



Child Nutrition & Wellness

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September Update

Distributed to School Nutrition Program Authorized Representatives and
Food Service Directors via Email September 30, 2019

Verification

Verification is confirmation of eligibility for reduced price and free meals under the National School Lunch Program and School Breakfast Program. The following sponsors do not complete verification:

- Sponsors participating in ONLY the Special Milk Program
- Residential Child Care Institutions that do not also operate a day school
- Sponsors that are participating district-wide in the Community Eligibility Provision (CEP)

All other sponsors must select and verify eligibility for a sample of applications approved for benefits. One person should coordinate all verification activities for the sponsor. Important deadlines for the verification process are:

- October 1 – Count applications and students approved for reduced price and free meals. Applications and students that are in “carry-over” status on October 1 are NOT included in this count. Complete the Pre-Verification Worksheet in KN-CLAIM to determine the Sponsor’s sampling method. Once the Pre-Verification Worksheet is submitted, go into the Post-Verification Results screen to see the number of applications that must be verified. Verify ONLY the number required unless verified “for cause”.
- October 31 – Update counts of students approved for reduced price and free meals on the Pre-Verification Worksheet in KN-CLAIM. Do NOT update number of applications.
New – Sponsors participating in CEP, but not district-wide, will be able to enter the number of Directly Certified students in CEP schools and those in non-CEP schools.
- November 15 – Complete all verification activities. This deadline is the same whether it falls on a weekday or weekend.
- December 15 – Complete reporting of Post-Verification Results in KN-CLAIM.

To navigate to the Verification screens in KN-CLAIM, select School Nutrition Programs, Program Year 2020 and then click on the “Forms” tab on the Sponsor Summary page. On the same line at “Pre-Verification Worksheet” click the <Add> button which can be found at the right-hand side of the screen and has the image of a + sign. For step-by-step instructions, **the Verification Quick Reference Guide can assist you in completing the Pre-Verification Worksheet correctly. Please download the guide at www.kn-eat.org, KN-CLAIM, SNP, Quick References, Verification Reporting.**

USDA requires KSDE to annually report verification data for each sponsor. The USDA report is completed using the data you provide on the Pre-Verification Worksheet and the Post-Verification Results screens in KN-CLAIM. Please make sure that the information entered is accurate, complete and submitted on time.

For instructions on the verification process and all related forms (including KSDE’s Spanish translations), go to www.kn-eat.org, School Nutrition Programs, Food Service Facts, Chapter 8-Verification of Eligibility. If you missed the verification webinars, an on-line class will be available soon at <https://learning.ksde.org>.

2020: See the Possibilities – Register Now!

As we look toward 2020 and **See the Possibilities** for Child Nutrition Programs, all Child Nutrition Program Directors are invited to attend a Director's Retreat from 9:00 am- 3:30 pm at one of the following locations:

- October 4 – Topeka, Auburn Washburn Board Office
- October 11 – Wichita, Wichita Food Production Center
- October 18 – Garden City, Garden City Board Office

Gary Sechrist, a trainer from the Kansas Association of School Boards, will provide training and lead discussion about personnel management and supervision in these five areas: Effective Communication, Conducting Difficult Conversations, Hiring the Best Candidate, Supervision/Evaluation, and Building Capacity Within your Department.

Child Nutrition & Wellness staff will also present information on Hot Topics and listen to your thoughts and ideas in a "Town Hall" session! Lunch will be provided and there is no registration fee. To register, contact Michelle Irvine at 785-296-2276 or mirvine@ksde.org. Looking forward to **seeing** you at a Director's Retreat!

USDA Guidance

USDA is issuing a suite of memoranda providing updated guidance for operators in the Child Nutrition Programs (CNPs), including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Special Milk Program for Children, Child and Adult Care Food Program, and Summer Food Service Program. These new memoranda do not include additional requirements, but are intended to help Program operators implement recent regulatory changes and provide clarification to existing policies and regulations. Go to <https://www.fns.usda.gov/school-meals/updated-school-meal-guidance>. This guidance includes:

- **Questions and Answers on the Final Rule Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements:** This memorandum provides Questions and Answers on the final rule Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (83 FR 63775, December 12, 2018), which provides menu planning flexibilities in the CNPs. These flexibilities went into effect July 1, 2019, for the 2019-2020 school year.
- **Meal Requirements under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators:** This memorandum includes questions and answers updated to incorporate changes codified by two final rules: (1) Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 CFR 24348, published April 25, 2016) and (2) Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (83 FR 63775, December 12, 2018). This document also includes updated crediting questions and a new Resources section. Outdated references, citations, and questions have been removed throughout the document, and minor edits were made to clarify content.
- **Clarification on the Milk and Water Requirements in the School Meal Programs:** This updated memorandum clarifies regulations that water made available to students in the NSLP and SBP shall not compete with the milk requirement. While water must be made available, schools must not directly or indirectly restrict the sale or marketing of fluid milk.
- **Smoothies Offered in the Child Nutrition Programs:** This updated memorandum clarifies juice and yogurt allowances based on the childcare and preschool meal pattern updates and incorporates the meal pattern flexibilities related to flavored milk. This memorandum also changes the policy for commercially prepared smoothies. Commercially prepared smoothies can now contribute to the meat/meat alternate, fruit, vegetable, and milk components of the Federal meal requirements for all CNPs.
- **Salad Bars in the National School Lunch Program and School Breakfast Program:** This memorandum includes policy changes and general updates to outdated resources/website links and updated questions and answers. This memorandum provides State agencies with information on how salad bars can effectively improve the service of reimbursable meals and includes information on portion size, location of the salad bar, production records, and food safety.

Final Rule: Oz Equivalents Implementation Delay in the Child and Adult Care Food Program

On September 25, the final rule, "[Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program](#)," was published in the Federal Register and simply delays until October 1, 2021, implementation of the requirement for crediting grains served in CACFP using ounce equivalents. The new implementation date will allow more time for USDA to develop additional technical assistance materials and for State agencies and sponsoring organizations to provide training and technical assistance to make compliance easier for day care homes and centers nationwide. The two-year extension also applies to crediting grains in infant and preschool meals in the National School Lunch and School Breakfast Programs.

Question: Is corn, corn flour, or cornmeal that is treated with lime a creditable ingredient in the CNPs?

Answer: Yes. Through a process called "nixtamalization", dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients. Nixtamalized corn is used to make hominy, corn masa, masa harina, and certain types of cornmeal. Nixtamalized corn, such as hominy, corn masa, and masa harina are considered whole grain when evaluating products for CNP meal requirements.

Ingredients labeled as hominy, corn masa, or masa harina are considered whole grains. In addition, if the ingredient label lists corn, corn flour, or cornmeal that is "nixtamalized" or "treated with lime", these ingredients are also considered whole grain. Corn that is not "whole" or "enriched", or is not treated with lime (nixtamalized) does not credit as a grain ingredient in the CNPs.

Time to Lace up those Sneakers! Walk to School Day is October 2

Walking to school can be an essential component of a healthy lifestyle. Support safe routes to school and healthy living by hosting or participating in a Walk to School Event. We encourage your school or district to participate in this special day. If your school or district is holding a Walk to School Event we would love to hear about it! Please be sure to take pictures and highlight some details about the day's events. Send any highlights to Karen Seymour kseymour@ksde.org.

National School Lunch Week – October 14-18

The #NSLW19 theme is "School Lunch: What's on Your Playlist?" which spotlights the wide variety of flavors, dishes, delivery options and tastes that can be customized in today's school lunch. Get started planning your hit celebration today with the help of SNA's [helpful resources](#) to promote your program.

Food Safety Tip of the Month

Did you know...there are many ways food can become unsafe and cause illness. Causes for concern include foods that contain allergens. A food allergy is an immune system response to a specific protein in a food. When enough of the food containing the allergen is consumed, a reaction can occur in people who are sensitive to it. An allergic reaction to a food can be life threatening to a person with food allergies. Currently, there is no cure for food allergies and cooking a product does not alter the protein causing the allergic reaction. Some allergies can be outgrown, but peanut and tree nut allergies are generally lifelong. Program staff should become familiar with common food allergens and how to keep children who have allergies safe from reaction.

Kansas Professional Development System**Online Professional Development Classes and Tutorials**

Over 30 classes and tutorials, including the 3-hour Food Safety Basics class can be accessed free of charge 24/7 via the KSDE Training Portal. Create an account at <https://learning.ksde.org>. For detailed instructions on creating an account and accessing the training, go to www.kn-eat.org, School Nutrition Programs, Training. A new class has recently been added: My Role in Creating a Healthier School Environment.

Face-to-Face Professional Development

A wide range of face-to-face, high quality, professional development opportunities are available for Child Nutrition Program personnel. Contact Cindy Johnson at cjohnson@ksde.org or call 785-296-2276 to request face-to-face professional development. A list of classes with descriptions is available at www.kn-eat.org, School Nutrition Programs, Training.

Jump Start for Directors

A two-day training opportunity for new directors will be held in Manhattan at the KSU Alumni Center on October 7 and 8, 2019. For more information, call 785-296-2276. Registration information is available at www.kn-eat.org, School Nutrition Programs, Training.

Food Safety Training

A schedule with Food Safety Basics classes for September, October and November at locations across Kansas is available at 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.

Farm to Plate Month

Farm to School Census is Underway!

All public, charter, and private Sponsors that participate in the National School Lunch Program (NSLP) nationwide have received the email link to the U.S. Department of Agriculture Food and Nutrition Service (USDA/FNS) 2019 Census). Check your inbox and Do Not Delete. It is important that **all** Sponsors participate, regardless of their participation in farm to school activities. Whether you purchase beef, milk, one carrot or a whole salad bar of produce from local farmers and ranchers, we want to hear from you! Additional information about the study is described in this [Frequently Asked Questions \(FAQ\) document](#). **By completing the Census by Friday, October 4, 2019 you will be entered into the Kansas drawing for a chance to win a 6-wedge Sectionizer.** Do not delay, complete the Census today!

October is National Farm to School Month

October is a time to celebrate the connections happening all over the country and our state between children and local food. From taste tests in the cafeteria and nutrition education activities in the classroom, to farm visits and school garden harvest parties, schools, early care and education sites, farms, communities and organizations in all 50 states, Washington, D.C. and U.S. Territories join in the celebrations. The National Farm to School Celebration Toolkit is available http://www.farmentoschool.org/Resources/F2SM_CelebrationToolkit.pdf. A Fact Sheet to send home to families, posters, stickers, bookmarks, coloring pages, and celebration resources are included. This is the perfect time to celebrate Kansas farmers and local foods by signing up for in an initiative to unify the success of our farms, children and Child Nutrition Program Sponsors. There are currently 15 sponsors (and 46 sites) who have pledged to offer a meal consisting of at least two 'locally sourced' menu items at least one Friday per month at one or more serving sites in the **Kansas Farm Fresh Fridays Challenge**. Join the challenge now at <https://www.surveymonkey.com/r/DTMMXKR> and receive a KS Farm Fresh Fridays Marketing Kit!

Mountain Plains Crunch Off – Wednesday, October 16

Kansas is currently in **second** place in the Crunch Off registrations submitted thus far for this nine-state competition. The state that has the most crunches into local apples or produce per capita will be crowned the Mountain Plains Region Crunch Champion. Join us on Wednesday, October 16 by crunching on a fresh apple. Register your team to participate in the Crunch Off at <https://www.surveymonkey.com/r/K8GHSSN>. Each group that registers will get a link to a toolkit with books, recipes, and outreach ideas. This Crunch event encourages healthy eating, supports local agriculture and helps students and community members gain a deeper understanding of the food system. Help Kansas win the Crunch crown by joining our Crunch event!

Team Up for Local Foods Recipe Challenge

"Wanted, healthy recipes that use local foods!" Schools are encouraged to participate in the Team Up for Local Foods Recipe Challenge by building teams, which must include students, a Family and Consumer Science educator, a school nutrition professional and a local producer. Teams are challenged to develop student friendly recipes that use local foods, comply with meal planning requirements, and taste good. Teams must commit to the challenge by October 14, 2019, develop recipes, and submit recipes by December 31, 2019. Incentives include training grants, personalized school banners, student chef jackets, and featuring of winning recipes in a recipe book. A 30-minute informational webinar is available at <https://youtu.be/VsSUFtQITzo>. Contact Barb Depew at bdepew@ksde.org to take the recipe challenge!

New Recipes from the Kansas Beef Council

The Kansas Beef Council has developed six foodservice recipes showcasing beef as an important part of a healthy diet for kids and an essential component of healthy school meals. The direct link for the recipes is: <https://www.kansasbeef.org/more-information/beef-in-schools/school-food-service/recipes-for-lunch-programs> These recipes are listed in 25, 50, and 100 serving sizes and include component calculations and nutritional analysis. Consider local beef on the menu to help growing kids get many of the essential nutrients they need for optimal health while meeting the requirements for healthy school meals.

Do You Know Your Moo?

Kansas Corn and Kansas Beef partnered to create the "Do You Know Your Moo?" Breakout Box, an educational activity focused on beef and corn. The activity utilizes a breakout box, which is an educational tool like an escape room. The activity, for middle school and high school students, is designed to provide basic knowledge of the beef industry and the role corn plays. It satisfies Next Generation Science Standards, while providing a fun game-like experience for students. Kansas Corn provides breakout boxes to schools that request a professional development workshop. The "Do You Know Your Moo?" Breakout Box activity is part of a larger offering of STEM-based lessons, materials and workshops for K-12 teachers provided by Kansas Corn STEM and supported by the Kansas Corn Commission. Visit <https://kscorn.com/education/>. Kansas Beef's education program provides school food service resources and resources for family and consumer sciences teachers <https://www.kansasbeef.org/more-information/beef-in-schools>.

National Farm to Cafeteria Conference

The 10th National Farm to Cafeteria Conference is coming to Albuquerque, NM, April 21-23, 2020! Hosted by the National Farm to School Network, this biennial event will convene nearly 1,000 diverse stakeholders who are working to source local food for institutional cafeterias and foster a culture of food and agricultural literacy across America. Do you have expertise to share? The workshop and poster ([Request for Proposals](#)) is open through Oct. 4. The [scholarship application](#) is open through Nov. 1. Learn more at farmtoschool.org/conference.

Updated NSLP and SBP Participation Analyses Reports Now Available

SNA has made available an analysis of the newest national USDA FNS data on NSLP and SBP participation. [Read More](#)

Share Your Knowledge as an Afterschool Meals Champion

No Kid Hungry is seeking passionate individuals who will help to further the work of expanding access to afterschool meals through CACFP At-Risk Afterschool Meals. They will select champions from a variety of roles and organizations across the country with a strong preference for those with direct experience supporting or implementing the program on the ground. For more details on No Kid Hungry's first-ever Afterschool Champions Cohort, including expectations, stipend, and the application, please visit <http://bestpractices.nokidhungry.org/afterschool-champions> or contact Carolyn Wait at cwait@strength.org. **Applications are due Friday, October 11th. Kansas has many amazing Afterschool Meals Champions, so please consider applying!**

Team Nutrition Technical Assistance Tools and Resources for Successful Menu Planning Offer Versus Serve Lunch Posters and Tip Sheets

The Offer versus Serve (OVS) Lunch Posters and Tip Sheets for Lunch and breakfast help students and cafeteria staff implement OVS successfully. Download these [Offer Versus Serve resources](#) today!

Exhibit A Grains Tool

Use the **Exhibit A Grains Tool** to figure out the meal pattern contribution of commercial grain products. Check out the tool today on the [Food Buying Guide \(FBG\) Interactive Web Tool](#) and [FBG Mobile App!](#)

Be in the Know with Crediting Updates

Do you have question on the newly creditable food items? Check out the [Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series](#) for guidance and hands-on practice!

Team Nutrition's USDA standardized recipes will be moving to the Institute of Child Nutrition's Child Nutrition Recipe Box!

The Child Nutrition Recipe Box (CNRB) provides Child Nutrition program operators with recipes to prepare healthy and delicious meals that meet meal pattern requirements. These recipes are standardized to provide meal pattern crediting information for all meal pattern components and include recipes made with legumes, whole grains, and vegetables from the vegetable subgroups including dark green, red, and/or orange vegetables. The Child Nutrition Recipe Box will be rolled out in phases.

Phase One - Available September 16

On September 16, Child Nutrition programs were able to access a growing collection of USDA Standardized Recipes on the CNRB website. Recipes are organized by main entrées, vegetables, fruits, and grains, as well as alphabetically for users looking for a specific recipe. Users are able to download and print recipes as needed.

Phase Two - Available Spring 2020

The Child Nutrition Recipe Box will provide tools and resources to help program operators navigate and implement standardized recipes. These resources will include:

- Search tools to find recipes using a variety of search filters, such as USDA Program, Cooking Equipment, Recipe Categories, and Cuisine, to help users identify recipes of interest to them;
- "Build My Cookbook" where users can save their favorite recipes to make a customized cookbook;
- Shopping list feature where users can create a list of groceries from the selected recipes' ingredients; and
- Consumer-friendly features such as star ratings, recipe reviews, and options to share content on social media.

For up-to-date information on the Child Nutrition Recipe Box, please visit <https://theicn.org/recipes/>.

Breakfast in the Classroom Resource Center

The School Nutrition Foundation's Breakfast In the Classroom Resource Center has plenty of tools to support your direct delivery and grab-and-go breakfast programs! [Learn More](#)

Fall is a Great Time to Promote Your Program

The fall season is a great time to promote your school nutrition program. Visit SchoolNutrition.org/PR for free tools and resources to help you spread the message about the healthy, delicious meals your program provides. Additionally, as part of your outreach, don't forget about student engagement. SNA has created resource materials to assist you with this important component of your promotional efforts. Use these tips and activity ideas to empower students, improve communication and increase awareness of and participation in school meals. [Learn More](#).

Sunflower Spotlights

The food service staff at **USD 487 Herington** is always looking for innovative ways to prevent food waste, and **Stephanie Stover, Food Service Director**, recently developed a collaboration to aid in this goal. Stephanie contacted the high school agriculture teacher, Mallory Burton, with the idea of using the kitchen's fresh fruit and vegetable scraps for compost. Students in the high school agriculture class created two compost bins, and they are now responsible for collecting the fruit and vegetable scraps along with coffee grinds from the teacher's lounges each day. These students operate and maintain the compost bins, and the compost will be used in Herington's community garden. "Passing our vegetable and fruit clippings/peelings on to the ag class to put into their newly constructed compost bins is our way of making sure that they end up contributing to good soil instead of the landfill," Stephanie stated. She and Mallory are excited about this collaboration and hope it inspires other districts to consider creative ways to put their food waste to good use.

USD 383, Manhattan, served Banana Peppers and Watermelon from A & H Farm to 459 students on their August 28th menu at Manhattan West Campus as part of the Farm Fresh Fridays Challenge. The local produce on the menu was highlighted on the district Facebook page.

During Back to School Night at **USD 378 Riley County Schools**, district food service staff developed an innovative method for explaining Offer vs. Serve to students and parents. As students and parents in grades Pre-K through 5 visited the booth, staff explained meal pattern requirements and Offer vs. Serve requirements. Using a tray with an actual full meal, the staff then demonstrated the many ways students can create a reimbursable meal. Grace Brown, Food Service Director, stated, "A lot of the parents were not sure what their child could get for the meal." The activity showcased the healthy foods offered at each meal and the various choices students have in building a healthy meal for themselves.

Autumn Thoughts

A sincere THANK YOU for your effective administration of Child Nutrition Programs in Kansas and serving tasty, healthy meals for students so they are ready to learn and can attain their full academic potential! The school year is off to a great start! Each of you plays an important role in helping each Kansas student succeed! Kansans Can! LOOKING forward to SEEING you at a Director's Retreat in October!

As always, if you have questions or concerns please call or email us or your area Child Nutrition Consultant.

Cheryl, Jill and Julie