



The Lunch Line

Bureau of Nutrition, Health and Transportation Services

The Iowa Department of Education

Please route to:

<input type="checkbox"/> Food Service Director	<input type="checkbox"/> Record Keeper	<input type="checkbox"/> Superintendent
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Summer, 2012

Meal Patterns 2012 – Moving Forward Together!

The Healthy Hunger-Free Kids Act of 2010

In January, 2012, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled new standards for school meals that will result in healthier meals for kids across the nation. The new meal requirements will raise standards for the first time in more than fifteen years and improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day. The healthier meal requirements are a key component of the Healthy, Hunger-Free Kids Act, which was championed by the First Lady as part of her *Let's Move!* campaign and signed into law by President Obama.

The final standards make the same kinds of practical changes that many parents are already encouraging at home, including:

- Ensuring students are offered both fruits and vegetables every day of the week;
- Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

USDA built the new rule around recommendations from a panel of experts convened by the Institute of Medicine — a gold standard for evidence-based health analysis. The standards were also updated with key changes from the 2010 Dietary Guidelines for Americans – the Federal government's benchmark for nutrition – and aimed to foster the kind of healthy changes at school that many parents are already trying to encourage at home, such as making sure that kids are offered both fruits and vegetables each day, more whole grains, and portion sizes and calorie counts designed to maintain a healthy weight.

The new standards are expected to cost \$3.2 billion over the next five years—less than half of the estimated cost of the proposed rule and are just one of five major components of the Healthy Hunger Free Kids Act, now implemented or

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under development, which will work together to reform school nutrition. In addition to the updated meal standards, unprecedented improvements to come include:

- *The ability to take nutrition standards beyond the cafeteria* for the first time ever, foods and beverages sold in vending machines and other venues on school campuses will also contribute to a healthy diet;
- *Increased funding for schools* – an additional 6 cents a meal is the first real increase in 30 years – tied to strong performance in serving improved meals;
- *Common-sense pricing standards for schools* to ensure that revenues from non-Federal sources keep pace with the Federal commitment to healthy school meals;
- *Training and technical assistance* to help schools achieve and monitor compliance.

To learn more, please see the Bureau webpage School Nutrition Standards 2012 at <http://tinyurl.com/6qdwvw>



Trans Fat and the New Meal Pattern

Beginning July 1, 2012 for lunch, and July 1, 2013 for breakfast,

schools must be sure that the nutrition label or manufacturer specifications for food products, or ingredients used to prepare meals, indicate zero grams-*the label will read either zero or less than 0.5 grams*-of trans fat per serving. The trans fat amount is to be listed below the saturated fat-line on the label and expressed to the nearest 0.5 gram increment when the total trans fat is below 5 grams

and to the nearest gram increment when the total level is above 5 grams.

It will be important for menu planners to develop food procurement specifications and recipes to meet the trans fat specification. Naturally occurring trans fat, found in products such as beef and lamb, is excluded from the requirement.

However for mixed dishes, such as burritos, you would need to document that the trans fat is a product of the beef and not the tortilla. For more information, go to <http://www.fns.usda.gov/fdd/facts/nutrition/TransFatFactSheet.pdf>

Paid Lunch Equity (PLE)

The interim rule entitled, “National School Lunch Program: School Food Service Account Revenue Amendments Related to the Healthy, Hunger-Free Kids Act of 2010” requires school food authorities (SFAs) participating in the National School Lunch Program to ensure sufficient funds are provided to the nonprofit school food service account for meals served to students not eligible for free or reduced price meals. There are two ways to meet this requirement: either through the prices charged for “paid” meals or through other non-Federal sources provided to the nonprofit school food service account.

Annual Review of Paid Lunch Revenue

SFAs must annually review their paid lunch revenue to assure compliance with the paid lunch equity requirement. When the average paid lunch price is less than the difference between the free and paid Federal reimbursement rates, the SFA must determine how they will meet the requirement—by

increasing their average paid lunch price or providing funds from non-Federal sources.

Those SFAs that choose to increase the average paid lunch price must increase the average paid lunch price by a factor of two percent plus the annual inflation rate. The inflation factor is based on the percentage change in the Consumer Price Index for All Urban Consumers (CPI). The reimbursement rates are adjusted using the CPI for the 12-month period of May of the previous year to May of the current year. Due to the timing of calculating and issuing the reimbursement rates, the paid lunch equity calculations are based on the inflation factor used for the previous SY's reimbursement rates. Therefore, the inflation factors used by SFAs to calculate their paid lunch equity requirements will change from year to year.

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Paid Lunch Equity (PE)

For SY 2012-2013, SFAs must use SY 2011-2012 Federal reimbursement rates and the related inflation factor when calculating paid lunch requirements. The Federal reimbursement rates and inflation factor were issued in a July 20, 2011, Federal Register Notice (76 FR 43256). The Notice announced an increase in the reimbursement rate for SY 2011-12 and provided the inflation rate of 2.18 percent for the increase in rates between SY 2010-2011 and SY 2011-2012.

Therefore, for SY 2012-2013, SFAs which, on average, charged less than **\$2.51** for paid lunches in SY 2011-2012 are required to adjust their average price or provide additional non-Federal funds to the non-profit school food service account. The amount of per meal increase will be calculated using 2 percent plus 2.18 percent, or **4.18** percent.

The PLE for SY 2012-2013 is located on the Bureau of Nutrition, Health, and Transportation Services web site at <http://tinyurl.com/3wrg394>.

The tool and memorandum were also mailed to the Authorized Representative and Food Service Director on March 21, 2012. The tool includes the new reimbursement and inflation rates and account for, as applicable, crediting any amount SFAs increased paid lunch prices above the required level. The PLE tool will also address any shortfall in meeting the PLE requirement and make the appropriate adjustments based on the information that SFAs input from their records. SFAs may also want to review memo SP 39-2011- Revised (emailed on March 1, 2012) for more guidance on making PLE calculations. Please contact your area consultant for assistance.

New Meal Pattern Resources— Where To Go?

Are you looking for information about the new meal pattern? Here are some resources:



The School Nutrition Association of Iowa will hold its Annual Conference in Dubuque on **June 19-20, 2012**. There will be breakout sessions dealing with segments of the new regulations. For registration information, go to www.snaiowa.org.

Summer Short Courses are coming soon to Ames! The **Manager Updates on June 13** will certainly have a major focus on the new meal pattern, but it will also be included in the **Orientation for New Managers, July 26 and 27**, and **Healthy Meals Workshop on July 24 and 25**. Don't forget that with all of the changes, the **Financial Management Workshop on July 9 and 10** and the **Procurement Workshop on June 26, 27, and 28** are also important.

To register, for the summer short courses go to http://educateiowa.gov/index.php?option=com_content&view=category&id=442&Itemid=4245

Our Bureau has an entire webpage dedicated to the new meal pattern http://educateiowa.gov/index.php?option=com_content&view=category&id=442&Itemid=4245

And of course, the USDA website <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

Team Nutrition is always ready to help http://educateiowa.gov/index.php?option=com_content&view=article&id=373&Itemid=2962

The ChooseMyPlate can be a helpful resource too <http://www.choosemyplate.gov/index.html>

Last, but certainly not least, is your area consultant! Do not hesitate to contact your consultant with any questions you may have.

Food Safety Inspection Requirement

As a reminder, the Reauthorization of the USDA Child Nutrition Programs in 2004 included a requirement that schools and RCCI's receive two Food Safety Inspections each program year. Now is an appropriate time for SFA's to review the inspections status of each of the sites participating in the School Meal Programs.

If each site has not yet had two inspections, it is important that the SFA request from the local inspection authority that two inspections be completed prior to the end of the school year. The SFA cannot control whether or not the two inspections are completed, but must document that the SFA has requested two required inspections.

A copy of a letter or a note placed in a file, indicating a call was made to this person on this date requesting the inspections, would be considered documentation. Copies of either the inspections or the documentation must be on file for the State Agency to review. USDA requires the State Agency to report the number of inspections completed. As part of this legislation schools are also required to have posted in a publicly visible location a copy of the most recent inspection.

How and When to Report:

The food safety/health inspections are reported via the CNP 2000 web based system at: <https://www.edinfo.state.ia.us/CNP/frameManager.asp> On the green navigation bar select "Health Inspections". On the next screen, click on "Health Inspection," click on Program year 2012, click on "select," and complete the report. **The number of food safety/health inspections that each school/site had must be reported by June 15, 2012.**

If you are not responsible for the food safety inspections, please inform the appropriate individual. Questions may be directed to your area consultant or Diana Weber, Consultant, at 515-281-5663 or Diana.Weber@iowa.gov.

2012 Summer Food Service Program

The Summer Food Service Program is good, nutritious food that's "in" when school is "out." It was created to ensure that children in low-income areas could continue to receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast.

How can you determine if your summer site is eligible to participate in the summer program? Your site is eligible if at least half the children in the area are eligible for free and reduced-price school meals based on data from either the local school or from census block information.

Census block data was recently updated based on the American Community Survey. Log on to <http://www.fairdata2000.com/SummerFood/index.html> to map your potential summer site and see if it falls within a qualifying census block. Simply click on



Summer Food Target Mapper

then, click on



and then enter your site address. The Summer Food Mapper will place a star on the map at the location of your site. If your site falls within a green census block, it is eligible to participate in the Summer Food Service Program.

For more information about the Summer Food Service Program, contact Stephanie Dross at stephanie.dross@iowa.gov or 515-281-4760.



Fresh Fruit and Vegetable Success Story



The Fresh Fruit and Vegetable Program introduces children to a wide variety of fresh fruits and vegetables like red raspberries, Clementine's, honeydew melon, papaya, star fruit, nectarines, parsnips, yams, jicama, bell peppers, radishes, and sugar snap peas.

Here is what Mrs. Davis' 3rd grade class at South Side Elementary in the Hampton Dumont CSD stated about their Fresh Fruit & Vegetable Program:

Why we like the fruit & vegetable snacks.....

- I like having something healthy to eat in the morning
- The snack helps our brains to think
- Provides us food to give us energy to work
- The snack gives us natural sugar.
- Sometimes I don't eat enough for breakfast and this snack gives me something healthy to eat when I am hungry.



What are your favorite snacks and why.....

- Watermelon - because it is tasty and juicy
- Pineapple – because it is sweet & juicy
- Apples - just because we like them
- Bananas - because they are easy to eat
- Pears – because they are juicy and sweet and sometimes crunchy
- Cucumber & sweet potato sticks – because they are tasty



Whole Grain-Rich or Not Whole Grain-Rich? How Do I Tell?

Beginning July 1, 2012, *half* of all grains offered by schools at lunch must be whole grain-rich. By the school year starting July 1, 2014, *all* grains offered by schools at lunch *and* breakfast must be whole grain-rich. To be whole grain-rich, a product must contain at least 50% whole grains. So, how do you know if a grain is whole grain-rich? There are several ways.

ONE: The grain item has 8 grams or more of whole grains per serving. These products will have the whole grain stamp.



OR TWO: The product has the following FDA-approved whole grain health claim on the package: "Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."

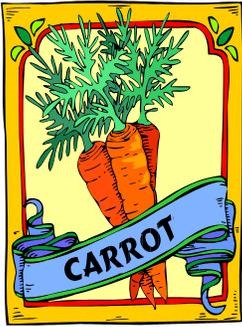


OR THREE: The whole grain is first on the ingredient list. Some common whole grains are whole wheat flour, rolled oats, brown rice, cornmeal (not degerminated), quinoa, and whole grain barley. *Remember, if a product says "wheat flour," that is not the same thing as whole wheat flour.*

OR FOUR: For mixed dishes, such as pizza or corn dogs, whole grain must be the first ingredient (or primary grain ingredient) for the grain part of the dish—the pizza crust or corn dog batter for example.

OR FIVE: For items prepared from scratch by the school, the recipe must show that the total weight of whole grain ingredients is more than the total weight of non-whole grain ingredients.

For a more complete explanation, go to: http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678



The Carrot Patch

Lots of activities keep us all hopping these days! As a part of our efforts to keep you informed we have added two pages to the Department of Education's web site. Start here:

<http://educateiowa.gov>.

First is a web page solely focused on the Nutrition Standards Final Rule. To get there: from the DE home page click on the "A-Z index" tab, then "N", then "Nutrition Programs" then roll over Nutrition Programs on the left side of the page and click on "School Nutrition Standards 2012" from the menu that pops up. Be sure to check there frequently as we keep adding to the page!

We also have a new home for the packets of information formerly known as "Warrant Inserts". A little background for the newcomers - each month new memos, reminders, and new information to be delivered to the Authorized Representative and Food Service Director were included with the warrants when they were mailed. Since payments are now directly deposited we email the information monthly using the email addresses in the CNP2000.

We have renamed the Warrant Inserts to "Monthly Memos and Updates" (MMU). In case the email gets blocked, the MMUs will also be available on this new web page: <http://tinyurl.com/MMupdates>. So mark your calendar to check here regularly. You can also find the link in the upper left column under "Nutrition Quick Links" on the Nutrition Programs page of the DE website. Over the next month or two we will be adding all the MMUs for 2011-2012.

Wishing you a wonderful Summer! Have fun planning your garden and don't forget the carrots!

Ann



When Starting a New School Year

Here are a few issues to think about when you return from summer break:

Do you have a new staff member? Do they need access to CNP2000? If you answered "Yes" to both questions, you need to fill out the Access Request Form.

Do you have staff member(s) no longer employed with your Institution? If yes, you will need to fill out the Access Request Form. *Be sure to list all former employees be removed from your Institutions Login profile(s).*

This form is located on the CNP2000 online application under the Form Download section, under NSLP040- Access Request Form. Directions on how to complete the form are located on the second page of the request form. When you keep your Institution's login profile(s) current, the less likely you will have login/password issues.

Please send us questions you have about using our website(s) and we will attempt to answer them via email, newsletter or both. Please send your questions to ellen.miller@iowa.gov.

Students Taking Charge

Back on March 2nd, Team Nutrition Iowa held a Students Taking Charge workshop in partnership with Iowa Department of Public Health, Iowa State University Extension, and SIYAC (State of Iowa Youth Advisory Council). Over 35 teams of high schools students from across the state of Iowa attended the workshop and learned ways to become advocate for healthy eating, physical activity, and tobacco prevention. *Catalyst*, a group from Minnesota, was the keynote speaker for the day and facilitated numerous fun and interactive breakouts.

<http://bethecatalyst.org/>

The high school students were very outgoing and their willingness to live a healthy lifestyle was impressive! Don't forget to utilize students as you implement changes in your school lunch menu! They are an excellent resource and if involved in the discussion, will be positive advocates for the changes with their peers.



Wellness Policy

Some of you may have met me and invited me to rummage through your snacks on the lunch line! My name is Jodi Bullock, Healthy Kids Act Project Director and Registered Dietitian.

Many positive changes are being made to the competitive foods your schools are selling in order to be compliant with the HKA, but did you know that wellness policies are part of the act as well? Running a granola bar through the nutrient calculator is much more cut and dry than writing a wellness policy. With the passage of the Healthy Hunger Free Kids Act of 2010, we have new requirements for wellness policies. Here are a few of the new additions and resources you can utilize in updating yours.

Nutrition promotion and the methods of implementation and evaluation are the biggest areas in need of attention. A great starting point is to check out the side by side chart comparison of the old vs. new requirements as stated on page two of this document:

<http://www.fns.usda.gov/tn/Healthy/lwp5yrplan.pdf>

An excellent tool available for updating or writing your policy comes from the Action for Healthy Kids website. This tool guides you step by step through writing the actual policy language, steps to achieve your goals and methods of implementing and evaluating your outcomes.

<http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/> You will have to create a username and log-in, but once you do, you can save the changes you make as you progress through updating your wellness policy.

Remember to be specific with the details of your policy, add in short and long-term goals and then review the policy at least once per year. Measure your outcomes so you will know how your student's test scores improve, how participation in your lunch program or school wellness events increases. Please contact me at Jodi.bullock@iowa.gov to help you with this process until June 15, 2012. After this date, Patti Delger, patti.delger@iowa.gov, will be able to assist you with your wellness policy.

Meet the Challenge!

RD Coaches Moving Iowa Schools Forward to HealthierUS School Challenge Success!

RD Coaches (Registered Dietitian) have been assigned to help 40 Iowa schools create a school team of key individuals (Foodservice Director, PE Teacher, Principal, School Nurse, and other teachers/parents) and work towards meeting criteria for HealthierUS School Challenge (HUSC).

This partnership is made possible through a Team Nutrition grant which will continue through January 2013. Schools receiving the assistance are from Newton, Indianola, Pella, St. Francis of Assisi, College Community, Pella Christian Grade School, Ankeny, Marshalltown, Saydel, and Des Moines Independent school districts.

Schools are currently working hard to modify their menus to meet HUSC criteria, determine minutes of PE, document nutrition education provided, and update their wellness policies. They will apply for Bronze, Silver, Gold or Gold of Distinction HUSC awards, and receive financial incentive from USDA. Their schools will be recognized as the healthiest schools in the nation!

For more information on HUSC, go to <http://teamnutrition.usda.gov/HealthierUS/application.html>, or contact Patti Delger, patti.delger@iowa.gov about RD Coaches assisting schools with meeting the challenge.

HealthierUS School Challenge TEAM Trainings



Twenty-nine school teams attended HealthierUS School Challenge (HUSSC) TEAM trainings during February, provided through Team Nutrition. NFSMI (National Food Service Management Institute)

consultants led the training for Foodservice Directors and separate break-out sessions were provided for PE Teachers, Principals and Teachers. Fuel Up to Play60, nutrition education resources, team success strategies, and PE lesson plans for the classroom were presented and demonstrated.

Schools are finding greater success with meeting HUSSC criteria if a team of key individuals in a school building work together to meet criteria. Of the schools attending, 38% have already begun working on the HUSSC application and expect to submit it this school year or early next fall.

USDA has announced new HUSSC criteria, starting July 1, 2012. Implementation of the new criteria will coincide with implementation of the new meal pattern requirements. New criteria can be found at <http://teamnutrition.usda.gov/HealthierUS/2012criteria.html>.

Choose MyPlate Resources



MyPlate is a visual representation of how a healthy, well balanced meal should look. The new design provides the same information which was formerly found on MyPyramid, but presents it in an easier to understand way. MyPlate is based on the *2010 USDA Dietary Guidelines for Americans*, the same guidelines used for the new school lunch meal pattern which begins this fall.

ChooseMyPlate.gov is a useful tool when educating yourself, students, parents, or staff on the importance of following MyPlate guidelines. The website offers a variety of tips and information on healthful eating. Major topics covered include detailed overviews of all five food groups, how to achieve energy balance, and explanations of which items to limit and which foods to eat more often.

The website also offers a number of free, printable resources to help promote MyPlate. The Top Ten Nutrition Education Series consists of a number of printable PDFs with simple tips on adding variety to your diet, eating from all the food groups, being a role model to those around you, and more. This simple resource is helpful in explaining MyPlate to others. The website also contains information about increasing physical activity, food safety, and links to child friendly recipes. Materials designed specifically for classroom use are also available. Worksheets, coloring pages, and even an online video game help reinforce the major messages of MyPlate in fun, interactive ways.

It's important to teach students about MyPlate so they can make better mealtime choices in school cafeterias. In fact, the information available is good for all people to understand and incorporate into their daily lives. Eating well and being healthy begins with knowledge, and MyPlate is a great place to start or continue learning.

For additional FREE resources check out:

- <http://www.choosemyplate.gov/print-materials-ordering/order-online.aspx>
- <http://tn.ntis.gov/>

Information about the five vegetable subgroups which must be included in your school lunch menus next fall can also be found at ChooseMyPlate.com.

- <http://www.choosemyplate.gov/food-groups/vegetables.html>

USDA FOOD News

Food Distribution

Keck Payments

Just a reminder, the Keck bill is now a 2 part form instead of four part form in four different colors. The bill from Keck should be on white paper. If you have a split site you will get several bills from whatever was delivered to each site at your school.

State Processed food items coded #2500 of greater

You may notice that by the end of the school year we may run out of certain processed food items like; Mandarin Orange Chicken, applesauce cups, etc. We can only budget a certain amount of trucks for each line item for each school year. With the costs of foods increasing this may affect several processed line items by the end of the year. If you do see some food item not offered in one of Iowa's six deliveries that would be the reason.

School Freezers

Have you worked out plans to have someone check your freezers on a daily basis during the summer months? Don't take a chance to have a break-down and lose any products. Make someone responsible for checking all of your storage areas when school is not in session.

Reminders/Checklist

- A. Rotate Stock
- B. Check freezer and refrigeration each day this summer.
- C. Fill-out paperwork on "Delivery Dates Not Available" and send them to Keck.
- D. Forward your end of the year report on "USDA Foods (commodities) Received in 2011-2012" to your business manager or the person who does your school's financial reports.

Changing Passwords

Just a reminder that your password to order commodities needs to be set every 6 months, so you may want to reset it before you leave for the summer.

Recordkeeping

Another reminder is that any records that are used in the food distribution program must be kept in your files for 3 years plus the current year. You may be audited by the State Agency and/or USDA at any time.

The "Single Inventory Method" guidance booklet, which includes basic guidelines and some questions and answers, may be obtained by contacting Alicia Teran at 515-281-4751. This would be information for new Food Service managers.

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<http://www.state.ia.us/government/crc/index.html>

Enjoy Your Summer!