

# Tuesday Tidbits

August 2010

*Tuesday Tidbits* are weekly e-mail blasts sent to school nutrition sponsors in Connecticut providing simple suggestions, reminders, resources and advice to help run a successful school nutrition program.

► **August 17, 2010: Grains/Breads Serving**

When serving an entrée item such as a Baked Potato with Toppings or a Mashed Potato Bowl do not forget to include a dinner roll or other bread serving to meet the bread requirement in Traditional Food Based Menu Planning.

Potato is considered a vegetable in school meal menu planning.

► **August 24, 2010: Income Frequency**

*To reduce the possibility of errors, when determining income eligibility for a meal application, annualize the income only if there is more than one frequency of income provided.*

No conversion required: If there is only one source of income or if all sources are received in the same frequency, no conversion is required. The Determining Official would total all sources and compare them to the appropriate Income Eligibility Guidelines for that frequency, e.g., weekly, monthly, biweekly.

Conversion required: If there are multiple income sources with more than one frequency, the Determining Official must annualize all income.

► **August 31, 2010: Massachusetts Farm-to-School Cookbook**

*Massachusetts Farm-to-School Cookbook Highlights Fresh and Locally Grown Products for Schools!*

The cookbook features:

- 45 easy-to-follow recipes using Massachusetts crop, including value added produce such as peeled butternut squash and sliced carrots.
- Easy to prep recipes using dormant seasonal crop, such as potatoes, sweet potatoes and butternut squash.
- Recipes have been school tested by Food Service Directors, cooks, and students in the schools themselves and designed for 50 to 100 servings.
- Nutritional analysis for each recipe
- Kid's favorites include: Brown Rice Pilaf with Carrots, Chinese Green Beans, Tropical Cole Slaw and Garlic Mashed New Potatoes

Link to this great cookbook through our Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322568>.



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# Tuesday Tidbits

September 2010

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► **September 7, 2010: Eligibility in New School Year**

A student's eligibility carries forward for the first 30 SCHOOL (not calendar) days.

If a new application is not received for 2010-11, students lose their benefits on the 31st day of school.

Refer to page 15 of the *Eligibility Manual for School Meals* for more detail. The manual may be downloaded by following this link: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/EligibilityManual.pdf> .

► **September 14, 2010: Extended Household Eligibility**

When a child is determined to be eligible for free meals from the Direct Certification List or a letter from the Department of Social Services, all children who reside in that child's household are also eligible for free meals.

A letter must be sent to the home to notify the household of the availability of this benefit, even though no application was submitted. A sample letter is available on the Child Nutrition Web site:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320680>

Operational Memorandum #23-09 outlines this policy change. You may download this Operational Memorandum at:

[http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/09/OM\\_23\\_09.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/09/OM_23_09.pdf)

► **September 21, 2010: Civil Rights**

REMEMBER: The USDA requires that all staff in the school nutrition programs receive Civil Rights training annually. This includes the determining and verifying officials.

Check our Web site for a Civil Rights PowerPoint and PDF handout that may be used for this training with your staff:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320676>.

► **September 28, 2010:**

REMINDER: Verification must be completed by November 15.

Select applications based on the NEW (2010-2011) applications on file as of this Friday, October 1, 2010.

For information on verification procedures and updated forms for your use, visit our Web site,

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320644>.



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# Tuesday Tidbits

October 2010

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## ► October 5, 2010: Annual Food Safety Inspection Survey

The **Annual Food Safety Inspection Survey** must be submitted no later than **October 15, 2010**. To complete the survey, please go to the following Web site: <http://www.csde.state.ct.us/public/surveys/health/>

Remember... USDA regulations require that the district's HACCP plan be reviewed annually. This review must be documented in writing. Don't forget to check to be sure your HACCP plan includes *Connecticut specific temperature requirements*.

For a list of these requirements, go to the following Web site:

[http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CT\\_Temperature\\_Guide.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CT_Temperature_Guide.pdf).

## ► October 12, 2010: Smarter Lunchrooms

Did you hear about the study done in upstate New York in which Cornell University researchers observed a 58% increase in fresh fruit sales at one school simply by moving the fresh fruit from a stainless steel tray, instead placing it in a basket lit by an ordinary desk lamp?

If you would like to read about more inexpensive hints to enhance your school nutrition program visit

[www.smarterlunchrooms.org](http://www.smarterlunchrooms.org) .

## ► October 19, 2010: Authorized Signer

What is an Authorized Signer?

The *Sponsor Agreement* designates representatives who are authorized to enter into an agreement with the State Department of Education and to sign the claim for reimbursement. The *Agreement* is permanent and amended as changes occur.

It is expected that one or both of the authorized signers will change periodically.

The *Authorized Signatures Change Form* must be executed whenever one of the two authorized signers changes. It is necessary to arrange for local Board action for the form to be signed and submitted in order to avoid delay of reimbursement.

*Not sure who the Authorized Signers are for your district?* Check your current online agreement. If the authorized signers are incorrect on your online agreement, then you will need to: 1) make the change online; 2) complete and submit an Authorized Signature Change form; and 3) contact your State technical support person to notify them of the change so they can approve your revised and now unapproved online agreement.

The Authorized Signature Change Form and Instructions may be found at:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320680>



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# Tuesday Tidbits

► **October 26, 2010: Common Problem with Claim Submission**

*When the monthly Claims for Reimbursements are entered into the online system, do not forget to check to see if they have been submitted.*

*Sometimes, after the claims preparer notifies one of the authorized representatives that they can now submit the claim, the claim actually never is submitted.*

*Check the online system, if the claim for each site indicates “OK to Pay” then you know your authorized representative has submitted the claims for your schools, and your reimbursement will be on the way soon!*

The claim submission schedule may be found at:

[http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/11/OM\\_01\\_11.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/11/OM_01_11.pdf)



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# Tuesday Tidbits

November 2010

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## ► November 2, 2010: Connecticut School Beverage Requirements

Connecticut General Statutes Section 10-221q allows only five categories of beverages to be sold to students in all public schools. It prohibits the sale of soda, sports drinks, coffee, tea and any other beverages that do not belong to the five allowable categories. **This law is NOT optional. It applies to ALL public schools regardless of whether they participate in the National School Lunch Program or healthy food certification.** All sources of beverage sales on school premises must comply with this statute, including the school nutrition program and all other beverage sales, e.g., vending machines, school stores and fundraisers.

- Beverage Requirements: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>
- Allowable Beverages in Connecticut Schools: [http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable\\_Beverages.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf)
- List of Approved Beverages: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

## ► November 9, 2010: Breakfast Marketing

Looking for some nice marketing materials for your School Breakfast Program?

The USDA has many great resources to help you promote your healthy breakfasts and boost participation. Check out what is available at the [USDA Breakfast Bulletin Board Resources Web page](#).

*If you are not currently participating in the School Breakfast Program in your school or district but would like to get started, please contact Jackie Schipke at 860-807-2123 or [jackie.schipke@ct.gov](mailto:jackie.schipke@ct.gov). Help all Connecticut's kids start their day right with a nutritious breakfast!*

## ► November 16, 2010: Milk Requirement

USDA regulations require that at least two different fat contents of milk be offered to students throughout the meal service. Whole milk is NOT required.

*Best practice: Offer only low fat (1% or lower) and nonfat (skim) milk*

## ► November 23, 2010: Common Problem with Claim Submission

TEMPORARY APPROVAL of a free/reduced meal application may be warranted when the household reports zero income or has a temporary reduction in income.

Points to remember:

- The period for temporary approvals is 45 days. DO NOT forget to follow up with the family prior to the end of the 45 day period.
- If there is no change in the family's circumstances, then eligibility may be continued for another 45 day period or the approval may be made valid for the remainder of the school year.
- CSDE *does not allow* "zero income" applications to be made valid for the remainder of the school year.

Refer to the [Eligibility Manual for School Meals](#), pages 21-22, for further guidance.



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# Tuesday Tidbits

December 2010

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## ► December 7, 2010: Boring Menus?

*Is your menu getting boring?*

*Need some new ideas to increase participation?*

Surf the net to check out the menus available online in districts here in Connecticut and across the country! You are sure to get more than one good idea from someone else. As you review these menus, please keep in mind that some districts may be using Nutrient Standard Menu Planning, while others are following the food based meal pattern.

Here are some links to a few award winning school menus to get you started:

- <http://www.aacps.org/nutrition>
- <http://schoolsites.schoolworld.com/schools/NorthportEast/district.cfm?subpage=233932>
- <http://www.hcpss.org/foodservice/index.shtml>
- <http://www.acps.k12.va.us/fns/menus.php>

## ► December 14, 2010: Menu Templates

Do your menus need a new look for 2011? Your menu is your main marketing tool for your breakfast and lunch programs. When the menu is sent home, it is likely posted on the front of the family refrigerator. Review your menus with a critical eye annually to be sure they have “eye appeal.”

Here are some links to some free menu templates available online:

- Menu Slicks for Harvest of the Month concept: <http://www.harvestofthemonth.com/download.asp>
- Kraft Foodservice: <http://www.kraftfoodservice.com/BW/schools/SchoolMenuCalendars.aspx>
- Kellogg's: [http://www.fafh.com/segments/school/10-11\\_menutemplates.aspx](http://www.fafh.com/segments/school/10-11_menutemplates.aspx)
- General Mills:  
<http://www.bellinstitute.com/ResourceDetail.aspx?ResourceId=367&PageId=107&SubPageId=93>
- National Dairy Council: [http://www.nutritionexplorations.org/sfs/cafeteria\\_menu.asp](http://www.nutritionexplorations.org/sfs/cafeteria_menu.asp)

## ► December 21, 2010: Basics At A Glance Poster

This colorful 17" X 22" poster from *Measuring Success with Standardized Recipes* offers at a glance information on recipe abbreviations, measurement conversions, portioning tools and steam table pan capacity. Post the full poster in the kitchen for quick reference, or print just the section you need most.

<http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=250>



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# Tuesday Tidbits

## ► December 28, 2010: Correct Portioning

Be sure you are serving the correct and FULL portion sizes to students.

In addition to using the correct size serving utensil on the line, select the proper size container for the portion planned. For example, if you are using a 4 oz. soufflé cup for your fruit servings, ½ cup of fruit mean filling the cup completely to the top! A 5.5 oz. soufflé cup would more easily fit the FULL portion of ½ cup.

Note: The soufflé cups are measures of VOLUME in ounces, not weight. Be sure all staff understand the different...ounces in volume and weight DO NOT equal the same portion size.



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# Tuesday Tidbits

January 2011

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## ► January 4, 2011: Health Inspections

Remember – the USDA requires each site participating in the National School Lunch or School Breakfast Program to receive at least two health inspections each *school* year. If you have not received the first inspection several months into the year (i.e., by December 31), you should write to your local health department to remind them of this requirement. While the State Agency recognizes that there may be difficulty in obtaining the two food safety inspections, we would like to stress that you are responsible for requesting such inspections and documenting such efforts.

When two health inspections are not conducted each sponsor is responsible for requesting the inspections and documenting these efforts. Retain a copy of the letter sent to the health department to document your attempt to comply with this regulation.

## ► January 11, 2011: On Site Reviews

In accordance with Section 210.8(a)(1) of the USDA regulations, each school district with more than one school shall conduct an on-site review of the lunch counting and claiming system used by each school. The purpose of the on-site review is to ensure that each school's claim is based on valid meal counting procedures. This review must take place prior to February 1 of each year and if problems are found the district must implement corrective action within 45 days.

### INSTRUCTIONS:

- Observe the lunch counting and claiming process for every dining site serving school lunches.
- Complete an On-Site Monitoring Form for each site observed.
- Retain On-Site Monitoring Forms at the local level for three years, plus the current school year.

The On-Site Monitoring Form may be found here: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320680>

## ► January 18, 2011: Promotion Ideas

*Need some promotion ideas to liven up your school meals program?*

Check out these ideas from the New England Dairy & Food Council:

<http://www.newenglanddairycouncil.org/ned.cfm?page=marketing-and-promoting-school-meals>

## ► January 25, 2011: Mixed Side Dishes

Did you know that side dishes containing a mixture of two or more fruits or vegetables may only count as one serving?

For example, 3/4 cup of peas and carrots only counts as one fruit/vegetable component in Traditional Food Based menu planning. However, if students are served 1/4 cup of peas and 1/2 cup of carrots separately, this could count as two fruit/vegetable components.

For more information, see the top of page 2-2 of the *Food Buying Guide for Child Nutrition Programs*:

[http://www.fns.usda.gov/tn/resources/FBG\\_Section\\_2-VegFruits.pdf](http://www.fns.usda.gov/tn/resources/FBG_Section_2-VegFruits.pdf)



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# Tuesday Tidbits

February 2011

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## ► February 1, 2011: Buy American

Section 104(d) of the William F. Goodling Child Nutrition Reauthorization Act of 1998 (Public Law 105-336) added a new provision, Section 12(n) of the National School Lunch Act (NSLA) (42 USC 1760(n)), requiring School Food Authorities to purchase domestically grown and processed foods, to the maximum extent practicable. Purchases made in accordance with the Buy American provision must still follow the applicable procurement rules calling for free and open competition.

For more information on the Buy American provision, follow this link: [http://www.fns.usda.gov/cnd/governance/Policy-Memos/2006/SP\\_20-2006.pdf](http://www.fns.usda.gov/cnd/governance/Policy-Memos/2006/SP_20-2006.pdf)

## ► February 8, 2011: Meals Per Paid Labor Hour

To monitor the effectiveness of the operation many school food service administrators use the productivity index of meals per labor hour to determine appropriate staffing. This is an important piece of information that indicates to administrators whether they are using their resources efficiently and productively. It can help in determining how many employees are needed in a single production unit or throughout the district. Many factors affect meals per labor hour. They should be considered when comparing meals per labor hour of kitchen or production units.

Resources:

- From the book, [\*Managing Child Nutrition Programs: Leadership for Excellence\*](#), by Josephine Martin and Charlotte Oakley.
- [NFSMI MPLH Worksheet](#)
- [The Lunch Box Meals Per Labor Hour Calculator](#).

## ► February 15, 2011: Charging of Meals

USDA regulations do not require local school districts to feed full and reduced price children who do not have money to pay for their meals. However, the USDA does encourage local districts to develop a policy for these situations and to communicate it widely to parents, guardians and students.

The USDA also indicates that bad debts, including losses arising from uncollectible accounts and other claims, related collection costs, and related legal costs are unallowable. *Therefore, funds from the non-profit school food service account (including dollars received for a la carte sales, catering, etc.) cannot be used to cover the cost of charged meals that have not been paid.*

Refer to [Operational Memorandum #18-09](#), which dealt directly with this issue.

## ► February 22, 2011: Crackers as a Grains/Breads Serving

Do you serve crackers with your salads or salad bar with the intention of the saltine crackers counting towards a grains/bread? If so, how many saltine crackers do you need to serve to count as one grains/bread?

According to the [Food Buying Guide](#), eight saltine crackers must be served to count as one grains/bread (about 8 crackers must weigh at least 20 g or 0.7 oz). Another resource that you may find helpful when determining the portion size of grains/breads is the [Serving Sizes for Grains/Breads](#).



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# Tuesday Tidbits

March 2011

*Tuesday Tidbits* are weekly e-mail blasts sent to school nutrition sponsors in Connecticut providing simple suggestions, reminders, resources and advice to help run a successful school nutrition program.

## ► March 1, 2011: USING SOUP IN TRADITIONAL FOOD BASED MENU PLANNING

When using soup as a meal component, **1 cup** (8 fluid ounces) of a **vegetable-based soup** (such as tomato or vegetable) must be served to count as  $\frac{1}{4}$  **cup** of vegetables.

An exception is bean, pea or lentil soup. A  $\frac{1}{2}$  **cup** serving of **bean, pea or lentil** soup may count as either  $\frac{1}{4}$  cup of vegetables OR 1 ounce of meat alternate.

The following soups do not contain a sufficient amount of vegetables to contribute toward the vegetable/fruit component (this list is not complete):

- Beef Barley or Noodle
- Chicken or Turkey Noodle (or any pasta shape, such as stars)
- Chicken or Turkey Rice
- Chicken Gumbo
- Cream of Celery, Broccoli or Mushroom
- French Onion
- Chicken Corn Chowder
- Home-style Beef or Chicken

For 1 cup of these soups to contain the required  $\frac{1}{4}$  cup of vegetables, you must **add 3 cups of vegetables** to each #3 can (51 oz.) of non-vegetable reconstituted soup.

See the *Food Buying Guide for Child Nutrition Programs* for further guidance.

[http://teamnutrition.usda.gov/Resources/FBG\\_Section\\_2-VegFruits.pdf](http://teamnutrition.usda.gov/Resources/FBG_Section_2-VegFruits.pdf)

## ► March 8, 2011: USDA State Sharing Page

The USDA Web site has a 'state sharing' page that lists many valuable resources dealing for child nutrition professionals. Resources cover such areas as Farm to School, Offer versus Serve, HealthierUS School Challenge, Nutrition Theme Kits, Culturally Appropriate Menu Planning and much, much more.

You may access these wonderful resources by visiting

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1&tax\\_subject=554](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=554)

## ► March 15, 2011: Offer versus Serve Signage

The Colorado State Department of Education has some nice training tools for students explaining the concept of Offer versus Serve. You may download these tools at <http://www.cde.state.co.us/cdenutritran/nutriOfferVsServe.htm>

Link to USDA manual on Offer versus Serve: [http://teamnutrition.usda.gov/Resources/offer\\_v\\_serve.html](http://teamnutrition.usda.gov/Resources/offer_v_serve.html)



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# Tuesday Tidbits

## ► March 22, 2011: Acronyms and Abbreviations

Do all the acronyms and abbreviations used in Child Nutrition Programs drive you UTW\*???

A list of commonly used acronyms and abbreviations may be found here:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/acronyms\\_abbreviations\\_snp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/acronyms_abbreviations_snp.pdf)

\*UTW = up the wall

## ► March 29, 2011: School Nutrition Reference Book

Need a great overall resource for running your Child Nutrition Program?

Check out *Managing Child Nutrition Programs: Leadership for Excellence* by Josephine Martin and Charlotte Oakley (second edition, 2008) available for under \$50.00.

Follow this link to see the Table of Contents listing all that is covered in this great reference book for the school nutrition director: <http://books.google.com/books?id=owXUIPTcd->

[YC&printsec=frontcover&dq=managing+child+nutrition+programs+leadership+for+excellence&source=bl&ots=B5YtxXN8OF&sig=CnHCv8xMcWkmM8UAtj2gGSnYlog&hl=en&ei=GLYITejvFlet8Aa4spzhAQ&sa=X&oi=book\\_result&ct=result&resnum=2&sqj=2&ved=0CCIQ6AEwAQ#v=onepage&q&f=false](http://books.google.com/books?id=owXUIPTcd-YC&printsec=frontcover&dq=managing+child+nutrition+programs+leadership+for+excellence&source=bl&ots=B5YtxXN8OF&sig=CnHCv8xMcWkmM8UAtj2gGSnYlog&hl=en&ei=GLYITejvFlet8Aa4spzhAQ&sa=X&oi=book_result&ct=result&resnum=2&sqj=2&ved=0CCIQ6AEwAQ#v=onepage&q&f=false).



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# Tuesday Tidbits

April 2011

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► **April 5, 2011: Common Menu Error**

Do not forget to plan a grains/bread serving with the lunch meal.

Often menu planners forget to offer a grain/bread serving when serving items such as a baked potato bar, mashed potato bowls and roast turkey dinner with mashed potatoes.

**Potatoes are a vegetable in Traditional Food Based Menu Planning.**

Serving Sizes for Grains/Breads: [http://www.fns.usda.gov/tn/resources/FBG\\_Section\\_3-GrainsBreads.pdf](http://www.fns.usda.gov/tn/resources/FBG_Section_3-GrainsBreads.pdf)

► **April 12, 2011: NFSMI Newsletter**

**Need help with training for your staff and yourself? Get to know NFSMI!**

The National Food Service Management Institute is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs. Be sure to check out their Web site at [www.NFSMI.org](http://www.NFSMI.org).

A trusted source for accurate, reliable information, the NFSMI offers face-to-face and on-site training seminars at little or no cost and free online courses designed to support the professional development of child nutrition program and child care personnel at all levels of responsibility. The Institute also delivers free training resources managers can use to train their staff.

Here is a link to their latest newsletter: <http://www.nfsmi.org/documentlibraryfiles/PDF/20110406033949.pdf>

► **April 19, 2011: Second Health Inspection**

Remember – the USDA requires each site participating in the National School Lunch or School Breakfast Program to receive at least two health inspections each *school* year. If you have not received the second inspection by now, you should write to your local health department to remind them of this requirement. While the State Agency recognizes that there may be difficulty in obtaining the two inspections, we would like to stress that you are responsible for requesting such inspections and documenting these efforts.

*When two health inspections are not conducted each sponsor is responsible for requesting the inspections and documenting these efforts.* Retain a copy of the letter sent to the health department to document your attempt to comply with this regulation.



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► **April 26, 2011: Recipes for Healthy Kids**

*Let's Move!*, in association with the U.S. Department of Agriculture, challenged school nutrition professionals, chefs, students, parents and interested community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country.

**Charter Oak International Academy in West Hartford** submitted the ***FIESTA WRAP*** recipe, which is one of the five finalists in the “Legumes” category. The *Fiesta Wrap* is a delicious main dish featuring a quinoa and black bean filling seasoned with cumin, chili powder, limejuice and a medley of shredded carrots, red peppers, red onion and reduced fat cheddar cheese. Students have the option of topping their wraps with fresh tomatoes, corn salsa or a fiesta sauce.

**Help the *FIESTA WRAP* win the popular choice award** by following this link to place a vote for this recipe:  
<http://www.recipesforkidschallenge.com/submissions>.

While on the Web site, check out all the wonderful recipes submitted from school teams all over the US. You are sure to find some tasty new recipes to add to your menus.

Please cast your vote to lead to a BIG WIN for the *FIESTA WRAP* and Charter Oak International Academy! Maybe we will get to see some Connecticut kids cooking in the White House kitchen!



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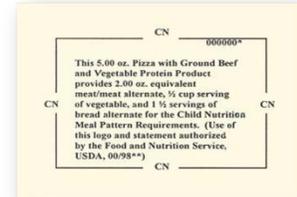
# Tuesday Tidbits

May 2011

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## ► May 3, 2011: CN LABELS

The USDA Child Nutrition (CN) Labeling Program provides food manufacturers the option to include a standardized food crediting statement on their product label. Labels must be authorized by the USDA prior to use and manufacturers must have quality control procedures and inspection oversight that meet the requirements. Products produced in accordance with the CN Labeling Program are generally purchased by foodservice providers for Child Nutrition meal programs.



What are the advantages of using CN labeled products?

- A CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, and it protects you from exaggerated claims about a product.
- A CN label provides a warranty against audit claims if the CN labeled product is used according to the manufacturer's directions.
- A CN label simplifies cost comparison of similar products.

What products are eligible for CN labels?

- Main dish products that contribute to the Meat/Meat Alternates component of the meal pattern requirements.
- Examples include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions.
- Juice and juice drink products containing at least 50 percent full-strength juice by volume. This includes such products as grape drink, fruit punch, frozen juice drink bars, and sherbet.

Note: Beverages containing some portion of 100 percent juice mixed with water must meet the requirements of state statute (see [http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Water\\_Juice\\_Beverages.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Water_Juice_Beverages.pdf)).

There is a great tool from the USDA CN Web site that gives you a list of approximately 6,000 active CN labels approved in the last 5 years. You can look by manufacturer or actual CN number. After the USDA reapproves all CN labels older than 5 years, by Sept 1, 2012, all CN label information will be on this site. There are many other CN labels that are still active that are older than 5 years, but they all expire on 9/1/12 and must be resubmitted to be reapproved prior to that date. Here is the USDA link to the CN web page: <http://www.fns.usda.gov/cnd/cnlabeling/authorized.htm>

NOTE: These are only the CN labels approved from 2005 on. There are over 18,000 approved and only about 6,000 are posted on the site currently.

## ► May 10, 2011: CHILD NUTRITION REAUTHORIZATION

Wondering when all the changes passed in the Healthy, Hunger-Free Kids Act of 2010 are going to start? Follow this link to implementation plan provided by the USDA for all the provisions of the Act.

[http://www.fns.usda.gov/cnd/Governance/Legislation/implementation\\_actions.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/implementation_actions.pdf)



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# Tuesday Tidbits

## ► May 17, 2011: CLARIFICATION OF CHANGES IN FLUID MILK REQUIREMENT

The Healthy, Hunger-Free Kids Act of 2010 requires that with the start of the 2011-2012 school year only 1% and lower fat content milk (e.g., ½% and fat-free or skim milks) be offered to students. This milk may be flavored or unflavored.

Whole milk and 2% milk CANNOT be served, effective with the starting of the 2011-2012 school year. The federal requirements supersede the state beverage requirements that allow whole and 2% milk to be sold to students (Section 10-211q of the Connecticut General Statutes).

*Flavored milk is addressed only in the proposed rule for the new meal pattern. Flavored milks of a fat content of 1% or lower may be served in school year 2011-2012. This may or may not change when the meal pattern changes are finalized.*

## ► May 24, 2011: HEALTHY FOOD CERTIFICATION

### Reminder: Deadline for 2011-12 Healthy Food Certification Statement is July 1, 2011

All public school districts participating in the National School Lunch Program must submit the Healthy Food Certification (HFC) Statement (Addendum to Agreement for Child Nutrition Programs, ED-099) to the Connecticut State Department of Education by **July 1, 2011**. The HFC Statement requires approval by the local board of education or governing authority. Districts that do not certify on or before the July 1 deadline are ineligible to implement healthy food certification for the 2011-12 school year.

Information on submitting the annual HFC Statement is available online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424>. For more information, contact Susan Fiore at 860-807-2075 or [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

## ► May 31, 2011: CLARIFICATION OF POTABLE WATER REQUIREMENT

The Healthy, Hunger-Free Kids Act of 2010 establishes a requirement for making water available *at no charge* to children in the National School Lunch Program.

The water must be available *without restriction* in the location where meals are served. Schools must comply with this requirement no later than the beginning of School Year 2011-2012. Signage should be used to highlight where water is available.

Schools may comply with this requirement in many ways: through **unrestricted access** to a water fountain within the cafeteria or immediately outside the cafeteria; with water dispensers and cups; or other simple ways of providing potable water to all students.

To read about the State of California's experience with a similar requirement, follow this link:

[http://cfpa.net/water/water\\_issue\\_brief.pdf](http://cfpa.net/water/water_issue_brief.pdf). Also, check out the *Water in Schools* Web site at <http://waterinschools.org>.

OM# 20-11 Water Availability during National School Lunch Program Meal Service:

[http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/11/OM\\_20\\_11.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/11/OM_20_11.pdf).



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# Tuesday Tidbits

June 2011

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► **June 7, 2011: LOOKING FOR SOME NEW RECIPES FOR YOUR SCHOOL MEALS PROGRAM?**

Check out the USDA Recipe Finder Database! All recipes contain HACCP required Critical Control Points (CCPs) and even nutrient analysis.

<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php?te>

► **June 14, 2011: ARE YOU REALLY BUYING AMERICAN?**

You may think you are because your bid contract requires it, however, as our consultants visit school meals programs throughout the state, we continue to find foreign food products on school storage shelves.

We have seen product clearly labeled “*Product of China*” or “*Product of Thailand*.” These products may carry the name brand of a domestic company, but the product itself may derive from another country. We have seen this with products that are readily available from the USA, including applesauce, peaches, pears and fruit juices.

Check the products on your storeroom and freezer shelves. If you find products of questionable origin, contact your distributor to find out why you are not receiving the domestic product your bid specifies.

As you were reminded in the January 31, 2011 *Tuesday Tidbit*, Section 104(d) of the William F. Goodling Child Nutrition Reauthorization Act of 1998 (Public Law 105-336) requires School Food Authorities to purchase domestically grown and processed foods, to the maximum extent practicable. Purchases made in accordance with the Buy American provision must still follow the applicable procurement rules calling for free and open competition.

For frequently asked questions and answers regarding the Buy American provision, follow this link:

[http://www.fns.usda.gov/cnd/governance/Policy-Memos/2006/SP\\_20-2006.pdf](http://www.fns.usda.gov/cnd/governance/Policy-Memos/2006/SP_20-2006.pdf)

► **June 21, 2011: CALLING ALL SCHOOL GARDENERS**

[Sign up now](#) for the 2011 [Green Thumb Challenge](#)!

Calling on all schools and youth groups: join GEF’s [Green Thumb Challenge](#), the largest youth gardening initiative going on today! The [Green Thumb Challenge](#) aims to connect children with nature and the healthy and sustainable benefits of gardening as part of a nationwide movement to get kids growing.

GEF provides detailed steps on how to plan for a successful growing season, including information on how to [build your garden](#) (including turn-key garden templates), what vegetables are best for kids and how to [plant them](#), as well as how to successfully set up a [compost](#) system, and much more. We will also highlight GEF activities that link the garden to the classroom for K-12 students in [science](#), [nutrition](#), and [art](#).

“[Get Set](#)” to garden by building a [raised bed](#), [prepping your soil](#), and setting up your [irrigation](#) system. Looking for inspiration? Visit our [theme garden designs](#) and choose your favorite. If you’re short on space, we recommend [container gardening](#).

For information that’s specific to your region, please see our “[Ask an Expert](#)” section which lists local extension offices and their contact information. Don’t forget to check out our location-specific [frost date chart](#)!

You could be featured as a [Garden Spotlight](#): track your progress by taking lots of photos and send them to [service@greeneducationfoundation.org](mailto:service@greeneducationfoundation.org). GEF will be also be awarding a [\\$5,000 grant](#) to the most exceptional youth garden in our community. Participation is free; to learn more visit the comprehensive [Green Thumb Challenge](#) Web site.



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# Tuesday Tidbits

► **June 28, 2011: FREE COOKWARE SETS AVAILABLE TO CHEFS MOVE TO SCHOOL PARTNERS**

Schools participating in *Chefs Move to School* are eligible to apply for a free, high-end cookware demonstration kit. Share Our Strength and Partnership for a Healthier America are distributing the kits, donated by All-Clad and other manufacturers.

**Background:** Launched by First Lady Michelle Obama's Let's Move campaign, *Chefs Move to Schools* encourages chefs to pair up with local schools to mobilize and excite a new generation of healthy eaters. By adopting a school, a chef will work with school food professionals, teachers, parents and students to help educate kids about food and nutrition, and help them to make healthy choices.

**About the cooking kits:** Participating *Chefs Move to Schools* partners are eligible to receive a free cookware kit valued at approximately \$2,000. The kits include a stainless 8-quart stockpot, stainless 12-inch fry pan, induction burner, stainless solid spoon, stainless turner, stainless tongs, 18 centimeter chef's knife, 4-inch paring knife, large cutting board, and more.

**How to get kits:** For more information, to apply for the kits and to join *Chefs Move to Schools* if you haven't already, visit [www.strength.org/chefsmove](http://www.strength.org/chefsmove).



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# Tuesday Tidbits

July 2011

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## ► July 5, 2011: What's in Season?

Healthy Meals Resource System Web site has both recipes and nutrition education materials for seasonable [fruits and vegetables](#). For example, if you click on the Summer, and then the Peaches icon, you will come to a page with multiple resources for information about strawberries – how they grow, recipes, education materials, free photographs, and more. All the information you need to promote peaches on your September menu...just a few clicks away!

There are also "[Features of the Month](#)" with resources to celebrate these special events.

### September Features:

- National Food Safety Education Month
- National Fruit & Veggies – More Matters Month
- National Childhood Obesity Awareness Month
- Food Allergy Awareness Month
- Family Health and Fitness Day
- National Food Service Employees Day
- Whole Grains Month
- Ethnic Foods Month

## ► July 12, 2011: MyPlate

As you may have heard, the USDA has replaced MyPyramid with the new **MyPlate**. It was released on June 2, 2011 and is available at <http://www.choosemyplate.gov/>.

For a quick overview, see:

<http://www.cnpp.usda.gov/Publications/MyPlate/GettingStartedWithMyPlate.pdf>

<http://www.choosemyplate.gov/downloads/MyPlate/DG2010Brochure.pdf>

The old MyPyramid materials for children and preschooler have not yet been updated.

## ► July 12, 2011: Free Healthy Eating Posters

You can download several free colorful posters promoting healthy eating at school at <http://www.bcm.edu/cnrc/index.cfm?pmid=9874>. These are great posters at no cost that you can use to “pump up” your marketing efforts with fresh fruits and veggies!



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# Tuesday Tidbits

## ► July 12, 2011: Menu for Healthy Kids

School foodservice is in the public spotlight as never before. For the foodservice director, creating menus that appeal to students is never easy. Add in the fact that there are limitations nearly everywhere you turn—whether you are looking for funding to purchase nutritious foods or enough time and the necessary training materials for your staff—and the task becomes that much more difficult.

Helping children develop a palate for healthy food options is one part presentation and another part preparation. [Menu for Healthy Kids](#) from The Culinary Institute of America gives you the quality resources you can use within your school district to make an impact on your students' preference for better food options.



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