition experience 	<ul style="list-style-type: none"> Bach. Degree* in any major & 2 year of relevant school nutrition experience 	<ul style="list-style-type: none"> Bach. Degree* in any major & 5 year of relevant school nutrition experience
	-OR-	-OR-	
	<ul style="list-style-type: none"> Associate's Degree* in specific/related major** & 1 year of relevant school nutrition experience 	<ul style="list-style-type: none"> Associate's Degree* in specific/related major** & 2 year of relevant school nutrition experience 	
	-OR-		
	<ul style="list-style-type: none"> High School Diploma (or GED) & 3 years*** relevant school nutrition experience 	<p>*Or equivalent educational experience; consult DESE, CNU for more information.</p> <p>**Specific/related major: Academic major or concentration in food and nutrition, foodservice management, dietetics, family and consumer sciences, nutrition education, culinary arts, business, or a related field</p>	

*****For LEA enrollments less than 500, DESE, CNU may approve the hire of a candidate with a high school diploma (or GED) and less than the required years of experience, if the best qualified candidate**

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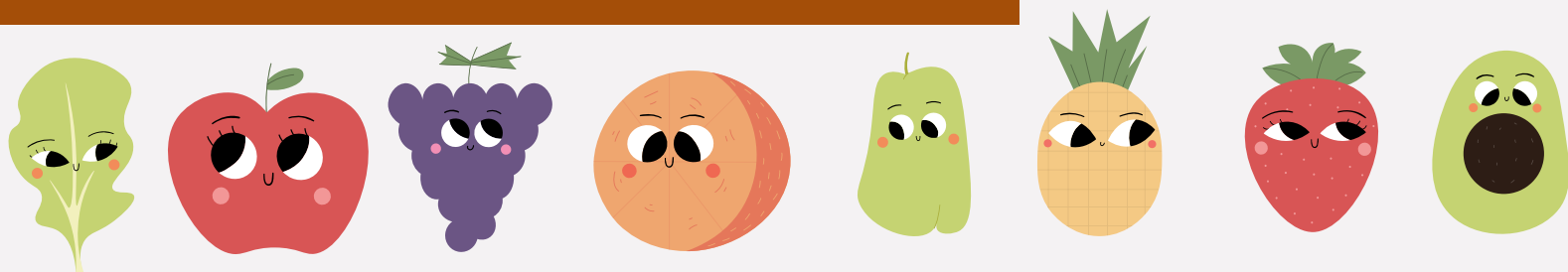
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FOR UPDATES, RESOURCES, AND TRAINING VISIT

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