



CONNECTICUT STATE
DEPARTMENT OF EDUCATION

TUESDAY TIDBITS

August 2016

Tuesday Tidbits is the CSDE's weekly e-mail for Connecticut school nutrition sponsors. It provides simple suggestions, reminders, resources and advice to help run a successful school nutrition program. Previous editions are available on the CSDE's [Tuesday Tidbits](#) Web page.

August 16, 2016: Consider the Afterschool Snack Program in 2016-17

Does your district have a lot of activities occurring after the end of the regular school day? Are some of these educational or enrichment activities? The Afterschool Snack Program helps children get the nutritious foods they need in a safe, supervised environment. The USDA provides reimbursements for snacks served at afterschool programs offering enrichment or education activities as an extension of the National School Lunch Program. For many children this may be their only access to healthy foods after the school day ends.

To learn more about this USDA nutrition program visit the [CSDE Web page](#) for the Afterschool Snack Program. Be sure to read through the Connecticut State Department of Education's [Afterschool Snack Program Handbook](#)! Contact Jackie Schipke at jackie.schipke@ct.gov or 860-807-2123 with any questions.

TUESDAY TIDBITS, continued

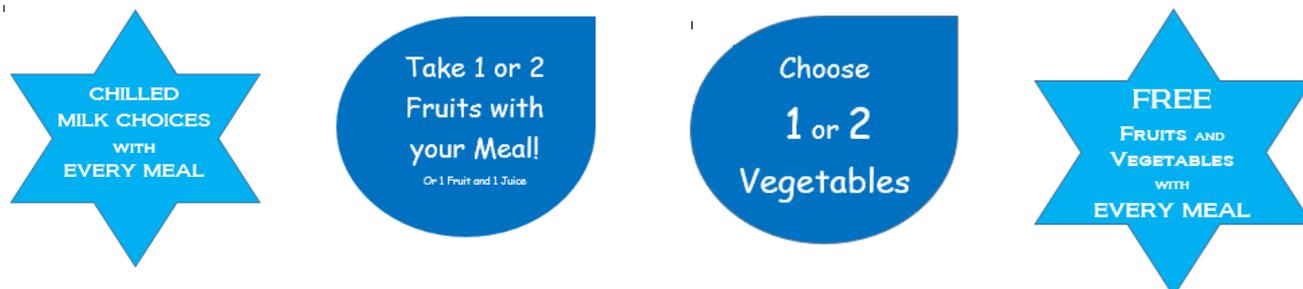
August 23, 2016: Signage on Serving Line

During last school year's Administrative Reviews, we continued to find that many schools are lacking required signage on the serving line. The Healthy Hunger-free Kids Act requires that all schools have clear signage posted explaining offer versus serve (OVS) to students. Schools are required to identify reimbursable meals to students to reduce the unintended purchase of a la carte items. Signs should also serve to assist students in making healthy food choices.

Age-appropriate signs should be posted along the serving line to direct students to choose all items available with the reimbursable meal. For example, if vegetables are offered in ½ cup portions to students, there must be clear and visible signage notifying students that they may take TWO vegetables with their meal, since the meal pattern requirement is for ¾ or 1 cup of vegetables, depending upon the age group.

All a la carte items must be marked as such with the price clearly posted.

Signage can be easily created with computer graphics at the district level to direct children to choose all the healthy components available with their meal.



August 30, 2016: Valuable Resource for your Local Wellness Team

The *Whole School, Whole Community, Whole Child Summer 2016 e-Bulletin* is available on the *Healthy Connections* Web page. Please share this information with your district's Wellness Team.

The Bulletin highlights two cross-cutting themes: teamwork and community involvement. Each topic highlights the importance and need for teamwork, inclusive of community support, when addressing student health and academic achievement. Featured topics in this Bulletin include:

- the Whole School, Whole Community, Whole Child Model (formerly Coordinated School Health);
- chronic absenteeism; and
- district and school wellness teams.

For questions regarding the e-Bulletin, contact Donna Heins at 860-807-2082 or donna.heins@ct.gov.

Disclaimer: *Tuesday Tidbits* provides general information to assist Connecticut sponsors of the U.S. Department of Agriculture (USDA) school nutrition programs. It does not represent all federal and state requirements and regulations regarding the operation of the USDA school nutrition programs. The inclusion of links to external Web sites does not constitute the Connecticut State Department of Education's endorsement of the information, products, services or opinions contained therein.