Welcome!

- We will begin at 2 p.m.
- You are welcome to print a copy of the power point prior to today's presentation from our webpage at
- http://dpi.wi.gov/school-nutrition/training/whats-new
- If you will be using a phone connection and either a laptop or PC computer with a speaker and/or microphone, make sure the **computer speaker and microphone in the toolbar are turned off.** If they aren't, you will hear feedback.
- If you are calling via telephone, please mute your line by pressing "***6**"
- Thank you for your patience. The presentation will begin shortly.

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MOLLY: Welcome to the December edition of What's New with School Nutrition. This is our fourth webinar of the 2015-16 School Year. My name is Molly Gregory and I am a Public Health Nutritionist. I also have Assistant Director Julie Cox with me today, …

Agenda

1. Updates and Reminders
- New Dietary Guidelines
- Special Dietary Needs on Prod Records
- USDA Foods Fact Sheets

2. USDA Memos and DPI Initiatives
- New CEP Manual
- College and Career Ready

3. Training
- USDA Foods Training: Annual Order
- CDC Resource

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2015-2020 Dietary Guidelines for Americans

http://health.gov/dietaryguidelines/2015/

- **Follow a healthy eating pattern across the lifespan.**
- **Focus on variety, nutrient density, and amount.**
- **Limit calories from added sugars and saturated fats and reduce sodium intake.**
- **Shift to healthier food and beverage choices.**
- **Support healthy eating patterns for all.**

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MOLLY: =

The *Dietary Guidelines* is required to be updated every 5 years and must be based on the preponderance of current scientific and medical knowledge.

The 2015-2020 edition of the *Dietary Guidelines* builds from the 2010 edition with revisions in certain areas. Previous editions of the *Dietary Guidelines* focused primarily on individual dietary components such as food groups and nutrients. However, people do not eat food groups and nutrients in isolation but rather in combination, and the totality of the diet forms an overall eating pattern. The components of the eating pattern can have interactive and potentially cumulative effects on health. These patterns can be tailored to an individual's personal preferences, enabling Americans to choose the diet that is right for them. A growing body of research has examined the relationship between overall eating patterns, health, and risk of chronic disease, and findings on these relationships are sufficiently well established to support dietary guidance. As a result, eating patterns and their food and nutrient characteristics are a focus of the recommendations in the *2015-2020 Dietary Guidelines*.

The *2015-2020 Dietary Guidelines* provides five overarching Guidelines (listed on slide) that encourage healthy eating patterns, recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern, and acknowledge that all segments of our society have a role to play in supporting healthy choices. These Guidelines also embody the idea that a healthy eating pattern is not a rigid prescription, but rather, an adaptable framework in which individuals can enjoy foods that meet their personal, cultural, and traditional preferences and fit within their budget.

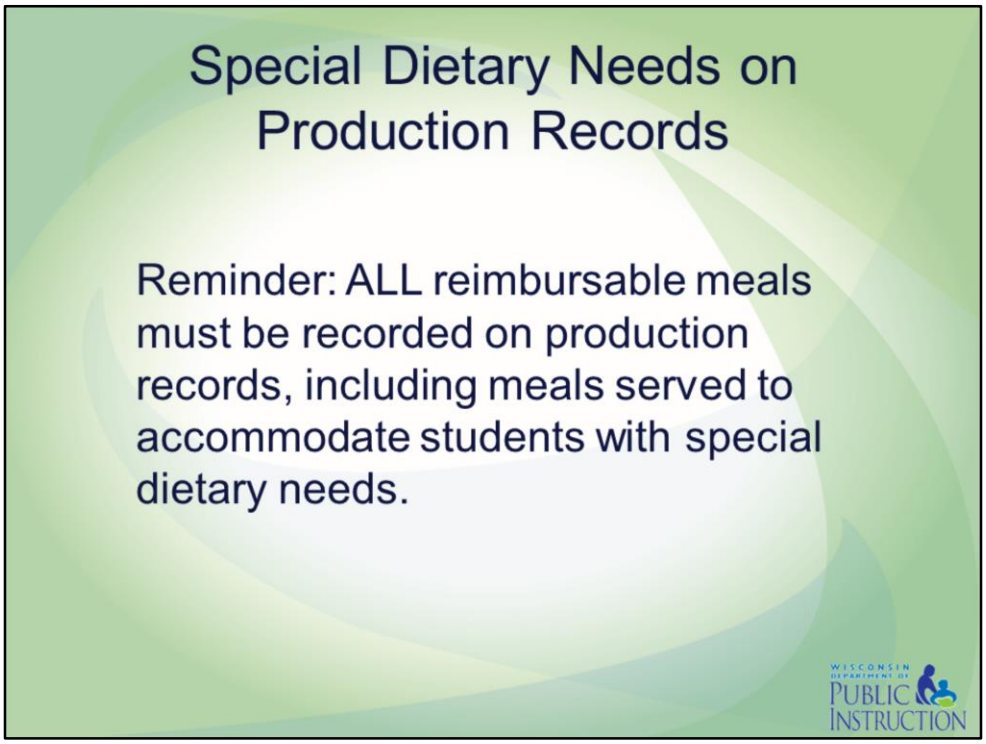
Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

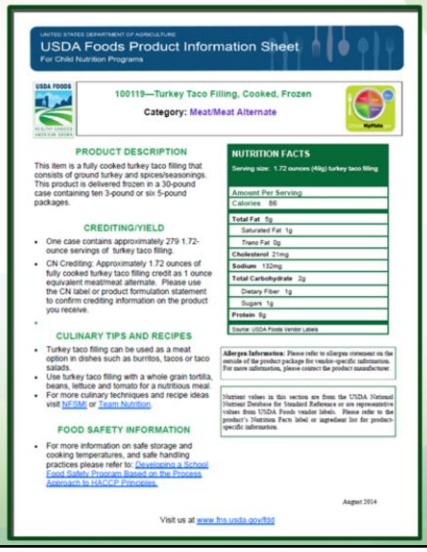
Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.



MOLLY: As a reminder, all reimbursable meals must be recorded on production records, including meals served to accommodate students with special dietary needs. You may choose whether to record these meals on your usual production record or on a separate production record. When substitutions are made to the menu to accommodate students with or without a disability, make sure to record which products were substituted. This documentation, along with the prescription form completed by a licensed medical practitioner, should be kept on file to document that reimbursable meals were served.

USDA Food Fact Sheets

- http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets



UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

USDA FOODS

100119—Turkey Taco Filling, Cooked, Frozen

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a fully cooked turkey taco filling that consists of ground turkey and spices/seasonings. This product is delivered frozen in a 30-pound case containing ten 3-pound or six 5-pound packages.

CREDITING/YIELD

- One case contains approximately 279 1.72-ounce servings of turkey taco filling.
- CN Crediting: Approximately 1.72 ounces of fully cooked turkey taco filling credit as 1 ounce equivalent meat/meat alternate. Please use the CN label or product formulation statement to confirm crediting information on the product you receive.

CULINARY TIPS AND RECIPES

- Turkey taco filling can be used as a meat option in dishes such as burritos, tacos or taco salads.
- Use turkey taco filling with a whole grain tortilla, beans, lettuce and tomato for a nutritious meal.
- For more culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

NUTRITION FACTS

Serving size: 1.72 ounces (48g) turkey taco filling

Amount Per Serving
Calories 86
Total Fat 5g
Saturated Fat 1g
Trans Fat 0g
Cholesterol 21mg
Sodium 132mg
Total Carbohydrate 2g
Dietary Fiber 1g
Sugars 1g
Protein 8g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

August 2014

Visit us at www.fns.usda.gov/fdd

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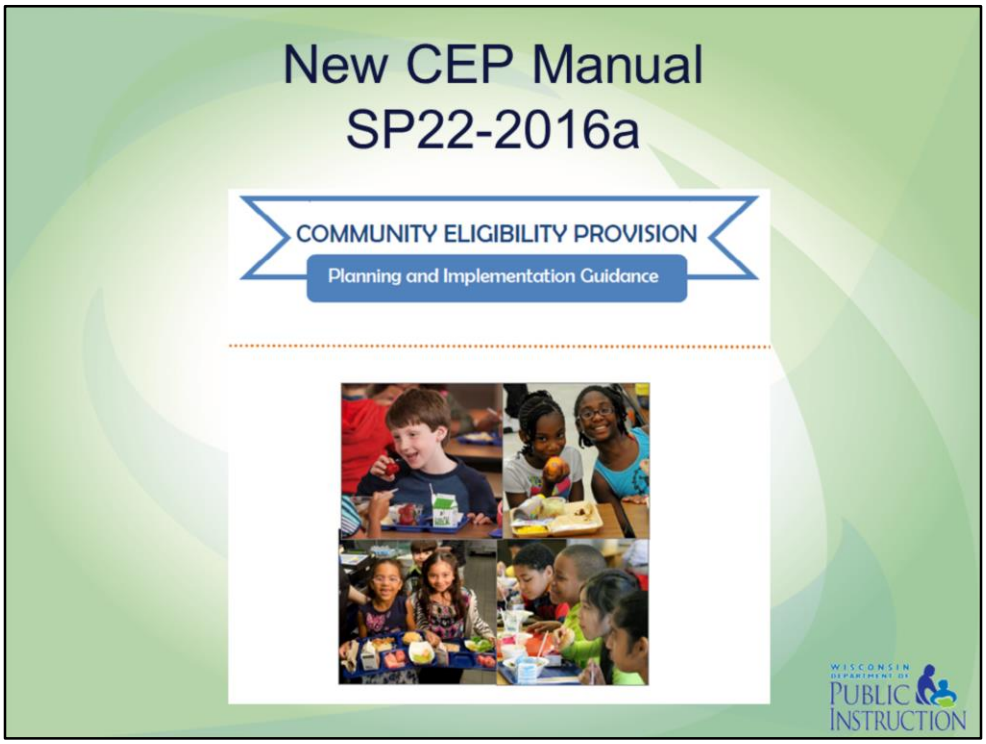
JULIE: This is just a reminder that almost all of the USDA Foods Fact Sheets have been updated to a new format and the information on them has also changed. USDA does not notify us as the individual fact sheets are updated. Therefore, to make sure that you have the latest fact sheet check the USDA site at the bottom of this sheet at the beginning of the school year and during the school year as you are able.

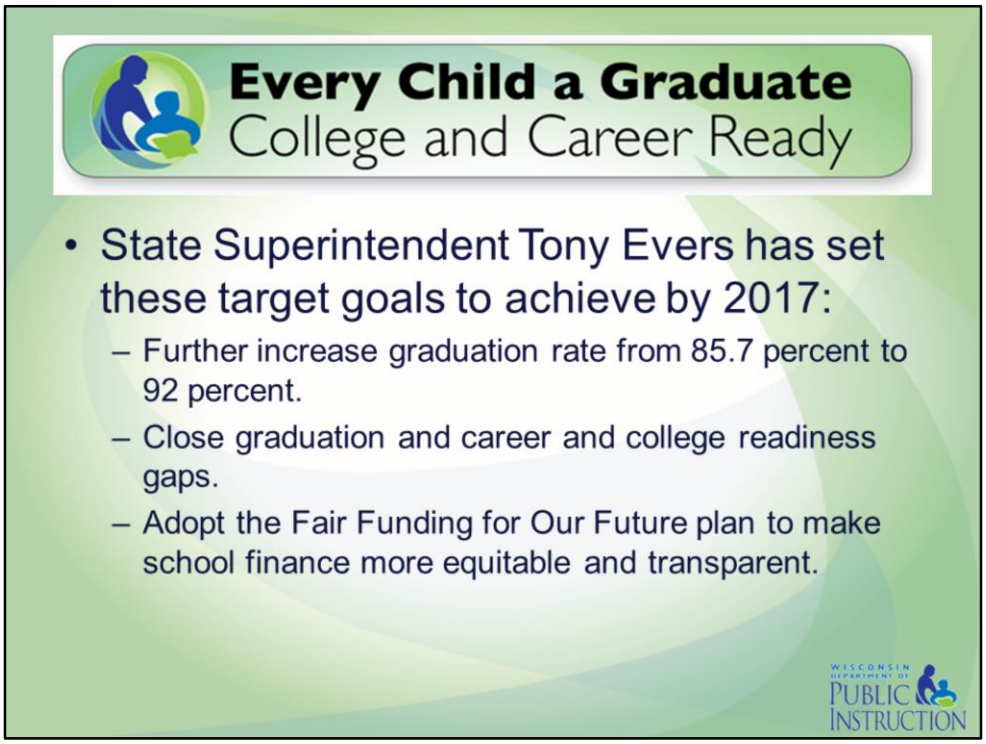


LORIANN

A new guidance manual SP22-2016a for Community Eligibility Provision (CEP) has been released and is posted on the DPI CEP website under *"Who is Eligible to Participate."* The new guidance is a great resource for new LEAs thinking about CEP participation and also should be the "go-to" guidance for those LEAs currently in the provision. The manual consolidates existing CEP guidance and best practices with hopes to streamline CEP implementation and encourage CEP adoption. Throughout the manual, readers will hear from school superintendents, principals, food service staff, and parents who have experienced benefits of CEP within their communities. This manual will be updated annually to reflect any future guidance and to address any requested clarifications.

On a side note, all non-CEP districts and mixed districts (for non-CEP sites only) will soon need to run direct certification using the full enrollment separated by school code on or slightly before April 1, 2016. This will fulfill the annual USDA proxy data reporting requirement for Community Eligibility Provision (CEP) and may also serve as the third mandated run. A run on or slightly before April 1, 2016 is *recommended* for currently participating CEP schools that wish to apply for an increase in their current ISP and claiming percentages, or may need data to support a recalculation.

For more information, visit our CEP website, or contact Jessica Schultz, or Jessica Lessner.



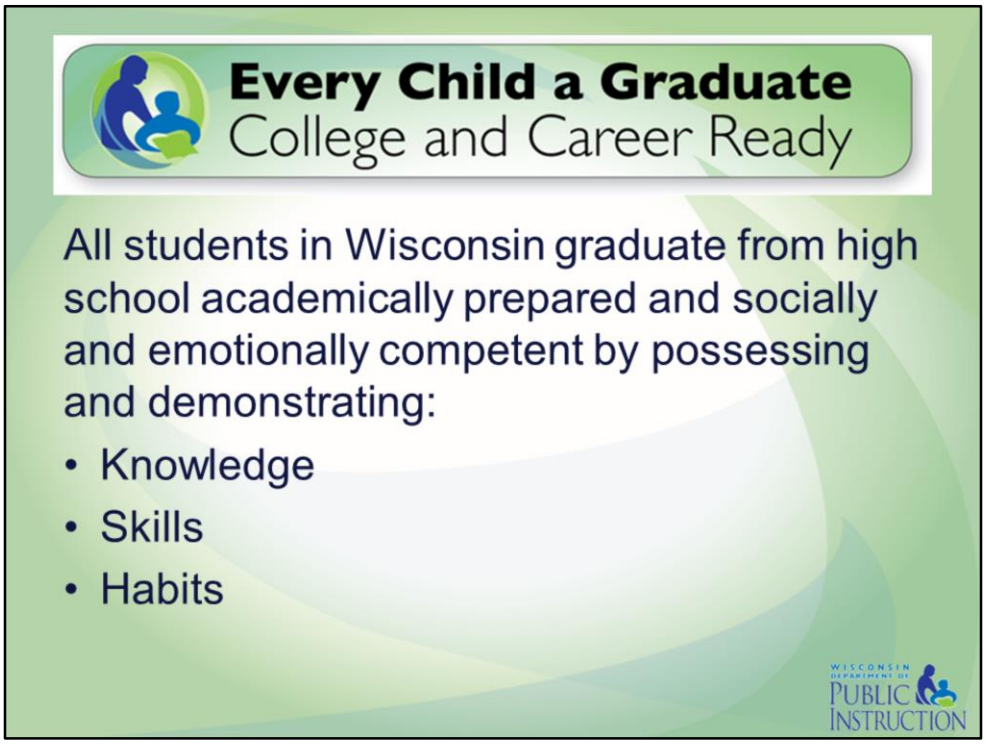
Julie: There is a new initiative we would like to share with you. It is titled: *Every Child a Graduate, College and Career Ready*.

State Superintendent Tony Evers has set these target goals to achieve by 2017:

*Further increase graduation rate from 85.7 percent to 92 percent.

*Close graduation and career and college readiness gaps.

*Adopt the Fair Funding for Our Future plan to make school finance more equitable and transparent.



What does it mean to have students College and Career ready? It means that all students in Wisconsin graduate from high school academically prepared and socially and emotionally competent by possessing and demonstrating:

*Knowledge meaning proficiency in academic content

*Skills such as critical thinking, communication, collaboration, and creativity

*Habits meaning behaviors such as perseverance, responsibility, adaptability, and leadership

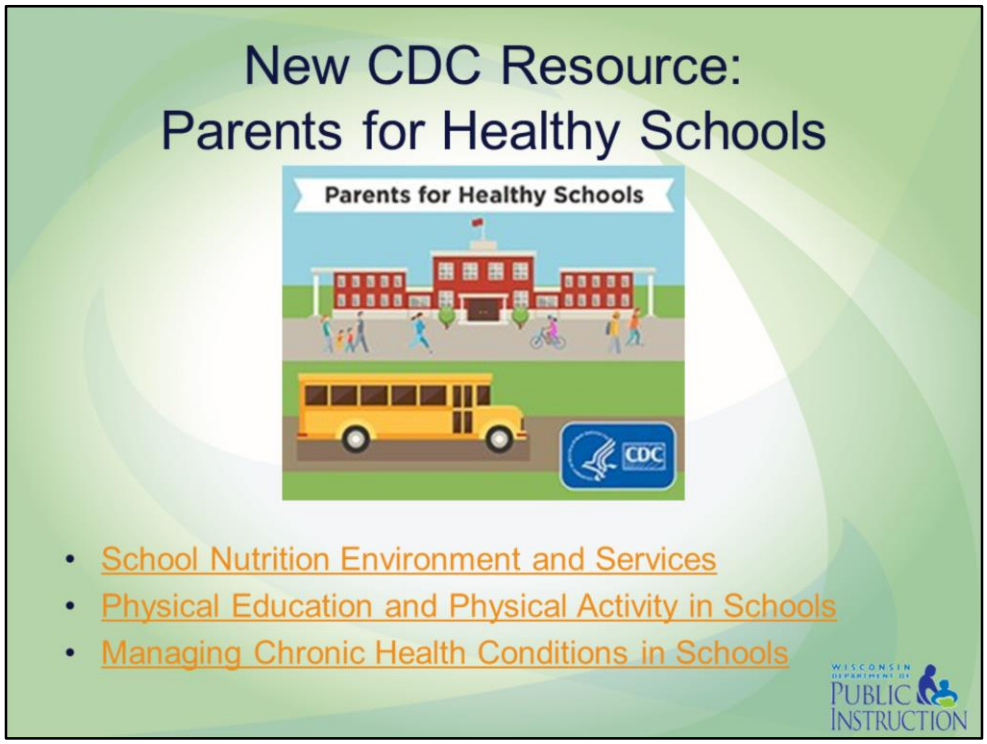
The School Nutrition Team believes that what you do everyday plays a very important part in the success of every child being able to graduate. We all know that well nourished children are ready to learn. Thank you for all you do to insure your student's success.

For more information on the Every Child a Graduate initiative go to the web address on the slide.

JULIE: All SFAs participating in the Wisconsin USDA Foods program must place an annual order for the entire school year. The 2016-17 Wisconsin USDA Foods Annual Order dates have been set as February 15-March 4, 2016.

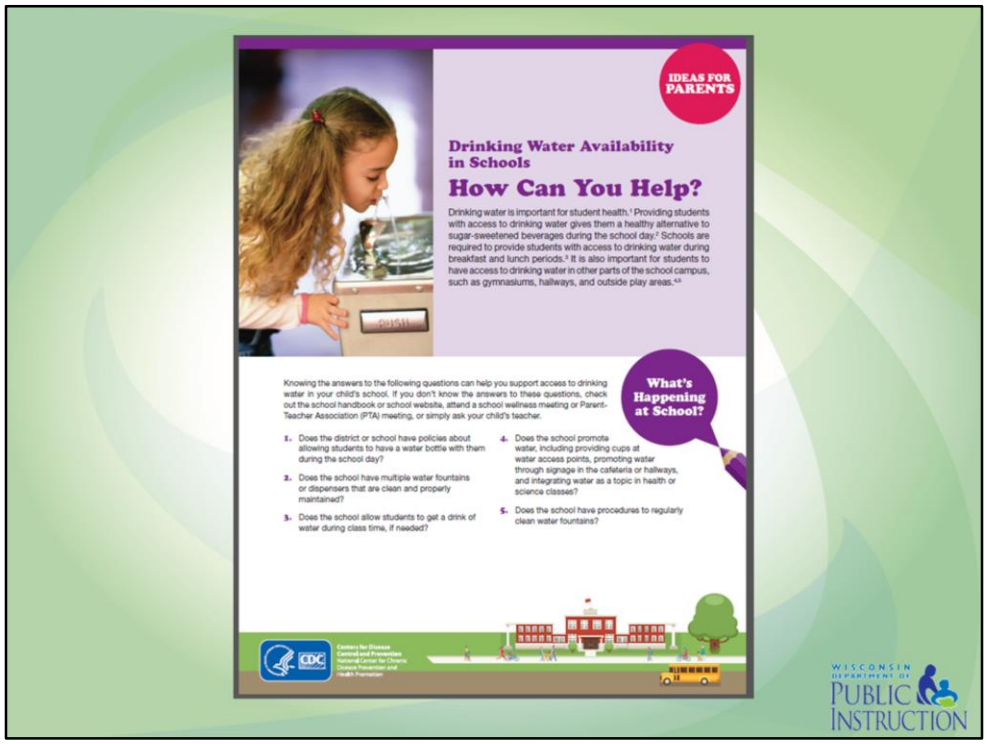
To prepare for this, the USDA Foods team is offering a training session specifically for new food service staff and programs news to the USDA Foods Program. It will be held here at DPI in Madison from 1-4PM.

The training session will cover basic information regarding the USDA Foods Program as well as prepare SFAs for placing the Annual Order. Registration is online and located at the link listed on the slide. The registration deadline is Friday, January 29.



MOLLY: The Center for Disease Control developed this set of resources that school groups can use to motivate and educate parents to create a healthy school environment for their children. Health topics include School Nutrition Environment and Services, Physical Education and Physical Activity in Schools, and Managing Chronic Health Conditions in Schools.

I thought it would be useful to mention these resources for you school nutrition professionals who also happen to be parents and also so you are aware of what the school children's families have access to and might be referencing when they talk with you about the health environment of the cafeteria.



IDEAS FOR PARENTS

Drinking Water Availability in Schools

How Can You Help?

Drinking water is important for student health.[1] Providing students with access to drinking water gives them a healthy alternative to sugar-sweetened beverages during the school day.[2] Schools are required to provide students with access to drinking water during breakfast and lunch periods.[3] It is also important for students to have access to drinking water in other parts of the school campus, such as gymnasiums, hallways, and outside play areas.[4,5]

What's Happening at School?

Knowing the answers to the following questions can help you support access to drinking water in your child's school. If you don't know the answers to these questions, check out the school handbook or school website, attend a school wellness meeting or Parent-Teacher Association (PTA) meeting, or simply ask your child's teacher.

1. Does the district or school have policies about allowing students to have a water bottle with them during the school day?
2. Does the school have multiple water fountains or dispensers that are clean and properly maintained?
3. Does the school allow students to get a drink of water during class time, if needed?
4. Does the school promote water, including providing cups at water access points, promoting water through signage in the cafeteria or hallways, and integrating water as a topic in health or science classes?
5. Does the school have procedures to regularly clean water fountains?

CDC

Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion

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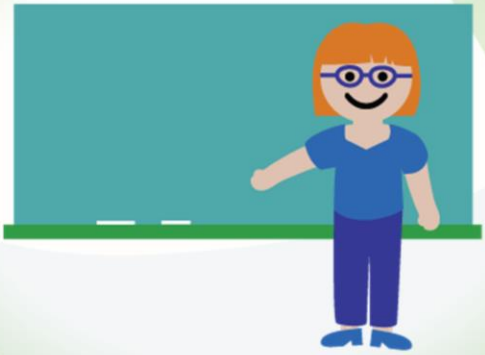
MOLLY: As an example of the *Parents for Healthy Schools* resource, Drinking Water Availability is one topic where parents can get involved in the school nutrition environment. This pamphlet provides information and suggestions for how to gather more facts and start conversations.

Questions?



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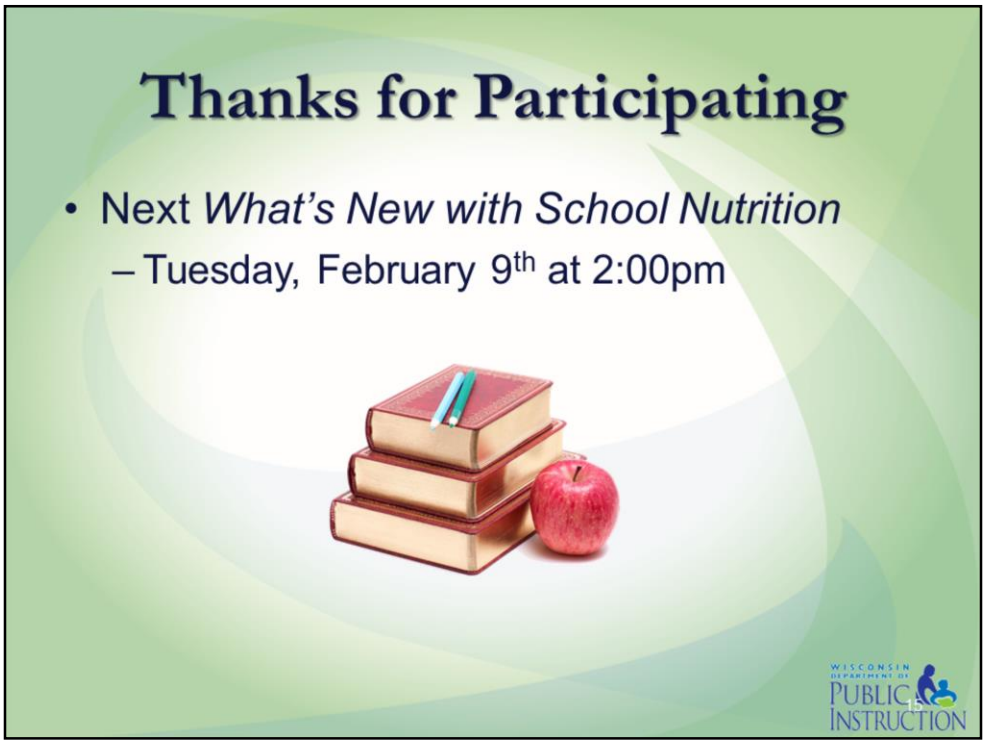

MOLLY: Thanks for participating in *What's New with School Nutrition*. This concludes the December webinar for the 2015-16 School Year. Mark your calendar now for the next edition that will be presented on Tuesday, February 9th. The calls will continue to take place at 2:00pm. Have a happy holiday season and happy new year!

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