

## NEWS AND NOTES December 2009

### Greetings Nutrition and Physical Activity Enthusiasts! Michigan Team Nutrition is Sponsoring "Star" Awards!

We want you to tell us about someone at your school or in your district who is a role model for healthy eating and/or physical activity. It will only take 5-10 minutes to nominate someone and you can do it all online!

Nominate a role model you know *by* December 18, 2009 at:  
<http://www.zoomerang.com/Survey/?p=WEB229T3F4SPQ2>.

### Every school has a health champion. Who is it in your school or in your district?

- a school foodservice worker?
- a classroom teacher, a school nurse, or a physical education instructor?
- a school principal or a local school board member?
- a parent volunteer, PTA/PTO leader, or a community member?

### Exciting prizes will be awarded at each of three levels!

- *Super Star Award* – One winner in each category (4 total). Winners will receive \$50 worth of nutrition education supplies and a 3' x 5' custom vinyl, healthy message banner for their school – worth over \$100!
- *Shining Star Award* – Two winners in each category (8 total). Winners will receive \$50 worth of nutrition education supplies for their school.
- *Rising Star Award* – Three winners in each category (12 total). Winners will receive a pedometer, a healthy cookbook, nutrition-themed story books for the classroom, or a fruit and vegetable print apron for the classroom.

*All winners will receive a prize. Prizes will be awarded according to award level.*

Don't wait! Nominate your most-deserving healthy role model for a Michigan Team Nutrition Star award today! **Nominate a role model you know by December 18, 2009.**

This contest is sponsored by Michigan Team Nutrition. Nominators will receive notification of winning via e-mail by February 26, 2010. Questions regarding this award may be directed to: [MDE-schoolnutrition@michigan.gov](mailto:MDE-schoolnutrition@michigan.gov).

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## Local Educational Agency Review System (LEARS) - Verification Summary Report

The LEARS - Verification Summary Report will be available to enter verification data on January 15, 2010. The deadline to submit data will be March 1, 2010. LEARS is available at: [www.michigan.gov/meis](http://www.michigan.gov/meis). Scroll down to the Child Nutrition Programs, and click on LEARS-Verification Summary Report. Questions regarding verification or LEARS may be directed to: [MDE-schoolnutrition@michigan.gov](mailto:MDE-schoolnutrition@michigan.gov). Be sure to include the name of your school and/or agreement number, along with a phone number where you can be reached.

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## NFSMI Publication

The National Food Service Management Institute (NFSMI) publishes *NFSMI Update*, a newsletter containing information for Child Nutrition programs. To view the most recent issue, go to: <http://www.nfsmi.org/documentlibraryfiles/PDF/20091013105147.pdf>.

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## Chefs in the Cafeteria Launched

The Department of Agriculture recently kicked off "Chefs in the Cafeteria," an initiative to link chefs to schools. Inspired by Sam Kass, Assistant White House Chef and Food Initiative Coordinator, the project connects chefs and schools to find ways to work together, share best practices, and get nutritious foods to our nation's kids. Learn more about the initiative here: [www.usda.gov/chefstoschools/](http://www.usda.gov/chefstoschools/).

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## News from the Robert Wood Johnson Foundation Center to Prevent Childhood Obesity – November 11, 2009

### *Robert Wood Johnson Foundation Center Food Marketing to Children Toolkit*

This toolkit is a compilation of resources that support policy and environmental changes to decrease the amount of marketing of unhealthy food products to our children. This includes evidence, recommendations, and action steps for improving the media landscape to which our children are exposed. To see this toolkit, [please click here](#).

### *Robert Wood Johnson Foundation Center Webinar*

"Let's End the Childhood Obesity Epidemic," is a 12-week webinar series, held on Thursdays at 12:00 p.m. Eastern Standard Time (11:00 a.m. Central Standard Time, 9:00 a.m. Pacific Standard Time), that focuses on childhood obesity research, advocacy, and current hot topics in the field. To learn more about this webinar session or about the webinar series, visit: [www.reversechildhoodobesity.org/webinars](http://www.reversechildhoodobesity.org/webinars).

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## **Alliance for a Healthier Generation website**

The *Alliance for a Healthier Generation* website offers you free access to a wealth of resources and tools that will help your school become a healthier place for students to learn and staff to work. To sign up for healthy school resources, click on:

<http://www.healthiergeneration.org/Users/Registration.aspx>.

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## **Save the Date**

For *CHOICES 2010 - Collaboration: There's Room at the Table*.

The conference that celebrates food, health, and collaboration! At CHOICES, you will:

- Learn how to conduct a successful community garden project.
- Discover nutrition education trends that are on the horizon.
- Learn how to select and prepare heart-healthy, child friendly, and vegetarian meals and snacks that will become family favorites.
- Get on the food preservation band wagon.
- Discuss strategies for selecting nutrient dense foods for children.
- Explore strategies for teaching nutrition education through school gardening.

March may seem a long way off, but it's not too early to mark your calendar for the CHOICES 2010 conference on March 10 - 11, 2010, in East Lansing, Michigan.

Registration opens January 11, 2010, at <http://web7.anr.msu.edu/choices/Agenda.aspx>.

For more information, contact Melissa Lonsberry at: [lonsberr@anr.msu.edu](mailto:lonsberr@anr.msu.edu) or 517-432-5250.

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## **Fresh Produce Safety for Schools**

Fruits and vegetables are an important part of a healthy diet and introducing children to them in schools may help to improve their present and future health. It's important to handle fresh produce safely to reduce the risks of foodborne illnesses. Please check out the October 2009 issue of *SchoolNews* for tips that will help minimize the chance of cross-contamination of produce in your programs. These tips are part of the farm to fork continuum.

*Prepared by: USDA, Food and Nutrition Service, Food Distribution Division and the Food Safety Unit ([SchoolNews\\_October\\_2009\\_VOL\\_14\\_Issue\\_1\\_101409.doc](#)).*

*Other Resources*

*Fruits & Vegetables Galore* is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting, and promoting fruits and vegetables: [http://www.fns.usda.gov/TN/Resources/fv\\_galore.html](http://www.fns.usda.gov/TN/Resources/fv_galore.html).

*Fresh Fruit and Vegetable Program Handbook*:  
<http://www.fns.usda.gov/cnd/FFVP/Resources/FFVPhandbookFINAL.pdf>.

*FDA's Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices*:  
<http://www.cfsan.fda.gov/~dms/prodsafe.html>.

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**National School Lunch Program Requirements A – Z Manual**

The *NSLP Requirements A-Z Training Manual* is now posted online at the MDE School Nutrition and Training website. To view the Manual, click on:  
[http://www.michigan.gov/mde/0,1607,7-140-43092\\_50144-217380--,00.html](http://www.michigan.gov/mde/0,1607,7-140-43092_50144-217380--,00.html).

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**USDA *At the Table* Newsletter**

The Fall 2009 edition of *At the Table*, a USDA Food and Nutrition Service newsletter for the Midwest Region, contains several articles submitted by FNS program partners. Michigan is highlighted in three articles. To view the newsletter, click on:  
[http://www.michigan.gov/documents/mde/Fall\\_2009\\_At\\_the\\_Table\\_newsletter\\_301747\\_7.pdf](http://www.michigan.gov/documents/mde/Fall_2009_At_the_Table_newsletter_301747_7.pdf).

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**Summer Food Service Program 2010**

The Michigan Department of Education is seeking sponsors to operate a free meal program for children during the summer. Every school day you protect the health and education of your students by providing them with healthy school meals. But what happens to your students during the summer time? In Michigan, only about 15% of the needy children who receive free or reduced price meals in eligible areas during the school year receive similar meals during the summer.

For more information about becoming a Summer Food Service Program (SFSP) site or sponsor, review the SFSP website and complete the potential sponsor questionnaire at: [www.michigan.gov/sfsp](http://www.michigan.gov/sfsp) by March 31, 2010, or contact Gloria Zunker at 517-373-3347.

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## **School Nutrition Association of Michigan Training Classes Available – Enroll Today**

The schedule of classes for the Statewide Training Program for School Nutrition Professionals is available at: <http://www.michigansna.org/swtraining/calendars.html>. School foodservice professionals are encouraged to use these opportunities for professional growth. Please share the schedule with school foodservice staff and encourage their participation in these high quality affordable courses.

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## **United Fresh Produce Association – Initiative**

The United Fresh Produce Association is working on a new initiative to increase children's fruit and vegetable consumption in the school lunch and breakfast programs and one concept is to offer salad bars in schools. In an effort to gain a better understanding of salad bar operation, the Association would first like to obtain information about salad bars including: procurement, types of commodities purchased, successes, etc. If you are willing to share any information for this initiative, please contact Claudia Wenzing, Vice President - Business Development, United Fresh Produce Association at [cwenzing@unitedfresh.org](mailto:cwenzing@unitedfresh.org) or 202-303-3415.

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