

School Nutrition News

A Newsletter from the Wisconsin Department of Public Instruction, Division of Finance and Management

Vol. 4 No. 2

Winter 2011-2012

Time Saving Technology At No Cost to You



Back in 2009, the U.S. Department of Agriculture (USDA) awarded Wisconsin an Administrative Reviews and Training (ART) grant totaling just over \$1.96 million to assist with the administration of the National School Lunch Program (NSLP). The Department of Public Instruction (DPI) is using the grant funding to develop and implement a state-of-the-art technology solution that is designed to help schools across the state better manage their school nutrition programs. The system will provide schools with the technology, tools, and support necessary to be more productive and efficient, ultimately leading to significant time and cost savings – all at no cost to the school!

DPI is currently in the process of awarding a contract to Cybersoft Technologies, Inc. They will be building the customized software solution for DPI. As development gets underway, DPI may be contacting your school to join a group of pilot schools to test the new system. If you are interested in being included in this group, please contact Jessica Sharkus at jessica.sharkus@dpi.wi.gov or (608) 266-2416.



Prepare for Summer Feeding Now

The effects of the economic downturn continue to be seen in our communities, affecting the lives of the families we serve on many levels. Your school may have seen a rise in the need for assistance through the NSLP and School Breakfast Program (SBP) based on the number of children that now qualify for a free or reduced price meal. Thankfully, the vast majority of schools in Wisconsin provide these much needed programs during the school year. We are working hard, however, to increase the number of organizations, including schools that offer nutritious meals to children during the summer months. This can be accomplished a number of ways through federally-funded reimbursement programs designed to do so.

Please visit the DPI – Summer Feeding Choice for Schools webpage www.dpi.wi.gov/fns/summerchoices.html for more information and if interested, contact Amy Kolano, Summer Food Service Program (SFSP) Coordinator at (608) 266-7124.

Remember, even if your school does not participate in a summer feeding program, *if requested by a SFSP sponsor*, schools must provide outreach regarding the availability and location of summer feeding programs in their community before the end of the school year.

HealthierUS School Challenge Participants Honored at the White House



The HealthierUS School Challenge (HUSCC) recognizes those schools that have created healthier school environments through the promotion of nutrition and physical activity. The HUSCC is a key component of the First Lady's *Let's Move* campaign.

Recently, the First Lady honored schools who received a HUSCC certification with a reception at the White House. Two schools from Wisconsin attended the event: West Salem Elementary School and Erin School. The reception took place on the South Lawn of the White House. Guests were treated to music, healthy snacks, and a tour of the White House Kitchen Garden.

First Lady Michelle Obama addressed the crowd and discussed the important issue of childhood obesity. She highlighted programs such as *Chefs Move to Schools*, *Let's Move Salad Bars to Schools*, the Presidential Active Lifestyle Award and the passage of the Healthy, Hunger-Free Kids Act 2010. She also praised all those in attendance for their hard work to improve the school environment for their students.



From Left to Right: West Salem School District's John Smalley, Lynn Strong, Michelle Kloser; Erin School's Monica Glorioso and Kathy Wojtczak, and DPI's Kelly Williams



Small Victories Update

“Greens and Beans” and “What’s up with the Reauth?” were completed in October with over 225 participants. Attendees learned about current regulatory changes under the Healthy Hunger-Free Kids Act 2010, as well as proposed rules, including the much anticipated meal pattern change. Also included in this fun and interactive training was a cooking demo that incorporated easy and “student friendly” recipes using dark leafy greens and legumes. During the training, participants were surprised to learn that green peppers are not considered a “dark green” vegetable because of their nutritional composition and that split peas are actually legumes not to be confused with green peas. Who knew?

Katherine Pike, Emily Montemurro, and Elizabeth Severson provided the *Greens and Beans* portion of the training allowing participants the opportunity to meet our newest consultants. It was the perfect opportunity for learning, networking and fun. A big thank you to our host schools including Northwoods, Elcho, Cuba City, Baldwin-Woodville, Hartford Joint 1, Westfield, and Kiel school districts. We couldn’t have done it without you!

Please watch for a new Small Victories series in fall 2012. As always if your school is interested in hosting a session, feel free to contact Loriann Knapton at loriann.knapton@dpi.wi.gov or by phone (608) 266-1046.



AmeriCorps*VISTA is the national service program designed specifically to fight poverty. Using a grant awarded by the Corporation for National and Community Service, the DPI recruits and places 34 summer VISTA members and 20 full-year members through the Family-School-Community Partnerships VISTA project. Nationally about 7,000 VISTA members are placed each year in low-income communities around the country.

Beginning in 2011, the summer VISTA volunteers focused on raising hunger awareness, providing nutrition education for food insecure families, and developing community gardens. Due to the work of these volunteers, over 2,500 families were made aware of a new food resource (SNAP, summer food service program, community garden, etc.) and 1,800 children received nutrition education programs. More information on where these volunteers served and what they did is available at <https://sites.google.com/site/dpivistaproject/summer-vista-project>.

To be eligible to host a summer VISTA volunteer, beginning in June 2012, you must focus on serving low-income families and children, assign a supervisor to work with the volunteer, and attend an orientation to the program. For those interested in

hosting a summer VISTA volunteer to increase the capacity of their organization to reach food insecure students and families, applications will be available in mid-late February. Please email Betsy Prueter at betsy.prueter@dpi.wi.gov, to be notified when they are available or look on our website at www.dpi.wi.gov/fscpvstahost.html.

USDA Foods 2012-13 School Year Product Updates



In an effort to provide healthier USDA Foods choices that are in-line with the *Dietary Guidelines for Americans*, school meal standards, and the most recent Institute of Medicine’s recommendations to improve the nutritional quality of school meals, the Wisconsin Task Force on USDA Foods made the following USDA Foods changes for the SY2012-13 annual order:

New “Brown-box” USDA Foods:

1. 100184, Ham, Cooked, Water-Added (A693)
2. 100201, Catfish, Filet Strips (A752)
3. 100237, Cherries, IQF (A364)
4. 100317, Canned Sweet Potatoes (A220)
5. 100354, Frozen, Mashed Sweet Potatoes (A225)
6. 100365, Canned Pinto Beans (A079)
7. 100370, Canned Red Kidney Beans (A086)
8. 100427, Whole Grain Spaghetti (B836)
9. 100919, Whole Grain Macaroni (B426)

The nutrition fact sheets for these new products, as well as all of the other “brown-box” USDA Foods, can be found on USDA’s website at the following link

www.fns.usda.gov/fdd/schfacts/singfacts_tables_bytitle.htm

Discontinued “Brown-box” USDA Foods:

1. 100188, Ham, Cooked, Frozen, Cubed (A727)
2. 100442, Soybean Oil, Low Sat Fat (B664)
3. 100494, Rice, Parboiled, Long Grain (B507)

New State-Processed Products:

1. C524, Chicken Patties, Grilled, Gold Kist/Pilgrim’s Pride
2. C814, French Toast Sticks, Whole Grain, Michael Foods

Discontinued State-Processed Products:

1. C452, 4.0 oz PB & J Sandwich w/Soy, Smuckers
2. C515, Chicken Nuggets, Pilgrim’s Pride
3. C702, Mozzarella String Cheese, Miceli Dairy

The nutrition fact sheets for all of the 16 state-processed products are available on the DPI website at www.dpi.wi.gov/fns/fooddist.html#product.



Legislative Updates

The USDA, in partnership with the School Nutrition Association (SNA), held its biennial State Agency Conference in late November 2011. As promised, the USDA expects to release many new changes resulting from the Healthy Hunger-Free Kids Act, beginning as early as January 2012. Anticipated dates for publishing and implementing provisions related to the new meal patterns, the six cents increase to lunch reimbursements, and the modified Coordinated Review Efforts (CRE) are below:

- January 2012 – USDA publishes *Meal Pattern Rule*.
- March 2012 – USDA publishes *6 Cents Rule*.
- July 2012 – Meal pattern implementation required.
- July 2012 – 6 cents certifications begin for SFA’s meeting new meal pattern requirements.
- School Year (SY) 2012-13 – Final year of current five-year CRE cycle.
- October 1, 2012 – Additional six cents per lunch available to certified SFAs.
- SY 2013 -14 – First year of new three-year CRE review cycle.

To assist School Food Authorities (SFA) with implementing the new requirements, the DPI will continue to offer training and technical assistance, as soon as possible, upon receipt of new information on these provisions. In addition, keep informed by attending *What’s New with School Nutrition* offered via MS Live Meeting on the second Tuesday of every month from 2:00 p.m. to 3:00 p.m. Go to the *What’s New* MS Live Meeting webpage at www.dpi.wi.gov/fns/whatsnew.html to view the agenda, download the PowerPoint, join the meeting, and/or watch previously recorded meetings.

Congratulations Kelly Williams



Kelly has been a Public Health Nutritionist with the DPI School Nutrition Team (SNT) for four years and has just accepted the Education Consultant position for the Team Nutrition Training Grants on the SNT. Kelly will continue to work with schools on the HUSSC but will also be administering all of the Team Nutrition grants. Congratulations Kelly!



DPI Consultants Emily Montemurro and Katherine Pike

Offered a cooking demo during Small Victories training

Meet Your DPI Team

Patty Devine, Office Operations Program Associate



- **Birthplace** – Portage, WI
- **Most surprising past job** – Guide on Upper Dells boat tour, support staff to the discoverers of the Bone Marrow Transplant.
- **Hobby** – Enjoying grandchildren/family, pets, and friends.
- **Favorite part of your job** – Working with the great, hard working people on our team! My family thinks it is ironic that I am on a food and nutrition team as I don’t like to cook and what I like to eat would not qualify as being nutritious!

Chris Goetsch, Office Operations Program Associate



- **Birthplace** – Madison, WI
- **Most surprising past job** – Game Attendant at Riverview Park & Waterworld.
- **Hobby** – Getting together with friends.
- **Book/magazine at bedside** – The Hobbit.
- **Favorite school lunch** – Chicken Noodle Casserole.

Welcome Back Kathy

The SNT is glad to have Kathy Bass temporarily out of retirement to assist us with reviews in the Milwaukee area this school year. So don’t be surprised to see a familiar face in a school near you! Welcome back Kathy!

Temporary Approval Has Changed

The updated version of the USDA's *Eligibility Manual for School Meals – Determining and Verifying Eligibility* (October 2011) contains new information which changes how free and reduced price meal/milk applications are approved when households report zero income. According to page 26 of this manual, temporary approval is no longer applicable because of the year long duration of eligibility provision. If there are concerns about the authenticity of the information provided on the application the school agency may, on a case by case basis, verify the application for cause. Refer to page 77 of the manual for further information about verification for cause.

It cannot be assumed that a household is reporting zero income if the household fails to properly complete the application. The household must: mark the "Check if NO income" boxes for Part 1 of the application; report \$0 in the "Gross Income and How Often It Was Received" in one of the columns in Part 4 of the application; **and/or** state that the household has no income sources on the application or through a note attached to the application. Applications are incomplete if households submit applications without this documentation. To obtain the required income information, the determining official may return the application to the household or contact the household either by phone or in writing. Per page 25 of the eligibility manual, the school must document the details of the contact, the date, and initial the entry on the application.

Food Safety Plan – Review and Revision Requirements

Schools participating in the NSLP and/or SBP must have a food safety plan that conforms to USDA's *Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to Hazard Analysis Critical Control Point (HACCP) Principles*. The guidance states that schools must conduct ongoing validation activities and review the food safety plan at least annually or as often as necessary to reflect changes. According to the guidance:

- Periodic validation activities include observing employees' monitoring activities such as recording accurate temperatures on logs, calibrating equipment and temperature measuring devices, reviewing records, and discussing standard operating procedures with employees. All of these activities should take place regularly to verify that the program is addressing the food safety concerns and, if not, checking to see what needs to be modified or improved.
- The plan review must address any changes in the school's operation. Such changes may include new equipment, new menu items, comment on health inspections, new USDA requirements, and/or other factors.

Each school agency must determine who will review the current plan, when it will be done, and how it will be documented. It is

recommended that schools work with the environmental health specialist that conducts the food safety inspections. A plan review form is posted on DPI's website to generate some dialogue during the second inspection and to document that a plan review was conducted and necessary revisions were made. This form is listed under the Food Safety Program Based on HACCP Principles section of DPI's Wisconsin School Food Safety and Food Biosecurity Information webpage at www.dpi.wi.gov/fns/foodsafety.html.

To comply with new food safety plan enhancements required for the SY 2011-12, the plan must cover where food is stored, prepared, and/or served such as hallways, kiosks, classrooms, or other locations outside the kitchen for all federal school nutrition programs - NSLP, SBP, Special Milk Program, Fresh Fruit and Vegetable Program, After School Snack, and At-Risk Suppers. Additional prototype standard operation procedures are available at the website location provided above.

Please note: USDA regulations **do not** require the environmental health specialists (inspectors) to approve, evaluate, monitor or validate the food safety plan based on HACCP principles. DPI is the state agency (SA) that administers the federal school meal programs so it is responsible for providing compliance assistance and ensuring that school food authorities meet requirements. DPI's memorandum of understanding with the WI Department of Health Services (DHS) includes a protocol for validating the food safety plan during the second inspection to determine if a plan is available at each school serving meals, standard operating procedures are followed, and monitoring logs are completed. Whenever there are compliance problems, DPI is contacted by DHS or agent health departments and DPI assesses the need for technical assistance or other measures such as withholding of reimbursement payments.



Pop Quiz

The 2010 Dietary Guidelines recommends increasing your intake of whole grains by replacing refined grains with whole grains. Which of the items listed below are not whole grains if found as an ingredient on bread product label?

- | | |
|--|--|
| <input type="checkbox"/> a. Multigrain | <input type="checkbox"/> g. Quinoa |
| <input type="checkbox"/> b. Buckwheat | <input type="checkbox"/> h. Millet |
| <input type="checkbox"/> c. 100% Wheat | <input type="checkbox"/> i. Cracked Wheat |
| <input type="checkbox"/> d. Stone-ground | <input type="checkbox"/> j. Bran |
| <input type="checkbox"/> e. Rolled oats | <input type="checkbox"/> k. De-germed cornmeal |
| <input type="checkbox"/> f. Oatmeal | <input type="checkbox"/> l. Whole-wheat flour |

See answer on back cover. More information about recognizing whole grains on ingredient labels is on page eight of this publication.



New Guidance

SP 50-2011: Free and Reduced (F/R) Price Meal Applications - Requests for Additional Information

The purpose of an application for F/R price school meals is to determine eligibility for benefits based on income or categorical eligibility. Local Educational Agencies (LEAs) may request additional information on applications, if it could provide a benefit to the applicant. Applicants are notified that the information will be shared for the purposes of providing that benefit, and it does not create a real or perceived barrier to participation in the Child Nutrition Programs (CNP). The ability to do so provides a mechanism for LEAs to share information on the availability of other non-meal benefits and reduce paperwork burden on households.

If schools or LEAs collect this type of information solely for non-NSLP, -SBP, or -SMP purposes, the application may not be labeled as an application for benefits under the CNPs. In addition, the request for additional information may not create a barrier to CNP participation. Failure on the part of the household to complete this additional information can't categorize the application as "incomplete" or block/slow down the determination process of the application. LEAs may not request applicants to provide any information regarding citizenship as it may deter a household from applying. LEAs are encouraged to comply ASAP. There are four Q&A's on page four of this memo found on our website at www.dpi.wi.gov/fns/fincou1.html#1d.



SP 01-2012: Rural Development's Community Facilities (CF) Program

The purpose of this memo is to bring attention to USDAs Rural Development Community Facilities program. This program provides loans and grants to assist in the development of essential community facilities that provide healthcare, education, public safety, and public services. Examples may include: improve a facility by adding refrigeration units for fresh fruits and vegetables, expand a campus to include an organic vegetable garden, or purchase a convection food steamer to prepare locally grown vegetables. Grants and loans are competitively scored and grant funds are limited. More information can be found at www.rurdev.usda.gov/HCF_CF.html.



SP 02-2012: Verification and Reporting of Foster Children

The purpose of this memo is to provide guidance on the verification process and reporting for categorically eligible foster children. Because foster children are now categorically eligible and because a foster child's free status is not extended to the other children in the household, the verification and report procedures must be modified to accommodate this change. The following procedures must be used to verify and report foster children:

Determining Verification Pool: Foster Children	
Directly certified foster children	Foster children may be identified and certified eligible through documents obtained or provided by courts or state or local foster agencies. These children are directly certified and are not subject to verification.
Foster children appearing on applications	Foster children may be identified and certified as eligible though an application if they are not directly certified. It is the foster family's choice whether to submit separate applications for the foster child and for the non-foster children in their household or combine all the children on a single application. Both types of applications would be included in the verification pool.
Reporting on the FNS-742, Verification Summary Report	
Application includes only foster children who are not directly certified	The foster child and application must be reported as categorically eligible. The child/application must be reported in boxes 4-2 A&B.
Application includes only directly certified foster children	The directly certified foster child must be reported in 4-1 A; the application is not reported and can be disregarded. If an application for a foster child is submitted with attached documentation that verifies foster care status, the foster child is considered directly certified. The child must be reported in 4-1 A and the application is not reported and can be disregarded.
Application includes both a foster child who is not directly certified and income eligible students	The foster child must be reported as categorically eligible in box 4-2 A. The application is not tied to the foster child unless the other students listed on the application are determined ineligible based on income, in which case the application is tied to the foster child and reported in 4-2 B. The income eligible students/applications must be reported in the appropriate free and reduced price income eligible boxes 4-3 A&B or 5 A&B.
Application includes both a directly certified foster child and income eligible students	The directly certified foster child must be reported in box 4-1 A (even if the other students are denied benefits because they do not meet income requirements); the other students/applications must be reported in either 4-3 A&B or 5 A&B depending on whether they qualify for free or reduced price meals. If the other students are determined to be ineligible due to income, the application is not reported and not subject to verification.

Application includes both a directly certified foster child and students that provide FoodShare, W-2 Cash Benefits, or FDPIR case number (categorically eligible)	The directly certified foster child must be reported in box 4-1 A, the other students/applications must be reported in boxes 4-2 A&B.
Application includes both a foster child not directly certified and students that provide FoodShare, W-2 Cash Benefits, or FDPIR case number (categorically eligible)	All students listed, including the foster child, are categorically eligible and the students/applications are reported in boxes 4-2 A&B.

guardians' primary language is not English can get the school meals for which they are eligible:

- **Identify the primary language of households that might be eligible for free or reduced price school meals and communicate with households in that language-** SAs and LEAs should utilize a system that may already be in place at the school that helps to identify parents' primary language for communications regarding the child's education like a home language survey. As an alternate, LEAs could use Food and Nutrition Service's (FNS) "I speak" to identify the appropriate language for communications www.fns.usda.gov/cnd/frp/Ispeak.pdf.
- **Provide written translations -** We have provided Spanish and Hmong translations of the application materials as well as Spanish translations of the direct certification materials. Look for additional translated materials in the coming school years. In addition, FNS has application materials translated into 33 different languages. Translated materials can be found at www.dpi.wi.gov/fns/fincou1.html.
- **Provide oral interpretation services -** LEAs should identify oral interpretation services available within the school that can be used to communicate with households about school meal benefits. Parents should not need to rely on family members or friends.
- **Assist with verification -** SAs and LEAs are expected to have all verification notices and follow-ups in the primary language of the parents or guardians in the household.
- **Serve parents or guardians with limited literacy -** It is important for SAs and LEAs to make sure that parents or guardians who are unable to read are provided with assistance so they can understand and complete the application, certification, and verification process.
- **Include the required non-discrimination statement -** The non-discrimination statement must be on all translated materials in the translated language.

Additional training on the changes to verification and the verification summary report will be provided during our summer School Nutrition Skills Development Courses.



SP 03-2012: Direct Certification and Zero Benefit Households

The purpose of this memo is to make sure SAs are restricting categorical eligibility for free meals based on FoodShare participation to children who are members of a household receiving assistance under FoodShare, therefore eliminating those from households who are currently receiving "zero benefits." FoodShare defines benefits as allotments issued on electronic benefit transfer (EBT) cards, or other means approved by the Secretary, that can be used to purchase food at authorized retail food stores. Direct certification matching for the school year beginning July 1, 2012, and beyond, must not include children in households receiving zero FoodShare benefits as categorically eligible for free school meals. DPI is working with the Department of Children and Families to make sure we are in compliance with this requirement.



SP 06-2012: Applications and Other Household Materials for Limited English Proficient Households

This memo is to inform LEAs that they will need to make changes to household materials, as they relate to the NSLP, SBP, and Special Milk Program (SMP), to support the Congressional intent of ensuring no barrier for participation exists for Limited English Proficient (LEP) families. LEAs are currently assisting LEP families as required under Title VI of the Civil Rights Act of 1964. Under Title VI, LEAs have a responsibility to be aware of the language needs of LEP households and make sure they have access to the same information other parents have. Information on the availability of free and reduced price meal application materials is covered by Title VI. In addition, NSLP regulations at 7 CFR 245.6(a)(2) require that any communication with households for eligibility determination purposes must be in an understandable and uniform format and to the maximum extent practicable, in a language that parents and guardians can understand. The following are some steps that the SAs and LEAs can do to help ensure that low-income children whose parents or



SP 07-2012: Allocation of Administrative Funds for State Costs of Implementation of New Meal Patterns for the NSLP and SBP

Section 201 of the Healthy, Hunger-Free Kids Act of 2010 (the Act) requires performance-based cash assistance for SFAs certified compliant with meal pattern and nutrient standards. This provision requires SAs to certify whether participating SFAs are in compliance with meal requirements and, therefore, eligible to receive performance-based cash assistance for each reimbursable lunch served (an additional six cents per lunch, adjusted annually, available beginning October 1, 2012). USDA will be providing Wisconsin with an additional \$641,966 per year for a two-year period to assist local program operators to improve the quality of school meals provided to children and come into compliance with the new meal patterns.



Farm to School (F2S) = School Garden

Farm to School (F2S) has been broadly defined as a program for schools to serve more healthful, locally produced foods to students; provide unique nutrition education opportunities; and improve Wisconsin's economy by developing new markets for farmers. Not all F2S programs are alike. Schools across the state have incorporated different components of F2S in their program and at different levels. While there are many resources available to assist you, a great resource may be in your own backyard. If you are unable to partner with local farmers, consider using a school garden as a way to start a F2S program at your school.

School gardens can offer an excellent opportunity to generate student, staff, and community interest. Clare Seguin, a science enrichment teacher at Madison's Lincoln Elementary, observes first-hand the educational benefits a school garden offers. "Working in our garden, growing food for ourselves, our families, and our community, observing the processes of life- all of this makes for powerful, essential, and exciting learning experiences. There's no limit to the skills and lessons students can learn from the garden."

The Lincoln School Garden was started in 1998 by a few people tilling up a little garden patch and having students plant it. Today the garden has grown and now consists of two different raised-bed garden sites and a large plot connected to a community garden area. Students don't see the fruits (or vegetables) of their labor on the lunch line, but enjoy their produce in class or donate it to a local food pantry and a senior housing center.

While spring planting may seem to be a far off thought, it is never too early to start planning. Use these cold months to identify a location for the garden and solicit volunteers and supplies. Be sure to check out the youth garden toolkit *Got Dirt?* The toolkit can be accessed at www.dhs.wisconsin.gov/health/physicalactivity/pdf_files/GotDirt_09.pdf.

Fresh Fruit and Vegetable Program (FFVP) Update

FFVP 2011-12

As the first semester ends be sure to look at your FFVP finances. Over \$300,000 was returned to USDA at the end of the SY 2010-11 and we don't want to see this happen again. If you have not spent at least half of your total award, please try to spend more! This can be done by increasing portion sizes, increasing days of snack service, or by purchasing fruits and vegetables that you might think are too expensive. Don't forget to be creative with your snack days. Try a "Build-a-Salad Day" and supply each classroom with a variety of different greens, shredded carrots and radishes, and diced mushrooms, peppers, and tomatoes. These value-added products may be costly, but the experience for your students will be amazing!

FFVP 2012-13

Are you interested in learning more about this program and obtaining it for your school? Pending program funding renewal, applications for the SY 2012-13 will be available on the DPI website in April. All elementary schools with a 50% or higher free/reduced lunch rate are eligible to receive the grant.



New RDIs for Calcium and Vitamin D

It seems that calcium and vitamin D are always in the news due to the potential benefits both nutrients provide the body. As most of us know, calcium helps to build stronger and denser bones in our bodies, and vitamin D helps to facilitate that process. Recent studies have shown that vitamin D might also provide greater benefits, including: cancer prevention, increased immunity, and diabetes prevention to name a few.

Due to numerous studies conducted in the past 10 years, the Institute of Medicine has recently released new Reference Daily Intakes (RDI) for calcium and vitamin D. The RDIs provide recommended daily intake levels of nutrients to meet the requirements of 97-98% of healthy individuals in every demographic in the United States. Please note: these new recommendations have not been incorporated into the nutrient standards for the NSLP as of yet. Below is a table of the Recommended Daily Allowances (RDA) for vitamin D and calcium.

Calcium	RDA	Vitamin D	RDA
Children 1-3y	700 mg	Children 1-3y	600 IU
Children 4-8y	1000 mg	Children 4-8y	600 IU
Males		Males	
9-13 y	1300 mg	9-13 y	600 IU
14-18 y	1300 mg	14-18 y	600 IU
19-30 y	1000 mg	19-30 y	600 IU
31-50 y	1000 mg	31-50 y	600 IU
51-70 y	1000 mg	51-70 y	600 IU
> 70 y	1200 mg	> 70 y	800 IU
Females		Females	
9-13 y	1300 mg	9-13 y	600 IU
14-18 y	1300 mg	14-18 y	600 IU
19-30y	1000 mg	19-30y	600 IU
31-50y	1000 mg	31-50y	600 IU
51-70y	1200 mg	51-70y	600 IU
>70y	1200 mg	>70y	800 IU

Breakfast Grants Awarded to Wisconsin Schools

Thanks to support from Senator Herb Kohl, 19 schools were awarded a SBP: Proposed Nutrition Standards Pilot Grant for the SY 2011-12. These grants, totaling just over \$300,000, will assist schools in incorporating the proposed meal pattern requirements and the 2010 US Dietary Guidelines for Americans into the SBP. Schools are required to follow specific nutrition standards at breakfast, as well as provide nutrition education and promotions to students. Promotions planned by award-winning schools include poster and t-shirt design contests, theme days, nutrition education in the classroom/cafeteria, assemblies, and special guests.

The following schools received grant awards:

- Forrest Street Elementary School, Black River Falls
- Bloomer Elementary School
- Bowler Elementary/Secondary School
- Cadott Elementary School
- The Child Development Center of St. Joseph, Milwaukee
- Drummond Schools
- Frederic 6-12 School
- Granton Area Schools
- Hillsboro Elementary
- Kiel Area High School
- Ladysmith High School
- Lodi Elementary School
- West Side Elementary, Mauston
- Menominee Tribal School
- Random Lake Elementary School
- Rib Lake Elementary School
- Richfield Elementary School
- Sheboygan Falls Elementary School
- Country View Elementary School, Verona



Congratulations to all!

To view the obligations for this award visit www.dpi.wi.gov/fns/sbprants.html.

Action for Healthy Kids and Kellogg's® Support School Breakfast

Action for Healthy Kids (AFHK) and Kellogg's® awarded 95 schools in 26 states between \$750 and \$1,000 each. These grants were made possible through the Kellogg's Share Your Breakfast™ program and significant in-kind contributions from AFHK, to help increase participation in the national SBP. Congratulations to 2 Wisconsin schools who received funding:


- Menomonie Area School District: River Heights Elementary
- Montello School District: Forest Lane Elementary



Check the Label for Whole Grains

The 2010 Dietary Guidelines recommends increasing the intake of whole grains by replacing refined grains with whole grains. Reading the labels and knowing how to recognize whole grain ingredients will help you choose products based on whole grain content.

Whole grains contain all parts of the kernel:

- 
- **Endosperm:** the largest part of the kernel which is ground to make white flour;
 - **Bran:** the hard outer covering; and
 - **Germ:** the tiniest part of the kernel, the part that would grow new wheat if planted.

When all parts of the kernel are ground together, the result is 100% whole grain flour. Purchased wheat, rye, oat, and multi-grain bread products may contain refined grains or flour that are NOT whole grains. To be certain that bread is made from whole grains or whole grain flour, check the ingredient listing on the label. Look for: whole [name of grain]; whole [name of flour]; whole grain [name of grain]; [name of grain] berries; stone ground whole [name of grain]; oats; oatmeal; rolled oats; buckwheat; millet; whole white flour; bulgur and graham flour.

Enriched flour, degerminated cornmeal, bran, wheat germ, and pearly barley are refined from whole grains but are missing one or more parts of the whole kernel. Wheat flour, stone ground flour, or multigrains are accurate descriptions of the package contents, but some parts of the whole grain MAY be missing.

Keep in mind that:

- Grams of dietary fiber that appears on the nutrition label is not a reliable indicator of whole grain content. Fiber content varies from grain to grain. High-fiber products sometimes contain bran or other added fiber and may have very little, if any, whole grains.
- Color is not a predictor of whole grain content. Dark or brown bread is often a whole grain but a brown color may be caused by added molasses or caramel food coloring. Alternatively, whole grain foods may be light in color, such as those made from oats or white whole wheat. White whole wheat is a variety of wheat which lacks the bran color. It has a milder flavor and softer texture than the red whole wheat which may make it more appealing to individuals who are more accustomed to the taste of refined wheat flour. White whole wheat bread is nutritionally similar to that of regular whole wheat bread.

More details about selecting whole grain bread products are posted on the DPI SNT website at www.dpi.wi.gov/fns/nutrition.html#wg.





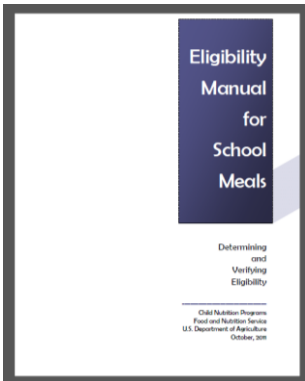
New HUSCC Webpages

The SNT has developed HUSCC webpages. The new pages contain resources to assist schools in applying for the HUSCC. In addition to application materials, these webpages have resources on menu planning, competitive foods, nutrition education, physical activity, and school wellness policies. Also included on the HUSCC Resources webpage are recipes from Wisconsin schools who have received HUSCC certification. These recipes feature legumes, dark green/orange vegetables, and whole grains. To visit the new webpages, please go to www.dpi.state.wi.us/fns/huscc.html.

Congratulations Reedsburg School District!

Pineview Elementary has received the HealthierUS School Challenge, Gold Award. This is the fifth elementary school in the Reedsburg School District to receive a gold award. To recognize their achievement, the school will receive a financial award of \$1500, a large banner for display, a plaque, and national recognition on the Team Nutrition website at <http://teamnutrition.usda.gov/HealthierUS/Wisconsin.html>.

Announcing the New Eligibility Manual Available Online in Two Formats

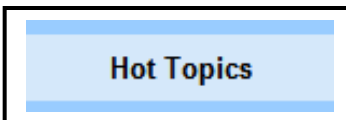


- New October 2011 version.
- New October 2011 with highlights of all changes from the 2008 version manual.

View both at www.dpi.wi.gov/fns/fincou1.html#manual.

Website Hot Topics

Check out the new blue *Hot Topics* box on our homepage. We had so many topics of interest that we had to expand the area to cover the whole right side of the webpage. Continue to check this area frequently for timely information you may not see anywhere else.



Social Media Messaging Calendar

The way we communicate and find information has changed over time. Social media now accounts for 25% of all time spent online. Through Facebook (and Twitter) we are attempting to create an online community to share information and allow you to be an active participant in the conversations with us and others outside of the organization.

We have created a messaging calendar to help you identify topics of interest. Look for these topic identifiers at the beginning of each post. As we move forward we will be adding topics. If you have topic ideas or would like to share photos, success stories or press coverage on your school, email us at school.nutrition@dpi.wi.gov. We encourage you to 'like us' and interact with us today!

Topic	Description
What's Cooking?	Features School Made recipes that can be used in your school meal programs
Theme of the Month	Features a national theme for each month and gives you ideas to incorporate them into the school day
Plug into Produce	Receive updates on farm to school, the fresh fruit and vegetable program, and incorporating produce into school meals
Health Hint	Receive monthly nutrition tips on incorporating the dietary guidelines into the school day
WI Wellness	Monthly update on what is happening with school wellness, wellness policies, the Healthier US School challenge, and Team Nutrition
WI News You Can Use	Monthly and as needed posts on program updates, reauthorization, and any positive press surrounding our programs
WI Training	Upcoming training opportunities and links to recordings of previous trainings
Photo Friday	Weekly pictures posted of what schools are doing in Wisconsin

Green Moment



All the world's nearly one billion hungry people could be lifted out of malnourishment on less than a quarter of the food that is wasted in the United States and Europe. Note: In an effort to help food banks and food pantries across the country collect more food, language specifically allowing public schools to donate unused food from the NSLP has been included in the annual spending bill that funds the USDA. Additional guidance from USDA on donating foods from NSLP will soon be available.



Milk Service Records and Tips

Milk is an important part of a well balanced diet and as such USDA has it as a component for most of its Child Nutrition Programs. Remember that when recording components on your production records, each type of milk must be listed with the amount forecasted and leftover.

If you notice that milk usage has gone down when reviewing your production records it may be time to look at your service. Are you serving safe, cold, and fresh-tasting milk? *Ten Tips to Serving Totally Cool Milk* is a brief summary of serving tips and can be found on our website at www.dpi.wi.gov/fns/milk1.html.

Also remember that the cafeteria is a nutrition learning lab for students. Educate the students on the benefits of milk with posters and handouts. Free materials are available through the Wisconsin Milk Marketing Board at www.wmmb.com/wdc/school_food_service.aspx.

“You know that with the food you serve and more importantly the lessons you teach, that you’re not just shaping the habits and preferences today, you’re affecting the choices they’re going to make the rest of their lives.”
First Lady Michelle Obama, October 18, 2011,
White House Address to HUSSC Award Winners



Special Reminders

National Nutrition Month® – March

Theme: Eat Right with Color

www.eatright.org/NNM/

School Nutrition Association (SNA) Legislative Action Conference – March 4-7, 2012

Location: J.W. Marriot Hotel, Washington, D.C.

www.schoolnutrition.org/Meetings.aspx

National School Breakfast Week – March 5-9, 2012

Theme: “Go for Gold”

www.schoolnutrition.org/gold

SNA of WI Spring Conference – March 19-20, 2012

Location: Holiday Inn & Convention Center, Stevens Point, WI

www.sna-wi.org/whats-new/sna-wi-spring-conference-2012/

School Breakfast Conference – March 20, 2012 (Afternoon following SNA Conference)

Location: Holiday Inn & Convention Center, Stevens Point, WI

Information will be available shortly at

www.dpi.wi.gov/fns/sbp1.html

School Nutrition Employee Week – May 7-11, 2012

www.schoolnutrition.org/snew

Food Allergy Awareness Week – May 13-19, 2012

www.foodallergy.org/section/food-allergy-awareness-week11

SNA of WI Annual Conference – June 24-27, 2012

Location: Kalahari Resort, Wisconsin Dells

www.sna-wi.org/conferences/

DPI Toll-Free Helpline..... (800) 441-4563

Fax (608) 267-0363

Home Page www.dpi.wi.gov/fns/index.html

SNT Directory www.dpi.wi.gov/fns/directory.html

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability.

In accordance with Federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, DC 20250-9410, or call (800) 795-3272 or (202) 720-6382 (TTY). In the Midwest Region please notify the Regional Director, Civil Rights/EEO, 77 W. Jackson Blvd., 20th Floor, Chicago, IL 60604-3591, or call (312) 353-3353. USDA is an equal opportunity provider and employer.

School Nutrition News

is published three times per year by the Department of Public Instruction. Questions or comments should be directed to:

Julie A. Cox, RD, CD
Public Health Nutritionist
Wisconsin Department of Public Instruction
P. O. Box 7841
Madison, WI 53707-7841
(608) 267-9206 or 1-800-441-4563
julie.cox@dpi.wi.gov
www.dpi.wi.gov/fns



Printed on Recycled Paper

SCHOOL NUTRITION NEWS

Pop Quiz Answer



The items checked below are **not** whole grains if found as an ingredient on a bread product label.

- a. Multigrain g. Quinoa
- b. Buckwheat h. Millet
- c. 100% Wheat i. Cracked Wheat
- d. Stone-ground j. Bran
- e. Rolled oats k. De-germed cornmeal
- f. Oatmeal l. Whole-wheat flour

For more information on whole grains go to the USDA’s MyPlate website at www.choosemyplate.gov/foodgroups/index.html and click on “Grains Group” link.

