

School Nutrition 101

Illinois School Nutrition Association



ILLINOIS
SCHOOL
NUTRITION
ASSOCIATION

Making the right food choices, together.





ILSNA

Who We Are

- The Illinois School Nutrition Association (ILSNA) and the School Nutrition Association (SNA) are organizations of over 55,000 school nutrition professionals. Membership in ILSNA/SNA offers a variety of benefits to help you meet the challenges in the ever changing profession of school nutrition.

Benefits

- Training and Educational Opportunities
- Seminars and Workshops
- Three Levels of Certification and Credentialing (School Nutrition Specialist (SNS))
- Scholarships
- Leadership Opportunities
- Professional Networking
- National and State Conferences
- Updates on Current School Nutrition Issues
- Updates on Current Legislative Issues
- Links to Websites Pertinent to School Nutrition Professionals
- Communication With Industry
- Working hand-in-hand with industry to develop new products, systems and services to support the current challenges of school nutrition programs



History of Child Feeding Programs

- n **1946 – National School Lunch Act**
- n **1966 – School Breakfast began**
- n **1968 – Summer Food Service**
- n **1995 – Healthy School Meals Initiative**
- n **2004 – Wellness Policies / Food Safety plans**
- n **2008 – 5.2B Lunches 1.8B Breakfasts served**
- n **2010 - 31.6 million children in more than 99,685 schools and residential child care institutions participated on a typical day. Nearly 20 million of these children received free and reduced-price lunch.**
- n **2012 –Healthy Hunger Free Kids Act Introduced**



Eligibility for NSLP

- n Any child at a participating school may purchase a meal through the National School Lunch Program.
- n Household income determines if a child is eligible to receive free or reduced price meals, or must pay most of the cost. To receive free lunch, household income must be at or below 130 percent of the federal poverty level; for reduced price lunch, income must be between 130 percent and 185 percent of the poverty level.

What does the meal consist of for a Free/Reduced eligible child?

- n ALL students are encouraged to obtain a “combo meal”.
- n Often, this consists of 1 entrée, up to 4 different fruits/vegetables and 1 Skim or 1% milk.
- n Students are not overtly identified.



Role of Government

Provides reimbursement

-- Cash

- Breakfast
- Lunch
- Snack service

--Food – Commodities

- \$.24 cents / lunch
- nothing for breakfast or snacks

Training/ Monitoring





Cash / Commodity Reimbursement

<i>Lunch</i>	Paid	Reduced	Free
Local	1.750	.400	0.000
State	.000	.000	0.10
Fed	.280	2.390	2.790
Com. Food	<u>.2225</u>	<u>.2225</u>	<u>0.2225</u>
TOTAL	2.25	3.0125	3.1125

<i>Breakfast</i>	Paid	Reduced	Free
Local	1.25	0.30	0.000
State	0.00	0.00	0.10
Fed	0.27	1.50	1.800
Com. Food	<u>0.00</u>	<u>0.00</u>	<u>0.000</u>
TOTAL	1.52	1.80	1.90



Free / Reduced Application Process

- n Annual Process
- n Direct Certification for free benefits
- n Approval based on household Income
 - Family of 4 < \$41,348 for Reduced
 - 185% above the Fed poverty guidelines
 - Family of 4 < \$29,055 for Free benefits
 - 130% above the Fed poverty guidelines
- n Application is taken at face value. Only 3% are verified
- n Additional services are tied to Free designation
- n Most schools are computerized to eliminate overt identity. Bar coded IDs, Biometrics



USDA Commodities

- n Price support for American Agriculture
 - This support began in 1936
- n Account for about 9% of total food expenditure (\$500,000 for VV in FY13)
- n \$0.24 cents / lunch (Nothing for breakfast)
- n Ordered 6 to 18 months **PRIOR** to utilization
- n **UDSA Foods**-- basic foods --several hundred to choose from -- delivered monthly
 - Canned / frozen fruits and vegetables
 - Cheese, oil, pasta, flour, chicken, ground beef,



Menu Pattern and Planning

n New Meal pattern

– Traditional --5 components

- Meat /meat alt, fruit, veg, grain/bread,& milk
- Offer vs. serve

n Menus

– Things to consider

- Cost
- Nutrition
- Student acceptability
- Production
- Available equipment



Breakfast Meal Service

- n Federal breakfast program began in 1966
- n Choice of Entrees and Fruits
- n “Grab and Go” option for those who have no time to eat breakfast in the cafeteria
- n Major Impediments—
 - **Getting to school in time to participate**
 - **Transportation – lack of time**
 - **Lack of Supervision in AM**
 - **Many children are not accustomed to eating breakfast**



Reimbursable Lunch Service

- n Best nutritional value for the money
- n Entrée choices: 2 at ES, 10 at MS and 12-15 at HS
- n A wide variety of fruits/vegetables (fresh, canned in light syrup, dried, frozen)
- n 50% whole grain offerings
- n < 30 % of calories from fat
- n < 10% of calories from sat fat
- n 1/3 DRI for Lunch
- n 1/4 DRI for Breakfast
- n Measures compliance over a weeks period
- n Excellent model for appropriate portion size



Feeding Students w/ Special Dietary Needs

- n Required to accommodate students whose disabilities restrict their diet, and those who would have an anaphylactic reaction to a food item.
 - Physician's statement must identify the disability
 - Explain why disability restricts diet
 - What the major life activity is affected by disability
 - Foods to be omitted and substituted

- n Schools **may** accommodate students w/ special dietary needs on a case by case basis.

- n Students may not be charged additional for accommodations.



Program Monitoring

- n Fiscal reports submitted annually
- n Daily production records are audited
- n Health dept visits 2 / year
- n Food Safety/ HACCP procedures are audited
- n Administrative review – Every 3 yrs (State / Fed might assist)
 - Free / reduced applications
 - Menus & production sheets // Operations
 - Nutrient analysis based on production records
 - Recipe analysis
- n The more \$ your receive from the State and Fed gov, the more oversight you can expect .

Fresh Fruit and Vegetable Grant

- F / V snack 2 times / week
- Increase Fruit & Veg. consumption
- Provide Nutrition Education



Edible Garden Initiative



- n Food Service funds the grant and facilitates the gardens but schools take ownership
- n All edible gardens will be incorporated into the student cafeterias/classrooms

Other Professions within School Nutrition

- n Manufacturer Representative
- n Food Broker
- n Research & Development

