



DIRECTIONS

Newsletter for School Nutrition Programs

Professional Development: Easy Ways to Earn Credit without Traveling

Many school foodservice staff members are very concerned about acquiring professional development hours. One of the easiest ways is to read the *Directions* and *Administrative Update* newsletter articles. We include articles addressing hot topics that people have questions about. Please 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 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), which 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 get credit again.**

Link to BTSW Presentations:

Link to Professional Development Log is the ninth item on the BTSW list:

<https://www.nd.gov/dpi/Administrators/ChildNutritionFoodDistribution/SchoolNutritionPrograms/Training/>

Another source for PD articles would be the *School Nutrition Journal*. Only members of ND School Nutrition Association receive this journal. If you are not a member, you can join for about \$40 a year, which is an allowable food service expense. The link to the membership application is at:

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

We've also heard concerns about part-time staff needing 4 hours of PD. If you break that up into 15 minute increments, it is only 16 short sessions. Please take advantage of the above resources to meet your PD requirements.

If you have questions about Professional Development, please call or write Deb Egeland or Kaye Knudson at 888-338-3663 or degeland@nd.gov or ksknudson@nd.gov

Reimbursable Breakfast Sign Explaining Choices

Looking for a great breakfast sign to explain what choices are included in a meal? Here is a sample from Bismarck Public that explains the students cannot have unlimited grains and proteins.

Start your breakfast by taking a juice, ½ cup fruit, or both.

Then, add 2 or 3 of these items: Milk (1 only), Cereal (1 only), Yogurt, (1 only), String Cheese (1 only), Peanut Butter (1 only), Toast (1 piece counts as 1 item, 2 pieces count as 2 items).

Enjoy Your Breakfast!

USDA School Foods Update

November/December 2015 Issue



Pre-Annual Food Survey

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

Food Surveys and Orders

Surveys are subject to change. We encourage schools to log into ND Foods to look at their food order 2 weeks prior to delivery.

This link will show you how to access a food order in ND Foods:

<https://www.nd.gov/dpi/uploads/64/searchingcustomerorders.pdf>

Can Defects

Canned foods are the safest food processed today. However, regardless of the safety assured in canned foods, any damage or defective canned products are potential public health problem. Defective cans may leak and allow microorganism to enter that may cause food poisoning or other significant threat and a potential public health problem. Cans with serious can defects should not be consumed. However, canned foods with non-serious defects represent no public health hazard, i.e.; if the hermetic seal on the can has not been jeopardized, these product are generally considered safe.

A great resource for can defects can be found on the Association of Food & Drug Officials website.

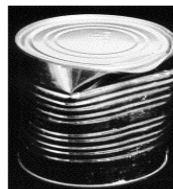
Serious Can Defects



Dented at junction of side and end



Sharp dent or dent on seam



Swollen or bulging



Pitted rust or leaking

Cans with any of these defects may be unsafe.
Discard them!



2015-2016 Monthly Survey Schedule	
Survey Available	Delivery Month
Nov 9-22	January, 2016
Dec 7-20	February, 2016
Jan 10-23	March, 2016
Feb 7-20	April, 2016
March Annual Survey	

Delivery Schedule for 2015-2016		
Route A	Route B	Route C
November 2-6	November 9-13	November 16-20
November 30- Dec. 4	December 7-11	December 14-18
January 4-8	January 11-15	January 18-22
February 1-5	February 8-12	February 15-19
Feb 29 - Mar 4	March 7-11	March 14-18
April 4-8	April 11-15	April 18-22



Check out our website to find all USDA Food

information! <https://www.nd.gov/dpi/>

Contact Information:: Tara Koster

tkoster@nd.gov

701-328-2294 or 888-338-3663

Incoming Foods 11/15/2015

#10012 - Cheese Cheddar Red. Fat Yellow 640 cases
 #100158 - Beef, Ground 1000 cases
 #100212 - Mixed Fruit 912 cases
 #100219 - Peaches, Cling Slices 912 cases

Incoming Foods 11/30/2015

#100224 - Pears, Slices 912 cases

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



United States Department of Agriculture



WHAT YOU SHOULD KNOW...

The sodium targets for school meals help kids eat less sodium while still getting the amount they need to stay healthy.

FOR SCHOOL NUTRITION PROFESSIONALS

WHAT'S SHAKING?

creative ways to

BOOST FLAVOR WITH LESS SODIUM



TOP SOURCES OF SODIUM FOR CHILDREN

- pizza
- bread
- cheese
- lunch meats
- chips

Lowering sodium in children's diets today can help prevent heart disease tomorrow.



SCHOOLS ARE MAKING A DIFFERENCE!

Before Updated Nutrition Standards (1,850 mg)

After (1,420 mg)

(Depicts sodium content data for high schools.)

School lunches now have 230 mg less sodium.



90%

of children in the United States consume too much sodium.

HOW YOU CAN REDUCE SODIUM *in* SCHOOL MEALS



1 USE HERBS & SPICES

Feature "Flavor Stations" in your cafeteria where students can add seasonings (without added sodium) that appeal to their tastes.



2 EXPLORE NEW RECIPES

Find large quantity recipes for school food service on the new recipe Web site, <http://www.WhatsCooking.fns.usda.gov>.



3 ORDER USDA FOODS

Stretch your budget and serve nutritious foods by planning your school meals around no-salt-added or low-sodium USDA Foods.



4 CONTACT VENDORS

Write bid specs that request lower sodium options. Depending on the brand, a food item may have different amounts of sodium.



Check out all of our resources at the "What's Shaking?" Web site:
[HTTP://HEALTHYMEALS.NAL.USDA.GOV/WHATSSHAKING](http://HEALTHYMEALS.NAL.USDA.GOV/WHATSSHAKING)



Sources: <http://www.iom.edu/en/Reports/2009/School-Meals-Building-Blocks-for-Healthy-Children.aspx>
http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6336a3.htm?s_cid=mm6336a3_w
http://www.cdc.gov/salt/pdfs/sources_of_sodium.pdf
http://www.fns.usda.gov/sites/default/files/SNDA-IV_Vol1Pt1_0.pdf

U.S. Department of Agriculture Food and Nutrition Service FNS-494 May 2015 USDA is an equal opportunity provider and employer.

Worried About Salt, Croutons, and Passing Your Menu Review?

School foodservice personnel have expressed concerns about limiting so many items on the menu. We would like to alleviate some of your worries. When your district is being reviewed, we analyze your menu against the “Dietary Specifications Tool” from USDA. The Tool has 32 questions. We’ve heard that some cooks think they cannot do anything on the list of questions, ever. That is not true. You just can’t do everything on the list every single day.

For example, the salt questions are: “Students are offered salt:”

In the serving line?

At a condiment station?

On meal tables?

If they ask for it?

The answer choices are:

Always

Most of the time

Some of the time

Never

This does not mean they cannot ever have salt. It means you cannot have salt in all the places listed every single day. The Tool red flags high risk nutrition practices. You can have a few red flags and still “pass” the test with a “Low Risk, no nutrition analysis required.”

There is another set of the same four questions on whether or not students are offered butter or margarine. If you have an item that is served with butter or margarine, you can check the “Sometimes” box on one of the questions and not worry that you will fail the test.

The items listed above are an overview of eight questions, or 25% of the Dietary Specifications Tool. Some questions are freebies like “Only 1%, fat-free and flavored fat-free milk is offered;” and “canned fruit is packed in water, fruit juice or light syrup;” and “Is a deep fryer used?” Those are practices that most schools have been following for at least ten years.

This is a link to the Dietary Specifications Assessment Tool: scroll down to ‘Dietary Specifications’ (items five and six) on the list:

<http://www.fns.usda.gov/nsfp/administrative-review-manual>

If you have any questions on what is allowable and what might cause too many red flags, please call or write Deb Egeland at degeland@nd.gov or 1-888-338-3663 or 701-328-3718.