

**From:** Bushong, Linda (MDE) **On Behalf Of** Leikert, Howard (MDE)  
**Sent:** Thursday, March 21, 2013 4:28 PM  
**To:** MDE-SchoolNutrition  
**Subject:** Weekly News from MDE 032113

Here is the latest and greatest!!

- 1) Handy Recipes – Here is a link to some recipes specifically around fruits, veggies, beans, whole grains:  
<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>.
- 2) New Breakfast Challenge – On March 4, State Superintendent, Mike Flanagan, launched the new “First Fuel Breakfast Challenge” by issuing a podcast from his office. Here is a link to his podcast -  
[http://mi.gov/mde/0,4615,7-140-37818\\_45256-296277--,00.html](http://mi.gov/mde/0,4615,7-140-37818_45256-296277--,00.html). More details on the breakfast challenge will be coming shortly but Superintendent Flanagan wanted all schools to start thinking now about how they can improve breakfast participation next year. One of our focuses will be to have as many “Breakfasts in the Classroom” as possible as research shows this method of getting breakfast to students is the most effective way to increase participation. However, other methods of increasing participation will be welcome changes as well. Research confirms the positive results when students are well nourished by a healthy breakfast. We hope you will start planning your breakfast strategies for next year.
- 3) Videos of the Week - Watch Michigan Team Nutrition Stars of the week, Jennifer Dietrich and Lynna Hassenger, discuss promoting fruits and veggies. Also, watch a Chef prepare a delicious Michigan Salad at  
<http://ow.ly/eqCQ2>. In addition, check out a second Michigan Team Nutrition video starring Lynna Hassenger, Mandy Sonsnowski, and David Rose, as they discuss whole grains at <http://ow.ly/eqCjw>. Also, watch our Chef prepare a delicious Whole Grain Apple Crisp. For a copy of the recipes click here:  
[http://www.michigan.gov/documents/mde/Meeting the Challenge Recipe Book 403050 7.pdf](http://www.michigan.gov/documents/mde/Meeting_the_Challenge_Recipe_Book_403050_7.pdf).
- 4) Competitive Food Rule – Be sure to familiarize yourself with the proposed competitive food rule and make any comment to USDA via –  
[www.regulations.gov](http://www.regulations.gov) . As a side note, you may want to share the information on the competitive food rule with administrators, parent/teacher groups and other interested parties as it will impact what foods can be served during the school day. The rule will affect such things as vending machines and school stores regardless of the location on the school campus. I have attached the fact sheet I sent out two weeks ago for your convenience.

- 5) Food Safety - For information on school food safety inspections, please see Food Service Administrative Policy No. 8 – SY 2012-2013 at the following link:  
[http://www.michigan.gov/documents/mde/8\\_Food\\_Safety\\_Inspections\\_410187\\_7.pdf](http://www.michigan.gov/documents/mde/8_Food_Safety_Inspections_410187_7.pdf).
- 6) Congratulations - Congratulations to Doreen Simonds of Waterford Public Schools. She is our first Michigan Team Nutrition Smarter Lunchroom Facebook winner (<http://www.facebook.com/MichiganTeamNutrition>)! Her picture of Waterford Middle School's attention grabbing sign won top honor. As a result, her team wins a \$400 gift certificate for Smarter Lunchroom materials <http://michigan.mysmarterlunchroom.com/>.
- 7) March Smarter Lunchroom Contest – Enter your picture today – Deadline April 5, 2013. Enter the New Michigan Team Nutrition Smarter Lunchroom Contest and win \$400 in promotional materials for your school. SNAM and Michigan Team Nutrition are partnering to promote Smarter Lunchrooms across Michigan. They have launched a new Facebook Photo Contest giving you an opportunity to win \$400 for your lunchroom. This month's contest is looking for pictures showing how your lunchroom makes healthy foods convenient. To enter, visit Team Nutrition on Facebook: <http://facebook.com/MichiganTeamNutrition>. Click on the Contests Tab and follow the instructions to enter.
- 8) 6 Cent Certification – I encourage you all to make every effort to complete your 6 Cent Certification this year at your earliest convenience. It will produce more \$\$ for your program and allow you to submit using the old breakfast pattern. If you apply next year, you will have to certify under the New Breakfast Meal Pattern. In addition, schools not submitting the 6 Cent Certification this year are moved toward the top of the list for new Administrative Reviews (the new CRE) to be done at your school. If you submitted in 2012 and haven't heard back, please let me know.
- 9) Food Safety Modernization Act - The Food Safety Modernization Act (FSMA), the most sweeping reform to food safety in more than 70 years, was signed into law in early 2011. On January 16, 2013, the U.S. Food and Drug Administration (FDA) published proposed rules for two sections in FSMA. These proposed rules cover Produce Safety and Preventive Controls for Human Food. The publishing of these proposed rules marked the start of a 120-day public comment period, which ends May 16, 2013. On April 24, the Michigan Department of Agriculture and Rural Development will host a listening session for the Food Safety Modernization Act proposed Produce Safety Rule and Preventive Controls Rule. A "Save the Date" flyer is attached. Presenters from FDA will be on hand to discuss the rules and answer questions. If you are interested in receiving details about this listening session, please send your name, affiliation, phone number, and email address to [MDA-FoodDairyInfo@michigan.gov](mailto:MDA-FoodDairyInfo@michigan.gov). Since seating at the listening session is limited and the goal is to get input from as many

producers and processors as possible, there will be an opportunity to participate in the listening session via webinar. MDARD is working with industry partners and Michigan State University Extension to have satellite locations available around the state for those who may not have high-speed Internet capabilities. You are encouraged to visit the FDA website at [www.fda.gov/fsma](http://www.fda.gov/fsma) to review the FSMA fact sheets prior to the listening session. Please note that this is a listening session, not a formal hearing. If you are interested in providing formal comments to FDA about the proposed rules, you will need to post them to the federal register. Go to the FSMA website at [www.fda.gov/fsma](http://www.fda.gov/fsma), click on the fact sheet about the proposed rule for which you wish to post comments and then click on the Docket Number for that rule.

- 10) Crediting Fruit Cups - We've been made aware that some manufacturers may be advertising that their 4.0 ounce fruit cups credit as ½ cup of fruit in the CN Programs. Please remember that fruit credits by volume, not weight. Therefore, a 4.0 ounce by weight fruit cup is equivalent to 3/8 cup fruit – slightly less than ½ cup fruit. A fruit cup would need to weigh about 4.2 ounces to provide a half cup fruit for federal meal requirements. USDA has worked with manufacturers to convey this, but I believe the literature may still be out there. It is up to the program operator to ensure they are serving the required amounts of each component.
- 11) New USDA Newsletter - Here is a link to USDA's Winter-Spring "At the Table" newsletter:  
<http://www.fns.usda.gov/sites/default/files/Winter%20Spring%202013%20At%20the%20Table.pdf>.
- 12) Survey Requests – We understand you may be receiving requests for surveys on various topics. These surveys may originate from MDE, USDA, or two companies – Abt and Mathematica. Some of you may be required to participate due to agreements with one of these organizations and others participation may be optional. If you can identify these surveys are from one of these groups and you are not asked for confidential information, we encourage you to cooperate. If you have questions related to the authenticity of a request, shoot me an email. Thanks for your time and understanding.
- 13) HealthierUS School Challenge (HUSSC) - Are you considering applying for the HUSSC Award? Join your colleagues in getting your school recognized through this USDA program! Michigan Team Nutrition (MTN) will be holding hands-on HUSSC workshops for all directors interested in applying for the award. These workshops will be dedicated time at a computer filling out the HUSSC application while MTN staff are present to answer your questions on the application. The workshops are free – the RSVP form is attached. Registrations due March 29.

That will be it for this week. Have a great weekend!!

*Howard Leikert, MBA, SNS*

Supervisor  
School Nutrition Programs  
Michigan Department of Education  
517-373-3892  
517-373-4022 Fax

**Eating a healthy school breakfast provides students Fuel for Learning...and Health for Life.**

For information and resources on school breakfast go to [www.michigan.gov/schoolnutrition](http://www.michigan.gov/schoolnutrition) and "click" on the *School Breakfast Program* link in the "Program Information" category.

# All Foods Sold in Schools

## USDA's "Smart Snacks in Schools" Proposal

USDA recently proposed practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The proposed standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods for children, while limiting junk food.

The proposed standards will support the work already taking place across the country. Whether by school food service, school administrators or parents, the school community works hard to instill healthy habits in students. The snacks sold at school should reinforce that hard work. The proposed standards, coupled with the improvements to school lunches implemented last fall, will ensure that kids are offered only tasty and nutritious food options at school.

## Nutrition Standards for Foods

Under the proposal, any food sold in schools must:

- Be either a fruit, a vegetable, a dairy product, a protein food, a "whole-grain rich" grain product, or a combination food that contains at least ¼ cup of fruit or vegetable; or
- Contain 10% of the Daily Value (DV) of a nutrient cited as a public health concern in the 2012 Dietary Guidelines for Americans (DGA). (calcium, potassium, vitamin D, or dietary fiber)

Additionally, foods sold must meet a range of nutrient requirements:

- Calorie limits include:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits include:
  - Snack items: ≤ 200 mg per portion as packaged
  - Entrée items: ≤ 480 mg per portion as packaged
- Fat limits include:
  - Total fat: ≤35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limits include either:
  - ≤35% of calories from total sugars in foods
  - or
  - ≤ 35% of weight from total sugars in foods



## Other Proposed Requirements

### Fundraisers

- The sale of food items that meet proposed nutrition requirements at fundraisers would not be limited in any way under the proposed rule.
- In addition, the law permits USDA to allow for a limited number of fundraisers to sell food and beverage items that do not meet the proposed nutrition standards.
- The proposal includes two alternative approaches that provide discretion to State agencies in determining the frequency with which fundraising activities take place and requests other suggestions.
- The proposed standards would not apply to non-school hours, weekends and off-campus fundraising events.

### Accompaniments

- Items commonly served with foods, such as cream cheese, salad dressing, and butter, can add significant amounts of calories, fat, sugar, and sodium to a diet.
- To reduce the added calories, fat, sugar and sodium in food served to students during the school day, it is proposed that the use of accompaniments be limited when food is sold to students in school.
- It is proposed that accompaniments be pre-portioned and included in the nutrient profile as a part of the item served.

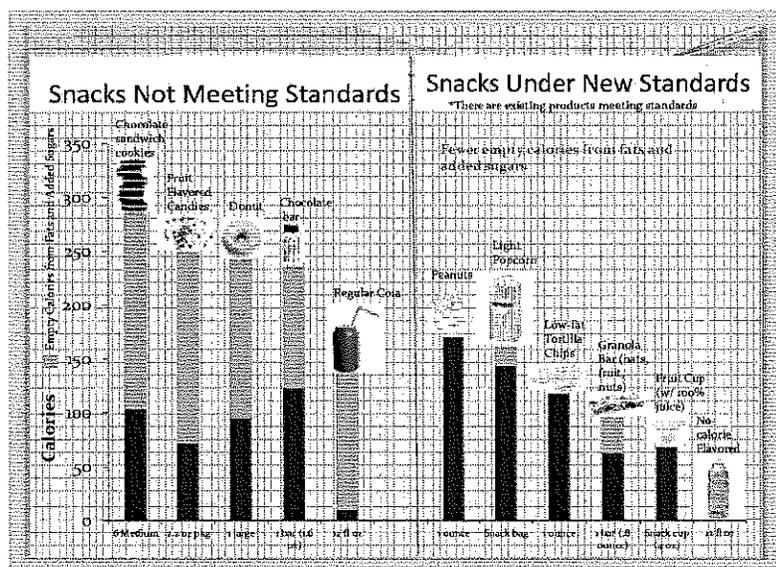
# All Foods Sold in School

## Nutrition Standards for Beverages

- Under the proposal, all schools may sell:
  - Plain water
  - Plain low fat milk
  - Plain or flavored fat-free milk and milk alternatives permitted by NSLP/SBP and
  - 100% fruit or vegetable juice
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of these beverages.
- Beyond this, the proposal offers additional beverage options outside of the meal service period for high school students. These are no more than 20-ounce servings of
  - Calorie-free, flavored and/or unflavored carbonated water and
  - Other "calorie-free" beverages that comply with the FDA standard of less than 5 calories per serving.
- Also for high schools, the rule proposes that no more than 12-ounce servings of other lower calorie beverages may be served outside of the meal service. Two alternatives for these beverages are proposed:
  - $\leq 40$  calories per 8-ounce serving ( $\leq 60$  calories/12-ounce serving) or
  - $\leq 50$  calories per 8-ounce serving ( $\leq 75$  calories/12-ounce serving)

## Commenting

- Rather than offer a single approach, the proposal offers alternatives in several areas. USDA is seeking comments on how best to preserve flexibility for schools in an updated healthy environment. Before the rule goes into effect, the public has an opportunity to comment on the proposed standards.
- Public comment from students, parents, school food staff, school administrators, State agencies and other interested parties is a very important step in the regulatory process. It helps USDA further refine the proposal into the final requirements that will become effective no earlier than one full school year after an implementing rule is published.



Food and beverages pictured may or may not meet the standards. Each product must be evaluated individually as specific food profiles vary greatly.

## WHERE TO COMMENT ON THE PROPOSED RULE:

<http://www.regulations.gov>

or by mail to:

Julie Brewer  
Chief, Policy and Program  
Development Branch

Child Nutrition Division, Food and  
Nutrition Service  
P.O. Box 66874

# Save the Date

FDA FOOD SAFETY  
MODERNIZATION ACT

**Listening Session/Webinar  
Wednesday, April 24, 2013**

hosted by the  
**Michigan Department of Agriculture  
and Rural Development**

featuring guest presenters from the  
**U.S. Food and Drug Administration**

**Morning Session:**

Standards for the Growing, Harvesting, Packing, and Holding of  
Produce for Human Consumption (Produce Safety Rule)

8:00 a.m. – 11:30 a.m.

**Afternoon Session:**

Preventive Controls for Human Food (Preventive Controls Rule)

1:30 p.m. – 5 p.m.

**Agenda and details to follow.**

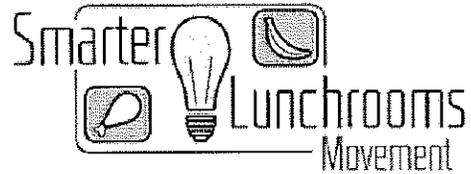
For more information, contact Jeanne Hausler,  
MDARD Food and Dairy Division Communications,  
at [hauslerj@michigan.gov](mailto:hauslerj@michigan.gov)

*Michigan*



Department of  
**AGRICULTURE**  
& Rural Development





**2013 Michigan Team Nutrition  
Spring 2013 HUSSC Workshop R.S.V.P.  
Due: March 29, 2013**

Every building attending a workshop should plan to send two school representatives (1 food service and 1 team nutrition or other school representative) to the same HUSSC application training and work session. **These two attendees will work together to begin the HUSSC application for your school building during the workshop.** Please tell us who will likely attend and their top two preferences for locations/dates.

School Building Name: \_\_\_\_\_

Food Service Representative Name: \_\_\_\_\_

Other School Representative Name: \_\_\_\_\_

Please label your top choice with a "1" and your second choice with a "2". Every effort will be made to accommodate your top choice but due to computer lab sizes, we may need to refer some school buildings to their second choice.

Wednesday, April 17 at Oakland Schools  
12:30 p.m. – 1:00 p.m. Box lunches available  
1:00 – 4:30 p.m. Work session

Thursday, April 18 at Gratiot-Isabella R.E.S.D.  
12:30 p.m. – 1:00 p.m. Box lunches available  
1:00 – 4:30 p.m. Work session

Wednesday, April 24 at Michigan Department of Education (Lansing)  
12:30 p.m. – 1:00 p.m. Box lunches available  
1:00 – 4:30 p.m. Work session

Thursday, April 25 at Jackson County I.S.D.  
12:30 p.m. – 1:00 p.m. Box lunches available  
1:00 – 4:30 p.m. Work session

Tuesday, April 30 at Ottawa Area I.S.D.  
12:30 p.m. – 1:00 p.m. Box lunches available  
1:00 – 4:30 p.m. Work session

Please indicate the number of box lunches you would like for us to reserve for you: \_\_\_\_\_

If you have any special dietary restrictions, please tell us here:

This form should be submitted online at <https://www.surveymonkey.com/s/Z3QX2LD>  
no later than March 29, 2013.