

DIRECTIONS

a publication of child nutrition and food distribution



North Dakota's Second Farm to School Week Set for September

Bring the farm into your school by serving locally grown produce during North Dakota Farm to School Week September 18-24. This week will be proclaimed as North Dakota's second annual farm to school week by Governor Jack Dalrymple and Agriculture Commissioner Doug Gehring later this fall.

North Dakota became nationally recognized as a farm to school state in 2009. Many schools participated in the first farm to school week last fall. Please consider serving locally grown food during this week.

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.

For ideas and projects for Farm to School, contact North Dakota's Regional Farm to School State Lead Sue Balcom at sbalcom@farrms.org or call 701-527-5169.

The Farm to School Handbook is available on our website at:
http://www.dpi.state.nd.us/child/snp/nslp/farm_sch_handbook.pdf

Cathy Deics joins NDDPI Child Nutrition Unit

Cathy Deics has joined the Department of Public Instruction as the School Nutrition Programs Manager. Cathy is a Concordia College graduate with majors in Dietetics and Exercise Science. She has 15 years experience as the Wellness Director for Avera St. Luke's Hospital in Aberdeen, SD, where she provided a variety of health promotion services to businesses, schools and community groups throughout the region. Cathy will be reviewing school nutrition programs as well as working on Team Nutrition projects and providing technical assistance to schools. Cathy is very excited to start visiting schools with Deb, Becky, Stacie and Kaye. Contact Cathy at 328-2664 or cdeics@nd.gov

Donations of Fresh Produce are Allowed

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

in this ISSUE

North Dakota's Second Farm to School Week Set for September

Cathy Deics joins NDDPI Child Nutrition Unit

Donations of Fresh Produce are Allowed

National School Lunch Week, October 10-14, 2011

My Plate Icon to Guide Americans to Healthier Eating

Grand Forks Public Chosen as the National School Nutrition Association's District of the Year!

Resources for School Nutrition Programs

North Dakota Pride of Dakota School Lunch Day coming Up October 4

Calendar of Events

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

National School Lunch Week, October 10-14, 2011

Helping children understand the connections between agriculture, meals and health is a critical goal of farm-to-school programs and of school nutrition professionals. What better opportunity to celebrate both than National School Lunch Week (NSLW)! The theme of SNA's National School Nutrition Week, (NSLW) for 2011 is School Lunch: Let's Grow Healthy.

This year's NSLW, October 10-14, 2011, is an ideal occasion to explore the opportunities available in your community to menu and promote locally sourced foods and participate in one of many different models of farm-to-school programs. From a harvest-of-the-month menu to school garden to a meet-the-farmer educational presentation, there's a farm-to-school activity that can fit the needs of any school district.

The 2011 NSLW theme, "School Lunch: Let's Grow Healthy, celebrates the roles school meals play supporting both children's health and local agriculture, dual priorities that were identified when the National School Lunch Program was established in 1946. This broad theme allows for a wide range of promotional angles, from teaching children about the journey food makes before it reaches the cafeteria to showcasing specific foods and food groups that students need to grow strong and healthy.

In recognizing that local foods vary from one community to the next, SNA is not offering suggested menus this year. Schools are encouraged to design their own menus using local foods available in your area.

Check out the list below for ideas on promoting NSLW in October:

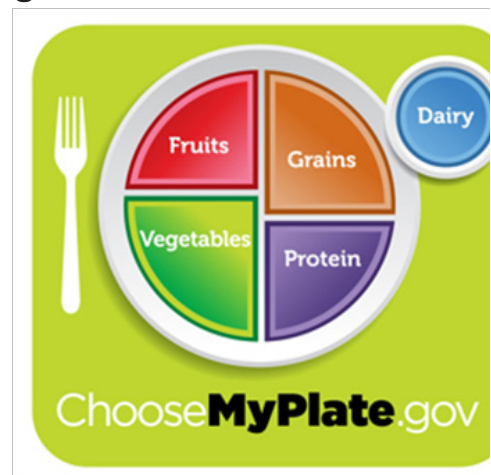
- Make a bulletin board depicting local foods
- Have a farmer in to talk to students
- Taste test items like squash or kohlrabi
- Have students compose a silly song about fruits & veggies in music class
- Promote a school garden for next spring
- Write local food trivia questions for students to answer in the cafeteria

The proposed meal pattern changes for 2012/2013 include a limit on corn and potatoes. This might be a good time to promote these two North Dakota vegetables while we still can.

My Plate Icon to Guide Americans to Healthier Eating

The USDA Food Pyramid has been replaced with a simple plate icon, urging Americans to eat a more plant-based diet as another way to combat the increasing epidemic of overweight and obesity among Americans. Simplicity is the key to this change, as a plate and pictures of recommended foods and sizes on the plate is recognizable by virtually all ages. Fruits and vegetables make up one-half of the plate with whole grains and lean protein sources taking the remaining half. The My Plate icon and the selected messages which support it, coincide with the recently released 2010 Dietary Guidelines for Americans.

For more information go to www.choosemyplate.gov



Grand Forks Public Chosen as the National School Nutrition Association's District of the Year!

Congratulations to Julie Tunseth and her staff at Grand Forks! The district was awarded the prestigious District of Excellence distinction in May 2011 by SNA. During the School Nutrition Association's Annual National Conference in Nashville, TN, in July, Julie was called up on stage to receive the national District of the Year Award. Our North Dakota delegation stood up loud and proud. The other 8,000 attendees gave her a standing ovation.

Grand Forks was also given the USDA Healthier US School Challenge (HUSSC) award for all eleven elementary schools in Grand Forks in 2011. The winning schools are:

- Ben Franklin, Mary Burger, Cook Manager
- Century , Marie Crawford, Cook Manager
- Carl Ben Eielson, Myste Hutton, Cook Manager
- Kelly, Barb Rerick, Cook Manager
- Lake Agassiz, Liz Sullivan, Cook Manager
- Lewis & Clark, Linda Neumiller, Cook Manager
- Phoenix, Brenda Keitzman, Cook Manager
- Viking, Renae Riendeau, Cook Manager
- West, Debbie Watts, Cook Manager
- Wilder, Dora Franz, Cook Manager
- Winship, Kathleen Larson, Cook Manager

Congratulations to Julie and her team, you make North Dakota shine!

Resources for School Nutrition Programs

National Food Service Management Institute, (NFSMI)

The National Food Service Management Institute, NFSMI, was set up by USDA as a resource for school nutrition programs. NFSMI conducts research projects dealing specifically with school lunch. The NFSMI web-site at www.nfsmi.org has many resources that can be used to improve program operations. The resource library is searchable if you are looking for an item but do not know the name of it. The resource center has many archived webinars and satellite seminars. There is also a link to the USDA recipes for schools. For assistance, call 1-800-321-3054

Tray Talk

The School Nutrition Association has a web-site at www.traytalk.org featuring success stories with pictures from school lunch programs across the country.



The Lunch Box

www.thelunchbox.org has menus, recipes and training videos.

North Dakota Pride of Dakota School Lunch Day coming Up October 4

The Pride of Dakota School Lunch Day has been moved to October 4 to take advantage of local foods harvested this fall. Schools across the state are encouraged to serve North Dakota products such as: fresh produce, beef, pork, corn, potatoes, wheat, sunflower seeds, honey, milk, cheese and beans during this special week. The North Dakota Department of Agriculture will be sending information on how to participate in the program. You can visit the ND Agriculture Department website at: <http://www.prideofdakota.com/>

Child Nutrition and Food Distribution Programs

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

Local: 701-328-2294

Fax: 701-328-9566

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

Circulate to School Nutrition Staff:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

The Department of Public Instruction does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, sex (wages) or genetics in its programs and activities.

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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Calendar of Events

September 2011

- 12-16 Commodity Route A
- 18-24 North Dakota Farm to School Week
- 19-23 Commodity Route B
- 26-30 Commodity Route C

October

- 3-7 Commodity Route A
- 4 Pride of Dakota School Lunch Day
- 5 Sanitation Update - Jamestown
- 7-8 Sanitation and Safety - Bismarck, Fargo, Minot
- 10 & 17 Practical Nutrition - Jamestown
- 10-14 National School Lunch Week
- 10-14 Commodity Route B
- 11 Sanitation Update - Minot
- 14-15 Fundamentals - Williston
- 14 Personnel Management and Professional Development
- 17 Financial Management and Cost Control - Minot
- 17-21 Commodity Route C
- 18 Nutrition Integrity - Minot
- 31- 4 Commodity Route A

November

- 3 & 10 Sanitation and Safety - Jamestown
- 7-11 Commodity Route B
- 14-18 Commodity Route C
- 17 Nutrition Integrity - West Fargo
- 17 Sanitation Update - Bismarck

Return Service Requested

Department of Public Instruction
Child Nutrition and Food Distribution Programs
Dr. Wayne G. Sanstead, State Superintendent
600 E. Boulevard Avenue, Dept. 201
Bismarck, ND 58505-0440

RESORTED
STANDARD
U.S. Postage Paid
Bismarck, ND
Permit NO 2