



DIRECTIONS

a publication of child nutrition and food distribution

in this **ISSUE**

Child Nutrition And Food Distribution Has Moved

CNFD staff has moved! We are now located in the Gateway Professional Building just south of Gateway Mall. Please continue to use the same address as before. All mail will go to the capitol and be couriered to our office. Phone numbers are the same. The only change is our fax number: 701-328-9566.

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Parents + Schools Healthy Kids Brochures

This brochure highlights The National School Lunch and Breakfast Programs and gives parents ideas how to get involved to support healthy food, quality physical education in their child's school. Please contact Child Nutrition Food Distribution to request this great resource to share with families: 701-328-2294 or toll-free 888-338-3663.

Win a Sneeze Guard /Salad Bar Set Up

Our office has a beautiful gold portable sneeze guard to give away. It is 4 feet long with 2 sides that are supported by S-shaped golden tubes. We also have freezable salad bar pans, a freezable dressing container with a pump and tongs to go with it. This unit was used for the 2005 Fruits & Vegetables Galore trainings. We will give it to the school that can best explain why they should win it. If you would like a chance to win this unit, please write an explanation of what you would use it for, how many students you serve and if you would use it every day. An application form is enclosed in the Directions newsletter. Applications will be judged on how well the school can justify why they should win. The

winning school will need to arrange to pick up the unit. If you have any questions please call or write Deb Egeland at 1-888-338-3663 or 328-3718 or degeland@nd.gov



North Dakota Department of Public Instruction
Dr. Wayne G. Sanstead, State Superintendent
600 E. Boulevard Avenue, Dept. 201
Bismarck, ND 58505-0440

Breakfast Reminders

USDA recently asked us to monitor school breakfast programs more closely due to frequent problems with reimbursable meals discovered in random federal breakfast reviews across the US.

The breakfast meal pattern requires schools to offer: 1 cup milk, ½ cup fruit or juice or vegetable, and 2 ounces bread and/or meat/meat alternate. Students must select three items for a reimbursable meal. The only items that can be counted twice are bread and meat. Example: Offer cereal, toast, milk and juice. The student can take cereal, milk and juice or cereal, toast and milk, or toast, milk and juice or 2 slices of toast and a juice. They could NOT take 2 milks and 1 cereal or 2 juices and 1 toast. Some big bread items such as bagels, muffins and cinnamon rolls count as 2 breads. The big breads still need to be offered with milk and fruit/juice, however, the student could take the big bread item and juice or the big bread item and milk. Large eggs count as 2 ounces of meat. The student could take a large hard-boiled egg and juice or the egg and milk.

The problem breakfasts seem to involve students taking just cereal and milk or the school not offering the second bread/meat/meat alternate; particularly with cereal. If it is difficult to keep up on preparing toast, consider offering muffins or graham crackers as the second bread.

Schools also tend to be quite lax in checking for reimbursable breakfasts at the end of the serving line. Students can sign or check their own name, however, someone needs to be there to monitor that each student did take the three required items. This could be done by the cook at the end of the serving line.

Grand Forks School Wins USDA HUSSC Award

Phoenix Elementary School in Grand Forks has been awarded the prestigious HUSSC Gold Award of Distinction and \$2,500 by USDA. This is the first Gold of Distinction award designation in the ten state Mountain Plains Region. HUSSC (Healthier US School Challenge) awards recognize exemplary school nutrition programs. Congratulations to Nutrition Services Director, Julie Tunseth; Principal Darryl Tunseth; and Cook Manager Brenda Keitzman for all their hard work to attain this designation. Look for pictures of the celebration in future Directions.



Donations of Fresh Produce are Allowed

Schools can accept donations of fresh produce and honey for use in school nutrition programs. As always, practice good HACCP principles by checking the produce quality and serving it as soon as possible.



ND Farm to School Week September 20-24



Plans are underway for the governor and agriculture commissioner to proclaim September 20-24 as ND Farm -to- School Week. Please consider serving locally grown food during this week. This event will be in addition to the Pride of Dakota Day in March to take advantage of fresh produce available in the fall. Many people have an abundance of apples to donate or sell every fall. Potatoes, corn, carrots, green beans, dry beans, cucumbers and squash are also at their peak of freshness in the fall.

Salad Bars: Make Them Count Not Cost

Salad bars are a wonderful way to offer students more fruits and veggies. The key to keeping costs down is to not offer extra items like sunflower seeds, cheese, bacon bits and creamy salads. These items are also high in fat and sodium. Fresh fruit like oranges and apples go over better if they are cut into wedges. Check out the Team Nutrition Resource: Fruits and Veggies Galore, Getting Kids to Eat More, for more salad bar set-up ideas.

Parents have mixed feelings about salad bars. Most think it is a great thing, however, a few see a salad bar as a sanitation nightmare with so many students touching everything. A sneeze guard can add a sense of security.

National School Lunch Week, October 11-15, 2010

The theme of SNA's 2010 National School Lunch Week, (NSLW) is What's on Your Plate?

This year's celebration is taking a cue from the light-hearted personality quizzes found in magazines and social media websites.

SNA is offering an opportunity for students and staff to discover what their favorite foods and activity preferences reveal about their unique talents and interests.

The profile quiz developed for School Lunch: What's on Your Plate? reveals five distinct personality types -strong, creative, radiant, balanced and chilled--which come to life in the form of fun and stylish Avatar-type characters.

The first step is to help students identify their individual NSLW personality types. This can be done by promoting the official kids' website, www.whatsonyourtray.org.

NSLW Menus and recipes for the following can be found at: www.schoolnutrition.org/NSLW10

- Champion Chicken and Orange Rice
- Step-It-Up Spaghetti with Meat Sauce
- Say "Cheese" Cheesy Steak Sandwich
- Action-Packed Chicken Fajita Wrap
- Reach Your Peak Whole-Grain Pepperoni Pizza



Child Nutrition and Food Distribution Programs

In-State Toll Free: 1-888-338-3663

Local: 701-328-2294

Fax: 701-328-2461

Website: www.dpi.state.nd.us/child

Circulate to School Nutrition Staff:

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For inquiries regarding nondiscrimination policies please contact: Robert Marthaller, Assistant Superintendent, Department of Public Instruction, 600 East Boulevard Avenue, Dept 201, Bismarck, ND 58505-0440, 701-328-2267.

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Calendar of Events

September 2010

- 23 August -3 September Preference Survey Date- October Delivery month
- 6-17 Preference Survey Date- November Delivery month
- 10 Pathways -Personal Management and Professional Development-Bismarck
- 13-17 Commodity Route A
- 20-24 Commodity Route B
- 20-24 Farm -To -School Week
- 21 HealthierUS School Challenge Workshop- Valley City (contact CN office for more information)
- 24-25 Pathways -Sanitation and Safety-Minot
- 27- Oct 1 Commodity Route C
- 27- Oct 8 Preference Survey Date- December Delivery month
- 20-24 Farm -To -School Week
- 30 Pathways -Marketing and Customer Relations-Fargo

October 2010

- 4-8 Commodity Route A
- 7 Pathways -Principals of Quantity Food Production-Minot
- 8-9 Pathways-Practical Nutrition-Jamestown
- 11-15 Commodity Route B
- 11-15 National School Lunch Week
- 15-16 Pathways- Fundamentals of School Food Service-Bismarck
- 18 Pathways-Food Procurement and Storage-Jamestown
- 18-22 Commodity Route C

November 2010

- 1-5 Commodity Route A
- 1-12 Preference Survey Date- January Delivery month
- 8 & 22 Pathways- Fundamentals of School Food Service-West Fargo
- 8-12 Commodity Route B
- 15-19 Commodity Route C
- 29- Dec 3 Commodity Route A

Return Service Requested

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