The Breakfast Scoop

Schools and families working together toward student success!

Winter 2013

Does your school...

• promote healthy nutritional choices?
• have a committee that oversees wellness efforts in your school?
• actively involve parents and community partners?

There is still time to apply for the Wisconsin School Health Award

Applications Due: March 15, 2013

For more information go to: http://dpi.wi.gov/sspwlischoolhealthaward.html

National School Breakfast Week is coming up fast!

For menus, tools, merchandise, sweeps, and writing contest information, see the School Nutrition website:
http://docs.schoolnutrition.org/meetingsandevents/nsbw2013/index.htm

Wisconsin School Breakfast Website - http://fyi.uwex.edu/wischoolbreakfast
Webinars and Continuing Education!

Alternative Breakfast: Special Events to Promote School Breakfast
Learn how to host events to engage parents, students, and other community members to highlight alternative breakfast changes at your school; just in time to incorporate during National School Breakfast Week. Events are a great way to kick off breakfast initiatives or celebrate the successful implementation of alternative models. Learn more from schools just like yours.

Link to slide deck
Link to attendance certificate

The webinar can be found here:
www.a4hk.org/filelib/2013-02-05AltBreakfastSpecialEvents.wmv

Alternative Breakfast: Targeting High Schools
Why is it that what works with elementary schools and elementary students fails when incorporated in high schools? Discover the process of how to best incorporate changes at the high school level to create a successful breakfast program. Learn the key strategies for engaging students, creating a successful model, and maintaining interest. Presenters include those with experience creating successful breakfast models in high schools.

View slide deck
Attendance Certificate

The webinar can be found here:
www.a4hk.org/filelib/AFHKAltBreakfastTargetingHS.wmv

Farm to School and the New Meal Pattern
The 37-minute webinar includes an overview of the New Meal Pattern by FNS Child Nutrition Program staff and moves into a discussion about ways to add local food to school menus and obstacles that are commonly faced.

The webinar can be found here:
http://www.youtube.com/watch?v=S1Yhl426JT4&feature=youtu.be

Using school garden produce in school food service
School gardens ... what better way to engage students in healthy eating experiences? Serving garden produce in school food service programs presents new challenges, but it can be done! This webinar will address these challenges and offer specific strategies and recommendations to successfully connect school garden produce with the school food service programs. Hear about great garden successes from New York and Connecticut school districts and these programs' impacts on students and their food experiences.

Download Slides
Download Resources

The webinar can be found here:
http://www.farmtoschool.org/videoPlayer.php?id=675
National School Nutrition News

Release of the Annual FRAC School Breakfast Scorecard

According to the Food Research and Action Center’s (FRAC) School Breakfast Scorecard, during the 2011-2012 school year, the number of Wisconsin low-income students eating breakfast at school increased by 4.3 percent.

The number of students who participated in the school breakfast program (free, reduced-price, and full-price students) in Wisconsin increased by over 7,000 children in the 2011-2012 school year.

This means that children who are being offered school breakfast, whether they are low-income or not, are participating. Children with access to school nutrition programs including breakfast, have the opportunity to start their day with the nutrients they need for a day of learning.

To see the latest FRAC School Breakfast report, go to http://frac.org/pdf/Scorecard_SY2011-2012.pdf

A Big Step in the Right Direction: USDA Proposes Strong National School Food Standards

USDA released long-awaited proposed nutrition standards that would provide healthier options throughout school cafeterias, vending machines, and snack bars. Paired with the improvements to school lunches that were rolled out last fall, the proposed standards indicate that all foods and beverages sold in schools will meet much stronger nutrition guidelines.

The new guidelines are closely aligned with the 2007 Institute of Medicine recommendations from the report Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth. What’s more, the proposed standards serve as a regulatory floor, not a ceiling – meaning that they will provide a minimum set of guidelines for schools across the country. That means states and districts have flexibility to keep or set guidelines that go beyond federal standards.

Everyone is encouraged to submit comments on the proposed standards to the USDA.

To read USDA’s announcement, http://content.govdelivery.com/bulletins/gd/USDAOC-6a1e31
Wisconsin School Breakfast ListServ

The WI School Breakfast listserv is an efficient way to share information about school breakfast issues.

Have a question? Simply post it on the listserv and have it answered by other listserv members.

Have a great resource to share? Post it on the listserv and share it with others who might benefit from it.

This is a professional listserv.

Join at: https://lists.uwex.edu/mailman/listinfo/wischoolbreakfast

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Stay connected

On Facebook
There is a national breakfast peer advisory group connected on Facebook. You can request a membership into this group if you are interested in real time updates about breakfast from colleagues around the country!
Go to http://www.facebook.com/groups/BreakfastPeerAdvisoryGroup/

At SNA
GET INSPIRED! during the SNA of WI Spring Conference – March 19-20, 2013 at the Country Springs Hotel in Waukesha, WI
To register, go to www.sna-wi.org/conferences/

Agenda
Tuesday, March 19, 2013
6:00 pm – 7:30 pm Vendor Table Top Exhibits

Wednesday, March 20, 2013
8:30 am – 9:15 am Registration (coffee only, no breakfast will be provided)
9:15 am – 9:30 am Welcome, Announcements & Icebreaker
9:30 am – 10:45 am Cafeteria Reinvention: Small Changes that Make a Big Difference
Kathryn Hoy, RD, Cornell University
Behavioral economics is the practice of altering the physical environment in order to affect purchasing and consumption behavior. Develop a solid foundation in the theory behind Smarter Lunchroom interventions.

11:00 am – 12:00 pm Buffet Lunch

12:00 pm – 1:30 pm Making it Happen: Planning and Implementing Breakfast in the Classroom
Amy L. Korth, MS, RD, UW-Extension and Marilyn Hurt, School Nutrition Consultant
The new BIC Toolkit will be introduced. Participants will learn how to use this guide to design a Breakfast in the Classroom program. All participants will receive a copy.

1:45 pm – 3:00 pm Food For Thought: How Do Food Preferences Change Over Time for Kids & Adults?
Dr. Keely Rees, University of Wisconsin-La Crosse
Research helps us understand how children and adults adapt their palates and taste buds over time. This session shows how to help parents, schools, and communities address the changing nutrition guidelines.

3:00 pm – 3:15 pm Wrap Up & Prize Drawing

Through DPI
New Breakfast Meal Pattern and Menu Planning training will begin in March 2013.
Watch the Training Opportunities webpage for dates and locations at http://fns.dpi.wi.gov/fns_training#snt
Interested in Summer Food Service Programs?

The effects of the economic downturn continue to be seen in our communities, affecting the lives of the families we serve on many levels. Your school may have seen a rise in the need for assistance through the NSLP and School Breakfast Program (SBP) based on the number of children that now qualify for a free or reduced-price meal. Thankfully, the majority of schools in Wisconsin provide these much needed programs during the school year.

However, the Department of Public Instruction (DPI) continues to increase the number of schools and organizations that offer nutritious meals to children during the summer months. This can be accomplished a number of ways through federally-funded reimbursement programs. If interested, contact Amy Kolano, Summer Food Service Program (SFSP) Coordinator at (608) 266-7124.

For more information, please visit the DPI Summer Feeding Choice for Schools webpage at [http://fns.dpi.wi.gov/fns_summerchoices](http://fns.dpi.wi.gov/fns_summerchoices)

A Side Note:
I was recently married in October of 2012 and have changed my name to Amy Korth. My email and contact information all remain the same. Thank you!

Promotion Idea

Partnering with your local UW-Extension office can help you promote school breakfast programs. In Walworth County, Extension was able to teach about the importance of breakfast while the students and their parents participated in a breakfast event.

Check out their story at: