

DIRECTIONS NEWSLETTER

MARCH 2018

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Reading Bread Labels: Is it Whole Grain Rich?

The only way to determine if a bread is whole grain rich, (WGR), is to read the ingredient label, not the front of the bag. Whole-wheat flour or white whole-wheat flour needs to be listed as the first ingredient to be considered WGR. The word to look for is whole.

NORTH DAKOTA DEPARTMENT OF PUBLIC INSTRUCTION

1.Package Ingredient List

The product ingredient list includes a whole grain first.



INGREDIENTS: BREAD: **Fin** Whole Wheat Flour, Enriched White Flour (Enriched with Barley, Malt, Iron, [Ferrous Sulfate] and the following 6 Vitamins: Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Water, High Fructose Corn Syrup, Soybean Oil, Fresh Yeast, Wheat Gluten, Salt, Vegetable Mono & Diglycerides, Sodium Stearoyl Lactylate, Calcium Propionate, Enzymes. CHEESE: Low Moisture Part Skim Mozzarella Cheese (Cultured/Pasteurized Part Skim Milk, Salt, Enzymes), Low Moisture Part Skim Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes). SAUCE: Water, Liquid Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (a preservative), Natural & Artificial Flavor, Calcium Disodium EDTA (added to protect flavor), Beta Carotene (color), Vitamin A Palmitate added, Citric Acid, Butter Buds 6X (Malt-Dextrin, Modified Butter Oil and Dehydrated Butter, Salt) Guar Gum, Baking Soda, Annatto and Turmeric Vegetable Color, Cheese Buds (Malt-Dextrin, Whey Solids, Natural Parmesan Cheese Flavor, Salt) Garlic Powder.

Some bread labels say “Made with **whole grain**” and have enriched wheat flour as the first ingredient with white whole-wheat flour as the second ingredient. That is not WGR.

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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.

SY 2018-2019 FFVP Application

The Fresh Fruit and Vegetable Program (FFVP) Application for the 2018-2019 school year will be available online on March 16, 2018. Funding is available only for “elementary” students – those enrolled in grades K-8. The application will be posted on the FFVP web page. [FFVP Grant Application](#)

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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, and ability to maintain the program at the school and use 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.
 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 27, 2018. Mailed applications must be postmarked no later than April 27, 2018.

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

Fresh Fruit and Vegetable Grant Money

Are you on target to spend the full amount of your FFVP grant? Please check your balance. There are three months left of this school year. If you are only serving two days a week and you have a large sum of grant money available, you need to start serving a FFVP snack more often. Money that is not spent will go back to USDA. Please take full advantage of this grant opportunity and make sure your students are getting fresh produce as many days of the week as possible.

North Dakota School Nutrition Association Conference

This year's North Dakota School Nutrition Association (NDSNA) conference will be June 5-7, 2018 in Bismarck. Preconference sessions including sanitation training will be held on June 5. The food show is scheduled for Wednesday, June 6.

This annual conference is filled with valuable professional development sessions for school nutrition employees. The conference is a great networking opportunity and a place to gain new ideas from other schools across the state.

Produce University

Thank you to everyone who nominated someone to attend Produce University. The Institute of Child Nutrition has contacted the winners. Marti Kapaun from Central Cass and Joelle Gudvangen from Bismarck will attend in May. Vickie Borho from Devils Lake will attend in June. Jennifer Hehn from Lisbon will attend in April. Produce University is a weeklong training offered by the Institute of Child Nutrition

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with all expenses paid by USDA. Participants learn how to write bid specifications for produce, how to select good produce and how to prepare produce. We usually receive notification in November to nominate four people to attend one of 4 weeks in various cities around the country. If you are interested in attending, keep an eye out for an email with the subject Produce U nominations.

Rugby Breakfast Cart Success Story

Rugby High received a grant from Midwest Dairy Council to purchase a cart to start offering Grab & Go breakfast at Rugby High School. The Grab & Go was implemented on October 9, 2017. Compared to last year at this time, the school has seen an increase in student participation of 4,026 more breakfast meals. It is great to know that this increase in breakfast participation certainly does impact students' readiness to learn!



USDA School Foods Update

I will be sending out the USDA School Foods Update once I have a complete list of the foods that we will be ordering for school year 18-19.

Thank you,
Tara Koster
USDA Food Specialist
tkoster@nd.gov
1-701-328-3210 (direct)
1-888-338-3663 (toll free)

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Running in the Red?

One half of North Dakota school districts contribute general fund money to the foodservice program. This is money that could be used to hire more teachers or buy computers. We think the milk pricing survey that found milk prices ranging from 13 cents to 49 cents per carton was a wake-up call for everyone to take a look at how much money is going into the foodservice program. One of the most expensive items is the entrée. Most of the schools running in the red offer free second entrees. It might be time to consider charging for seconds.

Another costly practice is pre-plating all the food items. Students only need to take three food components of the five offered. One must be a fruit or a vegetable. We still run into schools that put everything on the tray and/or tell students to “take a milk”. Some staff think the fruit **or** vegetable requirement means students must take both a fruit and a vegetable. Please make sure all staff, including teachers and aides, know that a student could take a chicken burger (meat and bread) and an apple half. That is a reimbursable meal. If you do not want to ask every student which items they want, make a sign and an announcement: “If you do not want an item, please say no green beans, no bread, no peaches, etc. or shake your head to indicate no.” This might take some time to implement; however, it will save thousands of dollars in the end.

Serving Family Style is Allowed

Some schools pre-plate the food for pre-k students to prevent spilled trays. It might be a good idea to try serving family-style. This would provide an opportunity to teach students table manners and to only take what they want. If you do implement family-style serving, someone must check that each student did take 3 items, (one item must be a fruit or vegetable) to claim the meals for reimbursement.

Years of Service Awards

We are happy to provide, upon request, certificates for 10 years of service and for every 5-year interval after that. We also provide awards upon retirement at the request of the school district.

If you would like years of service certificates for eligible school foodservice employees, please complete the Years of Service Request form and return it to our office either by e-mail lthueson@nd.gov or fax (328-9566) no later than April 6, 2018.

Certificates will be mailed out April 27. Please check the certificates and immediately notify our office if there are any discrepancies. It is suggested the certificates be presented to your foodservice personnel on School Lunch Hero Day, May 4, 2018, or during School Nutrition Employee Week, May 7-11, 2018.

Should you have questions about the Years of Service Awards, please call Lynell Thueson at 328-2294 or toll-free at 1-888-338-3663.

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Years of Service Awards Request

School Lunch Hero Day, May 4, 2018, is a time to say thank you to your foodservice employees and recognize them for their years of service.

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If you would like years of service certificates for eligible school foodservice employees, please return this form to our office either by e-mail lthueson@nd.gov or fax (328-9566) no later than April 6, 2018.

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Years of Service Award - School Food Service Personnel

	Type of Award	
	Years of Service - indicate # years service (10 and every 5 yr interval after)	Retirement - indicate # years of service up to retirement.
Name of Foodservice Employees		

Attach additional pages if necessary

Name of School _____

Authorized Representative _____

Date _____