



## Child Nutrition & Wellness

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**Happy & Healthy New Year!**

Distributed to School Nutrition Program Authorized Representatives and  
Food Service Directors via Email

### **Lapse in FY2019 Appropriations and Impacts for the Department of Agriculture's Food and Nutrition Service, Child Nutrition Programs – SP 09-2019**

The second continuing resolution for fiscal year 2019 (P.L. 115-298) expired on Friday, December 21, 2018. However, under the terms and conditions of a prior continuing resolution (P.L. 115-245), funding has been provided for the Child Nutrition Programs at least through January. The Child Nutrition Programs include the National School Lunch Program, the School Breakfast Program, the Special Milk Program, the Child and Adult Care Food Program, the Summer Food Service Program, the Fresh Fruit and Vegetable Program, and State Administrative Expenses.

### **USDA Issues Final Rule on School Meal Flexibility**

The USDA Final Rule *Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements* (FNS-2017-0021) will increase menu planning flexibility in the National School Lunch Program, School Breakfast Program, and other Federal child nutrition programs **effective School Year 2019-2020**. The rule:

- Provides the option to offer flavored, low-fat milk to children participating in the school meal programs, and to participants ages six and older in the Special Milk Program for Children and the Child and Adult Care Food Program;
- Requires that half of the weekly grains in the school lunch and breakfast menu be whole grain-rich; and
- Provides more time to reduce sodium levels in school meals (second target is still there but moved further out and third target has now been eliminated).

The rule is available on the FNS website at: <https://www.fns.usda.gov/school-meals/fr-121218>.

### **Update of Food Crediting in the Child Nutrition Programs (CNP) – SP 08-2019**

In December 2017, USDA solicited comments on the CNP crediting system through a Request for Information (RFI). USDA sought public input about specific foods of interest to stakeholders and asked for recommendations to make crediting more simple, fair and transparent. In the RFI, USDA asked for specific feedback on whether shelf-stable, dried, and semi-dried meat, poultry and seafood snacks (such as beef jerky or summer sausage) should credit as meat. Commenters suggested that dried meat snacks could fit a specific need in CNPs. Most commenters were in favor of crediting dried meat snacks; therefore based on these comments and the potential benefits of crediting shelf-stable, **dried and semi-dried meat, poultry, and seafood snacks** CNP sponsors can now credit those items towards the meat component. Sponsors should follow crediting principles used for all other products made from meat, poultry or seafood as outlined in the Food Buying Guide.

Also through this process, USDA received comments requesting that **coconut, hominy, popcorn, surimi seafood and tempeh** be creditable. USDA will be allowing these products to credit as to provide additional variety and enhance the appeal of meals. USDA will issue guidance soon describing how these products will credit towards specific food components in the CNP meal patterns. USDA will also be publishing new guidance to allow crediting vegetables disguised as other food components or not provided in traditional forms, for example, noodles or pasta made from vegetables, including legumes. Also, in the policy memo was a reminder that turkey bacon is creditable.

### **Guidance on Prohibition of Separation by Gender during Child Nutrition Program Meal Service – SP 31-2015**

Sponsors administering Child Nutrition Programs are not permitted to separate children on any protected basis, including gender, during the service of Program meals or snacks, in keeping with Federal non-discrimination laws and policies as outlined for the Department of Agriculture (USDA) programs in 7 CFR Parts 15, 15a, and 15b. **Federal law prohibits discrimination based on gender at any educational institution receiving Federal assistance. Separating students in the lunch line or in the cafeteria by gender in any form or practice is prohibited.** Please refer to SP 31-2015 for further guidance.

### **Food Buying Guide (FBG) Calculator**

On December 20, USDA released the FBG Calculator as a new feature included with the Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool. The FBG Calculator was first created and hosted by the Institute of Child Nutrition, however has now been added to the Food Buying Guide Interactive Web-Based tool to create a one stop shop for all Food Buying Guide resources. The FBG Calculator is designed to assist Child Nutrition Program operators in creating a shopping list to streamline food ordering needs for their programs and may be accessed along with the other Food Buying Guide resources at <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>.

### **Frequent Food Safety Violations Webinar – January 23**

Join us for a webinar that will discuss **Frequent Food Safety Violations** on January 23, 2019 at 2:00 PM. [Click this link to Join the Skype Meeting](#). Audio for the webinar can be heard either through your computer speakers (if your computer has a microphone) or by calling 1-866-620-7326 and entering the conference code 7852962276# when prompted.

### **Food Service Management Company Training**

An important training session for Sponsors considering contracting with a Food Service Management Company for SY 2019-20 will be held on February 6 from 12:30 pm-2:30 pm in Topeka at the Landon State Office Building in Room 254. Webinars will also be held on January 24 at 1:00 pm and February 28 at 3:00 pm. The same content will be presented on both days. Please RSVP to Kelly Chanay at [kchanay@ksde.org](mailto:kchanay@ksde.org) to participate in any of these training sessions.

### **Annual On-site Accountability Reviews**

The School Food Service On-Site Accountability Review (Form 9-G) can be accessed online at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Food Service Facts, Chapter 9. **By February 1**, Sponsors must review each site approved to participate in the National School Lunch Program at least once per year and review 50% of all sites approved to participate in the School Breakfast Program once per year. Someone not involved in the daily meal accountability procedures at the site must conduct the On-Site Accountability Review. Keep completed reviews on file with school food service program documents for review or audit. Each on-site review must ensure the school's claim is based on the counting system, as reported on the site application, and yields the actual number of reimbursable free, reduced price, and paid lunches, respectively, served for each day of operation. If the review discloses problems with a school's meal counting or claiming procedures, the Sponsor must ensure that the school implements corrective action, and within 45 days of the review conduct a follow-up on-site review to determine that the corrective action resolved the problems.

### **Claim Deadline Reminder**

Claims are due 60 days after the end of the claim month. Please be aware that 60 days does not always correlate with the last day of the month.

### Wellness is a Blast Workshops – Register Now!

Child Nutrition & Wellness will be hosting four interactive regional workshops focused on taking action to implement modeling level wellness policies. Participants will hear best practices and gain resources to help their schools “blastoff” toward a healthier school environment. Attending sponsors are strongly encouraged to bring at least one student that is in 6<sup>th</sup>-12<sup>th</sup> grade. Students will participate in interactive, student-focused, activities to encourage student involvement in school wellness. The free workshops will be conducted from 9 am to 2:30 pm with lunch provided. Sponsors that attend with at least one student and one administrator will receive a \$200 stipend to offset travel costs and substitute pay. The registration form will be posted by January 4 at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, What’s New. Workshop dates and locations are:

- February 1, 2019 – Topeka
- February 5, 2019 – Hutchinson
- February 12, 2019 – Hays
- February 21, 2019 – Girard

### Kansas School Lunch Week: Promote Farm to Plate – January 28-February 1, 2019

Kansas has a rich agricultural history and a promising future, and school nutrition programs are encouraged to celebrate this heritage each January during Kansas School Lunch Week! Kansas will be 157 years old on January 29, 2019. How are you celebrating all the great local Kansas products in your menus? How about some fun facts from [www.ksagclassroom.org](http://www.ksagclassroom.org) to educate students about where their food comes from? (Note: Scroll to bottom of page to get to lesson plans.) Consider KS Foundation for Ag in the Classroom lesson plans for activities and classroom materials. SNA-KS and KSDE support a joint effort to promote Agriculture products from Kansas. Celebrate AND share your nutrition event. This award is open to any SNA-KS school foodservice employee. Win one of SIX \$50 awards to the SNA-KS Fall Conference! Apply at [www.sna-ks.org](http://www.sna-ks.org).

### Hunger Action Summits

Nearly 15% of Kansas households lack consistent access to food. To eliminate hunger in our state, Kansans would need an additional \$185,071,000 in their combined household budgets. By helping more Kansas kids participate in school meals and other Child Nutrition Programs, YOUR actions can reduce hunger in Kansas. Make plans to join Kansas Appleseed on **Friday, January 25 in Topeka** for an engaging workshop to learn how you can make an impact in your community. More details coming soon. Contact Joey Hentzler ([jhentzler@kansasappleseed.org](mailto:jhentzler@kansasappleseed.org)) at Kansas Appleseed with any questions.

### Summer Food Service Program Outreach

All Sponsors are **required** to conduct outreach for the Summer Food Service Program (SFSP). If the Sponsor does not have the SFSP in their school, consider posting a link to the site locator tool that is available on-line at [www.kn-eat.org](http://www.kn-eat.org), Summer Food Service Program, Locate a Site Near You on the school website or providing the link on a flyer to send home with students. This would allow families to find a location to receive free meals as needed.

### 2018 Food Service Equipment Assistance Grants

Grant funds have been awarded to 22 sponsors for 58 pieces of equipment through a competitive application process over the past year. See the list of awardees at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, What’s New.

### HACCP Reminder

Remember to complete the Food Safety Checklist each month for each site and keep a copy of the monthly review on file as part of your HACCP documentation. A copy of the checklist can be found at [www.kn-eat.org](http://www.kn-eat.org), Food Safety, HACCP Guidance & Resources, HACCP Resources.

### **A Summer Mind-Set**

It is time to start thinking ahead and making plans for the 2019 Summer Food Service Program. Join CNW for the 2019 Summer Food Service Program Team Up for Success on Wednesday, February 20, 2019 in Topeka at the Topeka Shawnee County Public Library. The workshop will provide customized technical assistance and sessions highlighting best practices. Team Up participants will develop personalized goals, strategies, and an action plan focusing on the areas of programming and outreach strategies to increase participation and to assist with the administration of the Summer Food Service Program. To attend, please RSVP to Sarah Bruschi by February 6 at [sbruschi@ksde.org](mailto:sbruschi@ksde.org) or 785-296-2276. Details will be provided via email after registration.

Stay tuned for information about the 2019 Summer Food Service Program Kick-Off webinar in early March and the Summer Food Service Program Best Practices webinar series. The Summer Food Service program is NOT just a school nutrition program; it is a COMMUNITY Nutrition Program and we are looking forward to working with Sponsors and partners to increase access to healthy meals during the summer for Kansas Kids. NOW is a great time to begin making plans for summer 2019 and the Child Nutrition & Wellness team is here to help!

### **Online Professional Development Classes and Tutorials**

CNW staff continue to develop new interactive online training classes and tutorials that can be accessed free of charge 24/7 via the KSDE Training Portal. The professional development classes offer a certificate upon successful completion which can be printed. Tutorials are 5 minutes or less with no quiz and no certificate. Create an account now at <https://learning.ksde.org> and see the entire list of classes and tutorials available. For detailed instructions on creating an account and accessing the training, go to [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training.

### **Jump Start for Directors**

A two-day training opportunity for new directors will be held in Manhattan at the KSU Alumni Center on February 25 and 26, 2019. For more information, call 785-296-2276. Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training.

### **Baking Boot Camp – Quantity Baking Classes**

Register now for hands-on baking classes that will cover techniques for producing healthy quick breads and healthy yeast breads in quantity. To register, go to [www.kn-eat.org](http://www.kn-eat.org), KN-CLAIM, Training or contact Cheri Berggren at (785) 296-2276 or [cberggren@ksde.org](mailto:cberggren@ksde.org). Attend one or both days:

- March 12-13 – Salina
- June 4-5 – Topeka and Emporia
- July 30-31 – Liberal

### **Child Nutrition Management Academy (CNMA) 2019**

Planning is underway for CNMA 2019. Classes will be held at Hays and Topeka July 8-11 and in Chanute and Nickerson July 22-26. This professional development program is designed specifically for directors, managers and supervisors of Child Nutrition Programs. Culinary classes taught by chefs will continue in 2019! We will also offer a track of Professional Development classes concurrent with CNMA for all Child Nutrition Program staff to attend. Save the dates and make it a staff training event!

### **KSDE Data Central**

KSDE Data Central is a one-stop shop for all publicly accessible data. The public and policy makers in Kansas can now go to a single source for KSDE public data including Child Nutrition & Wellness reports, for example Administrative Review results, Administrative Review Commendations and Wellness Policies. Data Central can be reached by going directly to <http://datacentral.ksde.org/> or from [www.ksde.org](http://www.ksde.org), click on the Data Central tab.

### **Serving School Meals to Preschoolers – Now Available!**

The USDA's Team Nutrition initiative is pleased to announce the release of the "Serving School Meals to Preschoolers" training worksheet. School Meals Program operators can use this colorful four-page worksheet to plan and prepare menus that meet preschool meal patterns in the School Breakfast Program and National School Lunch Program. This resource also includes information regarding co-mingling of preschool students and students from older grade groups, as well as scenario-based questions to test for knowledge and understanding. All materials are currently available in English online at <https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>. Team Nutrition will announce the availability of Spanish and printed versions at a later date. For questions or more information, please contact [TeamNutrition@fns.usda.gov](mailto:TeamNutrition@fns.usda.gov).

### **School Breakfast Promotion Strategies Webinar**

Getting the word out about school breakfast helps to ensure that more kids start the day with the fuel they need to learn, grow and thrive. Join Share Our Strength on Wednesday, January 30<sup>th</sup> from 2 – 3 pm for a breakfast webinar on School Breakfast Promotion Strategies that will highlight a variety of marketing and promotion strategies to help you build awareness, generate excitement and ultimately increase school breakfast participation. Learn how you can use contests & challenges, social media, posters & flyers, taste tests, special guests and more to promote the school breakfast program and increase participation. Register at <http://bestpractices.nokidhungry.org/webinars/school-breakfast-promotion-strategies>.

### **Using Meat/Meat Alternates in the School Breakfast Program**

The [School Breakfast Program Meal Pattern](#) allows menu planners to offer meat/meat alternates every day to accommodate local preferences. Meat/meat alternates aren't required at breakfast, but USDA allows program operators to count meat/meat alternates towards the weekly grain requirement. As long as the program operators offer 1 ounce equivalent (oz. eq.) of grain, a meat/meat alternate may also be offered at breakfast. In addition, meats/meat alternates may be offered as "extra foods", as long as the weekly dietary specifications for calories, saturated fat, and sodium are met. The meat/meat alternate must be at least 1 ounce equivalent to credit as a component and item.

### **Go Digital in Middle School**

Use project-based learning and technology to engage middle school students in nutrition education while meeting educational standards for English and Health. In this *Fueling My Healthy Life* lesson, students have access to a variety of learning activities including video, a digital interactive, group challenges, goal setting, and informational texts. Visit the teacher pages at <https://www.fns.usda.gov/tn/fueling-my-healthy-life>.

### **Team Nutrition Schools Network Website – NEW!**

Team Nutrition invites you to visit the new Team Nutrition Schools Network website! The Team Nutrition Schools Network is for Sponsors participating in USDA's National School Lunch Program that are interested in and working towards creating and sustaining healthy nutrition environments. Members of the network enjoy access to free nutrition education resources and promotional items, networking opportunities, and more. Join today at <https://www.fns.usda.gov/tn/schools>! In January, Team Nutrition Schools will have the opportunity to request new nutrition message decals to display in their cafeterias. Don't miss out!

### Sunflower Spotlight

The Sponsor listed below will be featured in our November Sunflower Spotlight at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Recognition.

**D0471 Dexter** Nutrition Services Director, Wanda Waldeck is adding many local products to their menus. 'We use milk, ground beef, apples, cucumbers, zucchini, and bread. Staff bake the bread and rolls fresh from Hudson Cream flour and purchase beef from Creekstone Farms, which has an inspected, processing plant 25 miles from us. Beef is donated by area ranchers. Dexter schools is using the Anchor Mobile Food Market to purchase cucumbers, peppers, tomatoes and other produce items for salad bars. Wanda's future goals include freezing fresh corn; pork products for breakfast items and tomatoes to dice and freeze for soups and sauce. The goal is to have 35-40% local foods in their Child Nutrition Programs.

### Child Nutrition & Wellness KANSANS CAN 2018-19 Best Practice Awards

The vision of the Kansas State Board of Education is: Kansas leads the world in the success of each student. This vision for education calls for a more child-focused system that provides support and resources for individual success and will require everyone to work together to make it a reality. The academic achievement and physical well-being of our students in Kansas today will impact the success of our communities, our state and the nation in the future. The good health that results from good nutrition and physical activity, and the learning that is made possible as a result, is primary among those tools

The purpose of the best practice awards program is to encourage and reward outstanding practices in Child Nutrition & Wellness Programs in Kansas that support the Kansans Can vision. There are many outstanding child nutrition programs in Kansas. We encourage you and your staff to make nominations for outstanding and/or innovative practices for recognition of your efforts. A nomination entry form is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, What's New. **Nominations are due to the Child Nutrition & Wellness office on or before June 30, 2019.** Winners will be notified by July 31 and presentations will be made at the August State Board of Education meeting.

Please do not hesitate to contact the Child Nutrition & Wellness team at (785) 296-2276 if we can be of assistance with this process. We look forward to receiving your nominations and celebrating the Kansans CAN Best Practice Awards with you at the August 2019 State Board of Education Meeting.

**The entire Child Nutrition & Wellness team sends best wishes for an amazing, safe and healthy 2019! Happy New Year!**

**Cheryl, Kelly & Julie**