



CONNECTICUT STATE
DEPARTMENT OF EDUCATION

TUESDAY TIDBITS

October 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.

October 4, 2016: Put Local On Your Tray



PUT LOCAL ON YOUR TRAY promotes local food in Connecticut schools, offering materials and support services to help school districts serve and celebrate locally grown products.

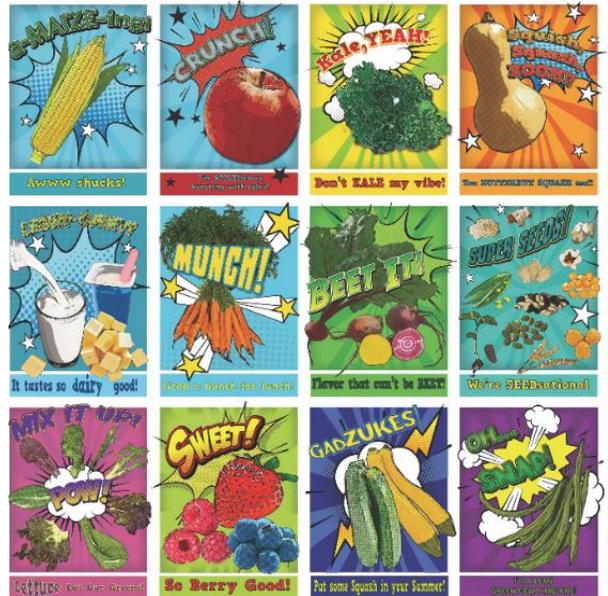
On the Web site you will find a fruit or vegetable to promote for each month of the year along with printable

posters, stickers, newsletters, kid-friendly recipes, and more!

Schools that commit to participate in **PUT LOCAL ON YOUR TRAY** must agree to plan one or more "Local Tray Days" on a school menu this year.

A Local Tray Day has two components:

- Adding the locally grown item to the menu at least once.
- Promoting the locally grown item using posters, stickers, newsletters or social media.



Schools can [sign up](#) to participate. All registered participants in the **PUT LOCAL ON YOUR TRAY** promotion are eligible to receive an award from the School Nutrition Association of Connecticut at the spring banquet on May 17, 2017.

For more information or questions about **PUT LOCAL ON YOUR TRAY** contact:

Dana Stevens, Program Coordinator
Phone: 603-809-9231
E-mail: dana.putlocalonyourtray@gmail.com

Sponsors

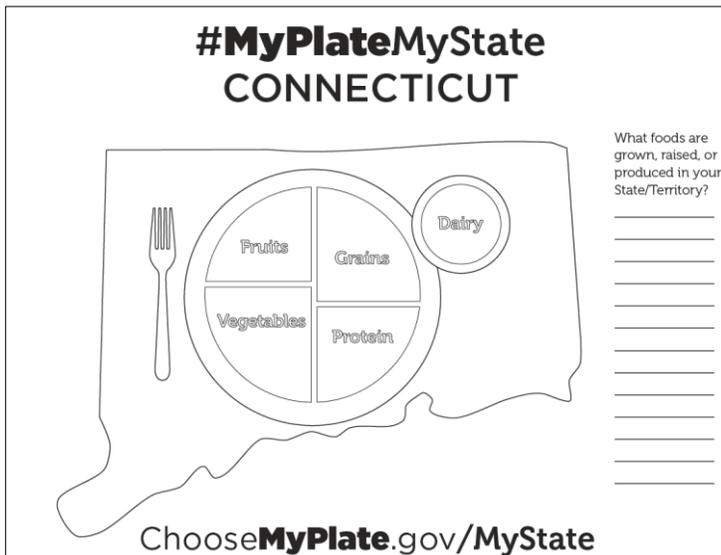


TUESDAY TIDBITS, continued

October 11, 2016: MyPlate, MyState

Just in time for [National Farm to School Month](#), the USDA's Center for Nutrition Policy and Promotion (CNPP) – the folks behind MyPlate – have launched a new campaign to encourage consumers to integrate local and regional foods into their diets. Check out Connecticut on [MyPlate MyState](#) to see the resources at your disposal. Included you'll find a [Toolkit for Teachers](#), which will help educators continue to embed lessons about food, nutrition, and agriculture into the classroom.

Here's a glance at some of the activities for kids, including a coloring sheet to accompany discussions about what foods are produced locally for younger children, and a local foods menu planning activity for older students:



Feel free to share [this blog post](#) describing *MyPlate, MyState* in further detail. You can link to this resource on your Web site and circulate among your schools and other program partners.

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.

TUESDAY TIDBITS, continued

October 18, 2016: A La Carte Breakfast

Do you only sell a la carte breakfast items at your secondary schools? Why not “bundle” the required components of a reimbursable breakfast together and offer a well-balanced nutritious start to the day to your entire student body? Offering only an a la carte program can make breakfast out of reach for those students eligible for free or reduced-price meal benefits.

We have discovered that many secondary schools in Connecticut offer breakfast items for sale but do not participate in the USDA School Breakfast Program (SBP). If you already have the staff and the student customers in place, it is simple to combine some foods to offer a reimbursable breakfast to benefit ALL students in your school.

If you would like assistance in adding a reimbursable breakfast to your program, the Connecticut Breakfast Expansion Team (CBET) can help! CBET can provide assistance where you need it, including planning, promoting, financing and advocating for the SBP in your school. You can start the SBP at any time during the school year.

E-mail Jackie Schipke at jackie.schipke@ct.gov if you would like someone from CBET to come help you bring a reimbursable breakfast to your students or if you have any questions about SBP.

October 25, 2016: What You Can Do to Help Prevent Wasted Food

Food waste is becoming a “HOT topic” across the nation. Get informed with this new USDA resource. This booklet discusses ways to reduce, recover, and recycle food before it goes to waste. Get ideas for your school by reading tips for school nutrition professionals, teachers, parents, students, and school administrators.

This resource is available to download as a PDF. Printed materials are available only to schools, childcare providers and summer meal programs participating in one of USDA’s Child Nutrition programs. Use the [Resource Order Form](#) to request printed materials. Allow 2-4 weeks for delivery. Each item includes 25 booklets.



All are welcome to download these materials and make copies. If you have difficulty opening any of these files in your Internet browser, please right-click on the link and “save target as...” to download.

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