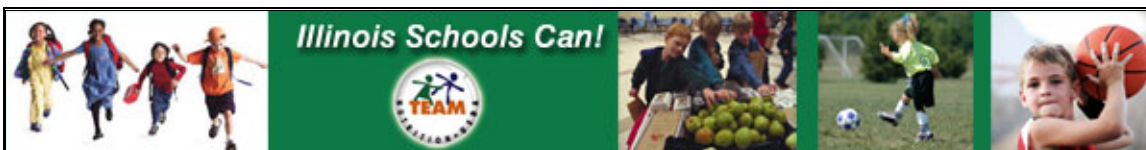


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The *Illinois Schools Can!* newsletter is your source for information on resources, upcoming training, and grant opportunities that can support school wellness policies.

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Wellness Events and Training

Local School Wellness Policy Training - Evaluation

The next step in achieving a successful school wellness program is evaluation and continuous improvement of your local wellness policy. If you were unable to attend one of the Illinois NET regional conferences in March on this important topic, you can now schedule an on-site training for your staff. *Evaluating School Wellness: Easier Than You Think!* is an interactive workshop that will help you evaluate progress in implementing wellness policy goals for nutrition education, physical activity, school meals, and other foods. It is appropriate for all staff involved in your school wellness activities. To schedule an in-service please go to www.kidseatwell.org/ASP/workshoprequest.asp or call 800-466-7998.

Action for Healthy Kids' *Illinois School Wellness from A to Z Conference* - May 5, 2009. Register by April 20 for the early bird rate.

The Illinois State Board of Education in cooperation with the Illinois Action for Healthy Kids is sponsoring a one-day wellness conference highlighting successful implementation of school wellness programs involving nutrition, nutrition education, physical activity, and physical education. Connie Evers, M.S., R.D., an award-winning author and nutrition consultant, will be the keynote speaker; and Darla Castelli, Ph.D., a well known author on physical activity, will also be a featured speaker. Register at www.actionforhealthykids.org/, and click

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on the state of Illinois.

Illinois School Nutrition Association's Conference - June 16-18, 2009

Hats Off to You and All That You Do!

Illinois School Nutrition Association Announces 59th Annual Conference

Hats Off to You and All That You Do is the theme of the Illinois School Nutrition Association's 59th Annual Conference to be held at the Drury Lane in Oak Brook Terrace, Illinois on June 16, 17, and 18, 2009.

School nutrition professionals wear many different hats in the course of their day. They are managers of time, resources, and people. They handle procurement, food safety regulations, staffing, program marketing, food production, and carry out federal, state, and local nutrition regulations.

This year's conference is designed to further develop the talents of school nutrition professionals who have devoted their careers to serving nutritious meals to students. It features *Child Nutrition U*, a series of educational sessions that will build core skills. This tract begins with a 3½ hour preconference session on fiscal management, followed by classes on program regulations, marketing, commodity management, and basic nutrition. It will culminate with a graduation ceremony at the end of the conference.

Other topics such as stress management in the work place, meeting the special dietary needs of students, the facts about high fructose corn syrup, going green, personal identity theft, and catering will be covered. And do not forget the industry exhibits! There will be over 300 booths exhibiting food, disposables, educational materials, and equipment utilized in child nutrition programs.

Check out the Illinois School Nutrition Association's website www.ilsna.net for more information.

School Nutrition Association Annual National Conference: June 29 - July 2

The School Nutrition Association's annual conference for K-12 school nutrition professionals will be held in Las Vegas, Nevada this year. There will be more than 80 quality education sessions exemplifying best practice solutions; an exhibit hall with products to boost school meal participation and equipment to streamline food service production; and, an opportunity to meet with thousands of food operators across the country. For details and registration information go to docs.schoolnutrition.org/meetingsandevents/anc2009/.

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University of Illinois School Lunch Conference - July 20-22, 2009. Register before **May 15** for a reduced rate.

The University of Illinois at Urbana - Champaign and the National Soybean Research Laboratory are hosting a conference titled, *Everyone to the Table: Fostering Partnerships in School Nutrition*. Discover trends in school lunch programs across the country, explore solutions to healthy and cost effective menus, and discuss the many successes of other school nutrition programs. It is relevant to food service directors, cafeteria managers, school district personnel and food service companies. For more information and registration go to www.nsrl.uiuc.edu/ETTT/index.html or call 217-244-1706.

School Nutrition Specialist Exam Being Offered in Illinois

The School Nutrition Specialist (SNS) Credentialing Exam will be offered by the Illinois School Nutrition Association during their upcoming Annual Conference in Oakbrook Terrace, Illinois. The exam will be offered to eligible candidates on Tuesday, June 16, 2009, at 8 a.m.

For more information about the qualifications to sit for this exam and deadline information, please visit the Illinois School Nutrition Association's website at www.ilsna.net/.

Information regarding this credential, benefits, requirements, and fees can be found on the School Nutrition Association's website at www.schoolnutrition.org/Content.aspx?id=132/.

Do not miss this opportunity to become the next school nutrition professional in Illinois with the SNS credential.

Grant Opportunities

Fresh Fruit and Vegetable Program Grant Opportunity - Deadline: April 15

We are happy to announce that the Illinois State Board of Education (ISBE) will be accepting applications for the Fresh Fruit and Vegetable Program (FFVP) Grant for the 2009-2010 school year! The FFVP Grant is a competitive grant to be used to provide fresh fruits and vegetables at no cost to students during the school day at times other than during the meal periods in elementary schools, with priority given to schools with 50 percent or greater free and reduced-price eligibility.

To be selected as a school to participate in the FFVP, the school site must:

- ✓ Participate in the National School Lunch Program

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- ✓ Be an elementary school
- ✓ Be at least 50 percent free and reduced-price eligible (highest priority must be given to schools with the highest percentage of low-income students). ISBE can only select schools with less than 50 percent eligibility once all interested and eligible schools at or above 50 percent have been selected.
- ✓ Agree to make and advertise to enrolled students the availability of fresh fruits and vegetables without charge at times other than meal periods.
- ✓ Comply with all federal and state guidelines for the FFVP as outlined in these materials.

- ✓ Submit the FFVP application no later than April 15, 2009.

The FFVP Grant is different from the Department of Defense (DoD) Fresh Fruit and Vegetable Program. The DoD Fresh Fruit and Vegetable Program is available to all sponsors in the National School Lunch Program NSLP for fresh fruits and vegetables to be provided as part of the reimbursable meal. For additional information on the DoD Fresh Fruit and Vegetable Program, please contact Food Distribution Program staff at 800-545-7892 or cnp@isbe.net.

For additional information about the FFVP Grant, program requirements, and to access the FFVP Grant application, visit our website at www.isbe.net/nutrition/htmls/ffv_program.htm/. The FFVP Grant application must be completed and submitted to our office no later than April 15, 2009, in order to be considered for this exciting program for the 2009-2010 school year!

School Food Service Equipment Grant Application Coming Soon!

The American Recovery and Reinvestment Act of 2009 (ARRA) was signed into law by President Obama on February 17, 2009. The ARRA provides a one-time appropriation of approximately \$3.6 million for school food service equipment in the State of Illinois.

Information provided from the United States Department of Agriculture (USDA) requires the funds be distributed to sponsors participating in the NSLP via a competitive grant process with priority given to sponsors for equipment for schools in which at least 50 percent of the students are eligible for free or reduced-priced meals. Such funds are expected to be spent as soon as possible; therefore, schools can begin gathering information about equipment needs within their districts.

ISBE will announce the grant applications and the deadlines as soon as they are available. Please watch our website (www.isbe.net/nutrition) for more

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information.

School Breakfast Program Start-Up Grants - Deadline June 30, 2009

The Illinois State Board of Education's *School Breakfast Start-Up Incentive Grant* is designed to assist schools in overcoming some of the barriers associated with starting a new breakfast program and provides up to \$3,500 per school for eligible costs. A School Food Authority (SFA) must complete an application packet for each school that will start a School Breakfast Program during the 2009-2010 school year. Applications will be accepted until monies are exhausted or through the end of each state fiscal year (June 30). For more information or to download an application go to www.isbe.net/nutrition/htmls/breakfast_state.htm/.

Saucony *Run for Good* Grant Program - Deadlines: June and December 2009

Twice a year Saucony™ grants \$10,000 to five organizations nationally that plan to initiate a running program for health and wellness. Preference is given to programs that target youths who would not otherwise be exposed to running or who lack the necessary resources for running (i.e., safe running routes). For more information or to apply for a grant go to: www.sauconyrunforgood.com/.

Healthy Sprouts Awards - Deadline: October 17, 2009

This is an award program for school garden programs that educate children on the issues of hunger and nutrition in the United States. The program must include at least fifteen children between the ages of 3 and 18 and be planned for spring of 2010. Twenty schools will receive a certificate worth \$500 or \$200, a gardening kit, and seeds. The certificates can be redeemed at Gardener's Supply Company. For more information or to apply go to KidsGardening.org/.

Illinois Association for Health, Physical Education, Recreation & Dance (IAHPERD) Grants - Deadlines: September and February Annually

If you are a member of IAHPERD you can apply for either of their two grant programs: the Hoops For Heart/Jump Rope For Heart Grant; or the Physical Education Program Enhancement Grant. If you are not a member you can submit membership with your grant application. Grant amounts will vary. For complete grant details go to iahperd.org/textpages/grants/grants.php.

GoGirlGo! Ambassador Team Awards - Deadline: July 17, 2009

The Women's Sports Foundation and *Gatorade* are recognizing **high school** teams that demonstrate leadership in their communities by inspiring girls to get involved in sports and physical activity. They will award \$2,500 to twenty schools along with a *Gatorade* hydration package. For more information or to apply go to

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www.gogirlworld.org/cgi-bin/iowa/ggw/ahq/ambassador/index.html?record=299/.

Wellness Resources

Illinois NET Curriculum Give-Away Program

Illinois NET is now offering **one** evidenced-based nutrition education curriculum per school in Illinois at **no charge**. These curricula are focused on improving food choices and increasing physical activity in students. There is a specific curriculum for each grade level:

- Catch® (grades K-4),
- Eat Well and Keep Moving - 2nd edition (grades 4-5),
- Planet Health - 2nd edition (grades 6-8), and
- Pyramid Plus for Teens (grades 9-12).

Due to a limited number of each curriculum they will be distributed on a FIRST-COME, FIRST-SERVE basis. In order to obtain a curriculum **one classroom teacher** needs to fill out a short application and pre-survey. They must also agree to implement the program in the 2009-2010 school year and complete a short post-survey in April 2010. To access the application and for more information, please go to

<http://www.kidseatwell.org/Nutr%20Ed%20Program%20Application%20rev4.doc>.

Healthy School Parties and Events

In a 2008 needs assessment of Illinois elementary schools, nearly three-fourths responded that they needed more tips and ideas for healthy school parties and events. At the Illinois NET program website, KidsEatWell.org, there are numerous resources to help schools meet their wellness policy goals. On the [Local Wellness Policy](#) page there is a link to the [Model Local Wellness Policy](#) which includes a list of healthful food choices for school parties and events, fundraising drives, and classroom rewards.

Farm to School Initiatives for School Food Service

The National Farm to School Network and Community Food Security Coalition have published *Nourishing the Nation One Tray at a Time*, a document that outlines the benefits of farm-to-school programs and why they are a vital addition to the Child Reauthorization Act. The document explains the history and concept of farm-to-school programs and how they have been shown to improve the quality of school meals and make fresh food accessible to more school children. It also includes success stories and legislative ideas to increase the number of

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such programs across the country. [Click here](#) to access the complete document.

Classroom to Cafeteria Whole Grain lessons

From the University of Minnesota, *The Power of 3: Get Healthy with Whole Grain Foods* is a school-based curriculum designed to increase intake of whole grain foods by students in **grades 3 to 6**. This 3-component program includes a five-lesson classroom curriculum supporting student learning and behavior change, newsletters and events to encourage parents to make whole grain foods available at home, and information for school foodservice personnel to increase the number of whole grain foods in school menus. All materials can be downloaded at www.extension.umn.edu/Nutrition/power3.pdf/.

Healthy Lifestyle Resource for High School Health Teachers

This web-based resource provides links of interest to teachers of teens including nutrition food facts, healthy ways to fuel an active body, safe ideas for maintaining a healthy weight and accurate information about eating disorders.

The site also has educational materials for teachers and hands-on activities for students, including a fitness and food planner. Please visit HealthinSchools.org/.

School Wellness Success Stories

District #428: Cortland Elementary School, in Cortland, IL

In 2007, eleven Illinois schools were granted money to implement the CATCH® program in their schools. Cortland Elementary was one of those schools, led by the leadership of their Physical Education teacher and District Wellness Committee Chairperson, Bill McGuire.

The CATCH® program integrates physical education, classroom curriculum, school nutrition, and family activities to reinforce positive health messages for children.

Cortland Elementary kicked off a broad campaign that included curriculum changes, school activities, school lunch menu changes, and literature sent home to families. The goal was to reach students, staff, *and* parents because all are involved in the process of changing behaviors. Bill McGuire states that their goal was to get the messages of the CATCH® program "woven into the fabric of all the students and their families" through gradual changes for long term success.

As a result, students are eating more whole grains, more fruits and vegetables, and think drinking skim milk is cool!

Due to Cortland's Success, District #428 and The DeKalb County Foundation is

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funding the remainder of the elementary schools (six of the nine who did not receive grants) to implement the CATCH[®] program.

Congratulations to Cortland Elementary school for being a shining example of good health and to Bill McGuire: Teacher, Wellness Committee Chairperson, and January's CATCH[®] Champion.

Bushnell-Prairie City Elementary

Congratulations to Bushnell-Prairie City Elementary school for being the second school in Illinois to receive the **HUSSC Silver Medal Award**.

Bushnell-Prairie City began the challenge in 2007 when they were awarded a HUSSC mini-grant from Illinois NET. They were able to use the funds to finance the projects they needed to meet the challenge guidelines.

To win the Silver Award, Bushnell-Prairie City had to meet strict requirements in both their nutrition and physical education curriculum as well as requirements in their school lunch program. Here are some of the steps they took to be successful:

- They instituted the *SPARKS* Nutrition and Physical Activity Curriculum, daily PE, and twice weekly nutrition lessons.
- They increased family involvement through take home materials and quarterly *Family Nights* where nutrition information could be disseminated to parents.
- They increased the amount and variety of fresh fruits and vegetables in their cafeteria.
- They created a school wellness policy which included requirements for healthy snacks for parties and birthdays.
- They contracted with Sara Lee to purchase more whole grain products.
- They provided a weekly "healthy food tip" during morning announcements.

Congratulations to Bushnell-Prairie City Elementary school for being a shining example of good health in Illinois.

Tell us about your Success Story! You can e-mail us at ilnet@kidsroe.org. We may share your story in a future newsletter.

Partner Contributions

Wellness Policy Monitoring Tool

Action for Healthy Kids (AFHK) has launched an easy-to-use tool to help schools

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continually assess and improve implementation of their district's wellness policy. The *AFHK Wellness Policy Monitoring Tool* is fully customizable for each school and it provides an implementation 'desk top' where users can post their wellness policy initiatives, note progress, plan their next steps, and determine resources needed. Go to the [AFHK Wellness Policy Tool](#) page to begin using it.

Dietary Guidelines - Trimming the Fat: One More Step Toward Healthy School Meals

A 2004-2005 national survey* found that less than two out of three schools met the 2005 Dietary Guidelines for saturated fat. Pizza products, salad plates/salad bars, hamburgers and cheeseburgers, 2% milk and condiments/spreads were the top sources of saturated fat found in school meals. However, they also found that nearly all schools serve lunches consistent with the Dietary Guidelines for cholesterol. While data on trans fats in school meals is not included in the national survey, the USDA recommends that child nutrition staff take steps to offer foods with no trans fats.

Here are some excellent ways to ensure school meals contain less saturated fat, cholesterol and trans fats:

- Serve only 1% or nonfat milk and milk products.
- Read and compare Nutrition Facts labels. Choose foods lower in saturated fat, cholesterol and trans fats.
- Revise your purchase specifications to buy products with less fat, saturated fat, cholesterol and trans fats.
- Serve fewer high-fat breakfast meat products like sausage and bacon.
- Serve more lean meat, poultry and fish products versus breaded and processed meat products.
- Drain cooked meat.
- Use low-fat cheese in cooking. When purchasing prepared cheese sauces or mixes, choose those lowest in fat and saturated fat.
- Use reduced-fat or fat-free salad dressing for salad bars, prepared salads and raw vegetables for dipping.
- Incorporate more legumes (dried beans and peas) into your lunch entrée offerings. For recipes like Baja Bean Tacos or Bean Burritos, visit the [USDA Recipe Finder](#) or visit the new [Beans section](#) on the USDA Healthy Meals Resource System.
- Use pan sprays instead of fat to coat pans and try butter-flavored cooking sprays or seasoning instead of butter for flavor.
- Use fats that contain less saturated fat, trans fat and cholesterol in food preparation like vegetable oils in place of solid shortening, margarine and butter.
- Chill soups and remove the excess fat layer that settles at the top.

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- Decrease or eliminate the use of higher-fat baked goods.

Taking these steps now will ensure that your child nutrition program is well positioned to meet anticipated new recommendations for school meals. For more information on planning meals that reflect Dietary Guidelines principles visit www.kidseatwell.org/stepup.html. The complete article that this excerpt is taken from will be available in the Illinois State Board of Education's [May Outlook](#).

*Third School Nutrition Dietary Assessment Study

Be an Illinois Schools Can! Partner

If you have information about resources, training or grant opportunities that support wellness initiatives for Illinois schools, please email your contributions of 150 words or less to ilnet@kidsroe.org. **The deadline for the September 2009 electronic newsletter submissions is August 1, 2009.**

For additional information and resources, visit KidsEatWell.org/.

The Illinois Nutrition Education & Training Program is supported by the Illinois State Board of Education.

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