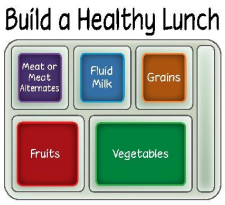
FRESH BITES



Your Connection to Iowa School Meal Success and Resources! **March 2013**

Peer in the Spotlight

"The students are certainly eating more vegetables. I have had positive feedback from the parents. They like that there are not so many grain based deserts on the menu." - Eileen Miller, Christ the King School - Des Moines

School meals were recently featured on the Governor's Healthiest State Initiative website, Facebook page, and Twitter account. Check it out!

emiller@cksdesmoines.com

Resource of the Month

All Food Service Directors have received a packet of resources from the Bureau of Nutrition and Health. Two of the resources were revised and reprinted with permission from Idaho State Department of Child Nutrition Programs. *Vary Your Veggies* is a reference sheet to utilize during menu planning and incorporation of the vegetable subgroups. *Estimating Quantities from Self-Serve Bars* can be utilized at the point-of-sale as a visual reference of portion sizes.

Did You Know?

USDA is extending the flexibility in meeting the weekly maximums for grains and meat/meat alternates for both breakfast and lunch through the 2013-14 school year due to the notable operational challenges of menu planning, product availability, and student acceptance. To see the official USDA memo, click here.

Certification Update for the State of Iowa

Total school food authorities (SFA): 502
SFAs that have submitted for certification: 331
SFAs that have submitted and have been certified: 113

25% of the total number of certified SFAs will be validated by the end of the 2012-13 school year.

WAY TO GO, IOWA!!
Thank you for your dedication and commitment to healthy school meals!

Upcoming Trainings

- An informational webinar on the new breakfast meal pattern will be held in April. ***Stay tuned!!!***
- HealthierUS School Challenge Computer Lab Trainings:
  April 23 – Ottumwa, to register, click here.
  May 14 – Pocahontas, to register, click here.
  June 4 – Cedar Rapids, to register, click here.
  June 6 – Atlantic, to register, click here.

- Each summer the Bureau of Nutrition & Health partners with Iowa State University to provide continuing education for child nutrition professionals. Click here for dates and registration information.

the School Day just got Healthier

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