

# DIRECTIONS NEWSLETTER

## JANUARY 2017

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### Save The Date

#### **SCHOOL NUTRITION PROGRAMS - BACK TO SCHOOL WORKSHOPS**

Williston - Wednesday July 26, 2017 - Area Recreational Center (ARC)

Dickinson - Thursday July 27, 2017 - Astoria Hotel

Bismarck - Tuesday August 1, 2017 - Ramada

Minot - Thursday August 3, 2017 - Grand International Inn

Grand Forks - Wednesday August 9, 2017 - Canad Inn

Fargo - Thursday August 10, 2017 - Holiday Inn

Conference registration, fees, agenda and details will be available at a later date. Please mark your calendars for the date and location that best fits your needs.

### Family Meals Matter

NDSU Extension Service recently launched a new program initiative called “The Family Table”. The program includes challenges (and prizes!), Facebook messages, e-newsletters, and [The Family Table website](#). Why promote family meals to the families at your school? Eating together as a family at least three times per week is linked with a more nutritious diet, healthy weight, better school performance, less risky behavior (alcohol and drug use) among teens, better family communication, and many other benefits. Promote “The Family Table” with the families at your school and see how it can impact your students and families!

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### National School Breakfast Week 2017: Take the School Breakfast Challenge

#### Tools & Resources

The School Nutrition Association (SNA) has plenty of free downloadable tools to help you organize the perfect celebration. Download them today and get started on making your “School Breakfast Challenge” campaign a success! Remember, NSBW is scheduled for March 6-10, 2017.

Click the links below to find all the tools you need to plan your celebration:

#### [Get Started](#)

Toolkit, logos, merchandise, etc.

#### [Handouts](#)

Activity sheets for kids and infographic for parents

#### [Marketing & PR Resources](#)

Press release, proclamation, presentations

#### [Menu](#)

Use this [customizable template](#) (pdf) to display your NSBW menu

### Industry Conference – Monday February 20<sup>th</sup>-Tuesday February 21<sup>st</sup>

The goal of the 2017 Industry Conference is to bring our Industry and School Food Service Partners together to gain a better insight into each other’s roles. This year there will be a highlighted focus on the State review process, Procurement, Bids, Product Specifications and Contracts. This conference should empower you to make the very best decisions for your programs. This conference will have information that pertains to Business Managers, School Nutrition Directors, Managers, Distributors, Brokers, Manufacturers, and anyone that is interested in partnering for quality products and lowering their bottom line. Schools with less than 1000 enrollment [need to register and check this out!!!](#)

USDA is now requiring a special procurement review for every district. Procurement is a multi-step process for obtaining goods, products and/or services at the best possible price. At the seminar we will be covering procurement. We encourage all that are a part of the procurement process to attend.

#### Industry Conference Agenda

Monday, February 20<sup>th</sup> (12:00pm-6:30pm)

12:00-1:00 Registration

1:00-2:50 Procurement Part 1

2:50-3:00 Break

3:00-3:45 CN Labels / Manufacturer Statements

3:45-5:00 Exploring a Regional Co-Op

5:00-6:30 Sip and Stroll

Tuesday, February 21<sup>st</sup> (7:30am – 12:pm)

7:30-8:00 Breakfast

8:00-8:30 Legislative update & Level two sodium guidelines

8:30-9:50 Procurement Part 2

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9:50-10:00 Break

10:00-11:15 Partnering w/ Food Service and Industry

11:15-12:00 Questions and Answers Panel

### Production Records

Production Records are very important school foodservice program records. They serve as documentation that the USDA meal pattern requirements are being met and that the minimum required serving sizes are available. Use the following checklist for making sure your production records are filled out correctly.

- List the date (month and day), the number of meals served for each grade group (K-5, 6-8, or 9-12) and the total number of meals served that day.
- The complete menu for each day of the week.
- Planned serving size of each menu item, especially if the serving is different for each grade group.
- All food items prepared that day and the amount served of each item.
- A record of the temperature of meat/meat alternate items before, during, and after meal service.
- The amount leftover (if any). All meat/meat alternate leftovers must be cooled to less than 41 degrees within 4 hours.

Correctly filled out [breakfast production examples](#) and [lunch production examples](#) are located on our website.

If you have a vegetable bar (salad bar), production records must be filled out each day for the vegetable bar as well. A [blank weekly vegetable bar production record page](#) is found in the front section of the lunch production record book and is also available on our website.

### Let's Move Salad Bars to Schools

Any K-12 school participating in the National School Lunch Program is eligible to apply for a salad bar.

1. [It's easy for schools to apply for a salad bar.](#)
2. Select "*Get a Salad Bar in Your School*" then "*School Districts*", then scroll down and select "*Apply Now*" to complete an application to receive a salad bar.
3. All applications must be submitted online by the School Foodservice Director and require approval from the superintendent.
4. The application is short and easy, requiring information such as: student enrollment, free and reduced participation percentages, and how your school will support the operation of the salad bar throughout the school year.
5. If you have questions about the application, email [amarshall@unitedfresh.org](mailto:amarshall@unitedfresh.org)
6. When your school or district application is approved, it will be listed on the *Let's Move Salad Bars to Schools* website. As funding becomes available, schools are notified and delivery details are confirmed.

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- Schools receive a Cambro portable 72 inch five well insulated salad bar with pans and covers, chilling pads and serving tongs and spoons. A Vollrath electrically refrigerated salad bar is also available if your school district or local health department requires it.

### Smarter Lunchrooms Technical Assistance

Would you like to nudge students towards the healthier choices on the lunch line? Increase consumption? Increase sales? Maintain choices? The Smarter Lunchroom Movement is an evidence-based way to use easy and low-cost changes to encourage students to select, eat and enjoy healthier foods without eliminating their choice. In October a small number of stakeholders from across the state were trained to provide Smarter Lunchrooms Technical Assistance to schools. If your school is interested in receiving technical assistance, fill out the [Requesting Smarter Lunchroom Technical Assistance Form](#). If you have questions, contact Keely Ihry for further details [ihryk@ndseec.com](mailto:ihryk@ndseec.com).

### Granola Recipe

Group Code: Grains

Number of Portions: 75

Portion Size: 1/4 cup

Meal Contribution: 1 Ounce Equivalent Grain

Ingredients	Measure	Instruction
Oil, canola/olive blend	1 ¼ cups	Step A: Preheat oven to 300°F. Combine oil, brown sugar, honey and cinnamon in a large bowl or container. Using a whisk, mix until combined.
Sugar, brown	1 ¼ cups	
Honey	1 ¼ cups	
Spice, cinnamon	3 Tablespoons, 1 teaspoon	
Oats, Quick Cooking	42 ounces	Step B: Weigh, then add oats to sugar and oil mixture. Using a spatula, stir to evenly coat oats. Spread oat mixture in a single layer on full size sheet pans. Use 3 to 4 full size sheet pans for 75 servings (one container of oats). Bake at 300°F for 20-25 minutes or until granola turns golden brown. Granola will continue to crisp once removed from the oven.
Cranberries, dried	3 ¾ cup	Step C: Allow to cool completely before adding dried cranberries. Once cool, transfer to airtight container. Store for up to three weeks. Serve ¼ c. using a no. 16 disher or ½ c. using no. 8 disher.

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### Yogurt Parfait Recipe – Greek PB & J

Alternate Menu Name: PB&J Parfait

TCS Process: #1 No Cook

Group Code: Grab and Go

Number of Portions: 8

Portion Size: 1 each

Meal Contribution: 2.5 M/MA, 2 WGR G, ½ cup fruit

Ingredients	Measure	Instruction
Strawberries, frozen, sliced	2 pounds 4 ounces	Step A: Weigh frozen strawberries, and place in refrigerator overnight. Fruit is best partially thawed. Only thaw the amount needed for the recipe.
Yogurt, Greek, plain	64 ounces	Step B: Divide yogurt evenly into two large mixing bowls. In one large bowl, whisk peanut butter and honey with half of yogurt. In the other large bowl, whisk jelly with the remaining half of yogurt. CCP: Hold and serve at 41°F or below.
Peanut butter, creamy	½ cup	Step C: Layer ingredients in a 20 oz. clear cup in the following order: 4 oz. peanut butter flavored yogurt (no. 8 disher) ½ cup strawberries (no. 8 disher) 4 oz. jelly flavored yogurt (no. 8 disher) Place 4 oz. insert in cup and fill with 2 oz. of school made granola. Add 1 tsp. mini chocolate chips to the granola. Top with lid. CCP: Hold and serve at 41°F or below.
Honey	2 Tablespoons 2 teaspoons	
Jelly, strawberry or grape	½ cup	
Granola, school made	1 pound	
Chocolate Chips, mini	8 teaspoons	

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### USDA School Foods Update

January / February 2017

#### Pre-Annual Food Survey

Keep an eye out for the Pre-Annual Food Survey. The USDA SY 2017-18 food list has not come out yet. Once they post it I will get the Pre-Annual Food Survey out.

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

#### Annual Survey

I anticipate posting the annual survey late February/early March. I will analyze the results of the Pre-Annual Survey to determine what foods will be on the Annual Survey. Please be as accurate as you can when filling out the survey. The annual survey helps me determine what I will order for school year 2017-2018. It is mandatory that each sponsor fills out a survey.

#### Processed Foods Update (Fee for Service)

Pilgrim's Pride will not be able to provide us with breaded chicken products. Their production lines are still not able to produce enough product. All three (tangerine, teriyaki & cherry blossom) of the Asian chicken products are available. Processed beef from Advance and egg products from Cargill are all available to order.

Breaded Chicken (Pilgrim's Pride) <b>Not Available</b>	Asian Chicken (Asian Food Solutions) February - May
WG Chicken Nugget	Tangerine Chicken
WG Chicken Patty	Teriyaki Chicken
WG Chicken Strip	Cherry Blossom
WG Popcorn Chicken	
Beef (Advance Pierre) February - May	Egg (Cargill (Sunny Fresh)) February - May
Beef Crumbles (100% Beef)	Colby Cheese Omelet
Beef Crumbles ( w/VPP)	Grilled Egg Patties
Beef Patty (100% Beef) 2oz	Pre-Cooked Scrambled Egg
Beef Patty (w/ VPP) 2oz	Scrambled Egg Patty
Beef Patty (100% Beef) 3oz	Turkey Sausage & Cheese Frittata
Beef Meatballs (w/VPP) .5oz	WG French Toast Sticks

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### **Site/Delivery Changes**

Site and delivery changes for school year 2017-2018 need to be submitted (by email: [tkoster@nd.gov](mailto:tkoster@nd.gov)) by January 29<sup>th</sup>.

### **String Cheese**

We have heard about mold in the string cheese. String cheese from this manufacturer has a shelf life of three months, unless stored in a freezer. When stored in a freezer the shelf life is one year. This was not communicated to us until it was too late. If we order string cheese for the next school year we will be freezing the product at the warehouse and I would encourage the schools to do this also.

### **Applesauce**

There has been a delay at the manufacturer in production of the applesauce cups and #10 cans. The truck of cans and cups were supposed to arrive at our warehouse in November. We have heard that they will have all deliveries made by January 19<sup>th</sup>. If either truck makes it before January 15<sup>th</sup> you will be receiving your applesauce on your February delivery. After January 15<sup>th</sup>, the applesauce will be on the March and April surveys.

### **Monthly Ordering Availability**

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

### **Entitlement spending update**

Please reference ND Foods to see what your available entitlement amount is. Schools should have spent at least 80% of their entitlement amount by this time. If you have questions on your entitlement amount, please contact me.

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

### **Contact Information:**

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