

Monthly Update



School Nutrition Programs

February 5, 2024

Distributed to School Nutrition Program Authorized Representatives and Food Service Directors via Email and posted at <https://cnw.ksde.org>, School Nutrition Programs, SNP Monthly Updates

Town Hall Thursday at 2 on February 8

Join us for a Town Hall meeting on February 8 at 2:00 pm at this link:

<https://ksde.zoom.us/j/87204779621?pwd=NEhrcHloRjBobGtOZTJEWfJtR0tUQT09>

Meeting ID: 872 0477 9621. Passcode: 746337

Agenda items for the February Town Hall include: Summer meal service option comparisons, SSO and SFSP updates for 2024, Summer EBT (SEBT), and training updates.

Payment Clarification

All claims for reimbursement submitted by COB on Thursday, February 22, 2024, will be paid on February 29, 2024.

New Fruit and Vegetable Bar Menu Planning Resources Available:

The following new fruit and vegetable bar resources are now available. They can be found at <https://cnw.ksde.org>, SNP, Food Service Facts, Chapter 16, Related Forms, Recordkeeping Forms

- Seasonal Fruit and Vegetable Bar Menus and Production Records
 - The Seasonal Fruit and Vegetable Bar Menus feature a Fall, Winter, and Spring menu with supporting recipes, purchasing/preparation instructions, and pre-filled production records. The menus are planned to meet all daily and weekly fruit and vegetable requirements at lunch for grades K-8 & 9-12.
- Create Your Own Fruit and Vegetable Bar Menu Planning Tool
 - Create your fruit and vegetable bar production records with ease! This menu planning tool allows you to select your vegetable and/or fruit offerings planned and automatically fills in the component information for you. Sponsors are responsible to ensure that daily/weekly meal pattern requirements are met with selections made within the tool.

Food Buying Guide Interactive Features – NEW!

Team Nutrition is excited to announce new tools and food yields in the Food Buying Guide (FBG) for Child Nutrition Programs Interactive Web-based Tool.

- Interactive flow chart on using the preparation yield walks users through when to use the Preparation Yield factor in the Recipe Analysis Workbook (RAW).
- An Ounces to Pounds Calculator allows users to easily convert ounces to pounds and pounds to ounces to make converting units a breeze.
- New foods are available in the FBG. New additions consist of USDA Foods frozen mixed vegetables and a variety of meat items.

Explore the [Food Buying Guide](#) today!



Virtual Wellness Workshops in February – Wellness Wednesdays

Join KSDE for the "Wellness Wednesdays" webinar series. A one-hour virtual Zoom session will be offered each Wednesday morning in February with topics aimed at assisting Kansas school wellness committees in implementing wellness policies and creating healthier school environments. Sessions will be from 9:30 am to 10:30 am at the following link:

<https://ksde.zoom.us/j/83632335961?pwd=WTRDSUtoSi90L3FUZ1pUWjUwSGtmdz09.>

Participants will receive a certificate of participation for each session they complete. Recordings of each session will be available on the KSDE Training Portal at a later date.

- **February 7, Food & Mood: Advancing Wellness by Connecting Nutrition & Emotional Health.** Join KSDE Child Nutrition & Wellness in kicking off the Wellness Wednesdays series with an introduction to this year's theme, "Food and Mood". Learn from USDA and the Substance Abuse and Mental Health Services Administration (SAMHSA) Food and Mood Project team about how consistent access to nourishing, culturally diverse food sources can support the emotional wellness of children and youth. Additionally, KSDE will provide a brief overview of wellness policy requirements and resources.
- **February 14, Supporting Health & Wellness Through Gardening.** Gardens encourage healthful eating as a key component of children's physical and mental wellbeing and support academic and social success. Join KSDE Child Nutrition & Wellness and Pantaleon Florez III, Experiential Learning Specialist at USD 497 Lawrence, to learn about Farm to School grant projects in Kansas and hear how gardens are being used as positive learning environments.
- **February 21, Strategies & Resources to Promote Social/Emotional Health.** Join KSDE Child Nutrition & Wellness, Kent Reed, KSDE School Counseling Program Manager, and Hanna Kemble-Mick, School Counselor Leader Consultant, in discussing social/emotional health and how nutrition can play a role. Learn about resources available to promote social/emotional health and to ensure children have the nutrition security needed to be socially, emotionally, and academically successful.
- **February 28, Safe Routes to School.** Join KSDE Child Nutrition & Wellness, the Kansas Department of Transportation, and the Kansas Department of Health & Environment for a Safe Routes to School program introduction and overview. Learn why Safe Routes to School is an important part of Kansas School Wellness Policy Guidelines under Physical Activity and hear ways that Kansas students and their families can walk, bike, and roll to school safely, comfortably, and enjoyably.

Professional Development Opportunities

Many opportunities for learning are available for School Nutrition Program Sponsors. Go to <https://cnw.ksde.org>, Training, CNW Calendar to access the class list with dates, times, and Zoom links. Upcoming trainings include Food Safety Basics on February 21 from 2- 5 pm and Managing Food Allergies on March 6 from 2-3 pm.

Online Professional Development – Classes and Tutorials

CNW staff continue to develop new interactive online trainings and tutorials that can be accessed free of charge 24/7 via the KSDE Training Portal. Accounts can be created at <https://learning.ksde.org>. For detailed instructions on creating an account, go to <https://cnw.ksde.org>, Training, How to Create Online Account. New to the portal this month: Nutrition Education in Child Nutrition Programs (3 hours).



Child Nutrition & Wellness KANSANS CAN 2023-24 Best Practice Awards

We encourage you and your staff to make nominations for outstanding and/or innovative practices for recognition of your heroic efforts this past program year. A simple one-page nomination entry form is available at <https://cnw.ksde.org>, SNP, SNP What's New. Nominations are due to the Child Nutrition & Wellness office on or before June 30, 2024. Awardees will be notified by July 31 and presentations will be made at the August State Board of Education meeting. Please do not hesitate to contact any Child Nutrition & Wellness team member if we can be of assistance with the application process. We look forward to receiving your nominations and celebrating the Kansans CAN Best Practice Awards with you at the August 2024 State Board of Education Meeting.

Kansas Certificates in Child Nutrition Management Awarded

The Kansas Certificate in Child Nutrition Management is a program sponsored by Child Nutrition & Wellness and approved by the Kansas State Board of Education. To receive a Kansas Certificate in Child Nutrition Management, 120 hours of KSDE Child Nutrition & Wellness approved management classes must be completed. These Child Nutrition Professionals completed the requirements in 2023 and will be awarded the Certificate at the February 2024 State Board meeting: Lisa Morris of USD 440 Halstead, Glenda Johnston of USD 230 Spring Hill, Kathy Schultz of USD 443 Dodge City, Nancy Horton of USD 449 Easton, Cathy McAfee of USD 320 Wamego, and Heather McPherson of USD 103 Cheylin. The awardees are to be commended for their initiative to achieve the Certificate and prepare themselves to lead Child Nutrition Programs of excellence. Congratulations!

National School Breakfast Week: March 4-8

National School Breakfast Week (NSBW) takes place March 4-8, 2024! Surfs Up with School Breakfast! is the 2024 theme. SNA can help you “hang 10” with a perfect plan for your cafeteria with some of these online resources for SNA members:

- Coloring and activity sheets. Students will dig these fun, printable activity, and coloring sheets.
- Infographics. Share the benefits of school meals with parents, caretakers, and community member benefits with SNA's NSBW infographic.
- Additional resources include an infographic for parents in English and Spanish, PowerPoint presentations for both stakeholders and staff (available now in English; Spanish versions coming soon), a customizable press release and proclamation, social media tips, official artwork, and more.

Celebrating Good Nutrition in March...and YOU!

National Nutrition Month®, celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is **"Beyond the Table"**, which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond. [50 Ideas to Get Involved in National Nutrition Month® \(eatright.org\)](https://eatright.org) is now available. Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.



Save the Date – Shop Kansas Farms Market of Farms

The next Shop Kansas Farms Extravaganza will be held Saturday, March 9, 2024, at the Caldwell Community Building in Caldwell, KS. Vendors from across the state will be selling beef, pork, poultry, eggs, and more! This is your chance to connect with producers and ranchers for local food sources.

[Events](#) | [Shop Kansas Farms](#) | [Brought to you by Kansas Farm Bureau](#)

Working Well Conference – April 11 in Wichita

The Health & Wellness Coalition of Wichita invites you to join them at their 19th Annual Working Well Conference on Thursday, April 11, 2024, from 8:00 am to 4:00 pm in Wichita at The Vail. This year's conference focuses on building your wellness team, and attendees will learn how to create a healthier, more supportive workplace culture where everyone wins. This year's keynote speakers include David Hines, Executive Director of Benefits, and Johnsie Holt, Wellness Director with Nashville Public Schools. For more information and to register, please visit the conference website at <https://hwcwichita.org/worksites-wellness/working-well-conference>.

Join the CNW Team

The CNW team has the following position openings: Child Nutrition Consultants - field and Topeka office based and part-time Body Venture Consultant. For more information or to apply, go to: [Careers \(ks.gov\)](#).

Staffing Update

Dessa Gifford will be transitioning to the School Finance team effective February 5th to fill the position previously held by Jennifer Barger. Dessa will be training with Jennifer Barger for the month of February as well as wrap up her work on the CNW team. We are pleased to be able to continue to work with Dessa in her new position!

As always, please call or email your area child nutrition consultant or the Topeka office with any questions. The CNW team is always happy to assist!

The CNW Team



For more information, contact:

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