



Tom Horne
Superintendent of
Public Instruction

Arizona Department of Education



Providing the latest dish on School Health and Nutrition News and Information

Volume 4, August 2006

"Scoops"

is published quarterly by the
Arizona Department of
Education, School Health
and Nutrition Team

2005 North Central Ave
Phoenix, Arizona
(602) 542-8700

ade.az.gov/health-safety/cnp/

Mary Szafranski

Deputy Associate Superintendent

Katrina Klatt, RD, SFNS
Program Director NSLP

Kacey Frey, RD, SFNS
Program Director Health

Patricia Johnson, RD, SFNS
Scoops Editor, Summer Food
Program Coordinator

Traci Grgich, RD, SFNS
FSMC/ School Breakfast
Coordinator

Lynn Ladd, RD, SFNS
STEPS Grant Coordinator

Nicholas Dunford, SFNS
NSLP Training Coordinator
Special Milk Program

Crystal Kalahar, SFNS
Welcome Assistance Coordinator
Afterschool Snack Program

Mat McCarty, RD, SFNS
Team Nutrition Grant Coordinator

Cara Peczkowski, RD, SFNS
HACCP/Food Safety Coordinator

Nicole Anderson, RD
Special Assistance Coordinator

Erin Yde, RD
Well Street Journal Editor
Fruit & Vegetable Program

Breann Westmore
Health Standards & Physical
Activity Coordinator

Diane Tasev, RN, BSN
School Nursing Coordinator

Jackie Wilson
Program & Project Specialist

Genevieve Tapia-Marín
Administrative Assistant

A NEW STANDARD FOR ARIZONA

In recent years, more attention has been given to the nutritional quality of foods and beverages being sold in schools through vending machines, snack bars, school stores, and a la carte offerings. Foods and beverages sold outside of the federally regulated National School Lunch Program (NSLP) and School Breakfast Program (SBP) are known as competitive foods. Competitive foods are sold in competition with program meals and are often of poor nutritional value. Such foods and beverages are often energy dense providing high amounts of calories, fat, and sodium while providing little other nutrition. A recent report found that in both middle schools and high schools, seventy-five percent of beverage options and eighty-five percent of snack foods were of poor nutritional value. This is alarming since a national survey conducted by the Centers for Disease Control and Prevention's (CDC) found that forty-three percent of elementary schools, seventy-four percent of middle schools and ninety-eight percent of high schools offer foods and beverages through vending machines, snack bars or school stores.

Schools alone cannot solve the nutritional problems of children, however, children spend many hours each day in a school environment. Schools have a responsibility to help keep their students safe and healthy. Unfortunately, many schools have elected to sell foods and beverages of little nutritional value to help offset costs. School environments that offer such foods and beverages on campus often send mixed messages when students are taught about good nutrition in the classroom but are then enticed by an array of less nutritious foods and beverages offered in vending machines, school stores, snack bars, and a la carte lines. In several states across the country this trend is beginning to change.

Arizona schools have been busy over the summer finalizing their wellness policies and preparing to implement the Arizona Nutrition Standards which were released in January 2006 and went into affect on July 1, 2006. The new law A.R.S. 15-242 required the Arizona Department of Education (ADE) to develop nutrition standards for foods and beverages sold on the campus of elementary, middle and junior high schools. The nutrition standards pertain to all foods and beverages sold through vending machines, a la carte lines, snack bars, school stores, and school club sales during the normal school day. As a result of Arizona's efforts in passing the new law, a report released in June by the Center for Science in the Public Interest ranked Arizona 8th out of 50 states for its state school nutrition policies, which resulted in a grade of B.

The School Health and Nutrition Programs team conducted a series of Arizona Nutrition Standards training workshops over the summer to help school personnel understand the requirements of the new standards. Attendees were introduced to exciting new tools developed by ADE staff. The department released the Arizona's Healthier Snack Wheel and online Nutrition Standards Calculators to assist schools in evaluating whether a food or beverage meets the Arizona Nutrition Standards.

To view the Arizona Nutrition Standards and online Nutrition Standards Calculators visit: www.ade.az.gov/health-safety/cnp/HB2544/Default.asp

The Department of Education would like to thank all who participated in the passage and development of the Arizona Nutrition Standards. Your efforts to make Arizona a healthier place to live and learn are greatly appreciated!

Circulate to: Principal School Nurse Health Teacher Kitchen Staff
 Business Manager Secretary/Bookkeeper

Summer Food: An important part of your school Wellness Policy

Many schools are still working on finalizing their Wellness Policy. It is important for sponsors to recognize that the Summer Food Service Program is also a very important component of a comprehensive wellness policy. Summer Food provides nutritious snacks and meals and could also be the place children come to receive opportunities for physical activity as well as nutrition education.

The Summer Food Service Program is intended to feed children in low income areas allowing them to return to school in the fall nourished and ready to learn.

Summer Food provides sponsors with the ideal opportunity to incorporate the Local Wellness Policy into the program. By addressing the nutritional quality of food, physical activity and nutrition education in the Summer Food Service Program, sponsors are showing a commitment to providing a healthy, nutritional environment all year long.

So if your school has not considered adding the Summer Food Service Program to its required Wellness Policy, please take a moment to reconsider and make your Wellness Policy a truly comprehensive policy.



2

SUPERINTENDENTS: ARE YOU UP FOR THE CHALLENGE?

The Arizona Department of Education was awarded the Local Wellness Policy State Agency Grant on April 14, 2006. The purpose of the grant is to assist Local Education Agencies (LEAs) in improving children's lifelong eating and physical activities habits. ADE has developed two main phases to assist the LEAs. Phase 1, Superintendent Tools for Healthy Schools Mini-Conference and Phase 2 the Superintendent Challenge.

The state agency hosted the Superintendent Tools for Healthy Schools Mini-Conference in June. The conference provided a wealth of information to Superintendents and Administrators to create, implement, and enhance the school's Local Wellness Policy. Keynote speaker Dr. Pat Cooper presented on The Coordinated School Health Program. Speaker Paul Rosengard demonstrated how to incorporate physical activity in the classroom, as well as having an effective physical education plan.

Currently, the Superintendent Challenge is available for all LEAs and is designed to have the LEA create and implement an exemplary Local Wellness Policy. There will be eight winners of this challenge and each will be awarded \$5000.

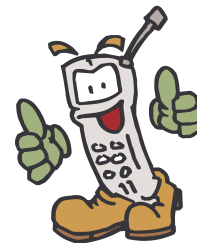
To obtain an application and for more information on the Superintendent Challenge please visit www.ade.az.gov/superintendentchallenge. Applications MUST be submitted no later than September 30, 2006.

Welcome Assistance for New NSLP Sponsors

Are you a new sponsor to the National School Lunch Program (NSLP) this year? If so, expect a phone call from the Arizona Department of Education's (ADE) Welcome Assistance Coordinator, Crystal Kalahar. Welcome Assistance is a service that ADE provides to new sponsors to help them implement and administer the NSLP to the best of their abilities while meeting all program requirements. This is an excellent opportunity for sponsors to receive personalized help from a NSLP specialist.

The Welcome Assistance Coordinator works with sponsors that have been operating the NSLP for approximately six months to set up a date and time to conduct a phone conference. In addition, the Coordinator requests accountability documents pertaining to:

- free and reduced-price eligibility determination
- meal counting and claiming system
- meal service
- civil rights
- verification
- procurement
- meal requirements.



During the phone conference the Welcome Assistance Coordinator will ask questions designed to identify areas of the sponsors' program that need attention. After the sponsor and the Welcome Assistance Coordinator have concluded the scheduled phone conference, the Coordinator will complete a detailed Plan of Action. The purpose of the Plan of Action is to provide comprehensive assistance and supply the location of written guidance materials as well as to request written corrective action from the sponsor.

Overall, ADE strives to continually work with sponsors, ensuring progress toward meeting the Child Nutrition Program requirements. If after the Welcome Assistance is completed the ADE feels that a sponsor needs more intensive assistance, they may schedule an on-site visit to the school(s) to administer more intensive technical assistance. Sponsors may be required to attend additional training before they are approved for the National School Lunch Program next year. Welcome new NSLP sponsors!

**ADE
TRAINING OPPORTUNITIES
AT YOUR SCHOOL!
602-542-8700**

FREE Onsite Trainings

Trainings will be made available with the following conditions:

- 20 attendees minimum
- 30 days advance notice
- Classroom setting

Come learn the most current information from the experts who regulate the National School Lunch Program. Best of all, these trainings are FREE to you, our sponsors. Just let us know what topics you need us to cover. CALL TODAY!

Congratulations to the 2006 CRE and SMI Award Nominees!

SMI AWARD NOMINEES

Dennehotso Boarding School
Fredonia-Moccasin Unified District
Hopi Day School
Hotevilla Bacavii Community School
Hunters Point Boarding School
Osborn Elementary District
Page Unified District
Pomerene Elementary District
Riverside Elementary District
Salt River Pima-Maricopa Community Schools
San Simon Unified District
Wenden Elementary District

CRE AWARD NOMINEES

Flowing Wells Unified District
Osborn Elementary District
Our Saviors Lutheran School
Page Unified District
Riverside Elementary District
Salt River Pima-Maricopa Community
San Simon Unified District
Solomon Elementary District
St. John the Evangelist
Yavapai County Juvenile Detention Center

The Coordinated Review Effort and School Meals Initiative awards will be presented at the ADE Mega Conference in November 2006. Look for results in the next issue of SCOOPS and on the ADE website. Good luck to each of you and thank you for your dedication and commitment!

Preventing Obesity: What a difference a snack makes!

One would think that an overweight or obese child eats considerably more food than their normal weight peers. In fact, it doesn't take that much more food to be overweight or even obese. 3,500 calories are equal to one pound of body fat. Consider a child who eats a candy bar and a soda five days a week at school. Most sodas are at least 150 calories per 12oz can while candy bars run close to 300 calories each. There are about twenty school days per month. A child who consumes a soda and candy bar each day at school adds about 450 calories to their day.

$$(450 \text{ calories per day}) \times (20 \text{ school days per month}) = 9,000 \text{ calories per month}$$
$$(9,000 \text{ calories}) \div (3500 \text{ calories per pound}) = 2.5 \text{ pounds per month}$$
$$(2.5 \text{ pounds per month}) \times (9 \text{ school year months}) = 22.5 \text{ pounds per year}$$

A first grader who eats a soda and candy bar at school daily can become an overweight second grader and an obese third grader on one snack a day at school. A can of soda and a candy bar daily can add forty pounds over the course of two years if the calories are not used for physical activity.

If you think of this example from a positive perspective, a child could lose 22 pounds in one year just by eliminating the daily soda and candy bar while keeping their other food intake and physical activity the same!

When you're planning classroom parties, celebrations, or after school snacks, consider the calorie and fat content as well as the serving size. Include fruits and vegetables along with whole grain baked not fried items. Water, reduced fat milk, and unsweetened juices are all good replacements for soda.

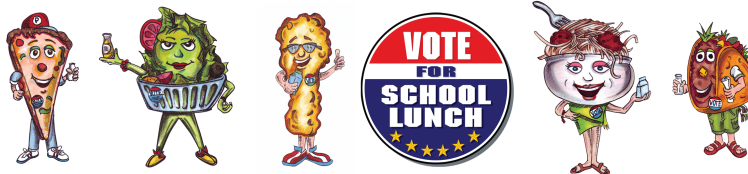
Calculating the calories of soda or other food items over a month or a year to see how body weight and health are affected is a great classroom activity that combines math, nutrition, science, and health curriculum standards. It will also motivate children to make better food choices.

Get Out the Vote

To help celebrate this year's National School Lunch Week the School Nutrition Association is sponsoring the Vote for School Lunch Campaign. Students will have the opportunity to vote for their favorite school lunch candidate. The polls are open August 1st thru October 1st. Election results will be announced during National School Lunch Week which kicks off on October 9, 2006.

This year's candidates are:

- Pete Pizza
- Heddi Spaghetti
- Ricky Chicken
- Sally Salad
- Rocco Taco



To learn more about the candidates and to place your vote visit: www.VoteForSchoolLunch.org Show your school spirit and get out the vote! Encourage your school to participate in this American tradition and make this election a tasteful one.

Welcome Back to Food Distribution

As you complete your NSLP application, please remember to send in your SY 06-07 Delivery Information Application if you plan on participating in the Food Distribution Program (found on the FD website). A Welcome Back Packet will be mailed to all sponsors approved on NSLP containing information for getting started on the Food Distribution Program.

If your school is new to the Food Distribution Program, you will be **required** to attend a Food Distribution overview training. New individuals who will be ordering commodities for their school **must attend** a Food Distribution web-based training in order to gain access to the on-line ordering system. Each person using the on-line system must have their own user-id and password. (Reminder: FSMC employees cannot get a login to access the CNP2000 system.) The Welcome Back packet will provide sponsors with on-line registration information. Each sponsor has been allocated their "fair share" of entitlement to use for the 2007 SY. The "fair share" entitlement will be what sponsors use to order commodities. Sponsors can view their fair share on-line at www.ade.az.gov/cnp2000.

Here are some quick reminders for this year:

- * Check your allocations in CNP2000 weekly
- * Delivery times are from 6:00 am – 2:30 pm
- * Pay attention to your school closure dates when placing orders – you will be charged a re-stocking fee if a delivery comes and no-one is there to receive it.

We look forward to working with you this school year to help you receive delicious and nutritious commodities to supplement your National School Lunch Program!



September is National Food Safety Education Month (NFSEM)!

You will find a promotional poster on the back side of this edition of SCOOPS. The Arizona Department of Education encourages you to emphasize food safety during the month of September among the students, teachers, and staff in your school as well as within the foodservice area and foodservice employees. This poster will help you get started. There are many resources available at www.nfsem.com/nfsem, such as educational activities for 5 weeks. If you have an upcoming in-service and are looking for materials to distribute to your staff or use as teaching tools, this is the perfect place to go for food safety information. We hope you take some time to review the importance of food safety and capitalize on opportunities during the National Food Safety Education Month to increase awareness and good practices at your school.

FY06 Food Service Annual Financial Report (AFR) Trainings: Fall 2006

What is Food Service AFR

Food Service AFR is a one page summary that includes total revenue available to the program by source and total expenditures by category. Also reported are number of meals served, price charged for meals and amount matched from the state funds.

How to complete AFR

Districts and Charter Schools

Instructions for completing the Food Service AFR are available online at www.ade.az.gov/schoolfinance/Forms/Budgets/AFR05-06/. Select Districts/School Site or Charters/School Site.

Non-public Schools

Specific instructions for non-public schools including BIA Schools, Correctional Institutions and State Schools, District Sponsored Charter Schools, Private Schools, Residential Schools and Special Milk participants are at www.ade.az.gov/health-safety/cnp/financial/. Select Manuals, select Annual Financial Report.

How and when to submit Food Service AFR

Districts and Charter Schools

The Food Service AFR has been created as a separate file called District (Charter) Food Services – Actual and should be submitted by **October 15**. For help with upload, please e-mail schoolfinance@ade.az.gov.

Non-public Schools

Non-public schools are required to submit a CNP Annual Financial Report in electronic format using ADE Common Logon by **October 1**. For information on how to obtain access to Common Logon please call Health & Nutrition Programs at (602) 542-8700.

Uses of Food Service AFR

The Food Service AFR is used for reporting, tracking and comparison purposes and to determine profit or loss and net cash resources. Per meal costs are calculated by ADE and state match amounts are verified to ensure compliance.

Food Service AFR Trainings

Districts and Charter Schools

Annual Financial Report trainings for Districts and Charter Schools, presented by the ADE School Finance, include a separate Food Service AFR session with a line by line explanation on how to complete the Food Services – Actual report including helpful hints and clarifications, examples of commonly misreported items and opportunity for discussion, comments and questions. These state wide trainings will be held in September 2006. Keep an eye on www.ade.az.gov/schoolfinance/ for exact dates and locations.

Non-public Schools

The half-day hands-on trainings provide instruction on how to complete the CNP Annual Financial Report. This training is designed for Business Managers and Administrators who are responsible for completing the CNP AFR as well as for Food Service Directors interested in understanding the fiscal reporting and its benefits to the food program. To register visit [www.ade.az.gov/onlineregistration/Select Health & Nutrition Services: NSLP](http://www.ade.az.gov/onlineregistration/SelectHealth&NutritionServices:NSLP), click AFR Web Based Training. Seating is limited, you must be registered and arrive on time to be able to participate.

Current training dates and locations for non-public schools only:

Phoenix

August 21, 2006 9 a.m.
August 21, 2006 1 p.m.
September 22, 2006 9 a.m.
September 22, 2006 1 p.m.

Flagstaff

August 30, 2006 at 9 a.m.
September 11, 2006 at 1 p.m.

Tucson

September 1, 2006
at 1 p.m.

Don't Compromise: Clean and Sanitize

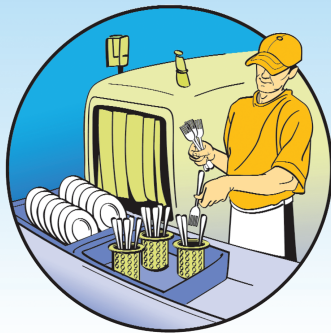


National Food Safety Education Month[®]
National Restaurant Association Educational Foundation

September is
National Food
Safety Education
Month

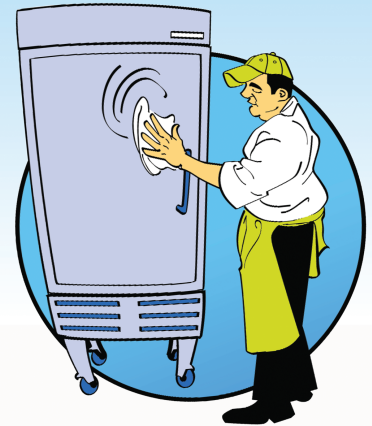
Cleaning and Sanitizing Food Contact Surfaces

Everything in your operation must be clean; however, any surface that comes in contact with food, such as a cutting board, utensil, or knife must be cleaned and sanitized.



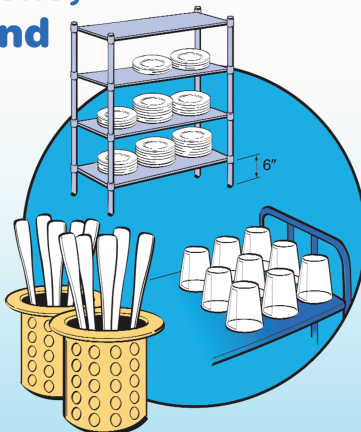
Dishwashing Machine Operation

All dishwashing machines should be operated according to the recommendations provided by the manufacturer.



Storing Utensils, Tableware, and Equipment

Once utensils, tableware, and equipment are clean and sanitary, store them so they stay that way.



Thoroughly Clean Your Establishment

Keeping your establishment thoroughly clean and sanitary will help prevent food from becoming contaminated. It will also keep pests—another source of contamination—out of your establishment.



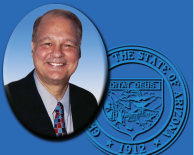
Proper Garbage Disposal

Dispose of garbage quickly and correctly to avoid attracting pests and contaminating food, equipment, and utensils.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

To file a complaint of discrimination, write USDA, director, Office of Civil Rights, 1400 Independence Avenue, S. W., Washington, D.C. 20230-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

USDA is an equal opportunity provider and employer.



Arizona
Department of Education
Tom Horne,
Superintendent of
Public Instruction