

Nourishing News



IDAHO STATE DEPARTMENT OF EDUCATION, CHILD NUTRITION PROGRAMS

AUGUST 2009



This publication has been sent to all:

- School Food Service Directors
- School Food Service Kitchen Managers

UPCOMING EVENTS FOR AUGUST

Preview the Review/The Team Makes the Difference

Fresh Fruits and Vegetables Program Training

Menu Planning for the New Idaho Nutrition Standards and the SMI

Cooking with Whole Grains



Inside:

Introduction Article for Online training..... 2

Tips To Control Costs In A Healthier Meal Plan..... 2

Make Gains with Whole Grains 2

Internet Resources to Help Implement
The New Nutrition Standards for Idaho School Meals 3

Train, Plan, and Succeed..... 3

Educating Parents on the New Nutrition Standards
for Idaho School Meals..... 3

Commodities and the New Nutrition Standards
for Idaho School Meals..... 4

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

Make Gains with Whole Grains

The New Idaho Nutrition Standard for Whole Grains is:

School Food Authorities shall offer one whole grain in all serving lines at least three times per week at breakfast and at least three times per week at lunch.

How does this standard translate into foods offered on the serving line? Fortunately, adding more whole grains is easy and allows for a variety of textures and flavors on your menu. The standard does not specify serving sizes or amounts, so you can make gains by offering even small amounts of whole grains more often.

Here are some ideas for adding more whole grains to your serving lines:

Breakfast:

- ▶ Use the commodity whole grain pancakes
- ▶ Serve oatmeal or other cooked grains like whole grain barley
- ▶ Offer whole grain cold cereals – double check the ingredient list to be sure the first ingredient is whole wheat, whole corn, whole oats, etc.
- ▶ Make breakfast burritos with whole wheat tortillas
- ▶ Toast whole grain breads
- ▶ Make buckwheat pancakes

Introduction Article for Online training

Idaho Child Nutrition Programs (CNP) released the New Nutrition Standards for Idaho School Meals in January 2009 with the recommendation that all School Food Authorities fully implement the New Nutrition Standards for Idaho School Meals into their programs starting August 2009. Along with the release of the New Nutrition Standards for Idaho School Meals, CNP released a 40-page booklet with detailed information on the new nutrition standards, including:

- ▶ ideas for implementing the new standards,
- ▶ how the commodity program supports the new standards, and
- ▶ a question and answer section.

Idaho Child Nutrition Programs are pleased to announce online video training for the New Nutrition Standards for Idaho School Meals. In order for **all** food service employees to understand the new standards, the Idaho Child Nutrition Programs state agency has put together 14 separate training videos, one for each of the new standards that can be viewed separately to train kitchen and school staff on the new standards.

This online training is perfect for those who are working daily and need to manage their time for reviewing

these standards. Online training allows staff to learn these new standards conveniently over a period of time at a pace that suits them.

To be successful in life, a student not only has to learn lessons in the classroom but also must learn how to lead a healthy and nutritious life. That is why the State Department of Education Child Nutrition Programs, with help from food service professionals across the state, has developed the New Nutrition Standards for Idaho School Meals. With your help, these new nutrition standards will promote healthy eating habits among all Idaho students and help reduce the incidence of childhood obesity across our state.

The Idaho Child Nutrition Programs state agency hopes that you will not only enjoy this new approach to training but that you will come away with the information necessary to provide good nutritious meals to students, enabling them to be ready to learn.

Sincerely,
Colleen Fillmore, PhD, RD, LD
CNP Director



Tips To Control Costs In A Healthier Meal Plan

Mary Jo Marshall, BS, Coordinator

The New Nutrition Standards for Idaho School Meals exceed the current USDA guidelines by requiring additional fresh fruit and vegetable options and increasing the whole grain offerings. Implementing these standards might increase your food costs if you are not careful in planning, purchasing and preparation.

The following suggestions are ways to potentially save money while meeting guidelines:

- ▶ Study the historical information on production records, especially the leftover columns to assure that correct amounts of food are planned.
- ▶ Use the batch cooking method whenever possible to assure that correct amounts of food are prepared to avoid excess waste.
- ▶ Plan and serve appropriate calorie levels by controlling portion sizes to avoid over feeding students.
- ▶ Use beans and legumes when possible to provide high quality protein entrée choices with a lower cost per serving than the traditional meat based options.
- ▶ In addition to offering a variety of fresh fruits and vegetables in season, utilize the abundance of canned fruits and vegetable products available as commodities whenever possible.

- ▶ Balance the cost of labor and ingredients for made from scratch recipes with the cost of convenience foods. The school prepared products may fit more easily into the guidelines because the menu planner can seek out recipes that limit added fats and sugars. Made from scratch foods can replace many pre fried entrees prevalent in convenience foods to help meet the new requirements.
- ▶ Devise a method to control condiments to keep calorie and fat levels down while decreasing waste. Purchased pre-portioned packets or school portioned condiments are two options to try.

Using resources wisely is important at all times but especially now that budgets are stretched and resources are limited. Careful planning and increased oversight in the areas of purchasing, receiving, food storage and food preparation can help control costs. The benefit of improving the health of Idaho's children is one of the positive results of following the standards.



Internet Resources to Help Implement The New Nutrition Standards for Idaho School Meals

Heidi Martin MS, RD, LD, Coordinator

The internet is an excellent resource for nutrition information that may be helpful in understanding and implementing the New Nutrition Standards for Idaho School Meals. These standards are based on the recommendations of the 2005 Dietary Guidelines for Americans, which can be found at www.health.gov/dietaryguidelines. There are also several other websites that have excellent resources for Child Nutrition Programs. Listed below are some websites which may enhance your program.

Web Site	Web Address	Description
Team Nutrition	www.fns.usda.gov/tn	Team Nutrition offers a variety of free nutrition education and foodservice resources.
National Food Service Management Institute	www.nfsmi.org	Free training resources for Child Nutrition Programs on a variety of topics including food safety, food production, personnel management, and nutrition.
USDA HealthierUS Challenge Website	www.teamnutrition.usda.gov/HealthierUS/index.html	The USDA's HealthierUS Challenge is a good goal to work towards for all schools. This website provides excellent whole grains resources as well as other Child Nutrition information.
My Pyramid	www.mypyramid.gov	Provides information on USDA's My Pyramid. Provides free nutrition education information for all ages, including a personalized My Pyramid tracker and menu planner.
USDA Nutrient Database for Standard Reference	www.nal.usda.gov/fnic/foodcomp/search	Look up the nutrient content or analysis of thousands of food items, including fresh foods, processed foods, and commodity foods.
School Nutrition Association	National Website: www.schoolnutrition.org Idaho Website: www.idahosna.org	Provides updates on Child Nutrition Issues, Child Nutrition Resources, and National training and conference information.

Train, Plan, and Succeed

Anna Mae Florence, R.D., L.D.

They are healthy! They are the latest thing! They are just what you needed! They are the New Nutrition Standards for Idaho for School Meals and they are starting this month in schools across Idaho.

Are you ready?

It's not too late to get started on your menus for the upcoming year. If you are wondering where to begin, start by attending a training titled, *Menu Planning for the New Idaho Nutrition Standards and the SMI*. It is a six hour workshop that addresses each of the new standards, one by one, and provides the information that you need to implement them into your menus.

The Idaho state agency conducted trainings for these new standards in April, May and August and has one, final regional training scheduled for September in Caldwell.

If this location does not meet your needs, the state agency will conduct a workshop in a location of your choice. You must have twenty or more participants. You can contact the state agency if you would like more information on the September training or if you would like to schedule a training in a particular area of the state.

Remember, the time is now! Start the school year with healthy menus that you can feel confident about. Check out the training schedule on the Training Database website and get signed up or contact the state office. Don't forget about your staff; they will want to know why menus, recipes, and rules have changed. Sign them up as well. Make a plan for a healthy school year with everyone working toward the same goal. Remember, healthy meals mean healthy students.

Educating Parents on the New Nutrition Standards for Idaho School Meals

Lynda Westphal, MHS, Coordinator

When you educate parents you are reinforcing the foundation of their knowledge. Education helps a parent build opinions, form points of view, is essential to future success of Idaho's students, and increases the success in your cafeteria. Education is the process of gaining information about the surrounding world (your cafeteria). Don't let parents remember the lunches from their school days – those days are history!

While parent-teacher conferences allow teachers to communicate important information to ensure student success, this is your opportunity to have your own parent-teacher conference! You are communicating the New Nutrition Standards for Idaho School Meals to the parents to ensure successful implementation.

Be your biggest advocate. All too often, you are the unsung heroes of the school, striving to serve healthy meals in a short amount of time. These are the nutritious meals that growing bodies need. Now is the time to tell parents that you are offering whole grains, lowering the amount of sodium in the foods, and increasing the amounts of fruits and vegetables being offered to their children. Let them know that this may be laying the foundation for their taste buds later in life!

Show everyone in your district that you are concerned with the health of the children by advertising that you have changed your meals to accomplish this goal. Turn this into a marketing opportunity to showcase the good work you are doing for everyone's child.

(con't: Make Gains with Whole Grains)

Lunch:

- ▶ Use the commodity whole wheat pastas – when mixed with cheese sauce for mac and cheese or marinara sauce for spaghetti, the darker color of the pasta is masked and students won't notice the difference
- ▶ Serve brown rice or Quiona (keen-wah) in place of white rice
- ▶ Add bulgur or whole grain barley to soups
- ▶ Offer whole grain bread sticks on the pizza line and at the salad bar
- ▶ Serve whole grain crackers with chili
- ▶ Make sandwiches using whole grain breads like whole wheat and whole rye
- ▶ Offer wild rice as a side dish



Commodities and the New Nutrition Standards for Idaho School Meals

Ed Herrera, Coordinator

Welcome back to another year of feeding children healthy and nutritious meals! In order to reduce the frenzy of the new year, listed below are some of the commodity items that have been ordered for the 2009/2010 school year that can help you meet several of the New Nutrition Standards for Idaho School Meals.

Commodity	New Nutrition Standard for Idaho School Meals
Beans, Pinto Canned	Legume Standard
Chicken, Fajita Meat, Pork, Pulled, BBQ	Pre-fried Standard
Whole Grain/Wheat: flour, macaroni, pancakes, spaghetti, and tortillas.	Whole Grain Standard
All canned vegetables have ≤ 140mg of sodium	Sodium Standard
Trans fats eliminated from frozen potato products	Trans Fat Standard
All canned fruit packaged in light syrup, water, or natural juices.	Fruit and Vegetable Standard

The Idaho Child Nutrition Programs are always looking for new commodity products. If you see a product that would benefit the entire state, please forward that information to Ed Herrera at EHerrera@sde.idaho.gov.

Here's a tasty way to use commodity walnuts

Zesty Walnut Hummus

SERVES 50

Ingredients

- 19 cups garbanzo beans, canned, drained
- 4 ¾ cups walnuts, toasted
- 3 ¼ cups Italian dressing
- 3 ½ tablespoons ground cumin
- 2 ¼ teaspoons cayenne pepper
- 2 ½ teaspoons salt
- ¾ - 1 cup water

Directions

1. Drain garbanzo beans in a colander and rinse with cold water. Drain well again.
2. In a food processor, combine above ingredients and process until smooth. If hummus is too stiff, add additional water until it has the consistency of dip.

Serve with vegetable sticks and baked pita chips.

This recipe is provided by the California Walnut Commission. For nutritional information or the recipe for 100 servings, please contact Ed Herrera at EHerrera@sde.idaho.gov



Idaho State Department of Education

Tom Luna
 Superintendent of Public Instruction
 650 W. State St.
 P.O. Box 83720
 Boise, ID 83720-0027
 208-332-6800
 Toll Free: 800-432-4601

For more information contact:
 Idaho Child Nutrition Programs
 (208) 332-6820

or visit www.sde.idaho.gov/site/cnp
 Paid for by USDA grants.

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, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY).

This institution is an equal opportunity provider.