

Good Afternoon! And welcome to the December 2018 National School Lunch Program Webinar. My name is Heather Blume and I am a coordinator with the Child Nutrition Programs. I work with the National School Lunch Team to conduct Administrative Reviews and trainings for NSLP and USDA Foods topics.



Please remember to track the time spent viewing this webinar towards professional development hours to meet USDA Professional Standards requirements. We will discuss topics that fall under the key areas of Nutrition (1000), Operations (2000), Administration (3000), and Communications (4000).



We will start today's webinar discussing the policy memos that were released recently and then move on to program reminders. We will end the webinar with success stories and time for questions.



We only have a few policy memos to discuss today.



This final rule makes specific modifications to the milk, grain, and sodium requirements beginning in SY 2019-2020. The purpose of this rule is to ease operational burden and provide school nutrition professionals the flexibility needed to successfully operate the Child Nutrition Programs. This final rule makes the following changes beginning in SY 2019-2020:

- Allow NSLP and SBP operators the option to offer flavored low-fat milk and require that unflavored milk be offered at each meal service. For consistency, the flavored milk flexibility will be extended to beverages for sale during the school day, and will also apply in the SMP and CACFP for participants ages 6 years and older. This flexibility will not apply to the Summer Food Service Program as flavored low-fat milk is already allowed in that Program.
- Require that at least half of the weekly grains offered in the NSLP and SBP be whole grain-rich.
- Retain Sodium Target 1 through the end of SY 2023-2024 and require compliance with Sodium Target 2 in SY 2024-2025, which begins July 1, 2024.



USDA will now allow crediting of shelf-stable, dried and semi-dried meat, poultry, and seafood snacks, towards the meat component in a reimbursable meal or snack. Dried meat products may now be used throughout the CNPs as part of reimbursable meals or snacks at the discretion of the Program operators. In order to simplify meal planning for operators, use of the products is not limited to meals and snacks served off-site. To credit these products, Program operators will follow the crediting principles used for all other products made from meat, poultry, or seafood. For more information, see the *Food Buying Guide* for CNP.

In addition, USDA will allow Program operators to credit the following food items that have not previously contributed to the CNP meal pattern requirements: coconut, hominy, popcorn, surimi seafood, and tempeh. Allowing these products to credit is intended to provide additional variety and enhance the appeal of meals. FNS will issue new guidance soon describing how these products will credit towards specific food components in the CNP meal patterns.

USDA will also publish new guidance to allow crediting vegetables disguised as other food components or not provided in traditional forms, for example, noodles or pasta made from vegetables, including legumes.



We will now move on to program reminders...



The USDA Foods Web-Based Supply Chain Management Training (WBSCM) is available online in the CNP Training Portal. Make sure to register to take the course as it will provide resources and explanations of the changes occurring in the USDA Foods Ordering System. Be sure to have your historic USDA Foods Ordering information available as you will need to complete the spreadsheets and upload them into the course in order to complete the training. Please contact the USDA Foods team if you have any difficulty accessing or understanding the online training.

The Excel documents required in this course have been updated and are also available in the Download Forms section of MyldahoCNP. Please take this process seriously as the information you enter into the Excel forms will be the information available to place your order for the entire 2019-2020 school year when we meet for the mandatory training in February.



The Idaho School Nutrition Reference Guide has been updated on the Idaho State Department of Education CNP School Meal Programs website. The reference guide provides information related to school meal programs, including 33 topic sections plus the following appendices: acronyms, additional resources, and terms to know.

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All SFAs (School Food Authorities) must **ensure** and **document** that <u>annual training</u> takes place, including training for:

- USDA Civil Rights training available on the CNP Training Portal (ensure Determining, Confirming, and Hearing Officials, food service staff, and those assisting in the food service program receive and document annual training)
- Food Safety / HACCP training per site's food safety manual, containing the required elements; The ICN 2016 HACCP Manual available in MyIdahoCNP Download Forms
- Offer vs Serve if implementing OVS at the site training available on the CNP Training Portal



The Idaho Child Nutrition Program is gathering information to apply for federal funding related to enhancing technology solutions for child nutrition programs in the state of Idaho. Please complete the "Idaho CNP Online Applications" survey sent on Wednesday, December 12<sup>th</sup> in order to provide insight on whether you currently use, or would be interested in using an online free and reduced price meal application in your district. The proposed system would be a web based application to be completed online by families and electronically submitted to school districts.



2019 SFSP Mandatory Training: Training dates for in-person training sessions throughout the state will be released in early January. Please be on the lookout for the broadcast email that will announce the training dates and locations in your area. You will be able to register using the CNP Training Portal.



Make sure to download the newly released *Buy American Exception form* (attached) from Download Forms to keep documentation on hand for any products you serve that do not meet the Buy American Provision.



That is all we have for program reminders, so we will now end with updates and success stories.



Implementing strong school nutrition policies is associated with healthier weight trajectories in middle school students, according to a new study by researchers at the Rudd Center for Food Policy and Obesity at the University of Connecticut and the Yale School of Public Health. Study authors randomly selected twelve schools in an urban district, where they followed 595 middle school students for three years, from fifth to eighth grade. Schools were assigned to one of four conditions, which included support for: (1) nutrition policies; (2) physical activity policies; (3) both types of policies; or (4) neither as a delayed control condition.

The nutrition policy interventions included ensuring that all school-based meals met federal nutritional criteria; providing nutritional newsletters for students and their families; school-wide campaigns to limit sugary drinks and encourage the use of water; and limiting the use of food or beverages as rewards for academic performance or good behavior.

Through in-school observations, surveys of student dietary and physical activity behavior, and annual measurement of body mass index by trained staff, the study found that students from the 6 schools randomized to receive nutrition interventions experienced less than a 1% increase in body mass index (BMI) over three years. Students from the 6 schools that did not receive nutrition policy support exhibited a significantly greater BMI increase of 3-4% during the same period.

Additional key findings of the study include:

- Students in the nutrition policy intervention schools reported lower consumption of sugar-sweetened beverages compared with students in schools with no targeted nutrition intervention.
- Students in the nutrition policy intervention schools were less likely to have had any meals at fast-food restaurants in the past 7 days and reported consuming fewer unhealthy foods.
- The magnitude of the effect on weight increased over time, with the greatest difference measured between groups of students in 8th grade.



Two Idaho Summer Food Service Program providers have received honorable mentions for the Summer Sunshine Awards. The *Summer Sunshine Awards* recognize the outstanding achievements of individuals and groups who, through the Summer Food Service Program (SFSP) and Seamless Summer Option (SSO), provide nutritious meals to children during the summer months in the Western Region states: Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, and Washington.

Tyree White and her staff at Emmett School District received an honorable mention for *Excellence in Community Partnerships*. Utilizing partnerships in the Emmett community, Tyree has increased the number of meals served to children over the past two years by 120%!

Lisa Russell-Stover and her team at Our Lady of Good Counsel-St. Vincent de Paul received an honorable mention for *Reaching Rural, Tribal, and/or Underserved Populations*. Lisa has a highly dedicated crew of workers and volunteers that serve meals during the entire summer break!

Congratulations to both sponsors for being recognized for the hard work and dedication shown in helping to close the summer feeding gap.



Those are the success stories we have this month. Does anyone have any questions at this time? Go ahead and use the text box on your screen to type your questions and I will answer them as they are entered.



Thank you for attending today's webinar. Please contact Child Nutrition Programs at 208-332-6820 if any additional questions arise regarding the information in this webinar.

Please remember that the accuracy of the information shared today is guaranteed only as of the recording date. USDA may issue more guidance or further clarification regarding items discussed in today's webinar.

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This concludes today's webinar, Thank you all and have a good day.