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A Note From Sandra

It's hard to believe that another calendar year end is sneaking up on us. As we look at November, we traditionally think about the things we are grateful for – at home, at work, and in our life in general. Know that you who care for children and students; who educate children/students in classrooms and informally; feed the children, students, and adults who participate in the various USDA programs hold a special place in my heart. It doesn't matter what your role is – you are important to the network in your agency and community to help meet the growing need of hunger. The annual Hunger Summit is coming up soon. Registration is not required, but it helps them prepare. You can check it out at <http://www.partnersagainsthunger.org/hunger-summit/> or on Facebook event at <https://www.facebook.com/events/362742217493991/>.

Best wishes for a happy and healthy Thanksgiving and safe travel whether it is across town or across multiple states.

"Thanksgiving, after all, is a word of action." - W.J. Cameron

Check in With CANS Monthly Conference Call

SY 17-18 Dates

The check in with CANS conference calls are returning this year! Check in with CANS is a monthly conference call scheduled for the first Thursday each month. This call is open to all agencies on the School Nutrition Programs. Each call will start with a report from CANS with hot topics, new guidance or program clarifications, and reminders of upcoming dates. There will also be time scheduled during each call for participants to ask questions.

Check in with CANS is scheduled on the first Thursday of each month starting at **2:30 pm CT / 1:30 pm MT**. Calls are scheduled for:

- December 7
- January 4
- February 1
- March 1
- April 5
- May 3
- June 7 (*tentative*)

To join the conference call, **dial 1-866-410-8397 and enter code: 6507733610**. If you have trouble joining the conference call, or have additional questions call the CANS office at 605-773-3413. Feel free to send in questions ahead of the call to DOE.SchoolLunch@state.sd.us please reference "Conference call question" in the subject line.

Shortly before the call an agenda will be posted to the CANS website main page, <http://doe.sd.gov/cans/index.aspx>, under Documents, Conference Calls. Shortly after the call is complete, the call minutes will replace the agenda with additional information. Please join us!

Verification

Verification PowerPoint slides are posted on the website at:

<http://doe.sd.gov/cans/nslp.aspx> under the Training & Webinars heading.

The verification reporting deadline is November 15. Remember, the report is submitted through iCAN. Refer to the Reporting webinar for further instructions.

Please contact the CANS office at DOE.SchoolLunch@state.sd.us, or call at 605-773-3413 with any questions.

USDA Farm to School Grant Program

The United States Department of Agriculture (USDA) awards grants every year to promote programs that connect students to the sources of their food through Farm to School. Examples of Farm to School programs include, but are not excluded to field trips, school gardens, taste test, and local food sourcing for school meals. Eligible entities include schools, Indian tribal organizations, agricultural producers, non-profit entities, state and local agencies. The USDA is offering three different types of grants this year.

Implementation grants- intended for eligible entities to further develop, launch or expand existing farm to school initiatives. Awards range from \$50,000 - \$100,000.

Planning grants- Intended for eligible entities to organize and structure their efforts for maximum impact by embedding known best practices into early design considerations. This track is also for applicants who are just starting their Farm to School effort or do not have prior experience. Awards range from \$20,000 - \$50,000.

Training grants- Intended for eligible entities to support trainings that strengthen farm to school supply chains, or trainings that provide technical assistance in the area of local procurement, food safety, culinary education, and/or integration of agriculture-based curriculum. Awards range from \$20,000 - \$50,000.

All grant applications are due Friday, **December 8th 2017**. For more information and to access the Farm to School grant applications please visit:

<https://www.fns.usda.gov/farmentoschool/farm-school-grant-program>

Flexibilities in the School Meal Patterns for School Year 2017-2018

In May 2017, U.S. Department of Agriculture (USDA) Secretary Sonny Perdue announced several menu planning flexibilities that covers the whole grain rich requirement, low fat (1%) flavored milk, and the sodium requirement.

Food and Nutrition Service ([FNS](#)) [memo SP32-2017](#) contains the full USDA FNS guidance, the following is a brief summary:

Whole Grain-Rich Requirements

For SY 2017-2018, exemptions from the whole grain-rich requirements in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) are available.

State agencies may approve school food authority (SFA) exemption requests for specific products, if the SFA can demonstrate hardship(s) in procuring, preparing, or serving compliant whole grain-rich products that are accepted by students. Exemptions are allowed for any type of grain product(s) (for example, pasta, bread, brown rice, etc.) and for one or more different products.

SFAs that receive an exemption are considered compliant with the whole grain-rich requirements during an Administrative Review or a performance-based certification review if their grain offerings are consistent with the exemption granted by the State agency and at least half of the grains offered weekly are whole grain-rich. However, at a minimum, SFAs must comply with the SY 2013-2014 requirement to offer at least half of the grains which meet the whole grain-rich criteria.

The Whole Grain-Rich Exemption Request can be found on the CANS NSLP website: <http://doe.sd.gov/cans/nslp.aspx> under the section called *School Meal Documents: Production Record Templates, Worksheets, Forms*.

Sodium Limits

For SY 2017-2018, schools must continue to meet Sodium Target 1:

Target 1 Sodium in mg				
	Grade: K-8	Grade: K-5	Grade: 6-8	Grade: 9-12
Breakfast	≤540	≤540	≤600	≤640
Lunch	≤1,230	≤1,230	≤1,360	≤1,420

Schools are encouraged to continue to work towards creating low-sodium menus that students enjoy. There is no exemption request process to use this flexibility.

Low-Fat Flavored Milk

Through SY 2017-2018, exemptions allowing the service of low-fat (1% milk fat), flavored milk for school lunch and breakfast, and as a competitive food available for sale on campus during the school day. In order to qualify for the exemption, schools must demonstrate hardship by documenting a reduction in student milk consumption or an increase in school milk waste.

The Low Fat Flavored Milk Exemption Request can be found on the CANS NSLP website: <http://doe.sd.gov/cans/nslp.aspx> under the section called *School Meal Documents: Production Record Templates, Worksheets, Forms*.

Food Safety Hacks

USDA has developed brief 1 to 2 minute videos on common food safety issues. Visit the Food Safety Hack page on YouTube to view all of the videos. [Click Here for the Food Safety Youtube page](#).

Below is a sample topic area for one of the videos:

Washing Produce

Dampness caused by washing produce right away can encourage bacterial growth. Wait to wash until use and you will have longer shelf life.

Temperature Readings

Check to make sure the supplier is providing produce at specified temperatures. Using an infrared thermometer only records the temperature of the box. For best practice, place a thermometer between two bags, without puncturing the product. This will provide an accurate temperature reading without risking contamination and shelf life of the product.

Storage Temperature

Discoloration on bananas, onions, and tomatoes are generally due to temperature abuse. The ideal temperature for storage of these products is between 55 and 65 degrees.

Changes in the CANS National School Lunch/ School Breakfast Website

The [CANS School Lunch and Breakfast website](#) has a lot of information that is regularly updated. In the past, you may have noticed that sections sometimes moved around in making it difficult to keep track of your favorite links and resources. This update to the website should keep the website sections in a standard order. Our webmaster worked hard to make these changes and is currently working on sections will be collapsed and can be expanded to find the resources you are looking for.

The website sections and subsections are:

- Administrative Review
 - Information and Resources (*for the AR*)
 - Training (*for the AR*)
- Application and Claim Information
 - iCAN School Nutrition Program Application and Claim Information
- Direct Certification: iMATCH
- Equipment Grants (*application and when the time comes the awards*)
- School Meal Documents: Production Record Templates, Worksheets, Forms
- School Meal Programs Resources
 - Afterschool Snacks
 - National School Lunch / Breakfast Program (NSLP/SBP) (*meal pattern and dietary specification resources*)
 - Seamless Summer Option (SSO)
 - Special Milk Program
- School Meal Programs Requirements (*requirements for everything else except the meal patterns*)
 - CANS School Nutrition Program Numbered Memos
 - Community Eligibility Provision
 - Farm to School
 - Food Service Management Company (FSMC) Contracts
 - Food Safety
 - Meal Modification (formerly Special Diets)
 - Nonprogram Food Revenue
 - Paid Lunch Equity

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- Smart Snacks
- Unpaid Meal Charge Policy
- Wellness Policy
- Trainings and Webinars (*a list of upcoming trainings, when available, and webinars or PowerPoints*)
- Useful Resources and Links
 - National School Lunch Week Resources
 - USDA Guidance
 - School Food Waste Audit Guide

The Institute of Child Nutrition New eLearning Portal

held over from previous month

Have you seen the new [eLearning Portal](#) from the Institute of Child Nutrition (ICN)? You start by creating a user log in account and then you can sign up for online courses. These courses are available around the clock. As an added bonus, you can even log out in the middle of a course and the system will keep track of your location so you start the training exactly where you left off last time!

The online course list is growing each week. Some of the popular and recommended available courses are:

- Food Safety in Schools
- Nutrition 101 Webinar Series (8 mini webinars)
- Managing Food Allergies
- Procurement
- USDA Foods/Commodities

When you complete these courses, you will receive a training certificate that you can print out and give to your supervisor to help track Professional Standards training hours in your school.

As always, the ICN website has a full catalog of their other training courses that are not yet online. You can find them at any time at <http://www.theicn.org/Default.aspx>.

ICN TeamUp Thursday Training Webinars

held over from previous month

Each Thursday the ICN hosts a Team Up Thursday Training Webinar. These webinars are free and generally last around one hour. These webinars are developed by a mix of school district staff, state staff, and federal staff from around the country. Many of the webinars are also archived and can be found on the ICN website: <http://teamup.theicn.org/tutwa/>

Some of the recent webinar topics were:

- Team Up for Food Safety!
- Team Up for Special Diets
- Team Up for Farm to School Success
- Team Up for Creative Ways to Boost Flavor with Less Sodium
- Team Up for Best Practices in Financial Management
- Team Up with Local School Wellness Policies!

If you do not receive a training certificate for the webinar, don't forget to print off the webinar title sheet and print your name, the date of your training, and the number of minutes or hours spent on this training (round to nearest 15 minutes).

You can also sign up to receive the ICN training announcements, webinar announcements, and newsletter at: <http://news.theicn.org/subscribe/>.



Building the Future with CACFP

CACFP Halftime: Thirty on Thursdays Webinar Series

Beginning October 19, 2017 Team Nutrition will be presenting a series of webinars on the third Thursday of each month at 1:00pm CT/12:00pm MT. If you are unable to view the live webinar, they will also be recorded and posted at a later date. To register for these webinars please go to: <https://www.fns.usda.gov/tn/cacfp-halftime-thirty-thursdays-training-webinar-series>. Popular topics that will be covered are:

- Choose Yogurts That Are Lower in Added Sugars
- Serving Milk in the CACFP Menu Planning for the CACFP
- Identify Foods That Are Whole Grain-Rich
- Grain-Based Desserts in the CACFP
- How to Serve Meat and Meat Alternates Instead of Grains at Breakfast
- Offer Versus Serve in the CACFP
- Recipe Development and Crediting
- Meal Pattern for 13-18 Year Old Age Group
- Feeding Infants in the CACFP

Questions about this webinar series may be sent to TeamNutrition@fns.usda.gov.

Summer Meals - Identifying Eligible Sites Using Census Data

Each October the data for the summer mapping tools are updated for the potential sites for summer 2018. Even if your location doesn't qualify using the school data showing that 50% or more of the students are free or reduced price due to open enrollment or other considerations, the location may qualify using census data. There are two main tools to determine if the location you are considering may qualify. One tool is the Summer Food Mapper and the instructions and link are available at the [FRAC Summer Food Mapper](#). The other is the [USDA Area Eligibility Mapper](#) which can also be used to identify locations that are area eligible for participation in other Child Nutrition Programs.

When you find a location that the legend says is 40% but is bordered by qualifying areas 50% or more it still may be eligible using the allowed averaging. Other ways of determining eligibility are covered in the [USDA Policy Memo Area Eligibility in Child Nutrition Programs](#). Contact [Julie McCord](#) for assistance in determining averaged eligibility since these must be approved by the State Agency or CANS.

If you have additional questions or are exploring the summer meals options contact [Julie McCord](#) or (605) 773-3110.

The Emergency Food Assistance Program (TEFAP)

Best Practices for Handling Frozen Food in Food Banks

Proper handling and storage of frozen United States Department of Agriculture (USDA) Foods throughout distribution is essential to maintaining food safety and quality. Frozen food storage areas should maintain a steady product temperature of 0° F (-18° C). In addition, they should be of sufficient size to provide for proper inventory management, stock rotation - utilizing FIFO ("First In- First Out") - and circulation of air around frozen foods. Foods that require freezing should be promptly moved into cold storage areas upon receipt and remain in these storage conditions until distributed. Based on product type, available code dates, and when the product was received, Recipient Agencies (RAs) should determine safe last dates for distribution. All frozen food storage facilities should be regularly defrosted and cleaned as well as kept free of debris to maintain refrigeration efficiency and to reduce the possibility of food contaminants. The temperature of storage areas containing frozen USDA Foods should be recorded daily to ensure the integrity of the products, noting any deficiencies and corrections.

By taking the necessary precautions, food losses can be prevented or minimized. Staff should be trained on how to properly receive and store USDA Foods. Examining the product as it is being unloaded helps avoid problems later. **Before** the truck leaves, take temperatures of frozen foods, verify that the quantity of product received matches the quantity on the bill of lading, examine the quality of the product, and check the condition of the packaging and containers. Document any issues and take photos. It is important that sufficient time is taken to walk around pallets, open cases, and, if needed, open internal packaging to check product. Take action immediately if a product does not meet specifications. Vendors have a contractual obligation to deliver food in a safe and acceptable manner. RAs who have issues/concerns with frozen USDA Foods products should contact their State Distributing Agency (SDA) with as much information as possible. The SDA will report the complaint through the Web-Based Supply Chain Management System (WBSCM).

TEFAP - Featured Food: Dry Beans

Dry beans are a highly nutritious and versatile product that is widely distributed through both TEFAP and CSFP. With multiple available varieties, including pinto, red kidney, garbanzo, great northern, black eyed peas, and baby lima beans, this item can be used to boost



protein, fiber, and nutrients in a variety of recipes. However, cooking dry beans can be intimidating for those who are not used to using beans in this form. Below, we share a cooking method for beans that eliminates the need to soak overnight and results in tender beans that can be seasoned and served or used in recipes.

Preparation/Cooking:

- Examine beans and throw away any dirt, stones, or beans that are discolored or shriveled.
 - Rinse beans with water and drain.
 - Put beans in large pot and add fresh water to cover. Heat beans and water to boiling, then turn the heat to low and cover.
 - Cook beans until tender, adding additional water as needed. Check the package for suggested cooking times, depending on the type of bean. Cooking times may be 30 minutes to 2 hours, depending on the type of bean.
- Add desired seasonings to beans or use cooked beans in a recipe.

For recipes and ideas for how to use dry beans, visit the [USDA What's Cooking](#) site.

Action for Healthy Kids

Webinar Series for SY 2017-2018

One of our partner organizations in the Child Nutrition Programs, **Action for Healthy Kids**, recently released their fall and winter webinars schedule for the upcoming school year. These webinars will cover a wide range of topics to improve the health and wellness of your school: improving your local Wellness Policy, ideas for Smart Snacks in schools, breakfast in the classroom, messaging to parents, and more!

You can register for one or all of the following webinars by going to this website: <http://www.actionforhealthykids.org/events/webinars> and selecting the webinars you wish to attend or clicking on the individual webinar listed below. Please note, these webinars are not hosted by CANS.

[Wellness Wednesday: Integrating Movement into a Well-Rounded Education](#)

Wednesday, November 8, 2017 | 30 minutes | 3:00 PM (CT), 2:00 PM (MT)

Join Action for Healthy Kids to learn about integrating movement into a well-rounded education. Movement and physical activity boosts and activates the brain, improves on-task behavior, and leaves students more focused and ready to return to their academic activities.

[Family and Community Engagement 101: Maximizing Volunteers for School Health](#)

Thursday, November 16, 2017 | 60 minutes | 2:00 PM (CT), 1:00 PM (MT)

This webinar will prepare you on how to best use the parent and community volunteers you already have, and how to find the best volunteers to meet your school health needs.

[Game On for Child Nutrition Professionals](#)

Thursday, November 30, 2017 | 60 minutes | 3:00 PM (CT), 2:00 PM (MT)

Game On supports America's schools in creating healthier school environments. This webinar will introduce Game On to child nutrition professionals. Discover the many resources Game On offers to support your role as the healthy eating experts at your school.

[Game On for Health and Physical Education Teachers](#)

Tuesday, December 5, 2017 | 60 minutes | 2:00 PM (CT), 1:00 PM (MT)

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This webinar will introduce Game On; provide specific examples and tips on how to integrate Game On into health and physical education; address the professional role health and physical educators play in coordinating and sustaining school wellness initiatives.

[Wellness Wednesday: Integrating Nutrition Education into a Well-Rounded Education](#)

Wednesday, December 13, 2017 | 30 minutes | 3:00 PM (CT), 2:00 PM (MT)

Join Action for Healthy Kids for our December 2017 Wellness Wednesday webinar to learn how your school and teachers can integrate nutrition education into core subjects! Strategies, tips and lesson ideas can be used at all levels and in multiple subjects.

[Wellness Wednesday: Is your school ready to take the SuperFit School Challenge?](#)

Wednesday, January 10, 2018 | 30 minutes | 3:00 PM (CT), 2:00 PM (MT)

Join us to learn about the AFHK new fundraising program, SuperFit School Challenge, and hear how your school can focus on helping students become healthier while raising funds to support their school.

[Get Recognized as a Healthy School with the HealthierUS School Challenge: Smarter Lunchrooms Initiative](#)

Thursday, January 25, 2018 | 60 minutes | 1:00 PM (CT), 12:00 PM (MT)

Become recognized as a healthy school by applying for the HealthierUS School Challenge. Join this webinar to learn more about the initiative and get tips and tricks for submitting a successful application. District/school staff, parents and community members are encouraged to join this webinar.

[The Latest and Greatest on Local School Wellness Policies](#)

Tuesday, January 30, 2018 | 60 minutes | 2:00 PM (CT), 1:00 PM (MT)

Join Action for Healthy Kids to learn about the latest trends, research and resources for your district's Local School Wellness Policy to ensure compliance with requirements.

October SNA Webinar Wednesdays Series

Every Wednesday the School Nutrition Association (SNA) presents webinars relating to various topics across the Child Nutrition Programs. Below you will find a list of upcoming webinars that they host on Wednesdays for the month of October.

You can register for one or all of the following webinars by going to this website: <http://schoolnutrition.org/Webinars/#register> and selecting the webinars you wish to attend or clicking on the individual webinar listed below. Please note, these webinars are not hosted by CANS.

[Best of #ANC17 3 of 3: Meal or No Meal - Offer vs. Serve Simplified](#)

2:00 pm ET (1:00pm CT/12:00pm MT) on Wednesday, November 8, 2017

Join to learn about meal patterns and examples of reimbursable breakfasts and lunches.

Updated Policies

Some policies have multiple numbers. That means those apply to multiple programs.

Child & Adult Care Food Program

Two new policies were issued for Child & Adult Care Food Program. Current policies can be found at <http://www.fns.usda.gov/cacfp/policy>

<u>Date</u> ▼	<u>Document #</u>	<u>Title</u>
10/19/2017	CACFP01-2018	Grain Requirements in the Child and Adult Care Food Program; Questions and Answers
10/19/2017	CACFP02-2018	Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers

School Nutrition Programs (SP memos)

Policies that apply to school operation and administration can be found at <http://www.fns.usda.gov/school-meals/policy>. One new policy was issued since the last Bulletin.

<u>Date</u> ▼	<u>Document #</u>	<u>Title</u>
10/19/2017	SP01-2018	Updated Infant and Preschool Meal Patterns in NSLP and SBP: Q&As

Summer Food Service Program

One new policy was issued for Summer Food Service Program since the last bulletin. Current policies can be found at <http://www.fns.usda.gov/sfsp/policy>

<u>Date</u> ▼	<u>Document #</u>	<u>Title</u>
10/16/2017	SFSP01-2014	REISSUED: Sponsors Operating in Multiple States in the Summer Food Service Program

Food Distribution

No new policies have been issued for Food Distribution Programs since the last bulletin. Current policies can be found at <https://www.fns.usda.gov/fdd/policy>.

Contact CANS

For any question, comments, or concerns

Email: DOE.SchoolLunch@state.sd.us

Phone: (605) 773-3413

Fax: (605) 773-6846

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