

DIRECTIONS

Newsletter for School Nutrition Programs



April issue, 2016

Breakfast Fruit and Yogurt Parfaits



A Fruit and Yogurt parfait consisting of:

½ cup yogurt

½ cup fruit

¼ cup granola

This can count as a reimbursable breakfast if it is offered with milk and another ½ cup fruit or juice. Students that take just the parfait have the 3 required meal components. We have attached a picture of beautiful Fruit & Yogurt Parfaits offered at Bismarck Public. This container has a separate top section to keep the granola crisp. The parfaits are also a great ala carte item.

Cream Cheese Needs Refrigeration

Many schools are offering bagels and cream cheese packets, mini bagel squares with cream cheese filling or bagel sticks with cream cheese filling at breakfast. Cream cheese must be kept under 41 degrees or it will become moldy. Most schools place the bagel items next to granola bars. This gives the impression that the cream cheese packet or cream cheese filled bagel item is shelf stable. Please be sure to treat cream cheese and cream cheese filled items as a perishable product that must be kept under refrigeration.

Taking Temps, Why Bother?

Schools should take and record temperatures of coolers and freezers every day. The reason for this is to be sure the coolers and freezers are working properly. Coolers must be running at 41 degrees or below and freezers must be running at zero degrees or below. When writing down the temperature, notice if the cooler is under 41 degree. While conducting Administrative Reviews, we have seen cooler temperature logs with entries like this: 39, 41, 43, 44, 46, 47. If the temperature is increasing, and especially if the temperature goes above 41 degrees, it is time to call a repair person.

How to Earn Your SNA Certificate in School Nutrition

Earning your “Certificate in School Nutrition” is a great way to add credibility to your position. The only classes required are Sanitation and Nutrition 101. Both must be at least 8 hours and taken within the last 5 years. Both classes can be taken on-line through the Institute of Child Nutrition at www.nfsmi.org. Nutrition 101 will also be offered in Bismarck, free of charge, at the NDSNA conference on June 6.

Here is the link to apply for your certificate:

<https://schoolnutrition.org/certificate/Earn-SNA-Certificate/>

(We have had issues opening in Internet Explorer, works better in Firefox)

Here is the link to register for Nutrition 101 in Bismarck:

<https://www.eventbrite.ca/e/nutrition-101-tickets-22929455619>

Team Up for Success August 3 in Bismarck

USDA and the Institute of Child Nutrition (ICN) have been hosting national trainings where mentors and mentees were matched with each other to facilitate learning how to improve their school meal programs. The training is called “Team up for Success”.

Participants heard success stories from school cooks from around the region and then participated in break-out sessions on menu planning, increasing participation and sanitation. The mentees could ask the mentors from every state for advice on how to improve their programs. The workshops were a huge success.

The same type of “Team Up for Success” training will be held in our state for cooks from North Dakota Schools. There will be some in-state mentors and some from out-of-state. ICN will provide us with lead mentors from other states. Mentors and mentees are matched by school enrollment size. In addition, representatives from allied organizations will be available to offer resources to districts at no cost.

The ND Team Up for Success training is scheduled for August 3, 2016 in Mandan at the Baymont Inn. This is the day after the after the Bismarck Back-to-School Workshop, (BTSW). Please see the “Save the Date” article for dates of BTSW in Fargo, Minot, Grand Forks, Williston and Dickinson. The registration link for Team Up is provided below:

<https://www.eventbrite.ca/e/nd-team-up-for-success-workshop-tickets-24017271305>.

SAVE THE DATE

SCHOOL NUTRITION PROGRAMS - BACK TO SCHOOL WORKSHOPS

Williston- Thursday July 28, 2016 - Grand Hotel & Conference Center

Dickinson- Friday July 29, 2016 – Astoria Hotel

Bismarck – Tuesday August 2, 2016 - Baymont Inn and Suites, Mandan

Minot – Thursday August 4, 2016 - Holiday Inn Riverside

Grand Forks - Wednesday August 10, 2016 - Red River High School

Fargo - Thursday August 11, 2016 - Baymont Inn and Suites

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.

Put Our State on Your Plate

NDDPI is offering two workshops about using local foods. One will be in Bismarck and one in Fargo. The school food service director from Burlington, Vermont will be the keynote speaker at each site and Kenan Bullinger from the state health department will talk about using local foods safety. The workshops are free. The first 60 people to register early will receive a Vermont Farm to School cookbook at the workshop and everyone will enjoy a lunch of North Dakota products. Please see the links below to register:

May 10, 2016 in Fargo

<https://www.eventbrite.ca/e/put-our-state-on-your-plate-nd-farm-to-school-conference-fargo-tickets-21830551768>

Fargo Agenda

<https://www.nd.gov/dpi/uploads/37/FarmtoSchoolAgendaFargo2016ND.docx>

May 11, 2016 in Bismarck

<https://www.eventbrite.ca/e/put-our-state-on-your-plate-nd-farm-to-school-conference-mandan-tickets-21830819569>

<https://www.nd.gov/dpi/uploads/37/FarmtoSchoolAgendaMandan2016ND.docx>

School Lunch Hero Day

Celebrate Friday, May 6th 2016

Between preparing healthy meals for their students, following new nutrition standards, accommodating students with special dietary needs and providing smiles along with a positive dining experience, school nutrition professionals are true champions!

We all like to be recognized for our work. School Lunch Hero Day is a time to say thank you to your foodservice employees. Showing how much you appreciate a school nutrition employee can be as simple as saying thank you or as special as holding a reception to recognize their achievements.

The School Lunch Hero Day mission is to showcase the ways in which school nutrition professionals make a difference for every child who comes through the cafeteria.

Join Jarrett J. Krosoczka, creator of the Lunch Lady graphic novels for a free webcast on School Lunch Hero Day at 10:00 am and 1:00 pm EST. Live from StudioJJK, Jarrett will offer drawing lessons and share stories of School Lunch Heroes. You can [tune in here](#). For more information, visit <http://www.school lunch heroday.com>.

Sanitation Update in Bismarck June 6

Sanitation Update is the 3 hour food safety update required for school foodservice lead workers every 5 years. This free class will be held at the Ramkota in Bismarck on June 6 from 1-4 PM. Please register at this link: <https://www.eventbrite.ca/e/sanitation-update-tickets-23921894029>.

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 two 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.

SAVE THE DATE

The Summer Food Service Training and Culinary Boot Camp

Summer is approaching fast and it is time to get ready. NDDPI Child Nutrition will be offering the Summer Food Service Program (SFSP) training along with a Culinary Boot camp in three locations in May. The Culinary Boot Camp aligns with USDA's initiative to provide quality meals to children over the summer.

The first two hours will be the SFSP training and the last two hours will be the culinary boot camp. The SFSP training will be available on-line for those that cannot attend. The Culinary Boot Camp will not be available on-line. This four hour training can apply to your Professional Development hours for School Food Service Personnel. If you have questions, contact Kaye Knudson at ksknudson@nd.gov or call 328-2294.

Fargo

May 4th, 2016- 1:00-5:00 pm at the Dakota Medical Foundation's Alex Stern Family Foundation board room, 4141 28th Ave South.

Bismarck-Mandan

May 10th 2016- 2:00-6:00 pm at the Mandan First Church of the Nazarene, 4209 Old Red Trail Mandan

Minot

May 25th, 2016- 1:30-5:30 pm at the First Lutheran Church, 120 5th Avenue NW

Please register for this training through Eventbrite.

Fargo

<https://www.eventbrite.ca/e/summer-food-service-training-culinary-boot-camp-tickets-22284083293>

Bismarck-Mandan

<https://www.eventbrite.ca/e/summer-food-service-training-culinary-boot-camp-tickets-22284938852>

Minot

<https://www.eventbrite.ca/e/summer-food-service-training-culinary-boot-camp-tickets-22285308959>

NDSNA 2016 Tentative At A Glance Agenda Bismarck

Monday, June 6th – Preconference day

- 8:00-5:00 pm Nutrition 101 – Must Register! See NDDPI website to Register
<https://www.eventbrite.ca/e/nutrition-101-tickets-22929455619>
- 1:00-4:00 pm Sanitation Update – Must Register! See NDDPI website to Register
<https://www.eventbrite.ca/e/sanitation-update-tickets-23921894029>
- 1:00-4:00 pm Consortium Meeting (by invitation only)
- 5:00-8:00 pm Early Bird Kick-off with Steve Ely at the Dakota Zoo. Sponsored by Waypoint and their Client Partners.
Join us for food and fun.

Tuesday, June 7th

- 7:15-8:00 am Registration and Breakfast
- 8:00-8:30 am Welcome to the Conference, Introduction of Board Members & Candidates, Welcome First Timers
- 8:30-9:30 am Jody Urquhart, This Would Be Funny... If It Wasn't Happening To Me!
- 9:30-9:45 am Break
- 9:45-10:50 am Jody Urquhart, I Love My Job, It's The People I Can't Stand!
- 10:50-11:00 am Welcome to the Food Show
- 11:00-1:30 pm Food Show
- 1:30-2:00 pm Food Show for Directors only
- 1:30-2:00 pm Networking Activity/Success Stories
- 2:00-3:00 pm Julie Tunseth, Cost Control & Waste Management
- 3:00-3:15 pm Break
- 3:15-4:15 pm School Health Inspector Update
- 4:15-5:30 pm Free Time to Network
- 5:30 pm Social – Please bring baskets for the silent auction
- 6:00 pm Banquet, Entertainment, Awards, Silent Auction

Wednesday, June 8th

- 7:30-8:15 am Breakfast
- 8:15-8:30 am Business Meeting and Installation of Officers
- 8:30-9:15 am Char Heer, Agriculture 101
- 9:15-9:30 am Break
- 9:30-9:45 am Lynelle Johnson, Legislative Update
- 9:45-10:50 am DPI, Meal Pattern, Regulations, USDA Foods Update
- 10:50-11:00 am Break
- 11:00-11:30 am Networking Activity/Success Stories
- 11:30-12:30 pm Lunch & Mega Issue Discussion
- 12:30 pm Wrap Up and Evaluation
Invitation to 2017 conference in Fargo

North Dakota School Nutrition Association Annual Conference

June 6-8th 2016

RamKota Hotel, 800 S 3rd Street in Bismarck

A block of rooms has been reserved; call 701-258-7700. Make reservations by May 9, 2016

Please type or print. Use a separate form for each person registering

Name:	Title:
School District and School	
School Address:	
Home Address:	
Work Phone:	Home (Summer) Phone:
Email:	OK to share? Yes___ No___
Membership # _____ OR Membership Application Submitted? Yes___ No___	
Are you a SNA Certified Member? Yes___ No___	
Is this your first NDSNA Conference? Yes___ No___	
Do you purchase for your school? Yes___ No___	

Early Bird Registration Due Before May 22

EVENT	FEES	TOTAL
June 6 th Pre-Conference Sessions Free of Charge	Sanitation Update – 1 PM-4 PM https://www.eventbrite.ca/e/sanitation-update-tickets-23921894029	\$0.00
	Nutrition 101 (needed to become certified) – 8am -5pm https://www.eventbrite.ca/e/nutrition-101-tickets-22929455619	\$0.00
June 7 th & 8 th NDSNA Conference	SNA Members - \$100.00 (\$130.00 after May 22 nd)	
	Non-members - \$140.00 (\$170.00 after May 22 nd) Non-member price includes conference registration plus membership dues as an SN Employee. Must include membership application. Please see link to application below.	
<input type="checkbox"/> Please check if attending the Early Bird Kick-Off at Dakota Zoo on June 6th		

Make checks payable to NDSNA. Send Check, Membership Application & Registration form to:

Shannon Nowak
415 4th St N
Fargo, ND 58102

Link to SNA Membership Application (Non-members: Please complete and send to Shannon)

https://schoolnutrition.org/uploadedFiles/Membership/Membership_Types_and_Applications/ND.pdf

(We have had issues opening in Internet Explorer, works better in FireFox)

A block of rooms is also available at the new Holiday Inn in Bismarck until May 7. Call 701-751-8240. They honor state rates.

HUNGER DOESN'T TAKE A SUMMER VACATION

Many children suffer from a summer vacation “nutrition gap.” Does your school district provide meals to children in your community during the summer? Local schools are the best sites for summer feeding efforts. Children and parents are familiar with local schools and schools are known for providing nutritious food in a safe environment. If your school enrollment data indicates that at least 50 percent of the students are eligible for free/reduced priced meals or if the school is located in a census eligible area, it is eligible to participate in the Summer Food Service Program (SFSP). Schools can sponsor a SFSP, be a summer feeding site, or both. The Capacity Builder Map was developed to help identify low income areas in planning for summer meal sites. View the map at this web site:

<http://www.fns.usda.gov/capacitybuilder>. For more information contact, Kaye Knudson ksknudson@nd.gov or call 701-328-2294.

2015-2016 Schools Eligible for SFSP by school data who are not participating:

Anamoose
Devils Lake Public: Prairie View, Sweetwater
Drayton
Emerado
Fairmount
Fargo Public: Jefferson, Madison, McKinley. Ed Clapp
Goodrich
Grand Forks Public: Phoenix, Community High School, Lake Agassiz, Valley Middle School, Wilder, Winship
Halliday
Kulm High School
Midway
Minot Public: McKinley, Roosevelt, Sunnyside
Oberon
Roosevelt PS Carson
Selfridge
St Johns
Tappen
West Fargo Public: Berger
Wolford

2015-2016 Schools Eligible for SFSP by Census data not participating:

Beach
Bismarck Public: Wachter, Bismarck HS, Highland Acres -
Devils Lake Public: Minnie H
Dickinson Public: Hagen Jr. High, Berg, Jefferson, Roosevelt
Drake
Enderlin
Fargo Public: North HS, Washington, Woodrow Wilson, Eagles. Roosevelt
Finley/Sharon
Gackle-Streeter
Golva
Grand Forks Public: Lewis n Clark, Twining, Red River HS
Hazelton-Moffit-Braddock
Hettinger
Hope
Maddock
Mayville
Jamestown Public: High School, Junior High, Louis 'Amour, Roosevelt
Lidgerwood
Lisbon
Minot Public: Belair, Central Campus, Washington
Mt. Pleasant-Rolla
North Border
Oakes
Park River
Starkweather
Underwood
Valley City Public: Washington Elementary
Velva

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 two 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.

SY 2016-2017 FFVP Application

The Fresh Fruit and Vegetable Program (FFVP) Application for the 2016-2017 school year will be available online on **March 21**. 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](#)

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 2016-2017 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 2015-2016.)

- 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 15, 2016**. Mailed applications must be postmarked as of April 15.

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

LOOKING FOR WAYS TO INCREASE YOUR REIMBURSABLE BREAKFAST?

Mandan Public Schools Director of Nutrition Services, Becky Heinert, wrote a grant to the Midwest Dairy Council “Fuel Up To Play 60” and was awarded a breakfast kiosk along with a hot box and computer to run the point of sale. Mandan High School uses the kiosk to provide a reimbursable Grab N Go breakfast to students coming off the bus and gives students who have early morning class a chance to have breakfast during their morning class periods. The Mandan Public School Administration and staff allow students to eat the Grab N Go breakfast in the classrooms. Becky has been monitoring the reimbursable breakfast numbers at the High School and the increase in reimbursable breakfasts has been amazing! In school year 2014-2015 5,851 breakfasts were served at the High School from August through February. Since the start of this school year and with the use of the kiosk 8,264 reimbursable breakfasts were served during the same time period. This is an increase of 2,414 meals and there are still 3 months to report! Looking for ways to increase your reimbursable breakfast? This could be the answer!



Play 60/USDA School Nutrition Equipment Grants

The Midwest Dairy Council is excited to share that USDA is partnering with Fuel Up to Play 60 through a commitment of \$30 million in nutrition-equipment grants that will combine with a \$5 million commitment from America’s dairy farmers to improve nutrition at school. These dollars will be instrumental in helping schools achieve their wellness goals particularly around serving nutritious meals.

The purpose of these grants is to assist School Nutrition Directors in the purchase of equipment that will enhance the long term implementation of their school breakfast and lunch programs. Funding will support the purchase of new equipment and/or the renovation/replacement of existing equipment.

Funding is available in two ways:

Up to \$5,000/school. If your school is looking to purchase smaller pieces of equipment, you can apply for your needs directly through the Fuel Up to Play 60 program. Visit the Funding page at the following link to apply. Please note: the application will not be available until March 1; in the meantime, you can view the required information to get ready to apply. <https://www.fueluptoplay60.com/funding/nutrition-equipment-grant>.

USDA School Foods Update

March/April 2016 Issue



Processed Foods for 2016-2017

For the past few months we have been in the process of going out for bid on processed food items for the upcoming school year. Several schools were able to participate in the taste testing. The items that we will be offering are:

Breaded Chicken (Pilgrim's Pride)	Asian Chicken (Asian Foods)	Beef (Advance Pierre)	Egg (Cargill (Sunny Fresh))
WG Chicken Nugget	Cherry Blossom Chicken	Beef Crumbles (100% Beef)	Colby Cheese Omelet
WG Breaded Chicken Patty	Tangerine Chicken	Beef Crumbles (w/VPP)	Grilled Egg Patties
WG Chicken Patty	Teriyaki Chicken	Beef Patty (100% Beef) 2oz	Pre-Cooked Scrambled Egg
WG Popcorn Chicken		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

USDA Foods for SY 2016-2017

Unfortunately, we are unable to order all the foods listed on the Annual Survey due to lack of demand. Due to the fact that we are able to split full trucks with other states we are able to get some of the foods in that don't reach the demand of a full truck. Quite a few of our foods are split trucks for SY16-17. We encourage you to order as close to your annual survey amounts when possible. Here is a list of what we

Dairy

Cheddar, Reduced Fat Shredded
Mozzarella, Shredded, 30#, Reduced Fat
Cheese, String, Moz, Part Skim
American Cheese, Blend, Sliced

Yogurt

Blueberry Cup
Vanilla Cup
Strawberry Cup

Flour/Pasta

Macaroni, WG Rich Blend
Pancakes, WG
Peanut Butter
Spaghetti, WG Rich Blend
Rotini, WG Rich Blend
Tortillas, WG

Vegetables

Beans, Green
Beans, Refried Low Sodium
Beans, Red Kidney, Low Sodium
Peas, Frozen
Corn, Canned
Potatoes, Wedges
Potatoes, Oven Fries
Salsa
Tomato Sauce
Spaghetti Sauce

Poultry

Chicken, Diced
Turkey, Roasts
Turkey, Ham
Turkey, Breast Deli
Turkey, Breast Deli Sliced, Frozen
Chicken, Fajita Strips

Beef/Pork/Tuna

Beef, Ground
Pork, Ham Sliced, Frozen
Pork, Pulled, Cooked,
Pork, Roast
Tuna, Chunk Light, Canned

Fruit

Applesauce
Apples Slices, Canned
Applesauce cups
Cranberries, Dried individual Pkgs
Orange Juice, Singles, Frozen
Peaches, Cling, Diced, Extra Light Syrup
Peaches, Cling, Sliced
Peach Cups
Strawberry Diced Cups
Strawberry, Sliced, Frozen
Pears, Sliced, Canned, Extra Light Syrup
Pears, Diced, Extra Light Syrup
Fruit, Mixed, Canned, Extra Light Syrup

Click [here](#) to access the Monthly Ordering Availability spreadsheet for SY 16-17. This will show you when products will be coming with case quantities. Please use this resource when planning your menus.

Monthly Survey Schedule 2016-2017

Survey Available	Delivery Month
April 4-17	August, 2016
May 2-15	September, 2016
Aug 8-21	October, 2016
Sept 6-18	November, 2016
Oct 3-16	December, 2016
Nov 7-20	January, 2017
Dec 5-18	February, 2017
Jan 2-15	March, 2017
Feb 6-19	April, 2017
Annual Survey (March)	
April 3-16	August, 2017
May 8-21	September, 2017

Click the apple to access all information on our website!!



Delivery Schedule 2016-2017

Route A	Route B	Route C
August 8-12	August 15-19	August 22-26
September 12-16	September 19-23	September 26-30
October 10-14	October 17-21	October 24-28
November 7-11	November 14-18	November 21-25
December 5-9	December 12-16	December 19-23
January 9-13	January 16-20	January 23-27
February 6-10	February 13-17	February 20-24
March 6-10	March 13-17	March 20-24
April 3-7	April 10-14	April 17-21

Click [here](#) to find out which route your school is on.



CLEANING DAY

End of the Year – Time to Clean House!

As the school year comes to an end, it is the time to do some warehouse, pantry, freezer & refrigerator cleaning. Check the dates of all USDA foods to ensure that the food carried over the summer will not be outdated or expired by the time the school year begins. If there are foods nearing their best if used by dates, please donate the food to a local food pantry and/or non-profit agency. To donate USDA foods, you must complete the form SFN 52896-Transfer of USDA Foods and get approval from DPI prior to donating. Please contact Tara Koster at tkoster@nd.gov with any questions.

****The contracted transportation/warehouse of USDA Foods, Booth Delivery Services, will deliver food to the recipient in good condition, to the recipient's dock and will make certain that an authorized representative of the recipient agency signs the order. The warehouse will leave one copy with the recipient and return one copy to the department. Delivery hours are between 7:30 am and 4:00 pm unless otherwise arranged with and agreed to by the recipient. If there are any changes in delivery dates the school will be contacted by Booth Delivery Services. Please direct specific delivery questions to Booth at 701-235-0096**



USDA Non-discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the [USDA Program Discrimination Complaint Form](#), AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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