

# DIRECTIONS NEWSLETTER

## JANUARY 2018

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### Q & A's Beverages Sold During the School Day

If coffee and tea are sold, may the students have cream and sweetener for their beverages?

Yes, cream and sweeteners are accompaniments to coffee and tea. The sugar and cream must be included in the evaluation of the coffee or tea against the beverage standard. The use of accompaniments may be averaged over the number of drinks sold. The other beverage standard in high school permits <60 calories per 12 fluid ounces; this is the same as <5 calorie per 1 fluid ounce. If a smaller beverage is served, the calories may not exceed 5 calories per fluid ounce, for example a 6 fluid ounce beverage may have no more than 30 calories.

May espresso and steamed (or boiled) milk beverages be sold, such as lattes and cappuccinos?

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Yes, as long as the beverage sold is comprised of two allowable beverages. Espresso (or coffee) is allowable at the high school level only and may be combined with skim milk, flavored or unflavored. . The calories in the milk would not count towards the limit of 60 calories, however, any added flavorings must be less than 60 calories. Espresso (or coffee) may also be combined with 1% milk, as long as there is no added flavoring. Schools can request a waiver to use flavored 1% milk. If you would like to request a waiver, please write Deb Egeland at [degeland@nd.gov](mailto:degeland@nd.gov) All final beverage sizes must be no more than 12 fluid ounces. Additionally, it would be acceptable to sell an espresso beverage over ice or blended with ice.

Can schools sell hot chocolate?

Yes, schools may use chocolate skim milk to heat and sell for hot chocolate. Elementary schools may have 8 ounces and middle and high school may sell 12-ounce servings.

If both middle school and high school students are located in the same building, which beverage standards should be implemented in the school?

If a middle school and high school are in the same building, and all students have access to all venues in the school, the items available for sale to the students (beverages) must meet the middle school standards. If, in the above situation, the middle school students do not have access to the high school area, separate middle school and high school beverage standards may be implemented by the school.

## What Should You Do? Ethical Decision-Making in School Nutrition

New Online Course from the School Nutrition Association Coming January 12, 2018

This introductory level course is both interactive and fun! [This course](#) has been designed to reinforce the importance of ethics and the factors of ethical decision-making.

A fundamental goal of this course is to help school nutrition professionals learn to recognize and address ethical dilemmas in the workplace. As you work through the course, you will interact with the training as you work through fun activities, a case study, a self-assessment and a video.

CEUs and CPEUs

School Nutrition Professionals: 1 SNA CEU

RDs/DTRs: 1 CPEU

Pricing

Individual User

Member Price: \$15.00

Non-Member Price: \$40.00

## SY 2018-2019 FFVP Application

The Fresh Fruit and Vegetable Program (FFVP) Application for the 2018-2019 school year will be

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available online on March 26. Funding is available only for “elementary” students – those enrolled in grades PreK-8. The application will be posted on the Child Nutrition web page under New & Hot and FFVP.

The application process is competitive and based on the percentage of free and reduced priced eligible students (with priority given to those 50 percent and above), school demographic information, creativity of proposal, planned partnerships with additional agencies, ability to maintain the program at the school, and use of funding by the end of the 2018-2019 school year.

Read the following instructions carefully:

- Schools who are Currently participating in the Fresh Fruit and Vegetable Program, only need to complete and send in pages 3, 6 & 7. (Send the other pages only if there are significant changes to what was submitted for SY 2017-2018.)
- Schools who are applying for the first time must complete the entire grant application.
  1. Applications must be signed by the Authorized Representative and the School Food Service Director. Funds must flow through the school food service account.
  2. Applications may be faxed, e-mailed or mailed.
  3. Applications are due in our office no later than Friday April 13, 2018. Mailed applications must be postmarked as of April 13.

If you have questions or need assistance filling out the application, call Kaye or Joe in our office (888-338-3663).

## Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements

The U.S. Department of Agriculture (USDA) has released an [interim final rule](#) to extend current regulatory flexibility for school meal programs through School Year (SY) 2018-19.

The interim rule maintains Target 1 sodium limits for school meals, and USDA “anticipates” extending this deadline through SY 2020-21. States can continue to offer waivers to schools demonstrating hardship in procuring or preparing specific whole grain rich foods that are acceptable to students (e.g. whole grain tortillas or brown rice). Finally, the rule provides schools the option to offer flavored 1% milk. USDA requests public comment on the interim rule and the sodium reduction timeline to inform the development of a final rule, effective in SY 2019-20.

[Comment on the rule](#) by January 29, 2017 using RIN 0584-AE53 to search.

## Milk Prices

Several school administrators were wondering if they should ask for bids on milk. We surveyed schools and found prices ranged from .1325 to .4960 cents per carton. The most common prices reported were:

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- Skim .1760 cents
- 1% .1880 cents
- Chocolate Skim .1990 cents

We thought the highest prices would come from the smallest schools; that was not the case. Several schools with less than 40 students reported the common prices above. The small schools reporting these prices took once a week delivery but bigger schools with twice a week or even daily delivery also reported the same prices.

Schools in the Devils Lake area seemed to report higher prices than average and stated that they did not ask for bids.

The very highest prices were reported by Residential Child Care Institutions, (RCCIs). It might be a good idea for RCCI sponsors to tell your milk distributor you should be receiving "school pricing".

If you are paying higher prices for milk, you need to put out a milk bid. Several schools wrote that only one distributor served their area and then we received a reply from a school within the same area with delivery from a different distributor at a better price. Even if you really do have only one distributor, you would most likely receive better pricing if you ask for bid pricing.

If you have any questions about milk prices, please call or write Deb Egeland at 701-328-3718 or [degeland@nd.gov](mailto:degeland@nd.gov).

## Save the Date for 2018 Back-to-School Workshops

2018 BTSW Dates:

Bismarck: August 7, 8, 9  
Fargo: August 14, 15, 16

We are still working on developing sessions. There will be two 1 ½ day sessions with the same presentations. The first day and the last day will most likely be the same sessions with the middle day for extras like Sanitation Update. We are planning to have more breakout sessions to provide a greater variety of topics.

## National Nutrition Month®

National Nutrition Month® (NNM) is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

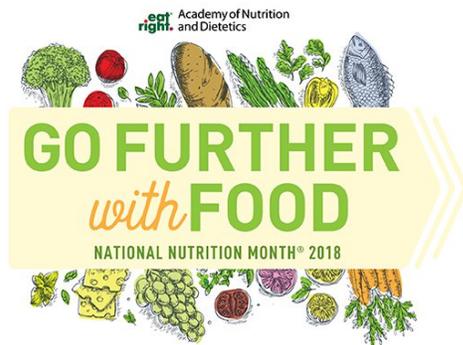
*"Go Further with Food"* is the theme for 2018. The foods you choose can make a difference whether it is starting the day off right with healthy breakfast or fueling before an athletic

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event. Preparing foods to go further at home and within the community can have a positive impact, as well.

Materials and more information to help make the NNM 2018 celebration a success will be available on the Academy's [National Nutrition Month® website](#) during the upcoming months!



## National School Breakfast Week March 5-9, 2018

National School Breakfast week will soon be right around the corner. This year's theme is "I Heart School Breakfast." Mark your calendar and help celebrate this week by encouraging parents, students, and school officials to get social over breakfast.

Did you know?

According to a 2015 survey of School Nutrition Association Members (SNA), 96% said their student participation increases during NSBW. Recognizing NSBW in your district or cafeteria helps you:

- Increase student participation in your program
- Spread the message to parents that you're serving a healthy, tasty breakfast at school each day
- Earn media coverage from local papers, blogs, and TV stations
- Connect with teachers and administrators at your school, and throughout the district, to spread the word that school meals are healthy and delicious

Click the link below to find all the tools you need to plan your celebration: [Let's Get Started](#)

## USDA School Foods Update - January / February 2018

### Pre-Annual Food Survey

Keep an eye out for the Pre-Annual Food Survey; I anticipate posting this January 2.

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

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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.

### New USDA Foods SY 18/19

Mixed Berries(blueberries & strawberries),Cup, Frozen, 96/4oz

Raisins, Unsweetened, 24/15oz

Mixed Veg.(carrots, corn, green beans, peas) NS, Frozen 12/2.5 lb.

Chicken, Drumstick, Frozen, 4/10 lb bag

Chicken, Fillet, 2.0 MMA,Un-breaded, Frozen, 30lb case

Turkey, Deli Breast, Smoked, Sliced, 8/5lb unit

Turkey, Deli Ham, Smoked, Sliced, 8/5lb unit

Egg, Patty, Cooked, 1.0 MMA, Round, Frozen, 25lb case

Mushrooms, Diced, NS Added, Frozen, 12/2.5 lb.

### Annual Survey

The annual survey will be available to fill out February 12-25. 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 2018-2019. It is mandatory that each sponsor fill out a survey. Thank you in advance for taking the time to fill out the survey.

### 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 15.

### 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.

If you have allocated funds into the DOD Fresh Fruit and Vegetable program you should have spent around 60% of your funds.

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

### Contact Information

Tara Koster

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[tkoster@nd.gov](mailto:tkoster@nd.gov)

1-701-328-3210 (direct)

1-888-338-3663 (toll free)