HIGHLIGHTS

- USDA Deputy Secretary of Agriculture Kathleen A. Merrigan Visits Renfroe Middle School for NSLW
- HealthierUS Schools Challenge Winners Luncheon at The White House
- USDA Administrator for the Food and Nutrition Service Audrey Rowe Visits Georgia Schools
In the Swing of Things
School Nutrition is on the Move

Welcome to the second publication of our newsletter, *Nutrition Edition*. The school year has been in session for a few months and already, there are several marks of accomplishment. Georgia’s School Nutrition Program is off to a great start! Meals are being prepared and our children are benefiting from the good nutrition that we offer every school day.

In a matter of three months, the state staff facilitated more than 40 training classes and conferences as resources for local district SNP personnel. In addition, we are pleased to be recognized as having multiple HealthierUS Schools Challenge Award winners; FuelUp to Play60 participants; Alliance for a Healthier Generation Healthy Schools Award winners; and more.

Collectively, Georgia schools welcomed special visits from USDA Deputy Secretary Kathleen Merrigam, USDA FNCS Deputy Under Secretary Dr. Janey Thornton, and FNS Administrator Audrey Rowe. And to top the list, Georgia School Nutrition professionals were invited to The White House to meet First Lady Michelle Obama for the HUSSC Awards Luncheon.

Keep up the great work, Georgia! It is obvious that we are truly on the move!!

National School Lunch Week, a Success
USDA Agriculture Deputy Secretary Kathleen Merrigam Visits Renfroe Middle School for NSLW

Cafeterias across the state of Georgia participated in National School Lunch Week, October 10-14th. Schools focused on this year’s theme: School Lunch: Let’s Grow Healthy; which served as a learning opportunity for students to discuss and taste foods that are produced by local farmers. To commemorate the Farm to School focused theme, Georgia’s Renfroe Middle School of Decatur City Schools had a special visit from USDA Agriculture Deputy Secretary Kathleen Merrigan on October 15th.

*PICTURED ABOVE:* Merrigan and FNS Southeast Regional Administrator Donald Arnette with Renfroe Middle School cafeteria school nutrition staff. Photo is courtesy of the USDA Office of Communications.
WASHINGTON, Oct. 17, 2011 — Agriculture Secretary Tom Vilsack joined First Lady Michelle Obama to honor schools taking part in USDA's HealthierUS School Challenge. The First Lady hosted a reception on the South Lawn to honor the 1,273 schools that met her goal to double the number of participants in the Challenge in a year. The Challenge recognizes schools that create healthier school environments by providing exceptional nutrition education, nutritious food and beverage choices, physical education and opportunities for physical activity.

"Educators see firsthand the impact that childhood obesity has on our children's lives - not just on their physical and emotional health, but on their academic success as well. That's why our nation's educators have been leaders in this movement to end the epidemic of childhood obesity in America," said First Lady Michelle Obama. "Today, we're not just thanking these educators, but encouraging them to continue that leadership, to reach out and help other schools by sharing good ideas and best practices, and encouraging and inspiring each other. The HealthierUS Schools Competition is a competition every school in America can win. And when our schools win, our kids win and our country wins."

"Achieving the HealthierUS School Challenge recognition demonstrates a school's deep commitment to create and maintain a healthy school environment," Vilsack said. "The schools we are recognizing today have already made great progress toward meeting the school meals improvements set forth in the Healthy, Hunger Free Kids Act (HHKFA) and can serve as models for others seeking to make improvements. By providing access to nutritious foods and promoting physical activity in our schools, we can reinforce the healthy habits that many parents are already teaching at home and help our children reach their full potential."

The HealthierUS School Challenge is a key component of First Lady Michelle Obama's Let's Move! initiative to end childhood obesity within a generation. In February 2010, USDA and the First Lady called on stakeholders to double the number of Challenge schools - a goal reached in June 2011 - and add 1,000 schools per year for two years after that.

The Challenge schools honored at the White House voluntarily agreed to provide healthy meals based on the Dietary Guidelines for Americans 2010, including a variety of fresh fruits and vegetables, whole-grain foods, and fat-free or low fat milk. Challenge schools also have to agree to provide nutrition education and to provide opportunities for physical activity. Schools participating in the Challenge are recognized with Gold Award of Distinction, Gold, Silver, or Bronze-level certification.

Improving child nutrition is also the focal point of the Healthy, Hunger-Free Kids Act signed into law by President Obama in December 2010. The legislation reauthorized the National School Lunch Program and USDA's other child nutrition programs. The Act allows USDA, for the first time in over 30 years, the chance to make real reforms to school meals and increase access to these critical programs.

USDA's Food and Nutrition Service (FNS) oversees the administration of 15 nutrition assistance programs, including the child nutrition programs, which touch the lives of one in four Americans over the course of a year. These programs work in concert to form a national safety net against hunger. Visit www.fns.usda.gov for information about FNS and nutrition assistance programs.

*From the USDA Office of Communications.
*Pictured Left: Karen Green, Thomas County School Nutrition Director; Gloria Graham, Thomas County Middle Cafeteria Manager; and Marie Johnson, Cross Creek Elementary Cafeteria Manager.
Georgia Agriculture Commissioner Gary W. Black and State School Superintendent Dr. John Barge announced a partnership aimed at increasing awareness about the importance of proper nutrition and healthy eating. The “Feed My School for a Week” program will also teach Georgia students more about where their food comes from.

Bleckley, Colquitt and Hall counties have been selected as the three school systems to pilot the “Feed My School for a Week” program during the 2011-2012 school year.

“This is a great leap forward to help show young Georgians where the food they eat is grown,” said Commissioner Black. “Through this program, students will learn about the processes taken to bring their school meals from a local Georgia farm to the cafeteria table, while simultaneously receiving a healthy, delicious meal.”

“Georgia is second in the nation in childhood obesity,” Superintendent Barge said. “The Feed My School for a Week program is a great first step in raising students’ awareness of nutritional options as well as promoting healthier meals in our schools.”

The phrase “Farm-to-School” is becoming increasingly popular in the U.S. when it comes to offering healthy, fresh produce options to students. To keep Georgia a step above the rest, the State Departments of Education and Agriculture have combined their efforts to better assist all school districts in this initiative.

The “Feed My School for a Week” program aims to help bridge the gap in the nutritional value and quality of food served in Georgia schools, while providing more farm to cafeteria opportunities. The result will be healthier Georgia students, decreased barriers in farm to school efforts and increased awareness as students learn and experience, both educationally and nutritionally, where their food comes from.

Each of the three school systems will be represented by an elementary school in their district. During a one-week period in the spring semester, all lunches served out of each selected school’s cafeteria will consist of 75-100 percent Georgia Grown food. The schools will host an agriculture guest speaker, hold “taste tests” for Georgia commodities, and conduct an essay contest. There will also be an art contest at each school that is focused on a single Georgia commodity, in addition to several other educational activities throughout the designated week.

Helpful Information: Purchasing & Procuring Food Products for Farm to School

- The School Food Authority (SFA) can purchase food directly from a farmer as long as the procurement rules that apply when purchasing food with the school foodservice account monies are followed. (All funds in the nonprofit school nutrition account are subject to federal procurement regulations and review regardless of revenue source).
- The available procurement methods are:
  - Competitive Sealed Bids – A method of procurement whereby sealed bids are publically solicited and a fixed-price contract is awarded to the responsible bidder whose bid, conforming with all the material terms and conditions of the invitation for bid, is lowest in price.
  - Competitive Proposals – A method of procurement whereby proposals are requested from a number of sources and the request for proposal is publicized, either a fixed-price or cost-reimbursable type contract is awarded, as appropriate. Competitive negotiation may be used if conditions are not appropriate for the use of competitive sealed bids.
  - Small Purchase – A relatively simple and informal procurement method that is appropriate for procurement of food, services or supplies costing not more than $100,000 (the current federal small purchase threshold), or a lesser amount –specified by State law or local requirements. Georgia follows the federal requirements for the small purchasing threshold. SFAs must check with their local officials to determine if the local small purchase threshold is less than the federal threshold, and whether the local small purchase procedure must be followed.

*An Excerpt From the Farm to School Handbook.*
Georgia Schools and the USDA

USDA FNS Administrator Audrey Rowe Visits Georgia Schools

ATLANTA, August 16, 2011—USDA Food and Nutrition Service Administrator Audrey Rowe today highlighted Obama administration efforts to improve school nutrition and foster healthy lifestyle choices by America’s school-age children during a visit to Sherwood Acres Elementary Magnet School in Albany, GA and Baker County K12 School in Newton, GA.

Rowe said key reforms enacted through the Healthy, Hunger-Free Kids Act of 2010 (HHKFA) will improve the nutritional quality of school meals and strengthen the school environment for the nation’s schoolchildren. Rowe also lauded USDA’s HealthierUS School Challenge, which is designed to improve school nutrition and expand opportunities for physical activity.

“By providing America’s children with the healthiest foods possible while at school,” she said, “we can reinforce the healthy lifestyles that many parents are already teaching their children at home, which will put them in a position to thrive, grow and ultimately reach their full potential.”

As children head back to school this fall USDA will work with schools on improving the nutritional quality of food sold to children through six major components supported by the HHKFA:

- Updated nutrition standards for school meals based on expert recommendations from the Institute of Medicine. USDA is reviewing over 132,000 comments from schools, States, parents and others on a proposed rule in order to complete a final rule.

- Science-based standards for all foods sold in school. These first ever national standards will ensure that foods and beverages sold in vending machines and other venues on school campuses contribute to a healthy diet.

- Increased funding for schools. The Act made the first real increase in school meal payments in 30 years – tied to strong performance in serving improved meals. The criteria to earn the increase will be ready when updated standards go into effect.

- Common-sense standards for revenue provided to school food authorities from non-Federal sources, to ensure that these revenues keep pace with the Federal commitment to healthy school meals and properly align with costs.

- Training and technical assistance to help schools achieve and monitor compliance. We are planning new training strategies to accompany the new nutrition standards.

- Healthy offerings through the USDA Foods program. USDA Foods are a critical part of the National School Lunch Program, constituting approximately 15-20% of the school lunch plate. Guided by the Dietary Guidelines for Americans, USDA has made sweeping changes in the nutritional quality of these foods to further reduce fat, sodium, and added sugars. The Act requires the Department to purchase a wide variety of USDA Foods that support healthy meals and develop model specifications for foods purchased and served in the National School Lunch Program. These school food improvements will be supported by other changes in the school environment, such as physical activity and nutrition education reforms.
The classroom is often a location for parents to celebrate their child’s accomplishments, birthdays, etc. However, it does not mean that the party has to be totally centered on bringing in snacks for the students. A party could be a chance for parents to come in and share a craft with the classroom. It still allows each parent to be included in the activity by bringing in supplies to put together the craft with some volunteering to help construct the craft with the students. This allows parent involvement, a gift or craft for the child to take home and a great replacement to high sugar snack parties. Craft ideas may be found at local craft stores in magazines such as Martha Stewart for Kids, or websites such as:

- http://familyfun.go.com/
- http://www.amazingmoms.com/arts-crafts/

Another suggestion for the classroom that still wants a food centered party is to offer a party plan from the school nutrition program. It could be a meal that is planned as a reimbursable meal with special ingredients such as an upscale slice of pizza which is not on the normal lunch menu. The cost for the paying students and increased food cost could be paid through contributions from parents. This could also be an opportunity to serve exotic fruit and vegetables to the students.

Any party can be planned with low calorie and low sugar content if the classroom teacher desires to have it in their plan. A list of acceptable foods can be put together requesting that parents only select from the list of snacks to bring in for the classroom party. Classrooms that have students highly allergic to certain food items must ensure that food being brought into the classroom does not cause an allergic reaction for the student. This idea can be transferred to only offering snacks that would be healthy choice for all students by replacing items like cut out cookies with cut out Gelatin Jigglers. A fun way to serve apple slices is to take red and green apple slices and arrange them in a shape of a wreath. Many other healthy snack ideas may be found on the web.

Happy party planning takes time and assistance from parents who want to be involved with their child’s classroom. The school wellness plan may be one place to offer guidance to the parent volunteers to plan a healthy party for the classroom.
A Warm Welcome
New Directors, Managers/Supervisors & Coordinators

Terry Sears—Roosevelt Warm Springs
Deborah Bellesfield—Roosevelt Warm Springs
Shelley Daniel—Thomaston-Upson County
Trish Harris—White County
Cindy Culver—Wesley International Academy
Emily Hanlin—Pickens County
Debra Morris—Jackson County

Joel Worth—Savannah Chatham County
Pamela LeFrois—Barrow County
Tracy Carter—Wesley International Academy
Zandra Perrymon—Leadership Preparatory Academy
Stan Ingber—Kipp Metro Atlanta
Ruth Taylor—Fulton County
Yolanda Collins—Tech High School

Teresa Tedder—Southwest Georgia Academy
Dawn Lewis—Coffee County
Quay Dixon—Lanier County
Kelly Schlein—Jasper County
Sally Overstreet—Muscogee County
Connie R. Walker—DeKalb County
Alana Jones—Troup County

Elaine Lang—University Community Academy
Julie Knight-Brown—Fulton County
Oreal Oladele—Fulton County
Courtney Waller—Union County
Tracy Jackson
Keith Parker—Intown Academy

Wesleigh Reaves—The Museum School of Avondale
Phoebe Layson—Harris County
Reginold Benjamin—Imagine Academy
Sundra Stanley—Twiggs County
Sharon Curry—Warren County
Partners in Child Nutrition
A Close Look at Fuel-Up to Play60

What is Fuel Up to Play 60?
Created in partnership by National Dairy Council (NDC) and the National Football League (NFL), the Fuel Up to Play 60 program empowers youth to take actions to improve nutrition and physical activity at their school and for their own health.

The ultimate goal is to ensure changes made at school are sustainable, making it possible for children to have more opportunities to be physically active and to eat tastier options of nutrient-rich foods like low-fat and fat-free milk, fruit, whole grains and vegetables throughout the school campus. By making changes in the school environment, students are more likely to meet the government recommendations for daily physical activity of 60 minutes and eat the appropriate number of servings from the food groups youth need most.

The U.S. Department of Agriculture (USDA) has joined Fuel Up to Play 60, along with multiple health organizations and several major corporations. Fuel Up to Play 60 is funded with an initial private sector financial commitment of $250 million over five years by America’s Dairy Farmers. Funding is expected to grow as government, business, communities and families join this effort.

More than 58,000, or 60 percent, of the nation’s 96,000 private and public schools are currently enrolled in Fuel Up to Play 60.

This effort is needed now, more than ever. It is possible that today’s children could become the first American generation with a shorter life expectancy than their parents. One-third of American children are overweight or obese. The obesity prevalence is about three to four times that of just one generation ago, according to the Centers for Disease Control and Prevention.

How does the program work?
Fuel Up to Play 60 leverages the excitement of the NFL and applies social marketing principles to influence actions and behaviors and motivate youth to invest in their own health and take action to improve their school. The program lets students take the lead to develop nutrition and physical activity action strategies and engage the whole student body in the program.

Check Out Breakfast Grant Opportunities:
http://school.fueluptoplay60.com/funds/funds_for_futp60.php

Upcoming Grant Application Deadlines:
- February 1, 2012
- June 1, 2012 (If approved for funding, the money will be distributed after June 30, 2012, and will count toward the school’s funding for the 2012-13 school year.)

View SNA’s Fuel Up to Play 60 Toolkit for school nutrition programs: www.schoolnutrition.org/FuelUpToPlay60

*Article Provided By Fuel Up to Play 60.
School Meals = Good Meals

What’s On Georgia School Lunch Trays

District Highlight: Rockdale County Schools

Elementary School Lunch Served October 14, 2011

Spaghetti with Meat Sauce ▪ Homemade Roll ▪ Fresh Garden Salad ▪ Fresh Bartlett Pear ▪ 1% Low Fat Milk

Also available daily: Freshly made salads, deli sub combo, PBJ combo, assorted bottled drinks, ice cream, & a variety of milk. Daily breakfast items: cold cereal, toast, & juice.

Nutrition Analysis of Rockdale County Meals are provided online at: http://portal.rockdale.k12.ga.us/about/os/sn/Nutrition%20Documents/Nutritional%20Analysis.pdf

Pictures are from Peeks Chapel Elementary School

Here’s The Scoop

Resources You Can Use

Let’s Move
First Lady Michelle Obama recognizes the threat of childhood obesity, and has taken up the cause with her Let’s Move campaign, encouraging families across the country to commit to living healthier lives. www.letsmove.gov

Partnership for a Healthier America
Serves as a partner to the First Lady’s Let’s Move Initiative by linking and mobilizing the private sector, foundations, thought leaders, media, and local communities to action and further the goals of curbing childhood obesity within a generation. www.ahealthieramerica.org

President’s Council on Fitness, Sports and Nutrition (PCFSN)
A committee of up to 25 volunteer citizens appointed by the President to serve in an advisory capacity through the Secretary of Health and Human Services (HHS). Through its programs and partnerships with the public, private and non-profit sectors, PCFSN acts as a catalyst to promote healthy lifestyles through fitness, sports and nutrition programs and initiatives that educate, empower and engage Americans of all ages, backgrounds and abilities. www.fitness.gov

Children’s Nutrition Center (CNC)
One of six federally funded human nutrition research centers in the nation and the first to conduct scientific investigations into the role of maternal, infant and child nutrition in optimal health, development, and growth. www.bcm.edu/cnrc
Managers’ Conference 2012

Looking Ahead

What’s really cheap, but invaluable?
What’s fun, but applies to work?

School Nutrition Manager Training, The Sky’s the Limit!

February 7th—8th
Lake Blackshear; Cordele, GA

or

February 21st—22nd
Classic Center; Athens, GA

This is an opportunity for your managers to earn Advanced TID course credit. Send us your best, your tired, your weary managers, and we’ll send you back a refreshed, energetic, manager machine!

GaDOE-SNP Managers’ Conference 2012 is repeating this program, SN Manager Training - The Sky's the Limit, for the third and last time in February. At this conference, the state staff will present the latest information on: expanding your breakfast programs, managers’ responsibility for financial reporting and special dietary needs for students. They will also receive tips and resources about developing Food Safety Plans and promoting USDA foods and fruits and veggies.

So don’t be left out. Check MCRS and send your Manager I or II who need an Advanced TID course. They will learn at the conference and apply what they learned to your schools.

Look for brochure and registration forms by December 2011.

If you have any questions, contact Dr. Lynn Davis, ldavis@doe.k12.ga.us or 404.656.2460.

Comments From Managers’ Conference 2011

“Best conference I ever attended”

“Great location (Classic Center), easy to find”

“Awesome ideas and suggestions”

“All speakers were great!”

“This was my first Managers’ Conference and I truly enjoyed it.”

“Thanks so much for all the helpful info, especially USDA and Allergy problems”

“I really learned a lot from this conference”

“I am very excited about going back and using the tools I have learned”

“This was a great conference. I thought it was going to be the same ole (sic) same stuff, but it exceeded my expectations.”
Focus On Success
We Want to Highlight YOU

Do you have a School Nutrition Program Success Story that you want us to highlight? If so, please submit a small paragraph detailing your school or school system’s accomplishments, campaigns, new ideas, awards and upcoming events...

YOU could be highlighted in our next Nutrition Edition Newsletter.

Please email: Sommer Delgado at: sdelgado@doe.k12.ga.us

Farm to School In Georgia
Share Your Farm to School Efforts With Others

Schools throughout Georgia participate in the Farm to School Program; while others are in the beginning stages of implementation. We would like to hear about your experience, success, and outcomes of the program at your school so that we may highlight you and share your Farm to School efforts with others.

Send pictures and stories of your Farm to School activities to Laura Tanase at ltanase@doe.k12.ga.us

Congratulations to GaDOE SNP Retirees
For Years of Service to the State of Georgia

Martha Ann Tanner
25 Years of Service

Mary Nan Pilcher
25 Years of Service

Melinda F. Scarborough
34 Years of Service
School Nutrition Program

Georgia Department of Education
School Nutrition Program

Building Healthy Minds and Bodies

Nancy Rice, M.Ed., RD, LD, SNS
Director, School Nutrition Division

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SCHOOL NUTRITION PROGRAM MISSION:
The mission of the School Nutrition Program is to provide leadership, training and technical assistance, and resources so that local program personnel may deliver quality meals and education that contribute to the nutritional well-being of Georgians and their performance at work and school.

SCHOOL NUTRITION PROGRAM VISION:
GaDOE leads the nation in improving student achievement including:

- Nutrition integrity of programs reflected by children who are well nourished, ready to learn and have healthy eating habits
- High quality food service programs as evidenced by compliance with quality standards
- Nutrition education that enhances positive behavioral changes for a lifetime
- Creative links to the nutrition related needs of the community as a whole
- Local, state and national public policy which strengthens programs and recognizes them as an integral part of the education of students
- Financially sound and accountable programs operated consistent with the program purposes
- Image that draws customers and support from the general public.

Nutrition Edition Newsletter is a quarterly publication intended for School Nutrition Program Directors and Managers. Questions or comments should be directed to: Sommer Delgado • School Nutrition Program Communications Project Manager • 404-656-2470 • sdelgado@doe.k12.ga.us.