

Nourishing News

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS



NOVEMBER 2009



National School Lunch Program (NSLP)



School Breakfast Program (SBP)

This publication has been sent to all:

- School Food Service Directors
- School Food Service Kitchen Managers

School Meals Initiative (SMI)

UPCOMING TRAINING OPPORTUNITIES

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- CIRCULATE TO: Superintendent Principal
 School Nurse Health Teacher Kitchen Staff

What you need for the SMI Review

If you are lucky enough to have an SMI review, you will need to have some information prepared. The state agency will send a letter to you identifying the week that will be analyzed or reviewed. The two menu planning methods require different information for the SMI review. As a result, this column separates each method and provides the specific direction or information required.

Nutrient Standard Menu Planning (NSMP)

Production Records for the week

All recipes used that week

All Nutrition Facts labels for processed foods used during that week

A backup disc of your program documents (ex. Nutrikids) should have all of the needed information for the reviewer and may be requested in advance



A Message from the Director

The purpose of this newsletter is to help foodservice directors, supervisors, and managers successfully implement the U.S.

Department of Agriculture's

(USDA) School Meals Initiative (SMI) for Healthy Children regulations. Because there is so much available information on SMI, it can be overwhelming to find answers to your questions and concerns. This newsletter provides SMI information so you and your staff can more easily provide nutritious meals and a healthy environment for your students.

What is the SMI? The SMI includes the entire National School Lunch Program (NSLP) and the School Breakfast Program (SBP) regulations and policies that address the nutrition standards for school meals. These SMI regulations enhance the statutory nutrition requirements for the NSLP and the SBP and provide School Food Authorities (SFA)/schools with a variety of alternatives for planning menus. In addition, SMI encompasses actions to support state agencies and school food authorities in improving school meals and encouraging children to improve their overall diets, utilizing the new Idaho Nutrition Standards. These actions include training school foodservice personnel to serve healthy meals and teaching children to make healthy dietary choices. USDA issued the final SMI for Healthy Children regulations in 1995 after the passage of the Healthy Meals for Healthy Americans

Act of 1941, which requires that meals under the NSLP and SBP meet the Dietary Guidelines for Americans. The SMI regulations define how the Dietary Guidelines are applied to school meals.

Currently, USDA is in the process of revising the school meal patterns and SMI nutrition standards. During this process USDA has asked all state agencies to begin proactively implementing the applicable recommendations for the Dietary Guidelines for Americans into Child Nutrition Programs. In response to the USDA's request, the Idaho State Department of Education Child Nutrition Programs (CNP) office took the proactive step to form a panel earlier this year and develop new Idaho Nutrition Standards for School Meal Programs. This information can be found at: <http://www.sde.idaho.gov/site/cnp/nutritionStandards/>.

CNP recommended that all SFAs fully implement the new standards into their programs starting August 2009. All SMI reviews conducted after August 2009 will include a review of compliance with the new Idaho Nutrition Standards for School Meals.

We hope you enjoy this important newsletter showing the connection between the SMI, new Idaho Nutrition Standards and quality, nutritious meals. Remember, the SMI involves more than nutrient analysis and the SMI review. SMI is an ongoing process to provide nutritious school meals to children and motivate children to make healthy choices.

Sincerely,

Colleen Fillmore PhD, RD, LD
CNP Director

Idaho Nutrition Standards and the SMI

Heidi Martin, MS, RD, LD, Coordinator

Starting August 2009, the SMI review will include an assessment of compliance with the Idaho Nutrition Standards for School Meals in addition to the usual review of the USDA Nutrient Standards. Child Nutrition Programs has developed a checklist that will help districts prepare for the review of the Idaho Nutrition Standards. Use this checklist to assess your menu prior to your SMI review to be assured you meet all of the requirements.

This checklist can be printed from the Nutrition Standards website at www.sde.idaho.gov/site/cnp/nutritionStandards/.

If it is determined during a review that a district does not meet the Idaho Nutrition Standards for School Meals, the reviewer will provide recommendations in a Corrective Action Plan and will give the district 30 days to make changes to its menu. Usually, the district will be required to send in documentation to show proof of meeting the standards and/or recommendations in the Corrective Action Plan.

The good news is that in many cases the Idaho Nutrition Standards will help districts meet other USDA Nutrient Standards since the new standards focus on increasing nutrient-dense foods. For example:

New Standard	Benefit
Increasing fruits and vegetables	Increase vitamin A and C
Low-fat and fat-free milk	Will help lower fat and cholesterol consumption
Limiting high-fat condiments	Will help lower total fat and saturated fat consumption
Whole grains and legumes	Increase fiber and other nutrient consumption



Breakfast in the Classroom

Procedures

National School Lunch Program Coordinators

After observing several breakfast programs throughout the state, the state agency wanted to review the School Breakfast Program (SBP) rules. **Please remember**, SBP rules must be adhered to even if the meal is not served in the cafeteria. The School District's Food Service Supervisor is responsible for the proper operation of the School Breakfast Program.

1. Food service personnel must provide training on reimbursable meals including Offer vs. Serve (OVS), if applicable, and point-of-service counting to all meal servers prior to instituting breakfast service in the classroom. This includes teachers, classroom aides and others serving breakfast in the classroom.
2. A student must be offered or served the entire breakfast and given the choice to consume it during the breakfast period.
3. Breakfast in the classroom is not to be used as a snack program with teachers withholding food from the reimbursable breakfasts to be offered at a later time.
4. If the entire breakfast meal is not offered or served to students during the breakfast period, the meals cannot be claimed as reimbursable.

Traditional Option (No OVS - entire meal is served to child)		Offer versus Serve Option* (Child has option to refuse some components/items) *School Food Authority has discretion to implement at any grade level	
Deliver meal components/items to classroom by: Students Teacher Aides Food Service Staff Volunteers Parents		Deliver meal components/items to classroom by: Students Teacher Aides Food Service Staff Volunteers Parents	
Entire meal is served to student		Allows <u>student</u> to decline <u>one</u> component/item of the offered breakfast	
FOOD BASED Offer 4 components	NSMP Offer 3 or more items	FOOD BASED Offer 4 or more components; student can only decline one component	NSMP Offer 3 or more items; student can only decline one menu item
Teacher counts students as they take the entire meal		Teacher counts students as they take the entire meal OR the minimum required components/items	
Student eats meal		Student eats selected meal	
Student cleans up desk area		Student cleans up desk area	
Any foods not served to students must be returned to the cafeteria		Any foods not served to students must be returned to the cafeteria	
Food service handles leftovers properly using appropriate food safety recommendations		Food service handles leftovers properly using appropriate food safety recommendations	

What is NSMP?

Lynda Westphal, MHS, Coordinator

When choosing Nutrient Standard Menu Planning (NSMP) the district is accepting responsibility for entering its nutrient data into a software program and making sure the menus they are serving meet the USDA guidelines for the key nutrients and calories. By choosing NSMP and entering the data, the district is also responsible for checking the computer system periodically to ensure the analysis agrees with the products being served. For example, if the menu has a chicken nugget, part way through the year the Nutrition Facts Label of the current chicken nuggets should be compared to ensure it has the same calories, fat, serving size, etc. that it did when it was entered into the system at the beginning of the year.

School Food Authorities (SFA) must maintain nutritional analysis records to demonstrate that lunches meet, when averaged over each school week, the nutrient and calorie levels for children of each age or grade group. SFAs must keep production and menu records for the meals they produce. These records must show how the meals contribute to the required menu items every day. In addition, these records must show how the lunches contribute to the nutrition standards and the appropriate calorie and nutrient levels over the school week for the ages/grades of the children served.

The school week generally means a week of five consecutive days; however, to accommodate shortened holiday weeks, the period shall be a minimum of three days and a maximum of seven days (in the case of Residential Child Care Institutions).

It is important that you understand and follow the menu planning method you have chosen so you are in compliance with your menu planning method when the state agency comes out for a review.

What is Food Based Menu Planning?

Mary Jo Marshall, BS, Coordinator

Traditional and Enhanced Food Based Menu Planning are both approved menu planning methods that fall under the title of Food Based Menu Planning for the National School Lunch Program. Food Based menus follow a meal pattern with specific portion sizes based on the minimum requirements needed by students by grade groupings.

The menu structure for Food Based Menu Planning at lunch is to provide at least five food items from four food components. The four food components are meat/meat alternate, vegetables/fruits, grains/breads, and milk. One food item must come from each of the following components: meat/meat alternate, grains/bread and milk. Two food items must come from the vegetable/fruit group.

Food Based Menu Planning System sponsors use the USDA Food Buying Guide extensively to assure that the amount of uncooked food items they will be using in a recipe will yield the correct amount of cooked product to

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Food Based Menu Planning

Production Records for the week

All recipes used that week

All Nutrition Facts labels for processed foods used during that week

All CN labels or product specification sheets for the processed foods used that week

The person conducting the SMI review will request that all of the above information be sent to them two to three weeks before the review because it takes time to input the correct data into the nutrient analysis software prior to the review day.

Regardless of the menu planning method, the reviewer may need additional information, so they will be in touch with you as needed. If you have all the documents prepared and organized, the process will go smoothly. If you have any questions, please call the state agency.



meet the minimum portion sizes for the meal pattern requirements for the number of students they plan to serve.

When using a processed or convenience food item in the Traditional or Enhanced Food Based meal pattern, a Child Nutrition (CN) Label or a Product Specification Sheet is required to support the specific food item's contribution to the meal pattern.

Nutrient analysis is not a requirement of the Food Based Menu Planning System. The

SMI reviewer will conduct the nutrient analysis when the district is reviewed. Whatever method is chosen, menus must be in compliance with the USDA Nutrient Standards and Dietary Guidelines for Americans (DGA). In addition, the menu reviewer will determine if the week is in compliance with the new Idaho Nutrition Standards.

This month's poster is designed to be a quick reference for you and the students looking for healthy choices.



Idaho State Department of Education

Tom Luna
 Superintendent of Public Instruction
 650 W. State St.
 P.O. Box 83720
 Boise, ID 83720-0027
 208-332-6800
 Toll Free: 800-432-4601

For more information contact:
 Idaho Child Nutrition Programs
 (208) 332-6820

or visit www.sde.idaho.gov/site/cnp
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