



# Child Nutrition & Wellness

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

## **I Heart School Breakfast**

Each year school communities all over the nation highlight their School Breakfast Program (SBP) by celebrating National School Breakfast Week (NSBW). This year the NSBW theme is "I Heart School Breakfast" and the official celebration week is March 5-9, 2018. The "I Heart School Breakfast" campaign has a toolkit for tips and ideas to help you plan for National School Breakfast Week. Information about this campaign and promotional materials can be found at <https://schoolnutrition.org/Meetings/Events/NSBW/2018/>.

## **USDA Seeking Input – Child Nutrition Food Crediting**

The USDA has issued a public invitation for comments on food crediting. They are especially interested in understanding the possible benefits and negative impacts associated with potential changes to how certain foods may or may not be credited. Submit comments through the Federal eRulemaking Portal at <http://www.regulations.gov>. The comment deadline has been extended to April 23, 2018.

## **School Breakfast Waivers**

Eating breakfast is one of the best ways to ensure students are healthy and able to achieve their full potential. All Kansas public schools are required by State law to participate in the School Breakfast Program unless they meet the following criteria and receive an annual waiver from the Kansas State Department of Education.

Fewer than 35% of students in attendance at the school building during March of the current academic year are eligible for free or reduced price meals **AND**

1. The school building does offer the School Breakfast Program and meets the following criteria:
  - Breakfast is available, but student participation is low.
  - The school principal must attest that breakfast is available to all students in the building.
  - The school principal must attest that parents and students receive regular reminders of the availability of breakfast at school.
  - The school principal must attest that bus and class schedules allow students a minimum of 15 minutes to eat breakfast at school.
  - The school breakfast average daily participation in March of the current school year must be less than 25% of the number of students eligible for reduced price and free meals.

**OR**

2. The school building does not offer the School Breakfast Program and meets the following criteria:
  - There is documented evidence that there is no need for the School Breakfast Program.
  - The school must specify the policy and procedures that allow morning nutrition to be provided free of charge in that building to any student who needs it.

Waiver Request forms for SY2018-2019 are available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Administration, Breakfast Waivers. If you have questions about the waiver process, please contact Arleen Anderson at [aanderson@ksde.org](mailto:aanderson@ksde.org) or 785-296-2276 or your area's KSDE child nutrition consultant.

### Breakfast Waiver Questions & Answers

- Q** What if there are several students that would benefit from having breakfast but we don't have the participation to make it worth our time to prepare and serve?
- A** Alternate serving methods could be used in place of getting a waiver. Grab and Go could be used where items are pre-bundled or items are easily chosen from 4 different components. Students could go to the cafeteria or another location(s) set up for this purpose such as the office if they would like a breakfast. You should be able to track who receives the meal for counting and reimbursement at the distribution location.
- Q** My High School and Junior High have different building numbers but are physically at the same address. Do I need a waiver for the High School?
- A** As long as breakfast is available within the physical building (regardless of the KSDE building number) a waiver is not needed. All students must have access and the ability to receive a breakfast in the physical building per the State Law or a waiver must be requested.

### Updated Wellness Impact Tool Now Available in KN-CLAIM

The Wellness Impact Tool has been updated with the revisions to the Kansas School Wellness Policy Model Guidelines that were approved by the Kansas State Board of Education in May 2017. Plan now to meet with the Wellness Committee to complete the new tool. Since the model guidelines have been revised, previous data will not rollover.

### Administrative Review Results Available

The results from Administrative Reviews conducted SY2017-18 are posted at [www.ksde.org](http://www.ksde.org), Data Central, Child Nutrition & Wellness Reports, Administrative Review Findings and Administrative Review Commendations.

### Summer Food Service Program 2018

The Summer Food Service Program (SFSP) is designed to fill that nutrition gap and make sure children can get the nutritious meals they need. Many SFSP sites provide, not just meals, but educational, enrichment and recreational activities that help children continue to learn and stay safe when school is not in session. Summer meals act as an extra "magnet" to draw children to activities—and activities draw children to meals—at places like schools, camps, park and recreation centers, YMCAs, Head Start Centers, Community Action Agencies, Boys and Girls Clubs, Save the Children...and many more. Do you want to help end hunger this summer? **Become a SFSP Sponsor! Help us reach the goal of increasing summer meal participation by at least 10% in Kansas this summer!** Call Kelly Chanay at 785-296-2276 about expansion and new programs as soon as possible. Program Renewal documents will be available after March 1. Returning sponsor applications are due May 1. The 2018 SFSP training schedule will be available at [www.kn-eat.org](http://www.kn-eat.org), SFSP, Training.

### 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 sending the link to the site locator tool that will be available on-line at [www.kn-eat.org](http://www.kn-eat.org), Summer Food Service Program, Locate a Site Near You, home with students or post the link on the school website. USDA is kicking off a new text number for Summer 2018! Households can **text "Summer Meals" to 97779** to find Summer meal sites once the site finder is ready for this summer. Both of these options will assist families in finding a location to receive free meals as needed.

### Child Nutrition & Wellness Master Calendar

A Child Nutrition & Wellness master calendar is available at [www.kn-eat.org](http://www.kn-eat.org). It is listed as a menu item on the right hand side. Note that different view options are available. Just click on the tab at the top of the calendar: week, month, or agenda. You can click on an item to see time, location and a link that will take you to the page where more information is available about the event as well as registration information.

### **Update Food Safety Training Records in KNCLAIM**

If an employee has completed the required food safety training, please update the Food Safety Training Record under the Forms tab in KN-CLAIM. Record the type of training along with the completion date of the training. If a staff member is no longer an active member of the child nutrition program team, record their termination date so the computer does not generate an automatic “past due on training” notice to the Sponsor. If you need instructions on how to access KN-CLAIM, go to [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Guidance, KN-CLAIM Quick Reference Guides, Food Safety Training.

### **Food Safety Basics**

A schedule with spring Food Safety Basics classes for February, March and April at locations across Kansas is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training. Food Safety Basics is also available 24/7 on the KSDE Training Portal at <https://learning.ksde.org/moodle/login/index.php>. Food safety training is required within 6 months of hire and every 5 years. Be sure to update the Food Safety Training Record in KN-CLAIM (under the Forms tab) when employees complete an approved food safety class.

### **2018 Spring Industry Partner Update**

The Child Nutrition and Wellness staff at the Kansas State Department of Education will be hosting the seventh annual Industry Partner Update on Thursday April 12 from 9 am-noon at the Center for Academic Achievement, 8200 W. 71st St, Overland Park KS 66204. Industry partners will be provided with updates to federal Child Nutrition Programs. If you are interested in attending this meeting, please contact Emily Brinkman at [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org) for more information.

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

Save the Dates for Spring Break Baking Boot Camp! This two-day hands-on baking experience will cover techniques for producing healthy quick breads and healthy yeast breads in quantity. Attend one or both days in either Garden City on March 13-14, 2018 (this location currently has a waiting list) or Topeka on March 20-21, 2018. Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training.

### **Microsoft Office in Child Nutrition Programs**

Make Microsoft Office work for you! KSDE will offer Microsoft Excel, Word, and PowerPoint in Child Nutrition Programs classes at three locations in April, June, and August. Excel will be offered from 8:30-11:30 am. Word and PowerPoint will be offered from 1:30-3:30 pm. Learn how Microsoft Office can help you save time by streamlining and increasing efficiency in Child Nutrition Program operations. Technical assistance for program renewal in the Summer Foodservice Program (April dates), School Nutrition Program (June dates), and Child & Adult Care Food Program (August dates) will be available by the Child Nutrition & Wellness consultant at each location. Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training.

### **English for Food Service Train-the-Trainer**

KSDE will be hosting three Train-the-Trainer opportunities for an “English for Food Service” course. This is an eight-week course designed to be taught by someone within the district to non-native English speakers with the goal of improving English language skills of food service personnel. After at least one person from the district has attended the Train-the-Trainer session, course materials will be provided to teach the course in the district. Dates for the Train-the-Trainer sessions are as follows:

- March 28-29 – This training will be held from 1:30-3:30 p.m. each day, and can be attended in-person in Topeka, or virtually (please call Emily Brinkman at the contact information below to ensure that your district has the proper equipment to allow for virtual training).
- July 19 – Offered during CNMA in Abilene from 9:00 a.m. to 3:00 p.m.
- July 26 – Offered during CNMA at Garden Plain High School from 9:00 a.m. to 3:00 p.m.

To register, or for questions on the course, please contact Emily Brinkman at [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org) or 785-296-2276.

### **Child Nutrition Management Academy (CNMA) 2018**

Planning is underway for CNMA 2018. Classes will be held at two locations each during the weeks of July 16-20 and July 23-27. This professional development program is designed specifically for directors, managers and supervisors of Child Nutrition Programs. Culinary classes taught by chefs will continue in 2018! 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 Training Portal: Online Professional Development Classes & Quick Train Tutorials**

CNW staff continue to develop new interactive online training classes and quick train 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. Quick train tutorials are 5 minutes or less with no quiz and no certificate. Create an account now at <https://learning.ksde.org/moodle/login/index.php> 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.

### **Scheduling Body Venture for SY2018-19**

Body Venture is KSDE's traveling health education exhibit for students in grades K-5. Each year this exciting exhibit visits approximately 100 schools and helps students learn why it is so important to "Eat Smart. Play Hard." Requests to schedule Body Venture for the 2018-2019 school year are now being accepted and must be received by April 13. The request form is available at [www.bodyventure.org](http://www.bodyventure.org), Schedules.

### **Back to Your Roots**

Kansas Nutrition Council's Annual Meeting 'Back to your Roots' will be held at KSU, Thursday, March 29. The speaker's topics include: Vegan and Gluten Free diet planning, Education in Allergy training, Agriculture and Marketing, Decision Making without Bias, and Healthy at All Sizes. Registration is available at [www.eventbrite.com](http://www.eventbrite.com).

### **2018-2019 School Breakfast for Healthy Kids Start Up Grant Opportunity**

[Action for Healthy Kids](http://www.kn-eat.org) is pleased to release its *School Breakfast for Healthy Kids* grant opportunity for the 2018-2019 school year. These grants are for schools and districts to implement new alternative breakfast initiatives. Schools will be awarded \$2,000 or \$3,000 based on project, ability to offer breakfast at no charge and impact of grant. Funded schools will also receive expertise and people power to help implement a successful project that leads to sustainable change. Applications for funds are due Friday, April 6, 2018.

### **Sunflower Spotlight – Celebrating Successes in Kansas Child Nutrition Programs**

Additional Information about all schools featured as a part of the Sunflower Spotlight can be found at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Recognition.

Carton 2 Garden is a creative competition that challenges students to use milk cartons in a garden setting. **USD 411 Goessel's** district garden coordinator, Pam Abrahams, introduced this project as a contest to encourage creativity, teamwork, problem solving and learning across all subjects to come up with ideas to use milk and juice cartons creatively to not only hold plants, but also make bird feeders, mobiles, bee houses, and many other possibilities. The [www.carton2garden.com](http://www.carton2garden.com) website explains "Educators can engage students in a hands-on experience creating teachable moments on environmental stewardship, sustainable packaging and healthy living." This district already uses its' garden produce in the cafeteria, practices composting and reduces food waste by donating edible scraps/trimmings to the local farmers for animal feed.

### **Personnel Update**

Roni Schwartz has taken a position with the Shawnee Mission Food Services. Sincere appreciation to Roni for her outstanding work as a Dietitian Specialist for the Child Nutrition & Wellness team over the past 5+ years. We are glad Roni will be able to use her expertise in Child Nutrition Programs in her new role and wish her the very best.

### **Go Further with Food**

[National Nutrition Month](#) is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign is intended to highlight the importance of making informed food choices and developing healthy eating and physical activity habits. This year's theme is "Go Further with Food," which can be applied to starting the day off right with a healthy breakfast or fueling before an athletic event. The Academy's website has some great tools to help celebrate and promote National Nutrition Month, including a [National Nutrition Month Celebration Toolkit](#) and several [Handouts and Tipsheets](#) for families and communities.

As always, if you have questions or need technical assistance, please contact your area Child Nutrition Consultant or the Topeka office!

**Cheryl, Kelly & Mark**