



## Child Nutrition & Wellness

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Distributed to School Nutrition Program Authorized Representatives and  
Food Service Directors via Email

### **Start Your Engines with School Breakfast**

National School Breakfast Week is fast approaching! Make plans now to celebrate March 4-8. The School Nutrition Association has a toolkit that can help as you plan to celebrate how eating a nutritious breakfast helps students **fuel up for success** in the classroom and beyond! To access the toolkit and other resources visit the [SNA website](#). Looking to jumpstart your breakfast menus? Check out the [Alliance for a Healthier Generation](#) for cycle menus that provide ideas for second chance and grab and go breakfast (hot and cold items), breakfast in the classroom as well as traditional breakfast in the cafeteria. Planning something special for school breakfast week? Would you like to start offering breakfast via an innovative delivery model but not sure where to start? Let KSDE know by emailing Jill Ladd at [jladd@ksde.org](mailto:jladd@ksde.org).

### **Annual On-site Accountability Reviews**

The School Food Service On-Site Accountability Review (Form 9-G) can be accessed online at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Food Service Facts, Chapter 9. **By February 1**, Sponsors must review each site approved to participate in the National School Lunch Program at least once per year and review 50% of all sites approved to participate in the School Breakfast Program once per year. Someone not involved in the daily meal accountability procedures at the site must conduct the On-Site Accountability Review. Keep completed reviews on file with school food service program documents for review or audit. Each on-site review must ensure the school's claim is based on the counting system, as reported on the site application, and yields the actual number of reimbursable free, reduced price, and paid lunches, respectively, served for each day of operation. If the review discloses problems with a school's meal counting or claiming procedures, the Sponsor must ensure that the school implements corrective action, and within 45 days of the review conduct a follow-up on-site review to determine that the corrective action resolved the problems.

### **Recommended Minimum Adult Meal Prices for SY 2019-20**

The prices charged for adult meals must be sufficient to cover the overall cost of the meal, including the value of cash-in-lieu of commodities. If cost data is not available, the sponsor should set the adult meal charge at least equal to the free meal reimbursement rate or the paid student price plus paid reimbursement, whichever is greater. Some school districts have requested recommendations for minimum adult meal prices for SY 2019-20 so that they can set adult meal prices. Recommended minimum adult meal prices for SY 2019-20 based upon estimated free meal reimbursement rates are: Breakfast \$1.85, Severe Need Breakfast \$2.20 and Lunch \$3.75.

### **Training Needs Assessment**

Kansas State Department of Education (KSDE) works to develop training that is most needed at times when it is convenient for people to participate. KSDE would like your input on training that works for you. Link to the KSDE Training Needs Assessment <https://www.surveymonkey.com/r/SPY8P8X> to take a short survey (less than 5 minutes).

### **Food Service Management Company Webinar**

An important webinar for Sponsors considering contracting with a Food Service Management Company for SY 2019-20 will be held on February 28 at 3:00 pm. Please RSVP to Kelly Chanay at [kchanay@ksde.org](mailto:kchanay@ksde.org) to participate in the webinar.

### **Request to Use Online Application for Child Nutrition Program Benefits - Important Webinar**

Any Sponsor wishing to use an online free and reduced application to determine benefit eligibility must complete and submit to KSDE the Request to Use Online Application for Child Nutrition Program Benefits (available after the webinar at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Food Service Facts, Chapter 7 Related Forms, Form 7F) annually. All Sponsors are encouraged to participate in a webinar on February 7 at 2:30 pm to learn about requirements for online applications and the updated KSDE review process. To participate, go to <http://meet.lync.com/ksde/jhenry/26dsyfng>.

### **Wellness is a Blast Workshops – Register Now!**

Child Nutrition & Wellness will be hosting four interactive regional workshops focused on taking action to implement modeling level wellness policies. Participants will hear best practices and gain resources to help their schools “blastoff” toward a healthier school environment. Attending sponsors are strongly encouraged to bring at least one student that is in 6-12 grade. Students will participate in interactive, student-focused, activities to encourage student involvement in school wellness. The free workshops will be conducted from 9 am to 2:30 pm with lunch provided. Sponsors that attend with at least one student and one administrator will receive a \$200 stipend to offset travel costs and substitute pay. The registration form is posted at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, What’s New. Workshop dates and locations are:

- February 1, 2019 – Topeka
- February 5, 2019 – Hutchinson
- February 12, 2019 – Hays
- February 21, 2019 – Girard

### **Summer Food Service Program (SFSP)**

The Summer Food Service program is NOT just a school nutrition program; it is a COMMUNITY Nutrition Program. In order to serve children in the summer, it takes the efforts of the entire community to find the places that children gather and ways to reach the children with food. Parks, recreation programs, churches, libraries, civic organizations, and city organizations having interest in children’s programming can assist in meeting the nutritional needs of children as well as enhancing the opportunities for social, athletic and enrichment activities in the summer. Visit with your consultant or contact Kelly Chanay at [kchanay@ksde.org](mailto:kchanay@ksde.org) for more ideas on how to reach out to community partners. NOW is a great time to make plans for summer 2019! Information about SFSP Administrative Training and Best Practice Webinars will be provided in the February Update.

### **Team Up for Summer Food Service Program Success – Don’t Miss This Opportunity!**

Team Up for Summer Success will be held on Wednesday, February 20, 2019 in Topeka at the Topeka Shawnee County Public Library from 8:30 am to 3:30 pm. The workshop will provide customized technical assistance and sessions highlighting best practices. Team Up participants will develop personalized goals, strategies, and an action plan focusing on the areas of programming and developing partnerships to maximize outreach that will assist with the administration of the Summer Food Service Program. To attend, please RSVP to Sarah Bruschi by February 6 at [sbruschi@ksde.org](mailto:sbruschi@ksde.org) or 785-296-2276. Details will be provided via email after registration. We look forward to seeing you there!

### **Summer Food Service Program Outreach**

All Sponsors are **required** to conduct outreach for the Summer Food Service Program (SFSP). If the Sponsor does not have the SFSP in their school, consider sending the link to the site locator tool that is available on-line at [www.kn-eat.org](http://www.kn-eat.org), Summer Food Service Program, Locate a Site Near You, home with students or post the link on the school website. Households can also **text “Summer Meals” to 97779** to find Summer meal sites once the site finder is ready for this summer. Both of these options will assist families in finding a location to receive free meals as needed.

### **Kansas Farm Fresh Fridays**

Celebrate Kansas farmers and local foods by participating in an initiative to unify the success of our farms, children and schools in SY 2019-2020. Watch for sign up information in the March Monthly Update.

### **SNA-KS Spring Conference**

Register now to attend the SNA-KS Spring Conference that will be held March 29-31 at the Double Tree in Overland Park. Register at <http://www.sna-ks.org/>. SNA-KS is offering a hotel reimbursement of \$125 for a two-night stay if 2 SNA members stay in the same room. The complete agenda can be accessed at:

<http://events.r20.constantcontact.com/register/event?oeidk=a07eq0av5ds1ce586f2&llr=wwj9s9wab>

### **Kansas Nutrition Council Conference**

The Kansas Nutrition Council Conference, *Embracing Change for a Better Future*, will be held March 28 in Lawrence. Register at <https://goo.gl/Qs8zAN>.

### **Increase Participation with the Community Eligibility Provision (CEP)**

For more information or to find out if CEP would be a good choice for your school, please contact Julie Henry at [jhenry@ksde.org](mailto:jhenry@ksde.org) or Cheryl Johnson at [csjohnson@ksde.org](mailto:csjohnson@ksde.org).

### **Kansas Professional Development System**

Professional development is a priority for the Child Nutrition & Wellness team and is offered in multiple ways to ensure that child nutrition program personnel are kept informed and have the tools and information they need to do their jobs correctly. Sponsors are encouraged to participate in professional development established and supported by Child Nutrition & Wellness, through face-to-face classes and workshops or online classes and tutorials.

Call 785-296-2276 to request **Face-to-Face Professional Development** at your location or for a SNA-KS chapter/regional meeting. A list of classes with descriptions is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training. KSDE will secure the cadre instructor, pay the instructor expenses and stipend, provide materials for the instructor and participants, provide a list of supplies for the Sponsor to obtain as needed, offer online registration capability, and print and send certificates for participants.

### **Professional Development Opportunities**

#### **Jump Start for Directors**

A two-day training opportunity for new directors will be held in Manhattan at the KSU Alumni Center on February 25 and 26, 2019. For more information, call 785-296-2276. Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training.

#### **Baking Boot Camp – Quantity Baking Classes**

Register now for hands-on baking classes that will cover techniques for producing healthy quick breads and healthy yeast breads in quantity. To register, go to [www.kn-eat.org](http://www.kn-eat.org), KN-CLAIM, Training or contact Cheri Berggren at (785) 296-2276 or [cberggren@ksde.org](mailto:cberggren@ksde.org). Attend one or both days:

- March 12-13 in Salina
- June 4-5 in Topeka and Emporia
- July 30-31 in Liberal

**Child Nutrition Management Academy (CNMA) 2019**

Save the dates for all staff to attend CNMA 2019! This professional development program is designed specifically for directors, managers and supervisors of Child Nutrition Programs. A track of culinary classes and a track of staff development classes will be offered concurrent with management level classes. Classes will be held at

- July 8-11 in Hays and Topeka
- July 22-26 in Chanute and Nickerson

**Food Safety Training**

A Food Safety Basics class schedule for March and April is available at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training. School nutrition program staff who are not directors may take Food Safety Basics to meet the food safety training required within 6 months of hire and every 5 years thereafter. Once approved food safety training is taken, the Food Safety Training Record in KN-CLAIM must be updated.

Food Safety Basics may also be taken online in the KSDE Training Portal. An individual username and password is required for access to the personalized account in the KSDE Training Portal. The online system recognizes one user per account and prints out a certificate of class completion for only that user once the class is completed. Since food safety training is **required** to be tracked by individual completion in Kansas, each person needs to have their own certificate of completion for either an approved on-line food safety class or an approved face-to-face food safety training. (As an added note, it would be acceptable for a group to take an online class under the user name and password of a supervisor for **non-required** classes.)

**Online Professional Development Classes and Tutorials**

CNW staff continue to develop new interactive online training classes and tutorials that can be accessed free of charge 24/7 via the KSDE Training Portal. The professional development classes offer a certificate upon successful completion which can be printed. Tutorials are 5 minutes or less with no quiz and no certificate. Create an account now at <https://learning.ksde.org> and see the entire list of classes and tutorials available. For detailed instructions on creating an account and accessing the training, go to [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training.

**Scheduling Body Venture for SY2019-20**

Body Venture is KSDE's traveling health education exhibit for students in grades K-5. Each year this exciting exhibit visits approximately 100 schools and helps students learn why it is so important to "Eat Smart. Play Hard." Requests to schedule Body Venture for the 2019-2020 school year must be received by April 12. Go to [www.bodyventure.org](http://www.bodyventure.org), Schedules to print the request form which will be available in early February.

**Sunflower Spotlight – Celebrating Successes in Kansas Child Nutrition Programs**

Additional Information about all schools featured as a part of the Sunflower Spotlight can be found at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Recognition.

**USD 481, Rural Vista**, introduced a Beef to Plate program this school year. Local farmers donate beef to the school. The local paper publishes who the district received the donation from. The donors also have their names put on a plaque in our schools, receive a free season pass to athletic activities, and are invited to join our students at lunch for a day to see students eating the beef that they donated. The inspected processing plant works with the district for processing fees and the farmer for a tax credit that is based off of fair market value. Chelsey Schmidt, Authorized Representative, explains 'So far it has been working out pretty great for us! The students enjoy it. We are getting better quality meat for less than what we were paying previously.'

**School Breakfast Success!** Schools across Kansas are reaching more students by serving breakfast via an innovative delivery model such as Breakfast in the Classroom, Grab and Go Breakfast and Second Chance Breakfast. Many schools who received an Innovative Breakfast Delivery Grant from Share our Strength and Midwest Dairy Council started offering breakfast via an innovative delivery model at the start of the second semester and are already seeing tremendous success. More students in Kansas are starting their day with a healthy school breakfast. Here are just a few of those successes:

- **USD 271** Stockton was reaching approximately 42 children per day in their traditional cafeteria breakfast but after implementing a Grab and Go Breakfast they have seen participation soar to up to 100 students per day!
- Deerfield High School, **USD 216**, has doubled breakfast participation at its schools since implementing a second chance breakfast.
- **USD 259** Wichita has implemented innovative breakfast delivery models at 10 of its secondary schools this school year and is reaching more than 1,100 MORE students per day as a result. Participation numbers continue to climb each month!
- Since starting a second chance breakfast at Erie High School in December, **USD 101** Erie has seen a 50-60% increase in participation.
- Lyndon High School, **USD 421**, has seen quadruple the number of students consuming breakfast since implementing a second chance breakfast at the start of this semester.
- The number of students at Great Bend High School, **USD 428**, continues to climb each week since adding the option to consume breakfast via a second chance breakfast. Last week, over 90 additional students ate breakfast at the high school!

Thank you for being the heart of the Child Nutrition Programs, ensuring that children are receiving nutritious foods that contribute to wellness, good health and academic achievement. We hope to see many of you at one of the *Wellness is a Blast* workshops this February as we work together on the moonshot to create healthier school environments and impact the success of all Kansas students!

Please call or email your area child nutrition consultant or the Topeka office with any questions or if we can assist in any way.

**Cheryl, Kelly & Julie**