

CNP Winter Review



Congratulations Cache County School District!

Cache County School District recently received the HealthierUS School Challenge Bronze-level award for 10 of their elementary schools.

Well done!

"Food is an important part of a balanced diet."

Fran Lebowitz,
Metropolitan Life

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Change Is in the Air Melissa Waters, Assistant Director

Happy New Year! We're excited for the New Year and the changes coming our way. Our team is currently four strong with our wonderful staff: Kim Loveland, Dana Adams, Nicole Vance and Ellen Timmins. We hope to be fully staffed with one more addition and Matt Anderson, as he reported his plan to be back by May if all goes well.

At a recent national meeting for state agency personnel, we learned that the proposed changes to the meal patterns are expected to come out this January. For now, continue to increase fresh fruits and vegetables and whole grains—and consider taking the HealthierUS School Challenge, because the nutrition requirements closely mirror the proposed meal pattern. Information is not yet available about the certification of menus for the extra six-cent reimbursement to begin October 2012. The USDA plans to provide that information sometime in March 2012. Watch your e-mail for important updates as we move forward.

We plan to discuss this topic in more depth at conferences, meetings, and additional trainings around the state for all LEAs.

This is an exciting time for school nutrition programs, with much change and room to grow! Thank you for all you do and for your dedication in providing Utah students access to safe, nutritious and balanced meals! We look forward to working with you as we continue to implement the Healthy, Hunger-Free Kids Act. Please do not hesitate to call or e-mail if you have questions!



Save Time, Save Money!

Tired of guessing how much food to order? Tired of all the math and time required to calculate raw food needs with the Food Buying Guide? Well, here's the solution for you! The new [Food Buying Guide Calculator](#), brought to you by NFSMI, allows you to calculate the necessary purchase quantity for over 1,200 items based on the serving size and number of servings you will be using. Check it out, play around with it, and share it with anyone who could benefit from it!

Summer Food Service Program

You have all heard of Christmas in July—but summer in December? Hard to believe now that the snow is finally starting to fall, but it's that time again! Summer Food Service Program (SFSP) is just around the corner.

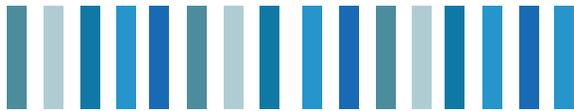
Here in Utah we have sponsors that operate under SFSP regulations and sponsors that regulate under the Seamless Summer Option. This year we have structured the organization a little differently than we have in the past to help alleviate so confusion between programs.

Melissa Waters and Nicole Vance will be the main contacts for Seamless Summer Sponsors. Dana Adams and Ellen Timmins will be the main contacts for regular SFSP sponsors.

Here are a few things to begin preparing for:

- Prepare letters of intent for all sites sponsors wish to operate. Our office will send instructions when it is time.
- There will be a brief training at winter conference. It will include an overview of this past year's numbers, possible highlights, and discussion of any new regulations. It will also be valuable time to network and ask questions.
- Our intention is to offer the mandatory sponsor training online again this year, since it worked out so well last year.

A big thank you to all of our sponsors who continue to feed children in the summer. If you'd like more information on the program, please contact Dana at 801-538-7683. See you in St. George!



Fresh Fruit & Vegetable Program 2012-2013 Applications

We've got 78 schools enjoying the Fresh Fruit & Vegetable Program (FFVP) right now and are hoping for even more next school year. Requirements for the FFVP include:

1. Only **elementary schools** can participate.
2. Schools with at least **50% free and reduced-price** get priority.
3. A **complete application** must be submitted.



Applications are online now! You can also read through the handbook and view an FFVP information sheet to get an idea of how the program works. Check out the website at <http://www.schools.utah.gov/cnp/Fresh-Fruit-and-Vegetable-Program.aspx>.

You will receive a list of schools in your SFA that have been encouraged to apply. Schools that are interested must submit an application via e-mail, fax, or postal mail by **Friday March 2**.

Contact Nicole Vance or Kim Loveland if you have questions. We'd love to see even more students benefiting from this great program!

New Recipes for a New Year!

As a menu planner, cooking up new, creative menu offerings can be a challenge. But we have some recipes that may help! The CNP nutrition team from Iowa recently shared with us their [Gold Star Menu Cycle](#), complete with recipes!

The recipes are in an easy-to-use format; include HACCP Critical Control Points, component information, and ingredients by weight and measure; and use USDA foods, beans, whole grains and lots of fruits and vegetables—canned, fresh and frozen! The recipes have also been tested in several Iowa school kitchens by cooks, students and teachers. And the menu cycle was developed according to the proposed new nutrition regulations for NSLP. Some of the delicious recipes include:

- Baked Potato with Chili
- Chicken and Spinach Alfredo Pasta
- Roasted Squash
- Whole Grain Apple Crisp
- Beef and Bean Nachos

So check out the recipes and see if there are some new items you want to try out on your students!

Winter Conference 2012—Child Nutrition Through the Decades

Join us as we reminisce on the past while gearing up for the exciting future ahead! Click [HERE](#) to register.



Training Resources

No time to develop staff training? No need to fear, NFSMI is here. NFSMI's Resource Center has free video lessons, print lessons, and online courses for your staff. [Culinary Techniques for Healthy School Meals](#) is one of NFSMI's updated resources. This resource has 15 lessons, video demonstrations, and culinary practice activities. Video lessons feature chefs from the Culinary Institute of America. The six online courses have interactive games and scenarios to reinforce the information in the lessons. The resource is available online at <http://nfsmi.org> under the Resource Center heading by selecting Culinary Techniques.

Keep your staff actively learning by visiting NFSMI's [Tools and Tips for Trainers](#). Ready-made activities, handouts, presentation development tools, energizers, communication and training setup tips are available at the click of a button.

Also visit the National Agricultural Library at <http://www.nal.usda.gov/fnic/pubs/foodservice.pdf> for program-specific books, videos, kits, and fact sheets.

USDA Foods 2013 Annual Survey

The 2012-13 survey is now open for entry. It will be open until February 29, 2012.



Review the instructions on how to submit your request. They can be found under the FDP Resource link inside CNPweb at <http://www.schools.utah.gov/cnp/DOCS/FDP/Schools/CNPweb-Instructions.aspx>.

Remember to input your DoD amount allocated in December. Even though you sent us an e-mail, this information needs to be entered into the request survey.

Before requesting a product to be diverted to a processor, check your balances. If you have more than a six month supply, I will not be diverting the product for your district.

