Welcome!!

- To a resource for new and not so new school nutrition managers
- To a monthly live link to the Bureau of Nutrition and Health Services
- To a forum for you to ask questions and get answers

Housekeeping

- Handouts posted:
  - https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/nutrition-training-events
- All participants are muted.
- To ask a question, click on Questions & Answers
Monthly Memo Review

- Sent to designated Authorized Representative and Food Service Director in IowaCNP
- Contact patti.harding@iowa.gov to receive these
- History for last 5 years on DE Website: Monthly Memos and Updates-Schools

Current Memos

- Diet Modification Request Form in Spanish
- Procurement Training Webinar 4 - will be posted on Procurement web page soon
- Additional Yield for School Meals- USDA updated yield information and added new products to Food Buying Guide
- Equipment Grant Opportunity- Application postmarked by May 25
- Patti Harding patti.harding@iowa.gov

Questions about Monthly Memos?
Agenda

• Memo Update
• Smart Snacks
• School Wellness Policy
• May Webinar
FUNDRAISERS

School Day Only
(midnight to 30 minutes after the end of the school day)

All foods and beverages sold must meet the standards

GENERAL STANDARDS FOR COMPETITIVE FOODS

Whole Grain
Non-Grain Food Group
Combination Food
10% DV of certain nutrients (until July 1, 2016)

MEETS ALL NUTRIENT STANDARDS

ALL GRADES

WATER
(with or without carbonation)

NON FAT MILK
(plain or flavored)

LOW FAT MILK
(plan only)

100% FRUIT OR VEGETABLE JUICE
(no added sweeteners)

100% FRUIT OR VEGETABLE JUICE DILUTED W/WATER
(with or without carbonation)

SERVING SIZE LIMITS:
8 oz. ES
12 oz. MS/HS

4/22/2016
**Calculator**

- Make sure items incorrectly into calculator
- The results are only as good as the information put in

**Entrée or Snack/Side?**

**Entrée**

**Snack**

Is your snack a smart snack?

See which snacks & beverages meet Smart Snack guidelines.
Common Issues

• A la Carte Items
  • Served as an entrée in a reimbursable meal on that day or the day after, in same portion size
  • Pizza every day, large PBJ, and breaded meat sandwich
  • Side items sold outside of a reimbursable meal must meet Smart Snacks

• Beverages
  • Buildings that are Middle/Jr. High – High School must meet middle school standards
  • Unless access to beverages can be restricted
  • Sports drinks are not allowed at middle school
  • 12 oz. water, 100% juice and milk are allowed

Common Issues

• No documentation on file using calculator
• Trusting vendor that product meets
• Fundraisers that sell food to students during the day that do not meet Smart Snacks regulations
• Coffee bars beverages
What Should I Do About Fundraisers?

- Reviewed during school nutrition review
- Make sure other groups are informed

Resources:
- Recipes that meet Smart Snacks
- Calculator
- Short Smart Snacks Presentation
- Handouts
- Avenue to order products

Upcoming Changes

- Still in “Interim Final Rule” status
- Sodium Changing from 230mg to 200mg (July 2016)
- 10% daily value qualifier expires (July 2016)
  - Calcium, potassium, vitamin D and dietary fiber
    - Fruit roll-ups (fiber)
    - Cheetos (calcium)
Healthy, Hunger-Free Kids Act

- Nutrition promotion, nutrition education, physical activity, & other school activities
- Include nutrition guidelines for all foods
- Variety of stakeholders
- Inform and update the public
- Measure compliance
- Designate a school official

Does Your Policy Measure Up?

- Goals for nutrition promotion
- Goals for nutrition education
- Goals for physical activity
- Nutrition guidelines
- Designated at least one official
- Informs and updates the public
- Periodically measures the implementation

Building Assessment Tool

Monitoring allows schools to determine if their building is meeting the expectations of the wellness policy.

Tools may be completed monthly, quarterly, annually, etc.
Sample Building Assessment

<table>
<thead>
<tr>
<th>Wellness Policy Language</th>
<th>Policy in Place</th>
<th>Policy In Plan</th>
<th>Policies that have been taken to implement goal and/or challenge with prioritization of implementation</th>
<th>Next steps that will be taken to fully implement and/or sustain on goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Education and Physical Activity Goals</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Electronic posting and distribution is allowable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reporting to the Public

- The extent to which schools are in compliance and the district policy
- The progress made in attaining the goals of the local wellness policy

Electronic posting and distribution is allowable

State Agency Review Process

- 3 year review cycle
- Districts should keep the following on file:
  - A copy of the current policy
  - Documentation demonstrating the policy and assessments have been made available to the public
  - Documentation of the district’s efforts to review and update the Local School Wellness Policy
    - Including who is involved
    - Made stakeholders aware of their ability to participate
    - A copy of the district’s most recent assessment

Important!
How to involve students
- Taste testing
- Cafeteria Coaching
- Non-Food Fundraising and Rewards
- Healthy and Active Classroom Party Ideas
- Nutrition Education Resources
- Water Access
- Health and Academic Connection Resources
- Worksite Wellness

HealthierUS School Challenge: Smarter Lunchroom
- Awards to schools that choose to take steps to encourage kids to make healthy choices and be more physically active.
  - Includes Smarter Lunchroom techniques!
  - Registered Dietitian Coach Assistance Available
Team Nutrition

Discover MyPlate: Kindergarten
Kindergarten teachers can meet education standards for Math, Science, English Language Arts, and Health using the 6 ready-to-go and interactive lessons.

Great Garden Detective Adventure 3rd & 4th
Eleven-lesson curriculum includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News.

Dig In! - 5th and 6th
Ten inquiry-based lessons that engage students in growing, harvesting, tasting, and learning about fruits and vegetables.


Popular Events Idea Booklet
- Ideas for 20 themed events
- Highlights events at schools
- Handouts, templates, and other resources to support events
- Connections for school, home, cafeteria, classroom, community, and media


Team Nutrition Elementary School Posters

School Wellness Coaches
- Fall 2016
- RDN Wellness Coaches
- 30 school districts
- Wellness Policy & Smart Snacks
- 3 visits per district during
  - Patti Delger patti.delger@iowa.gov

Smarter Lunchrooms
- No to low-cost strategies proven effective at creating an environment that encourages kids to make healthy choices
  - Promotion of fruit and vegetables
  - Make white milk the easy choice
  - Grab n’ go reimbursable meals
  - Environment
  - Positive communication between staff and students

Smarter Lunchroom Opportunity
- Fall 2016
- University of Iowa
  - Positive communication between students and staff
  - Build relationships while prompting healthy options
  - Utilize suggestive selling to build a reimbursable meal
  - 6 middle school with 3 site visits
    - Patti.delger@iowa.gov
E-Newsletter

Interested? Contact schoolmeals@iowa.gov

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School Lunch Hero Day

May 6, 2016

- Create a thank you banner that students can sign
- Create a hall of fame of nutrition staff
  - Most likely to greet you with a smile
  - Best chef
  - Best dishwasher in the world
- Decorate the cafeteria with streamers and pictures of staff
- Nutrition staff wear super hero costumes

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Decorah
**Team Nutrition Survey**

- Team Nutrition Grant 2016
- Need your feedback!
  - Training and technical assistance for school nutrition professionals
  - Nutrition education
  - Classroom and beyond
  - Support for healthy environments

**Questions?**

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**What’s new in School Nutrition Webinar**

May 23

- Monthly Memo Update
- Reporting Nonprogram Food Cost: How and Why?