

CNP Fall Review



National School Lunch Program Statistics

2011 vs. 2010

In FY 2011, Utah served **29,503,205** free or reduced-priced meals. In FY 2010, however, **27,261,771** free or reduced priced meals were served, a difference of **2,241,421**. A total of **58,063,094** school lunches were served last year.

"If you can't feed a hundred people, feed just one."

Mother Theresa

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HealthierUS School Challenge

The goal of the HealthierUS School Challenge (HUSSC) is to improve the health of the nation's children by promoting healthier school environments. It makes sense that when the school environment supports healthy behavior, it's easier for individuals to change to adopt more healthy habits. Utah has two HUSSC Silver-level elementary schools in Park City District (Jeremy Ranch and Trailside). Several schools have earned Bronze-level certification: two Park City schools, as well as Freedom Academy Charter School and a number of Washington District elementary schools (17 schools) and Salt Lake elementary schools (27 schools).

We'd like to encourage any of you who have been thinking about it to contact your specialist and apply for the award. Bronze-level awards receive a plaque, a banner, and \$500 that can be spent within the program. The names of the schools also appear on a USDA web page. Winning the certification can help to promote the school meal program and bring great publicity to the work being done to make program improvements. We'd really like to see a Gold with Distinction award in Utah!

We don't yet know the final changes for the meal pattern under the Healthy, Hunger Free Kids Act of 2010, but meeting the criteria for the HealthierUS School Challenge is a step in the right direction!



"Let's Grow Healthy"

Where does food come from? What are the benefits of school lunch? "[Let's Grow Healthy](#)" is the National School Lunch Week theme for October 10-14, 2011. Fall is a great time to highlight and promote local food, meet a local farmer, or plan a [Harvest of the Month](#) menu. Wednesday, October 12th is [National Take Your Parents to Lunch Day](#). Take this opportunity to educate parents about the healthy choices being served in your cafeterias!



Wellness Policies: What's New?

The Healthy, Hunger-Free Kids Act of 2010 expanded the requirements for wellness policies. Begin reviewing your policy this year. The more often wellness policies are evaluated and revised, the more useful they will be!

Local Wellness Policy (LWP) Requirements:

- Goals for nutrition education and promotion
- Goals for physical activity and other school-based activities
- Guidelines for competitive foods/beverages
- A variety of school and community members participating in the development (revision) of the LWP
- Designation of one or more LEA/school officials to ensure that each school is in compliance with the LWP
- Plans for implementation and evaluation that involve sharing information with the public

Need Help Getting Started?

These resources might help!

[Action for Healthy Kids: Wellness policy tool](#)

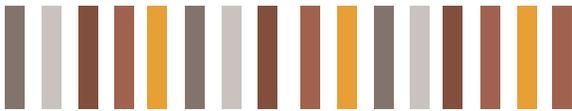
[Healthy Schools Campaign: Wellness guide](#)

[USDA Team Nutrition wellness policy steps \(Updated version coming soon!\)](#)

Wellness policies are an important tool in the fight against childhood obesity.

Research shows that school-based policies on food and physical activity affect the amount of calories children consume, as well as weight and BMI levels.

What you're doing is important, and it is making a difference!



School Breakfast: Why Not?

Have you ever asked why you *shouldn't* serve breakfast? Here are some reasons:

- Breakfast in the morning **helps kids do better** in school, and that's not something you want to be a part of.
- More breakfast participation could lead to **more lunch participation**, and you're not interested in that kind of success.
- An exciting "Go for Gold!" celebration during **National School Breakfast Week on March 5-9, 2012** does not sound fun.
- The **School Breakfast toolkit** is way too helpful with things like calculating costs and ideas for promotion and marketing.

Serving breakfast is only for those who want to help kids do their best and who want to add to their already successful programs!



Recess Before Lunch

More schools are choosing to schedule recess before lunch. Some of the reasons include:

- Improved cafeteria atmosphere.
- Fewer discipline problems.
- Better classroom performance.
- Less food wasted and less trash.
- Increased milk consumption.
- Better behavior on the playground.
- Decrease in nurse referrals.

Want more information? See what other **schools** are doing, or call your specialist. We can help!

Fall Business Meeting 2011

Get excited for this year's Fall Business Meeting!

**Jordan School District
Child Nutrition Office**
(7905 Redwood Rd, West Jordan)

September 27, 2011
9 a.m.—4 p.m. Lunch provided

We will cover several topics including an **in-depth commodities training** led by Barbie Faust. Click **HERE** to register. We look forward to seeing you!

Help Wanted...

Oh boy! Ready or Not it's that time again and **I'm so Excited!** We are **Searchin'** for a few **Everyday People** for some **Help!** planning some **Fun, Fun, Fun.** Yes, my friends, this is a request for volunteers to sit on our Winter Conference committee!

Here's the **Situation:** we've got a great theme and we need people who feel like they are **Walking On Sunshine** to assist with things like decorating, finding speakers, gathering vendor donations, planning the night activity, and weighing in on classroom topics.

We Are the Champions, so just **Imagine** what we can do if we can **Get Together**—after all, a team of many is so much better than a team of **One.** Don't be afraid to **Express Yourself** and **Please, Please, Please** call me at 801-538-7683. Our selection will be based on the first ones to respond. **See You Later, Alligator.**



Roasted Pumpkin and Bean Salad

Ingredients:

- 2 cups cubed pumpkin
- ¼ cup olive oil
- 1 clove garlic, sliced
- 1 (15-ounce) can black beans, drained and rinsed
- ½ cup cherry tomatoes, halved
- ½ cup sliced red onion
- ¼ cup sliced cucumber
- ¼ cup sliced celery
- 2 Tbsp. chopped parsley
- 2 Tbsp. fresh lime juice
- ½ tsp. salt
- ½ tsp. black pepper



Directions:

1. Roast the pumpkin: Preheat oven to 400°F. Toss pumpkin in 2 tablespoons olive oil with garlic and place in a glass baking dish. Drizzle 3 tablespoons water in dish and bake until softened, 20 minutes. Remove and cool.

2. Prepare the salad: Combine black beans, tomatoes, onion, cucumber, celery, and parsley in a large bowl. Add remaining 2 tablespoons oil, lime juice, salt, and pepper; toss to coat. Add cooled pumpkin, toss gently, and serve.

Water, Water Everywhere—Even in Your Lunchroom!

Bulletin **14-11**, Water Availability During NSLP Meal Service, states that water must be available wherever NSLP meals are served. Why? Studies show that kids who drink enough water are more ready and able to learn. Also, if kids are drinking water instead of soda or juice, they may avoid getting cavities or gaining too much weight. So water is important!



Here are some of the things you need to do to meet the new water requirement.

- Water source must be in or directly adjacent to the place(s) where meals are served.
- Every location where meals are served must have a water source.
- Providing water is optional at breakfast.
- Providing water is required with the After School Snack Program.
- Water must be free of cost to students.

See bulletin **27-11** for questions and answers related to the new water requirement.

