

Nourishing News

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS



MARCH 2009



Summer Food Service Program

This publication has been sent to all:

- School Food Service Directors
- School Food Service Kitchen Managers

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APRIL TRAINING LISTINGS

Reminder: Sign up for Simplified Summer Food Annual Training

April 2-3 Idaho SNA Mini-Conference Pre-Conference classes - Meridian, ID

April 3rd Preview the Review Meridian, ID

April 3rd Menu Planning for the New Idaho Nutrition Standards and the SMI Meridian, ID

To sign up for Child Nutrition trainings or for more information, visit our training web site: www.databasesdoneright.com/nutrition/

- CIRCULATE TO: Superintendent Principal
 School Nurse Health Teacher Kitchen Staff

Keeping the “bugs” away: An Ounce of Prevention.....

Sixty percent of Idaho’s Summer Food sites are outside. Outdoor locations cause concern for increased risk of foodborne illnesses.

Firstly, summer weather is often hot and humid, and the kinds of bacteria or “bugs” that cause foodborne illnesses, such as Salmonella and E. coli 0157:H7, multiply quickly in warm, moist conditions. Bugs grow fastest at temperatures from 90- 110 °F.

Secondly, when you cook or eat outside at picnics, you don’t always have easy access to the safety features found in kitchens, such as refrigeration and washing facilities.

Some helpful hints to keep food safe are:

- **Store your lunch in a cool, shaded area.** Use insulated containers or freeze water in empty leak-proof containers to keep lunches cold.
- **Keep cold food cold and hot food hot.**
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable food in another.
- **Don’t cross-contaminate.**
- **Clean your produce.**



A Message from the Director

The primary goal of the Summer Food Service Program (SFSP) is to provide nutritious meals to children in low-income areas when

school is not in session. This program is intended to serve low-income, school-age children, who receive free or reduced-price school meals during the school year through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Programs such as the SFSP are extremely important in this sagging economy. Reports from the School Nutrition Association (<http://www.schoolnutrition.org/>) surveyed more than 130 school nutrition directors from 38 states reported that about 425,000 more students are participating in the National School Lunch Program and the School Breakfast Program in 2008-09 than in the previous school year. This need will continue into the summer months.

SFSP is the single largest Federal resource available for local sponsors who want to combine a feeding program with a summer activity program. Free meals that meet Federal nutrition guidelines are provided to all children at approved SFSP sites in areas with significant concentrations of low income children.

In recent years, the U.S. Department of Agriculture (USDA) has introduced changes to simplify the application

process and has reduced monitoring requirements. The program is much easier to administer than it has been in past years.

Do you know if you are eligible for this program? If not, call the Idaho State Department of Education, Child Nutrition Programs and we will help you through the process. Typically, organizations eligible to sponsor the SFSP are public or private nonprofit School Food Authorities (SFAs—governing bodies of schools or school districts that offer the NSLP); public or private nonprofit residential summer camps; local, municipal, county agencies; public or private colleges or universities that participate in the National Youth Sports Program (NYSP) or Upward Bound and other private nonprofit organizations. Private nonprofit sponsors include youth organizations (such as branches of the YMCA and Boys and Girls Clubs), religious organizations, social service agencies, and other community groups.

Children in your community do not need to go hungry this summer. Contact the Child Nutrition Programs in the Idaho State Department of Education at 208-332-6821 for more information and how you can become a sponsor.

Sincerely,

Colleen Fillmore PhD, RD, LD
CNP Director



Is Your Summer Food Program Financially Fit?

Jean Zaskie MS, RD, LD, Coordinator

A successful Summer Food Program ensures that as many children as possible have access to healthful meals during the summer months - without breaking the bank! To accomplish that, your program must be financially fit.

Answer these questions to check the financial fitness of your Summer Food Program:

1. **Does your menu need a makeover?** – Do you use a cycle menu? What is the cost per portion for each menu item? What is each meal’s cost? Are there less expensive food items you can use? Do you take advantage of less expensive seasonal fruits and vegetables?
2. **Do you have a case of portion distortion?** – Are you using the correct size of serving utensil to reduce over portioning? Do you use standardized recipes and truly follow them? Are you serving two pre-packaged items to meet a single meal component serving size?
3. **Do you suffer from inventory imbalance?** – How accurate is your inventory? Do you update your

inventory on a monthly basis? Do you track the unit price of your inventory items? Do you date items and use on a first in – first out basis?

4. **Do you “labor” too much?** – Are you using your labor effectively and efficiently? Are your menu items too labor intensive? Can you use volunteers for some aspects of the food service?

5. **Do you perspire over participation?** – If participation is low, what is your plan to promote your meal sites to the community? Do you partner with other organizations to set up sites where the children are; such as parks, libraries, pools, etc.?



Summer Food Partnership

Tami Robinson, Child Nutrition Supervisor of Blackfoot School District

The Blackfoot School District has sponsored a summer meal program for over twenty years. We usually start right after school gets out and then end the first part of August. Our child nutrition employees need a week or two for some R&R before school would start again. In 2007 the Jason Lee Memorial Methodist Church formed a Hunger Task Force and they decided to fill that gap between the summer meal program and school meals with a sack lunch program. That first year they handed out sack lunches on Tuesdays and Thursdays and served nearly 700 meals! They wanted to do even more. One of their task force members, Shannon Jensen, started making phone calls to find help. She finally connected with the right person at the State Department of Education and that person led her to the Blackfoot School District Child Nutrition Program. We

became partners in feeding Blackfoot's hungry children that summer. As anyone involved in the Child Nutrition Program knows, the paperwork to operate the summer program can be somewhat daunting. We agreed to work together under Blackfoot's application. We operated our usual summer program until the first of August. Then the wonderful volunteers at Jason Lee provided the manpower and Blackfoot SD provided the food, training, and expertise in mass meal production. Because we were willing to work together the children received a more nourishing sack lunch and they were available Monday through Friday in the three weeks between the hot meal program and the start of school. We served an additional 3000 meals in those three weeks! Were there problems? Of course there were. But there weren't any that we couldn't solve and by the end of the three weeks we knew that we wanted to continue doing it. The bottom line was that we both wanted to see that hungry children weren't hungry anymore.

Getting Volunteers For Your Program

Lynda Westphal MPH, Coordinator



Now that you have heard about the ways that a successful partnership can work in Blackfoot, I have some ideas for you to use to help bring the children to your site.

There are many sources of volunteers, whether they are there to help distribute the food, **entertain the children**

while they are eating lunch, or get the word out to families that the Summer Food Program is operating in your neighborhood. All you have to do is make the contact to get them to your site to help!

If you need help getting the word out to neighborhoods in your area, contact your local Boy Scout organization and have Eagle Scouts place fliers on door knobs in the area of your site. You can also have churches make an announcement during their service, or put an announcement in their bulletin.

Bring more children to your site by having activities! Ask your library or Parks and Recreation department if they have staff that can keep the children engaged (and at the park eating the meal) a few days per week. Ask your local Hunger Coalition to help in any way they can with feeding the children. A church may have a group that would be willing to help, such as a ladies auxiliary.

If you have a college nearby, start contacting them about scheduling some volunteer hours during the summer months for their class requirements.

This is only the beginning of the contacts you can make. You know your community better than anybody; use your existing contacts to come up with volunteers in your area. During this tough economic time, the children will be counting on you to help them through the summer months, and volunteers can help make that happen.

Menu Planning Tips That Can Save Time and MONEY!

Mary Jo Marshall BS, Coordinator

You have the option of choosing many meal planning methods when you sign up for The Summer Food Service Program (SFSP). The SFSP meal pattern is available to all SFSP sponsors. The Nutrient Standard Menu Planning method (NSMP) is an additional option available only for a SFSP sponsor that participates in the National School Lunch Program during the school year and uses the NSMP system in that program.

Use of the Child and Adult Care Food Program meal pattern may also be an option for some sponsors serving young children from 1-6 years old at their SFSP sites.

As you can see, some sponsors have several options. The State Agency approves the menu planning system the sponsor has chosen by approving the Site application on CNP2000.

One thing that all menu planning systems in Child Nutrition Programs have in common is a requirement for keeping detailed daily production records for each breakfast, lunch, dinner or snack claimed for reimbursement.

Each menu planning system has different requirements for food components or menu items. Because of this, the production records are not the same for all plans.

A production record is proof that the sponsor is serving a reimbursable meal to the children. Fiscal action may occur if records are deficient or inaccurate at the time of a review or an audit.

School sites that choose the option of NSMP must also have a nutrient analysis available during the SFSP program that shows compliance with the requirements of that menu planning system in addition to the requirement for daily production records.

For more information on menu planning options and requirements regarding production records please review the 2009 Nutrition Guidance for Sponsors (Pages 66 and 136) or contact the State Agency at 332-6820.



COLD FOOD

Cold perishable food should be kept in the cooler at 41° F or below until serving time.

- Once you've served the food, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90° F. If it sits out longer - discard it.
- Foods like cold meat salads and desserts in individual serving dishes can be placed **directly on ice**, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

HOT FOOD

Hot food should be kept hot, at or above 135° F.

- Wrap food well and place it in an **insulated container** until serving.
- Foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90° F. If food is left out longer, throw it away to be safe.



Inside Poster: Summer Food Rules

Lynda Westphal MPH, Coordinator

In this issue, we have included updated posters for you to use at your summer food site. The rules we are stressing are there to protect you and your food service operation and have not changed from previous years.

We ask that you monitor the children at the site. First you have to visit the site, even if you have been at the site in the past (at a park or other location that you do not operate on a year-round basis). You need to see if the site is under construction, whether there is a water supply, and determine the boundaries of the site. Make sure the boundaries of the site are visible to the site supervisor. Having a park boundary that is 50 acres with trees is not acceptable when you cannot monitor the children eating at a far corner of the site.

Make sure you post your rules on the **first** day so there is no confusion. If you let parents know what is expected, it won't come as a surprise if you need to enforce the rules. If you don't use the attached poster, make your own site rules poster. Just make sure everyone knows the rules from the start of the Summer Food Program.

You are protecting your site as well as the program integrity. Keep everyone safe and have a fun summer!



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