Healthy and Fresh

Over 1.5 Million Meals Served Each School Day

HIGHLIGHTS

- USDA Southeast Region Director Lanna Kirk recognizes Carrollton City Schools for achieving HealthierUS Schools Challenge Gold Award
- Superintendent Barge Names 1st Phillips Award after Retired Cafeteria Manager, Condyce Phillips
- New Meal Pattern Makes Historic Improvements to Meals Served in America’s Schools
As the school year comes to a close, I reflect with pride upon the excellent service that school nutrition programs have provided state-wide.

Whether you are a small system or a large one, we know that it takes a lot of hard work and planning to get healthy meals on the trays of our students.

Cumulatively, we serve more than 1.5 million meals each school day. We feed more children than any single organization in our state. This alone is proof that School Nutrition Programs are vital and necessary in combating childhood obesity as well as childhood hunger.

As schools begin to close in May, I want to encourage you to finish the year strong and get ready for exciting things to come for the upcoming academic year.
State School Superintendent Dr. John D. Barge presented the first Phillips Award to Condyce Phillips Thursday, April 19th. Mrs. Phillips was the cafeteria manager at Griffin Middle School in Cobb County when Superintendent Barge was a student. She helped Superintendent Barge and countless others write a better story for themselves.

While bringing remarks at the Georgia School Nutrition Association’s 57th Annual Conference, Superintendent Barge presented Mrs. Phillips with this new award that was created to recognize school support staff who have had a tremendous impact on the lives of others. "Condyce Phillips showed me great kindness and compassion, which helped me see that school was a safe and supportive place," said Superintendent Barge. "One of the first things I wanted to do after becoming Superintendent was to name an award for Mrs. Phillips and give others the opportunity to nominate a school staff member who helped shape their lives for the better."

**Nominating a school staff member**

Once each quarter, one support staff member will be selected for this award. The nomination form can be requested by emailing Keisha Ford-Jenrette at kford@gadoe.org (form is also attached and online at [www.gadoe.org](http://www.gadoe.org)).
USDA Announces New Farm to School Program to Improve the Health and Nutrition of Kids Receiving School Meals

HARWOOD, Md., April 17, 2012 – Agriculture Deputy Secretary Kathleen Merrigan announced today that USDA will be investing in farm to school programs nationwide to help eligible schools improve the health and wellbeing of their students and connect with local agricultural producers. Merrigan joined students at Southern High School to announce the new program that will promote opportunities for nutrition and agriculture education while providing new economic opportunities for food producers of all kinds and communities nationwide. Students at the school displayed and highlighted their farm to school efforts with a tour of the school’s greenhouse.

“School cafeterias are great places to champion U.S. agriculture and to teach students where their food comes from,” said Deputy Secretary Merrigan. “More and more, schools are connecting with their local farmers, ranchers and food businesses each day and these programs are a great way to bring more local offerings into school cafeterias and support U.S. producers as well. As we struggle with obesity and associated diet related diseases, farm to school programs give us one important tool to help our kids make lifelong healthy eating choices.”

The Farm to School Grant Program is part of the Healthy, Hunger-Free Kids Act, which authorized and funded USDA to assist eligible entities, through grants and technical assistance, in implementing farm to school programs that improve access to local foods in eligible schools. The new investments will assist schools in procuring food from local producers of all kinds.
producers. Farm to school initiatives can also include agriculture and nutrition education efforts such as school gardens, field trips to local farms, and cooking classes. These grants, administered by USDA’s Food and Nutrition Service (FNS), will help schools respond to the growing demand for locally sourced foods and increase market opportunities for producers and food businesses, including food processors, manufacturers, distributors and other value-added operations.

To fulfill the farm to school mandate in the HHFKA, effective October 1, 2012, $5 million will be provided to USDA on an annual basis to support grants, technical assistance, and the Federal administrative costs related to USDA’s farm to school program. In this first funding cycle, FNS anticipates awarding up to $3.5 million in grants, while the remaining $1.5 million will support a combination of training and technical assistance, administrative costs, and/or additional farm to school grants.

Letters of Intent are suggested but not required by May 18, 2012, while proposals are due June 15, 2012. To assist eligible entities in preparing proposals, USDA will host a webinar related to Implementation grants on May 15th at 1:00 pm EST and a webinar related to planning grants on May 17th at 1:00 pm EST. For more information on webinars, the farm to school grant program, or USDA’s farm to school efforts in general, please visit the USDA Farm to School website.

Reducing childhood obesity and improving the nutrition and health of all Americans is a top priority the Obama Administration and USDA is committed to promoting healthy eating and active lifestyles and ensuring that all Americans have access to safe, nutritious, and balanced meals. Championed by First Lady Michelle Obama as part of her Let’s Move! initiative and signed by President Barack Obama, the Healthy, Hunger-Free Kids Act of 2010 marked a great win for the nearly 32 million school children that participate in the National School Lunch and the 12 million school children that participate in the School Breakfast Programs each school day. USDA is working to implement historic reforms that will mark the most comprehensive change to food in schools in more than a generation, which include: updated school meals nutrition standards to increase fruits, vegetables, whole grains, and low-fat dairy; science-based standards for all foods and beverages sold on the school campus; performance-based funding increases for schools – the first real increase in 30 years; and training and technical assistance to help schools meet improved standards.

USDA’s Food and Nutrition Service administers 15 nutrition assistance programs that, in addition to the Supplemental Nutrition Assistance Program and National School Lunch Program, also include the Special Supplemental Nutrition Program for Women, Infants and Children, and the Summer Food Service Program. Taken together, these programs comprise America’s nutrition safety net.

*From the USDA Office of Communications.

---

**Here’s The Scoop**

**Resources You Can Use**

**SNA Smart Brief**

Email subscription that gives child nutrition and school foodservice operations news that really matter to school nutrition. Knowledgeable editors handpick key articles from hundreds of publications, summarize them and provide direct links to the original sources. SNA Smart Brief does all the research and sends, to subscribers, the latest news in their inbox or handheld device, absolutely free. [www.smartbrief.com/sna](http://www.smartbrief.com/sna)

**Action for Healthy Kids**

An organization committed to collaborating with schools to help kids learn to eat right and be active everyday so they’re ready to learn. Action for Healthy Kids provides access to nutrition and physical activity programs for before, during and after school. Volunteers are available to help schools implement and measure the success of the program. [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

**Strong 4 Life**

Launched to fight childhood obesity crisis in Georgia. Provides resources for bringing together four essential building blocks every kid needs to be healthy—Eat Right, Be Active, Get Support and Have Fun. Strong 4 Life explains each of these building blocks into small, simple steps families can choose to take in each of these focus areas. [www.strong4life.com](http://www.strong4life.com)

**School Menu**

An online database of school lunch and breakfast menus nationwide. This website’s goal is to educate parents about wellness and school nutrition programs, encourage informed dietary and fitness choices and empower users to enjoy a healthy, happy lifestyle. Also provides articles from additional sources such as: the USDA, CDC, Baylor University Child Nutrition Center, Tufts University, the Produce for Better Health Foundation; and children’s activity sheets and more! [www.schoolmenu.com](http://www.schoolmenu.com)
FAIRFAX, Va., Jan. 25. 2012 – First Lady Michelle Obama and Agriculture Secretary Tom Vilsack today unveiled new standards for school meals that will result in healthier meals for kids across the nation. The new meal requirements will raise standards for the first time in more than fifteen years and improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day. The healthier meal requirements are a key component of the Healthy, Hunger-Free Kids Act, which was championed by the First Lady as part of her Let’s Move! campaign and signed into law by President Obama.

“Improving the quality of the school meals is a critical step in building a healthy future for our kids,” said Vilsack. “When it comes to our children, we must do everything possible to provide them the nutrition they need to be healthy, active and ready to face the future – today we take an important step towards that goal.”

The final standards make the same kinds of practical changes that many parents are already encouraging at home, including:

- Ensuring students are offered both fruits and vegetables every day of the week; Substantially increasing offerings
- Of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

USDA built the new rule around recommendations from a panel of experts convened by the Institute of Medicine — a gold standard for evidence-based health analysis. The standards were also updated with key changes from the 2010 Dietary Guidelines for Americans — the Federal government’s benchmark for nutrition.

USDA received an unprecedented 132,000 public comments on its proposed standards (available on the web at www.regulations.gov) — and made modifications to the proposed rule where appropriate. USDA Under Secretary Kevin Concannon said: “We know that robust public input is essential to developing successful standards and the final standards took a number of suggestions from stakeholders, school food service professions and parents to make important operational changes while maintaining nutritional integrity.”
The new standards are expected to cost $3.2 billion over the next five years -- less than half of the estimated cost of the proposed rule and are just one of five major components of the Healthy Hunger Free Kids Act, now implemented or under development, that will work together to reform school nutrition. In addition to the updated meal standards, unprecedented improvements to come include:

- The ability to take nutrition standards beyond the lunch line for the first time ever, foods and beverages sold in vending machines and other venues on school campuses will also contribute to a healthy diet;
- Increased funding for schools -- an additional 6 cents a meal is the first real increase in 30 years – tied to strong performance in serving improved meals;
- Common-sense pricing standards for schools to ensure that revenues from non-Federal sources keep pace with the Federal commitment to healthy school meals and properly align with costs; and
- Training and technical assistance to help schools achieve and monitor compliance.

*From the USDA Office of Communications.
FREE SALAD BAR!
Did you know... your school can get one?

Join Let’s Move Salad Bars to Schools!
Let’s Move Salad Bars to Schools provides benefactors the opportunity to participate in increasing fresh fruits & vegetables consumption in schools. Through the accumulation of donations from local, state and national stakeholders, FREE SALAD BARS are available to schools.

Why Salad Bars?
- Students significantly increase their consumption of fruits & vegetables when given a variety of choices in a school fruit & vegetable salad bar.
- Students are more likely to try new fruits & vegetables when they are offered choices.
- Fosters new eating habits beyond school lunch that creates a lifestyle of healthy eating.
- Meets the recommendation that school age children have at least two servings of fruits & vegetables daily to meet their nutritional needs.

Deadline: This is a rolling deadline. Applications are accepted throughout the year.

Stakeholder Highlight:
The Atlanta Falcons Youth Foundation donated 15 salad bars to Georgia Schools.

How can your school participate?

Who Can Apply:
- Any K-12 school district participating in the National School Lunch Program is eligible to apply.
- HealthierUS School Challenge Award recipients are automatically eligible to receive a salad bar.

Scan QR Code with your smart phone/tablet or go to: http://saladbars2schools.org/apply
School Meals = Good Meals
What’s On Georgia School Lunch Trays

District Highlight: Marietta City Schools

Middle School Lunch Served January 17, 2012

Nachos or Tacos, with Beef & Cheese or Cheese Only
Spinach & Cheese • Fresh Grapes • Beans

Additional Choices: Broccoli, Diced Tomato & Shredded Lettuce,
Peaches, Fresh Fruit in Season, Apple Sauce, Cinnamon Pretzel

Available Daily: Entrée Salads, 100% Juice, and a variety of Low
Fat & Fat Free Milk

Nutrition Analysis of Marietta City Schools’ Meals are provided online at:

Awards, Contests and Grants

Opportunities for School Nutrition Programs

Rachael Ray’s Yum-o! Healthy School Meal Contest

The Alliance for a Healthier Generation, the School Nutrition Association, and Rachael Ray’s Yum-o! are joining efforts to spotlight creative meals from school nutritional professionals across the country.

Deadline: June 15, 2012

tinyurl.com/rachaelray-schoolmealscontest

Fruit Tree 101

A program that brings fruit tree orchards to schoolyards so students can improve the quality of the air and water while creating a source of tasty snacks for decades to come.

Rolling Deadline

www.ftpf.org/apply.htm

Annie’s Homegrown Grants for Gardens

Offers up to $250 to community gardens, school gardens, and other educational programs that connect children directly to gardening. Funds may be used to buy gardening tools, seeds, or other needed supplies. Eligible applicants include K-12 schools and nonprofits.

Deadline: June 30, 2012

www.annies.com/growinggoodness

Operation Green Plant Free Seeds

America the Beautiful Fund is offering grants of FREE SEEDS! to community groups striving to better our world through gardening.

Rolling Deadline

www.america-the-beautiful.org/free_seeds
Seamless Summer Option
School Systems Provide Free Meals to Children in the Summer

During the academic year, School Nutrition Programs in Georgia cumulatively serve approximately .5 million breakfasts and 1.1 million lunches daily. More than 65% of these meals are provided at a free and reduced price through the National School Breakfast (SBP) and National School Lunch Programs (NSLP). These national programs are a necessity which ensure that all children have access to nutritious meals daily. USDA recognizes the importance of school meals as a key to combat childhood hunger; and has implemented the Seamless Summer Option (SSO) for communities to continue feeding children through the summer break.

Currently, Georgia school systems will facilitate more than 2200 locations statewide to provide free meals to children and youth in their communities. While the local school nutrition program is the Food Service Authority, meals may be served at various locations including: schools, camps, churches, community centers, housing projects, institutions, migrant centers, parks, playgrounds, pools; and any other public site where children may gather during the summer.

As a resource to SSO locations, the Georgia Department of Education (GaDOE) School Nutrition Program (SNP) serves as a support for schools that are currently, or are interested in, participating in SSO. Each year, the state staff conducts training to cover important and current information about facilitating a program. In addition, this year, Georgia’s SNP is set to roll out a massive marketing campaign to spread the word about SSO and to brand the program statewide. The goal is to do as much as possible to increase district participation so that more children are fed daily.

Application Deadline Approaching.

June 29th

Congratulations to the 26 HealthierUS School Challenge Award Recipients in Georgia.

To apply, go to www.fns.usda.gov/tn/healthierus
Food Distribution Unit Update

WBSCM is Up and Running

The Food Distribution Unit would like to thank everyone for making the SY13 ordering process successful. It has been a relatively smooth transition from ECOS into WBSCM, but the system is still a work in progress! We will conduct refresher training sessions this coming fall (dates to be announced).

Please contact your assigned Administrative Specialist for any questions. Feel free to also contact our newest member, Westley Roberson, for technical assistance at: wroberson@doe.k12.ga.us

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

HealthierUS Schools Resources

HUSSC Website
www.fns.usda.gov/tn/healthierus

HUSSC Application
healthymeals.nal.usda.gov/hsmrs/HUSSC/

National Food Service Management Institute
HUSSC Training Webinar
tinyurl.com/nfsmi-hussc-webinar

HUSSC Application Guide
teamnutrition.usda.gov/Resources/
healthierchallengeapplicationkit.html

USDA Updates for School Wellness Policy
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

SNA LAC Presentation:
Challenges and Success in Achieving HUSSC
tinyurl.com/sna-lac-presentations
Dr. John D. Barge, State School Superintendent
“Making Education Work for All Georgians”

Georgia School Nutrition Program

Georgia Department of Education
School Nutrition Program
Building Healthy Minds and Bodies

Nancy Rice, M.Ed., RD, LD, SNS

1662 Twin Towers East
205 Jesse Hill Jr. Drive, SE
Atlanta, GA 30334

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.

GaDOE Non-Discriminatory Statement:
In accordance with State and Federal law, the Georgia Department of Education prohibits discrimination on the basis of race, color, religion, national origin, sex, disability, or age in its educational and employment activities. Inquiries regarding the application of these practices may be addressed to the General Counsel of the Georgia Department of Education, 2052 Twin Towers East, Atlanta, Georgia, 30334, (404) 656-2800.

USDA Non-Discriminatory Statement:
“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination write: USDA, Director, Office of Adjudication, 1400 Independence Avenue, S. W., Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.”