

From: Bushong, Linda (MDE) **On Behalf Of** Leikert, Howard J (MDE)
Sent: Monday, October 08, 2012 4:24 PM
To: MDE-SchoolNutrition
Subject: Weekly News from MDE 100812 - CORRECTED COPY

Below is a corrected version of the Weekly News from MDE 100812. Please replace the earlier version with this copy.

I had the opportunity to attend a meeting with about 50 food service directors and heard (loud and clear) some of the concerns many are having in relation to the new meal pattern. As I told the group, I will pass on many of the comments to the United States Department of Agriculture (USDA). In the meantime, here is some information that may be of some help to you:

- 1) Verification – In addition to all of the other challenges you have going on, it is also time to make sure you complete your verification efforts. For information on verification of eligibility for school meals, please see Food Service Administrative Policy No. 5 – SY 2012-2013 at the following link: http://michigan.gov/documents/mde/5_Verification_of_Eligibility_for_Sch_Meals_399229_7.pdf.
- 2) School Breakfast – Attached is a memo from Arne Duncan, the United States Secretary of Education, encouraging schools not only to participate in school breakfast but to make every effort to encourage students and parents to take advantage of this underused program. Please share at your districts with administration, parents and teachers whenever possible.
- 3) Healthy Hunger Free Kids Act Assistance – Also attached, from USDA, are two fact sheets that you can use to address two of the most common concerns we are hearing from the public as we implement the new meal pattern. One fact sheet addresses the amount of calories the new meals supply and solutions to use when answering questions from the community. The second fact sheet addresses the specific needs of athletes and the potential for using the AfterSchool Snack Program to help provide additional calories for students that may be at school after hours.
- 4) Nutrition Standards – I sent out this memo last week but asked one of our Consultants, Linda Stull, to highlight some of the significant changes. So here we go - USDA has issued a revision to the SP 10-2012 memo – Questions & Answers on the Final Rule, “Nutrition Standards in the National School Lunch and School Breakfast Programs.” The revised memo can be accessed at: <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

The memo summarizes the changes and makes note that it is in a new format with an index. The actual memo and revised Q & As will need to be copied as two separate documents. We are

highlighting some changes we feel will impact you, but you should still read through the entire document to familiarize yourself with ALL the revisions.

- a) Fruits & Vegetables – question 40: Schools can use manufacturer's data, provided the manufacturer clearly documents the ratio of vegetable mixture in the ingredients.
- b) Meat/Meat Alternate – question 8: Provides a good explanation that the protein in the school meals is found in many food items and not in the m/ma exclusively. So, while the oz. eq. of the m/ma may have been reduced, students still receive adequate protein from the m/ma, milk, vegetables, and grains in a school lunch.
- c) Grains – question 24: Lists the ingredient statement on cereals which will help identify whether the cereal is fortified, as required.
- d) Milk – question 3: While the information is not new, it provides a very clear explanation of the types of milk that have to be offered in the National School Lunch Program (NSLP), Special Milk Program (SMP), and the afterschool snack program. Although not mentioned in this question, two types of milk must be offered in the School Breakfast Program (SBP).
- e) Calories – question 4: Explains that the new meal patterns are designed to meet the needs of most of the school children and that school lunches supply approximately one-third of the nutritional needs of children with a low-active physical activity level; breakfast provides one-fourth of the nutritional needs.
- f) Menu Planning – question 9: Explains how to account for the use of leftovers.
- g) Menu Planning – question 12: Explains how free, extra food offered after the POS (after student has received a reimbursable meal) should be counted towards food components and dietary specifications.
- h) Menu Planning – question 13: Explains how to count beverages offered after the POS.
- i) Nutrient Analysis – question 3: States that the nutrient analysis required to be conducted by the State agency will be based on meals is selected for review.
- j) Nutrient Analysis – question 6: Explains how to calculate average portion sizes of condiments that are not pre-portioned.
- k) Crediting – Note: many of these are new questions and should be reviewed carefully. Question 4 addresses how to credit certain types of soup. Question 5 addresses how pureed fruits and vegetables are credited. Question 10 addresses how unrecognizable food ingredients contribute in the meal pattern requirements. Remember that MDE requires that a minimum portion size for fruits or vegetables is $\frac{1}{4}$ cup, instead of the $\frac{1}{8}$ cup mentioned in this question. Therefore, if pureeing a vegetable and using it in an entrée, at least $\frac{1}{4}$ cup can be a pureed vegetable, but then $\frac{1}{4}$ cup of a recognizable vegetable must also be part of this entrée in order to be creditable. Question 13 addresses pureed beans in a dessert item.

- 5) Supporting the New Meal Pattern – Wow, Doreen Simmonds at Waterford School district is not only promoting the new meal pattern, she is doing it in a way that promotes the meal pattern, encourages milk consumption, AND attempts to break a Guinness World Record. Check out the video....very cool!!!
http://theoaklandpress.com/articles/2012/10/03/news/local_news/doc506c771e39af3585660089.txt Fox 2 news clip from out Let's MOOve event!
<http://www.waterford.k12.mi.us/FoodService/videos/Longest%20Toast%20WJBK%2011pm%2010-03-12.wmv>
- 6) October is National Farm to School Month! National Farm to School Month celebrates the connections that are happening all over the country between schools and local foods. From "Kids Dig Farmers" and "Healthy School Vending" to "Celebrate Sweet Potatoes" and "Dress Up Your Oatmeal," National Farm to School Month 2012 gives you 23 great ways to celebrate the connections between schools, farms, and communities. Check out the following link for great ideas for your school celebration: <http://www.farmentoschoolmonth.org/2012/23-great-ways-to-celebrate-national-farm-to-school-month/>. Be sure to let us know if you celebrate in your schools!
- 7) SNAM SWTTF is putting together a document which will contain food items meeting the new requirements that students seem to really enjoy (i.e. rainbow cabbage). They will be distributing this resource document at SNAM12. If you have any food product items that meet the new meal pattern requirements that kids are really enjoying, please email the item, manufacturer, and item code to Shari Block by October 20, 2012, at sblock@casscityschools.org.
- 8) We want to tell others about the amazing work you are doing in feeding kids healthier meals. If you have any success stories you want to share about implementing the new regulations please email them to drzaln@michigan.gov or post them on the Michigan Team Nutrition on Facebook page at <http://www.facebook.com/michiganteamnutrition>.
- 9) 6 Cent Certification Help Sessions - School Nutrition Program staff from the Michigan Department of Education will be holding drop in sessions regarding the 6 Cents Certification Process at various locations in October. These sessions are to provide assistance with the 6 Cents Certification process. Attendees can bring their materials to get help in completing the worksheets or the MEGs+ application. Computers will be available for use. Questions regarding menus and the meal pattern can also be answered at these sessions.

All currently planned sessions are listed below with the date, location, and times. If you would be interested in attending one of these sessions, please

send an email to the contact person listed for that particular session. A confirmation email will be sent back confirming the date and location.

October 11, 2012

2:00 pm – 4:00 pm

Bay Arenac ISD

Pinconning Room

4228 2 mile Rd

Bay City, MI 48706

Phone: 989-667-3200

There are 24 open seats for this session.

Email HouserE@michigan.gov to reserve a seat.

October 15, 2012

2:00 pm – 4:00 pm

Saginaw ISD – Transitions Center

3860 Fashion Square Blvd.

Saginaw, MI 48604

Phone: 989-399-4733

There are 15 open seats for this session.

Email HouserE@michigan.gov to reserve a seat.

October 16, 2012

1:00 pm – 3:30 pm

Kent Educational Service Center

2930 Knapp Street NE

Grand Rapids, MI 49525

Phone: 616-364-1333

There are 20 open seats for this session.

Use Parking Lot # 11

WiFi is available for directors that want to bring their own laptop.

Email HahnK1@michigan.gov to reserve a seat.

October 16, 2012

2:00 pm – 4:00 pm

Bay Arenac ISD

Pinconning Room

4228 2 mile Rd

Bay City, MI 48706

Phone: 989-667-3200

There are 24 open seats for this session.

Email HouserE@michigan.gov to reserve a seat.

October 18, 2012

2:00 pm – 4:00 pm

Saginaw ISD – Transitions Center

3860 Fashion Square Blvd.

Saginaw, MI 48604

Phone: 989-399-4733

There are 15 open seats for this session.

Email HouserE@michigan.gov to reserve a seat.

October 22, 2012

2:00 pm – 4:00 pm

Gogebic-Ontonagon ISD

202 Elm St.

Bergland, MI 49910

Phone: 906-575-3438

Email HouserE@michigan.gov to reserve a seat.

October 23, 2012

2:00 pm – 4:00 pm

Marquette-Alger RESA

321 E Ohio

Marquette, MI 49855

Phone: 906-226-5100

Email HouserE@michigan.gov to reserve a seat.

October 24, 2012

2:00 pm – 4:00 pm

Delta-Schoolcraft ISD

2525 Third Ave South

Escanaba, MI 49829

Phone: 906-786-9300

Email HouserE@michigan.gov to reserve a seat.

October 25, 2012

2:00 pm – 4:00 pm

Cheboygan-Otsego-Presque Isle ESD

6065 Learning Lane

Indian River, MI 49749

Phone: 231-238-9394

Email HouserE@michigan.gov to reserve a seat.

October 25, 2012

2:15 pm – 5:00 pm

Kalamazoo RESA

1819 E. Milham Rd.

Kalamazoo, MI 49002

There are 24 open seats available.

Email BaileyJ13@michigan.gov to reserve a seat.

That's it for now. Thank you all for your hard work, patience and understanding while the new meal pattern requirements are put in place. It will take some time but it will all work out. Have a great weekend!

Howard Leikert, MBA, SNS
Supervisor
School Nutrition Programs
Michigan Department of Education
517-373-3892
517-373-4022 Fax

Supporting achievement for EVERY student through a Proficiency-Based system of education.



THE SECRETARY OF EDUCATION.
WASHINGTON, DC 20202

September 20, 2012

To members of the education community:

As your students headed back to school this fall, more than 16 million children in this country struggled with hunger. A new study shows that three out of five K-8 public school teachers say they see students regularly coming to school hungry. Teachers and schools are on the front lines of the fight to end childhood hunger, and I often hear stories of teachers who spend their own money on food for their students. Teachers do this because they know that hungry students have trouble learning when they are focused on their empty stomachs rather than classroom activities. These students often lack concentration and struggle with poor academic performance, behavior problems, and health issues.

Research has demonstrated that eating breakfast helps students pay attention, improves academic performance, and leads to better behavior in the classroom. Additionally, students who eat breakfast demonstrate higher quality nutrient intakes than students who do not eat breakfast. However, of the more than 22 million students who ate a free or reduced-price lunch in 2011, fewer than half also ate breakfast at school. We have an opportunity to reduce student hunger by narrowing this gap.

Lack of participation in the School Breakfast Program is often due to barriers including timing and stigma. Students often arrive to school too late to consume breakfast, and there can be a stigma associated with receiving free and reduced-price breakfast in the cafeteria. Fortunately, many innovative methods of serving breakfast are being implemented across the country that help address these barriers by making breakfast a part of the school day. When schools serve breakfast after the bell during regular school hours, they help address the timing problem because students no longer need to arrive early to school in order to participate in school breakfast. Additionally, when breakfast is offered to all students, it helps eliminate the stigma associated with going to the cafeteria in the morning before the school day starts.

Schools across the country have successfully increased participation in breakfast programs through innovative breakfast delivery programs like Breakfast in the Classroom and Grab N' Go. Breakfast in the Classroom allows students to eat breakfast in their classroom after the official start of the school day. When breakfast is served in the classroom it can coincide with appropriate educational activities to get the school day started. Grab N' Go breakfasts are picked up by students when they arrive at school or between morning classes. The food is packaged and available on mobile service carts in areas such as hallways or entryways. Information and resources on expanding school breakfast can be found on the U.S. Department of Agriculture Food and Nutrition Service Web site at <http://www.fns.usda.gov/cnd/breakfast/expansion/default.htm>.

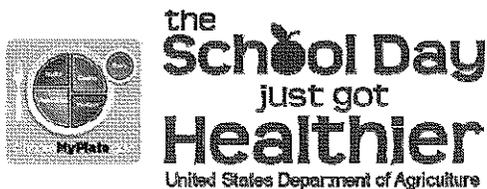
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Today, I am encouraging schools, school administrators, and teachers to seek out these and other innovative ways to increase participation in the school breakfast program. In doing so, we can ensure students are starting the school day with the food they need to enable them to be successful in the classroom.

Sincerely,

/s/

Arne Duncan



FACT SHEET: CALORIES IN SCHOOL MEALS

This paper provides some explanation and direction for States Agencies and School Food Authorities to use in discussions on the new calorie maximum as well as some tips to improve acceptance of school meals.

School meals play a critical role in helping children learn how to lead healthy lifestyles. The new standards ensure that children have the energy they need to learn in class and be physically active, while reducing their risk for obesity, diabetes, and other serious chronic diseases. The standards are based on the *Dietary Guidelines for Americans* (DGAs) as well as the recommendations of the Institute of Medicine (IOM) – an independent panel of experts in health, nutrition, school food service, and economics. Under the new science-based standards, school meals are “right-sized” and reflect the appropriate balance between food groups. In addition to lower-fat dairy and leaner proteins, the new school meals offer more whole grains and nearly twice as many fruits and vegetables at lunch. This results in more nutrient-dense, filling meals within age-appropriate calorie requirements.

Naturally, some places are adjusting to the new standards more easily than others. **Patience and support are needed, particularly in this year of transition.** As schools continue to work toward achieving the new requirements throughout the school year, USDA will continue to be there to help them. While initial reports we are hearing from schools and States have been tremendously positive, we also appreciate that not every student has transitioned to taking, or more importantly eating, all the new foods offered. However, it is important that all students consume meals that are filling and provide lasting energy.

What can schools and communities do to help in this transition?

First, educate students about the new standards. USDA data shows that students have tended not to take all the food available to them in the cafeteria line. Increasing understanding about the amount of food that can be selected through colorful signage and simple, repeated messaging to students can help ensure they are getting maximum energy benefit from their meal.

Also, make sure your menus are taking advantage of all the flexibilities available to schools under the new meal standards. **There are no daily maximum quantities on grains or meats/meat alternates.** The weekly ranges allow menu planners the flexibility to offer favored items of various sizes and adjust accordingly throughout the week. Additionally, grains and meats/meat alternates are rounded down to the nearest quarter-ounce equivalent for crediting purposes. This also offers flexibility to utilize a variety of items. For instance, a 2.2 ounce chicken breast credits as only 2 ounce equivalents.

Occasional, small quantities of leftovers served on another day will not be counted toward the meal component requirements. They do count toward weekly calorie limits, and States will need to check that they are not being offered excessively. Second servings that are part of the meal *do* count toward the daily and weekly component requirements; seconds offered a la carte are not counted.

Also, **there are no specific maximums on fruits, vegetables or milk.** Schools may choose to allow greater amounts than the required minimums by offering self-serve salad bars or allowing second servings of these components. Additional offerings *do* count toward the weekly calorie limits, but because fruits and vegetables are generally lower in calories, they can be excellent sources for satisfying meals and sustained energy.

Finally, **there are additional options for feeding those very active students.** In addition to making available second helpings of fruits and vegetables (or even milk) at lunch, schools can also structure afterschool snack and supper programs to provide additional foods for those who need them. Many schools have previously found success with parent- or school-run booster clubs and may opt to continue this practice. Individual students and/or sports teams can also supplement food provided through Federal programs with items provided from home or other sources.

Tips and Suggestions for Offering Appealing and Filling School Meals

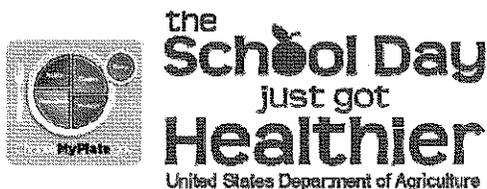
To offer satisfying meals, schools can consider increasing their offerings of fruits and vegetables beyond the minimum requirements. Some approaches that have achieved success across the country include:

- To boost flavor, offer foods with herbs and spices or lower-sodium sauces. If feasible with calorie limits, prepare foods with heart-healthy fats such as vegetable oils.
- For even more filling meals, encourage more frequent selection of whole fruits and vegetables versus juice, which is digested more quickly.
- Consider innovative products such as potato-based breading, entrée salads, and occasional desserts such as fruited gelatin, baked apples or low-fat pudding that do not contribute to the grains limit.
- Prepare pasta and soup recipes with more vegetables or add legumes and other veggies to meatloaf or pasta sauce for increased fiber and protein. This fills students up and keeps them satisfied all afternoon.
- Refer to *Fruits and Vegetables Galore* for additional tips for promoting fruits and vegetables in the cafeteria (http://www.fns.usda.gov/tn/resources/fv_galore.html).

To encourage students to consume foods for which they may not be accustomed, schools may employ multiple strategies, including taste tests, expanding salad bar offerings, using creative marketing and presentation of foods, and offering multiple choices within food components. Other techniques to increase student meal consumption include:

- Engaging students in recipe contests and kitchen tours.
- Working with local chefs in order to develop recipes that are healthful and appealing, and having the chefs both train and demonstrate foods to students, particularly the younger ones.
- Offering classic, favorite dishes while gradually introducing new dishes, or tweaking existing recipes to better align with the updated dietary specifications and portion sizes.
- Employing behavioral economics principles such as attractive fruit displays, eye-catching and mouth watering names for foods, and offering fruits and vegetables at the front of the line before the main dish to remind students to take these items.
- Educating students on farm to table food preparation to increase appreciation for foods in general. For example, start a school garden or invite local farmers to speak to students.
- Providing sufficient time for students to select and consume their entire meals.
- Offering recess prior to lunchtime to increase appetites and students' desire to eat.

Creative methods of implementing the meal pattern requirements increase the likelihood of student acceptance and interest in participating in the school meals programs.



FACT SHEET: ATHLETIC PROGRAMS AND AFTERSCHOOL MEAL SERVICE

This paper provides some explanation and direction for States Agencies and School Food Authorities to use in discussions on providing afterschool meals and snacks to students participating in athletic programs.

- Schools have two options for serving nutritious food to children after the bell has rung: afterschool snacks offered through the National School Lunch Program (NSLP) and afterschool snacks and meals offered through the Child and Adult Care Food Program (CACFP).
- NSLP afterschool snacks are available to schools offering an afterschool educational and enrichment program. Schools located in low-income areas provide snacks free of charge. Schools which are not located in qualifying low-income areas may also participate. In these cases, reimbursement is provided at the free, reduced price, and paid levels.
- Alternatively, schools located in low-income areas also have the option of providing snacks and meals through the At-Risk Afterschool Meals component of the CACFP. These programs support educational and enrichment programs for children and youth, through age 18, in low-income neighborhoods by providing free meals and snacks.
- When school is out and parents are still at work, children need a safe place to be with their friends with structured activities and supportive adults. Afterschool programs that serve meals or snacks draw children and teenagers into constructive activities that are safe, fun, and filled with opportunities for learning. The meals and snacks give them the nutrition they need to learn, play, and grow.
- Eligible afterschool programs:
 - Are located in the attendance area of a public school where at least 50 percent of the enrolled students are certified as eligible for free or reduced-price meals.
 - Provide educational or enrichment activities in an organized, structured, and supervised environment after the end of the school day, on weekends, or on holidays during the school year.
 - Are open to all children, and do not limit enrollment or membership on the basis of a child's ability. Programs designed to meet the special needs of enrolled children, such as programs for children with learning disabilities or children who are academically gifted, may also be eligible to participate.

- At-risk afterschool meals and snacks are ideal for programs that include supervised athletic activities, such as those typically sponsored by the Police Athletic League, Boys and Girls Clubs, and the YMCA.
- School districts are also well positioned to offer afterschool programs. There is significant flexibility in organizing such programs, and in the specific educational or enrichment activities that may be offered. For example, some programs may focus on homework and tutoring, while others offer activities including drama, chess, and physical activity.
- Programs may be targeted to specific age groups or may accommodate the needs of a wide variety of ages. Programs that provide meals to various age groups also must provide educational or enrichment activities for the various ages of the children served.
- Students who are part of school sports teams and clubs can receive afterschool snacks or meals as part of a broad, overarching educational or enrichment program offered by a school.
- Afterschool “drop in” programs are acceptable. There is no enrollment requirement, so individual student athletes who attend afterschool programs before or after team practices may receive meals and snacks.
- There is no requirement that the afterschool programs track the specific activities in which the children participate or document that the children participated in the offered activities. As long as appropriate educational or enrichment activities are provided, the site is eligible to serve meals to the children that attend the program.
- Go to these links for examples of successful afterschool programs that include service to student athletes:
 - <http://www.dailymail.com/News/201209200282>
 - http://www.cbsnews.com/8301-18563_162-57345857/high-school-football-team-battles-malnutrition/?tag=cbsContent;cbsCarousel