

From: Bushong, Linda (MDE) **On Behalf Of** Leikert, Howard J (MDE)
Sent: Tuesday, March 20, 2012 2:27 PM
To: MDE-SchoolNutrition
Subject: Tuesday News from MDE 032012

Well, I am back....at least part time for a while. While there has been some news over the past six weeks, it has not been as active as I had thought it might be. Anyhow, here is some new information:

- 1) Frozen Fruit – The United States Department of Agriculture (USDA) has issued guidance regarding the use of frozen fruit in school meals programs. It excludes the addition of sugar to frozen fruits but is making an exemption for the 2012-2013 school year. Whenever possible, the use of fruits without additional sugar is encouraged. The full USDA memo can be found here: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP20-2012os.pdf>.
- 2) New Meal Pattern Updated Q and A – Following is a link to the most current FAQ we have available from USDA. This Q and A updates an earlier version so please be sure to review this version. Changes from the original are in italics: <http://dese.mo.gov/divadm/food/documents/SP-10-2012REVISED.pdf>.
- 3) Verification for Cause - Recently, concerns have been raised about school district employees allegedly misrepresenting their incomes on applications to receive free or reduced price school meals for their children. As a result, FNS has been asked whether or not a Local Educational Agency (LEA) may use the salary information of their own employees, maintained for business purposes, as a tool to implement verification for cause and help ensure the integrity of free and reduced price certifications. This memorandum clarifies the use of verification for cause by LEAs in this manner: <http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP13-2012os.pdf>.
- 4) Civil Rights - For important information on civil rights compliance requirements for participation in the National School Lunch Program, School Breakfast Program, Afterschool Snack Program, and Special Milk Program, please see Food Service Administrative Policy No. 7 - School Year 2011-2012 at the following link: http://www.michigan.gov/documents/mde/7_Civil_Rights_Compliance_Requirements_379188_7.pdf.
- 5) Fruit Smoothies - A discussion came up at the State Agency Meal Pattern training about crediting smoothies. This question was raised a few times recently by other states, and there has also been some back and forth discussion by schools on MealTalk. I thought it would be worth clarifying when and how smoothies credit. (This is not a new policy.)
 - Yogurt in a smoothie cannot contribute to the Meat/Meat Alternate (M/MA) component. M/MAs cannot be a beverage.

- On a similar note, yogurt products in a tube (i.e., Gogurt) are not considered beverages and do credit.
- Milk and fruit/fruit juice can credit in a milkshake/smoothie through **lunch, supper and supplemental food** served in the CN Programs, provided that milk and fruit/juice are offered separately and then blended/processed into a beverage. Breakfast is excluded.

Please see the attached guidance. Let me know if you have any questions.

- 6) Tofu - USDA has issued guidance on the crediting of tofu for reimbursable school meals. Click here for the full USDA memo:
<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP16-2012os.pdf>.
- 7) School Grants for Healthy Kids - Through partners such as Kellogg's and the Walmart Foundation, Action for Healthy Kids is pleased to release its *School Grants for Healthy Kids* opportunities for the 2012-2013 school year. Over 500 schools will be awarded funds that will range from \$1,000 to \$5,000 (average \$2,000) with significant in-kind contributions from Action for Healthy Kids in the form of people, programs, and school nutrition expertise. We will also provide schools with management expertise and support to develop strong nutrition programs around school breakfast, competitive foods, summer meals, access to healthy food and nutrition education.

Award amounts will be based on building enrollment, project type, potential impact, and a school's ability to mobilize parents and students around school wellness initiatives. ***Schools must participate in the National School Lunch Program and National School Breakfast Program; and must have a free/reduced priced meal eligibility greater than 50% to be eligible. Priority selection will be given to schools with student enrollment greater than 500 students.***

What Schools Need to Know to Apply

- Interested schools are invited to attend a webinar to learn more about the available grant opportunities for 2012-2013 and receive tips for applying. Please register for the time best fitting your schedule using the URL below. NOTE: Archived recordings will also be posted at www.ActionforHealthyKids.org/SchoolGrantsforHealthyKids following the live sessions.
 - Tues, Mar 20, 2012 – 3:00-4:00pm ET/12:00-1:00pm PT – Register at above URL
 - Tues, Mar 27, 2012 – 3:00-4:00pm ET/12:00-1:00pm PT – Register at above URL
- The following grants are available:
 - *School breakfast program creation and/or expansion* – to include alternative breakfast programs (i.e., breakfast in the classroom, grab and go breakfast, breakfast after 1st period, breakfast on the school bus) and universal breakfast programs. IMPACT: Schools must realize an increase in daily ADP of school breakfast program

- by 25%, and must provide information to students/parents on nutrition and caloric content of foods available.
- Summer feeding program creation and/or expansion – assisting support and funding to already existing summer meal program sites, or creating new sites based on community need.
 - Providing healthier foods in competitive food venues like vending machines, a la carte lines, school fundraiser activities, classroom activities, rewards, and extra-curricular vending (school sports) activities. IMPACT: Schools must realize a positive shift in implementing school policy in these areas.
 - Providing access to healthy foods through food taste testing, nutrition education lessons and food curriculum enhancements. IMPACT: Schools must implement nutrition education lessons, implement at least one taste test opportunity for the entire student population, and must provide information to students/parents on nutrition and caloric content of foods available.

Steps To Apply

1. Applications must be submitted online at <https://www.surveymonkey.com/s/SchoolGrantForHealthyKids>
2. Schools are encouraged to complete the paper application with their grant team. The application can be downloaded from www.ActionforHealthyKids.org/SchoolGrantsforHealthyKids.
3. Once completed, proceed to the online survey in #1 to submit your official application. NOTE: Paper applications will not be accepted!
4. Deadlines:
 - a. May 5, 2012 – Applications Due
 - b. June 1, 2012 – Awarded schools notified
 - c. June 7, 2012 – Webinar for grant funded schools
 - d. Dec 14, 2012 – Mid Project report due
 - e. June 14, 2013 – Final Project report due

Please contact Deb Grischke, Action for Healthy Kids State Coordinator for Michigan, at healthydeb@cablespeed.com or 517-655-5696 (Home Office) for more information or to start your application.

That is it for this week. I fully realize there are still a lot of questions regarding the new meal pattern and reauthorization in general. As we get more guidance, we will pass it along. Anyhow, it is great to be back and I hope you found some of this information useful.

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Looking for information on local schools? Go to www.michigan.gov/mischooldata.

Milkshakes/Smoothies in Food-based Menu Planning

- A. Improving the nutrient content of the foods children eat by disguising nutrient-rich food such as vegetables and fruits in recipes is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.**
- B. Can milkshakes and smoothies be offered to meet the milk, meat/meat alternate, vegetable/fruit, and grains/breads components?**

All components of Food-based Menu Planning are required to be easily recognizable. In the case of milkshakes and smoothies, the milk and fruit must be offered separately on the serving line and then can be processed into the partially frozen beverage.

- Milk must be offered separately on the serving line, but could then be used to make a milkshake/smoothie and still count as fluid milk.
- Only the milk and fruit and/or fruit juice in a milkshake/smoothie can count toward meal requirements provided they are offered separately on the serving line,
- Yogurt or any other meat/meat alternate, if added to the milkshake/smoothie, **cannot** be counted toward meeting the meat/meat alternate requirement, and
- The FCS Instruction 783-7, Rev. 1: Milk Requirement - Child Nutrition Programs excludes milkshakes/smoothies with milk from School Breakfast Program.

ACTION BY: Regional Directors
Special Nutrition Programs

SOURCE CITATION: Sections 210.10, 215.7, 220.8, 225.16, 226.20

Milk Requirement-Child Nutrition Programs

This Instruction clarifies which types of milk may be used to fulfill the milk component requirement of the Child Nutrition Programs. The Instruction has four sections: a) The minimum standards which apply to all Child Nutrition Programs; b) Alternative types of milk; c) Breastmilk for children who are breastfeeding; and d) Unavailability of milk.

(a) Minimum Standards for All Child Nutrition Programs

Any pasteurized type of unflavored or flavored milk-whole, lowfat, skim, or cultured buttermilk-may be used to meet the milk component of all child nutrition programs providing it meets the following stipulations:

- (1) It must meet State and local standards for fluid milk;
- (2) It must be served in at least the quantity required for the applicable age or grade in the appropriate child nutrition program regulations; and
- (3) All milk should contain vitamins A and D. Lowfat and skim milk are required to be fortified with vitamin A at levels specified by the Food and Drug Administration; added vitamin D must also meet Food and Drug Administration specifications.

To clarify the milk standards in a given area or State, contact the State Department of Agriculture, State Health Department, or the State Milk Commissioner, as appropriate.

(b) Alternative Types of Milk

In addition to the types of milk mentioned above (whole, skim, lowfat, and buttermilk), the following may be served if they meet State and local standards for fluid milk and comply with any appropriate special requirements:

Milkshakes. Milkshakes may be used to meet the milk component of lunches, suppers, and the supplemental food served in the Child Nutrition Programs if those milkshakes contain the minimum required quantity of fluid milk per serving appropriate for the age or grade group being served.

DISTRIBUTION: 5,6,11,12,16	MANUAL MAINTENANCE INSTRUCTIONS: Remove FNS Instruction 783-7 from Manual. Insert this Instruction.	RESPONSIBLE FOR PREPARATION AND MAINTENANCE: NTSD-200	Page 1 1-24-95
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Those made from commercial milkshake mixes may be used if State and local officials define the mix as fluid milk in the area where served.

Ultra High Temperature (UHT) Milk. UHT Milk is a fluid milk which is pasteurized by heating the milk to a minimum temperature of 280° Fahrenheit for 2-3 seconds. This temperature destroys all the pathogenic and spoilage microorganisms with the exception of a few spores that would remain dormant under normal conditions. As a result of this heat treatment, the product can be stored without refrigeration for 3-12 months.

Acidified Milk. Acidified milk is a fluid milk produced by souring fluid whole, lowfat, or skim milk with an acidifying agent. Examples of acidified milk are "acidified kefir milk" and "acidified acidophilus milk."

Cultured Milk. Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, lowfat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk are "cultured buttermilk," "cultured kefir milk," and "cultured acidophilus milk."

Lactose Reduced Milk. Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes from a yeast source. The lactose content of this milk differs from that of unmodified lowfat milk in that the disaccharide lactose is split into the monosaccharides, glucose and galactose. People who cannot digest the lactose in milk may benefit from a lactose reduced lowfat milk.

(c) Breastmilk for Children Who are Breastfeeding

In addition to the types of milk mentioned above, breastmilk may be served in place of fluid milk in the Child Nutrition Meal Programs. Breastmilk may be served at meals, snacks, or other appropriate times throughout the day. Breastmilk should be properly identified and labeled with the child's name and the date that the milk was collected. Breastmilk identified for a particular child should only be served to that child. Breastmilk should be stored and handled according to applicable federal and State guidance.

(d) Unavailability of Milk

In Alaska, Hawaii, American Samoa, Guam, Puerto Rico, the Commonwealth of Northern Mariana Islands, and the Virgin Islands, if a sufficient supply of types of fluid milk as described in this Instruction cannot be obtained, "milk" shall include reconstituted or recombined milk.



MARY ANN KEEFFE
Deputy Administrator
for Special Nutrition Programs