

# DIRECTIONS NEWSLETTER

## NOVEMBER 2016

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### Free Money! USDA Farm to School Grant

Are you looking for some funding to help support your Farm to School efforts? USDA has Farm to School Grant funds available to do just that. Visit [USDA’s Farm to School Grant Program webpage](#) to read an overview of the grant details. Also visit [USDA’s FY17 Farm to School Grant webpage](#) for grant application resources and a [Farm to School Planning Toolkit](#). Hurry! The Farm to School Grant application deadline is December 8, 2016 at 11:59 PM EST.

### “Take the School Breakfast Challenge.”

#### **[National School Breakfast Week](#) March 6-10, 2017**

It may seem like a long time away but March 6-10, 2017 will be here before we know it! The theme this year is “Take the School Breakfast Challenge.” What will **you** do to get students excited and “challenge” them to eat school breakfast?!? Take the challenge and start planning today!

### Professional Development: Standards

It is important that all school nutrition professionals have the knowledge, training, and tools they need to plan, prepare, and purchase healthy products to create nutritious, safe and enjoyable meals. Many ND school food service staff members are aware of the professional development standards. All lead food service directors must have the Sanitation and Safety Training. All directors need at least 12 hours of [annual continuing education/training](#); managers need at least 10 hours; and all other staff need at least 6 hours. The above link will take you to the listing of course topics by key area, based on the USDA Professional Standards Topics. You can also find a [Training Log](#) form at this site. It is very important that each individual food service staff member keep this form up to date as when DPI staff does an NSLP Review, you will be asked for those forms to verify all kitchen staff is keeping up to date on training.

There are different ways to get your professional development hours. Print the newsletters and give them to your staff to read on short breaks or at a set time when you are all together and discuss the

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topics. Professional development can be logged in 15 minute increments (.25 hours), on the Professional Development (PD) Log. Just record whatever topics you read about, the date, and time. Another way to acquire PD hours would be to go over all the handouts from our [Back-to-School Workshop \(BTSW\)](#), located on our website. Print the handouts out and go over the sessions. We provided 6 hours of training. You can separate it out into smaller increments. If you already have 6 hours on your PD Log for BTSW, you cannot receive credit again.

If you have questions about Professional Development, please call or write Deb Egeland or Michele Burian at 888-338-3663 or [degeland@nd.gov](mailto:degeland@nd.gov) or [mlburian@nd.gov](mailto:mlburian@nd.gov)

### School Nutrition Association PR Campaign

The School Nutrition Association (SNA) has launched a [PR campaign webpage](#) that features great resources that you can download and use to help spread the message about the power of school meals and the school nutrition professionals who serve them. The PR campaign webpage features customizable flyers, sharable content for your social media outlets, and more! Visit the [SNA PR campaign webpage](#) to learn more.

### Top 10 Food Safety Violations in ND Schools

Below is a list of the 10 most common critical violations found across the state of North Dakota in school year 2015-16. Take this list and see if you have some things to fix before the Health Inspector comes knocking on your kitchen door.

- Thermometers missing from coolers/freezers
- Sanitation solution for sanitizing food contact surfaces or 3 compartment sinks was found to be at improper strength—either too strong or not strong enough
- Food not stored 6" off the floor or higher
- Leftover foods not dated or improperly dated in coolers and freezers
- Thawing foods at room temperatures
- Dented cans found in storerooms
- Chemicals stored next to or above food items
- Not using gloves while preparing ready to eat foods
- Sani towel hanging on the side of the sanitation bucket—sanitation towel must be kept inside the solution while not in use
- Mechanical dishwasher not reaching the proper temperature for high temp sanitation.

### What are the Smart Snacks Standards for foods in schools?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient)
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

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In addition, all items must meet the following nutrition standards:

- Total Fat 35% of calories or less\*
  - Saturated Fat Less than 10% of calories\*
  - Trans Fat 0 g
  - Sugar 35% by weight or less
- \*Whole eggs with no added fat are exempt

Calorie and Sodium levels are set for snack items and entrees:

SNACK:

- Calories: 200 or less
- Sodium: 200 mg or less

ENTRÉE:

- Calories: 350 or less
- Sodium: 480 mg or less

USDA has a [Smart Snacks Brochure](#) that provides additional information regarding Smart Snacks.

### Zesty Pizza Subs - 50 Servings

This recipe comes from Northern Pulse Growers; "The Power of Pulses" recipe book

Ingredients

5 lb. lean ground beef

1 ¾ c. dry lentils, cooked to package directions (approx. 5 c. cooked)

3 Tbsp. Italian seasoning

3 tsp. pepper

8 - 15 oz. cans low-sodium pizza sauce

6 ¼ c. shredded low-sodium mozzarella cheese

50 - 6" whole-wheat subs

Directions

Brown the ground beef, set aside. Boil lentils until tender, approximately 25 to 30 minutes, drain. In a large cooking pot, combine ground beef, cooked lentils, Italian seasoning, pepper and pizza sauce, heat through on medium heat or warm in 350 F oven. Serve on a whole wheat sub, top with 1 ½ tablespoons of cheese.

Makes 50 servings.

Per serving (1 sandwich): 350 calories, 9 grams (g) of fat, 43 g carbohydrate, 23 g protein, 7 g fiber and 460 mg sodium

### USDA School Foods Update

**November / December 2016**

#### Pre-Annual Food Survey

Keep an eye out for the Pre-Annual Food Survey. The survey will be available through Survey Monkey sometime in December. This is a pre-survey to the annual food survey. The survey will allow schools to choose their food preferences from the full USDA food catalog. The survey helps us narrow down the USDA food choices before the annual survey. You will have to choose which foods in each food category

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that you would like to see on the annual food survey, but you will not have to provide cases quantities. The link to the survey will be sent to all USDA food representatives in NDFoods. Please fill out only one survey per sponsor.

Processed Foods (Fee for Service)

As of November, Pilgrim's Pride is still not able to provide us with any breaded chicken products. They are hoping to resume shipping limited products in January, but this is not for sure. I have received notification from Asian Food Solutions that they will not be able to ship any of the Asian chicken products until mid-January. Asian Foods has had a breeding ingredient issue. I have spoken to both vendors and they plan to keep me updated on product availability. When I receive updates, I will provide them to you.

The processed beef from Advance and the egg products from Cargill are all available to order.

### **Breaded Chicken (Pilgrim's Pride) February - May**

- WG Chicken Nugget
- WG Chicken Strip
- WG Popcorn Chicken
- WG Chicken Patty

### **Beef (Advance Pierre)**

- Beef Crumbles (100% Beef)
- Beef Crumbles ( w/VPP)
- Beef Patty (100% Beef) 2oz
- Beef Patty (w/ VPP) 2oz
- Beef Patty (100% Beef) 3oz
- Beef Meatballs (w/VPP) .5oz

### **Egg (Cargill (Sunny Fresh))**

- Colby Cheese Omelet
- Grilled Egg Patties
- Pre-Cooked Scrambled Egg
- Scrambled Egg Patty
- Turkey Sausage & Cheese Frittata
- WG French Toast Sticks

### **Asian Chicken (Asian Food Solutions) February - May**

- Tangerine Chicken
- Teriyaki Chicken

### **Monthly Ordering Availability**

The [Monthly Ordering Availability](#) is a resource available on our website. This provides you with the quantities of USDA foods that are available in the warehouse. The sheet is updated before each food survey.

### **Entitlement Spending Update**

Within the next month I will be sending an entitlement spending report to all schools. The report will let you know the amount of entitlement remaining, and the percentage spent so far in school year 16-17. Some schools have had trouble spending their entitlement because we did not get in product that they requested on the annual survey. If you find yourself having this problem, please order different products that we have plenty of in the warehouse. We have a lot of ground beef, peaches and applesauce cups. Reference the [Monthly Ordering Availability on our website for assistance](#).

Please check our [website](#) for USDA Food information:

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