

Community of Practice Call

# COVID-19 Emergency Food Service

January 14, 2021

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LunchAssist

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CENTER FOR  
ECOLITERACY

**CALIFORNIA FOOD**  
FOR CALIFORNIA KIDS™



# CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy



CENTER FOR  
ECOLITERACY



# LunchAssist PRO

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SY 20-21 Professional Development  
*and The Collective*





## agenda

- district spotlights
- covid-19 updates
- policy & funding updates
- grants, resources + events
- leadership
- discussion

usda professional standards

1110, 1310, 2240, 2620, 2640, 3240, 3450, 4120,  
4130, 4150

1 hour of professional development



# SY 20-21 call schedule

FEBRUARY

4

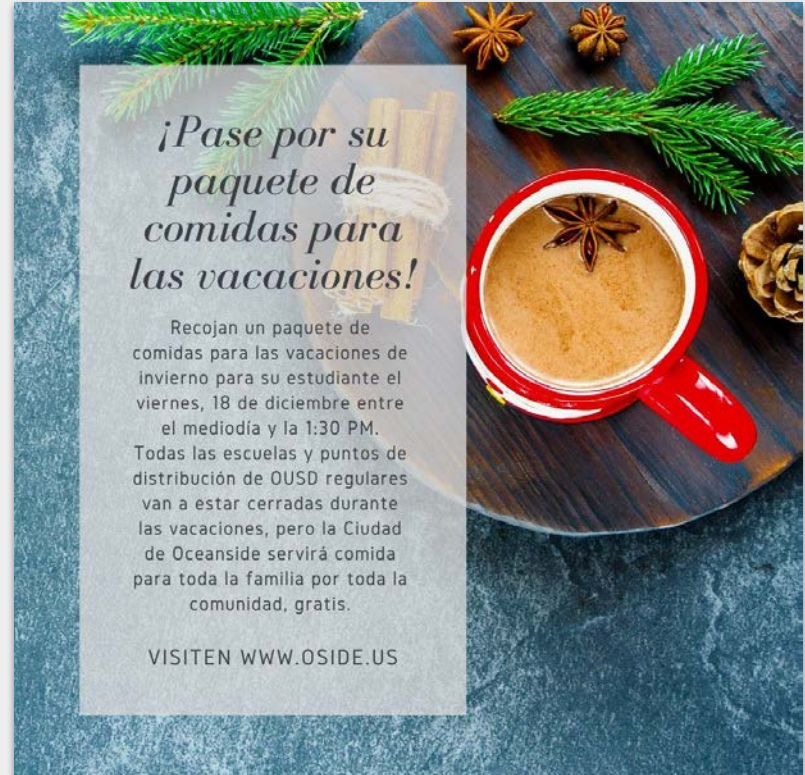
[join us...](#)

[9:00-10:15 a.m. PST / 12:00-1:15 p.m. EST](#)

responding to the capitol events  
on january 6

district spotlights

# oceanside , ca



*¡Pase por su  
paquete de  
comidas para  
las vacaciones!*

Recojan un paquete de comidas para las vacaciones de invierno para su estudiante el viernes, 18 de diciembre entre el mediodía y la 1:30 PM. Todas las escuelas y puntos de distribución de OUSD regulares van a estar cerradas durante las vacaciones, pero la Ciudad de Oceanside servirá comida para toda la familia por toda la comunidad, gratis.

VISITEN [WWW.OSIDE.US](http://WWW.OSIDE.US)



# monterey peninsula, ca

## Menu 1/12-1/15

**Tuesday-** \*\*Monterey chicken sandwich,  
\*\*green bean salad, \*\*turkey/egg/cheese  
breakfast sandwich

**Wednesday-** \*\*cheesy chicken+broccoli bake,  
\*\*CA spinach+cranberry salad, buttery  
maple Snack'n waffle

**Thursday-** chicken hot dog, \*\*tajin corn,  
Dave's muffin & yogurt cup

**Friday-** pizza, \*\*zesty chickpeas, \*\*overnight  
oats

all meals served with fresh CA fruit and optional milk. \*\*  
made from scratch in our central kitchen in Seaside



# monterey peninsula , ca

**UPDATED ROUTE!**

## GRAB & GO MEALS ON THE MOVE

**1 Bus 3 Learning Communities 4 Stops**

### MONDAY - FRIDAY

**UPDATED ROUTE**  
(SEASIDE / MONTEREY / MARINA)

11:30 a.m. | San Lucas St. & Amador Ave. (Ocean View Church)  
11:50 a.m. | Montecito Park  
12:20 p.m. | Marina Dr. (Back of Marina Child Development Center)  
12:45 p.m. | Preston Park

No ID/enrollment needed. Student need not be present.  
Targeted for students ages 18 and younger.

**fresh delish**  
MONTEREY PENINSULA UNITED SCHOOL DISTRICT  
NUTRITION SERVICES





rialto, ca

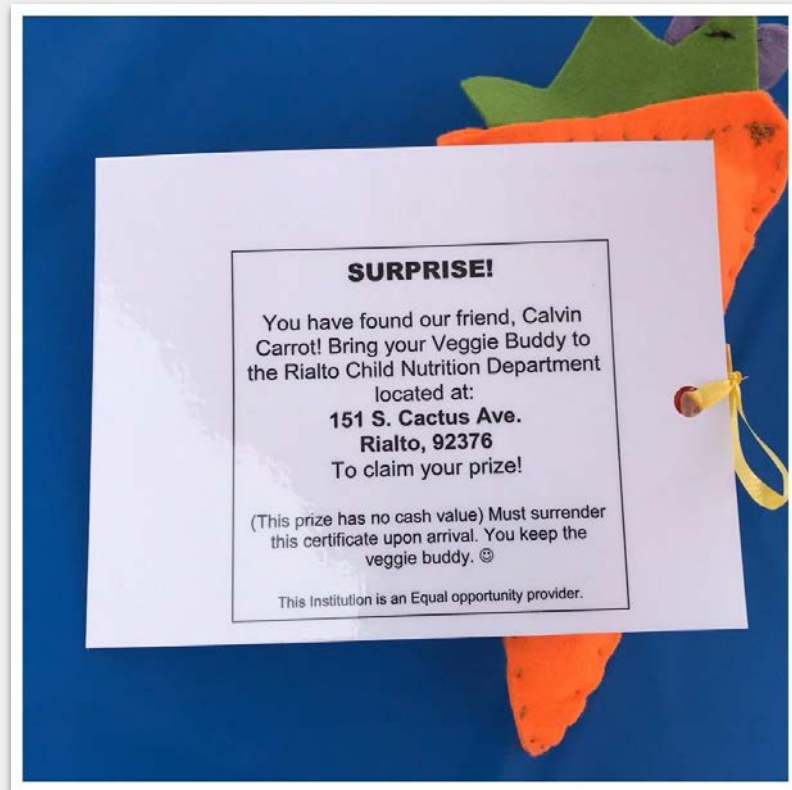


rialto, ca





# rialto, ca

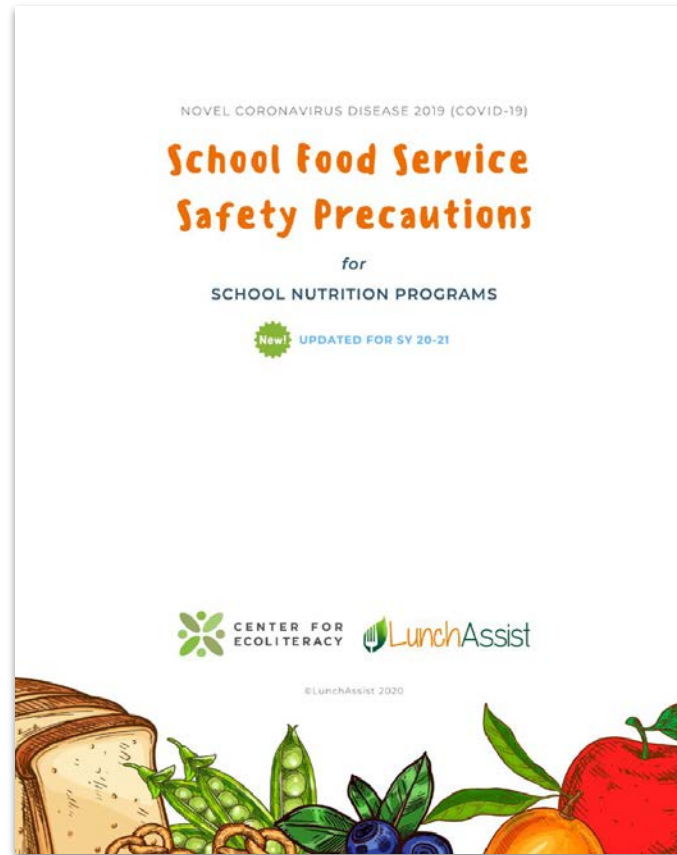


COVID-19 updates

# covid-19 safety

- new strains of the virus
- vaccine distribution
- continue to emphasize covid-19 safety practices!

**resource:** [school food service safety precautions for SNPs](#)



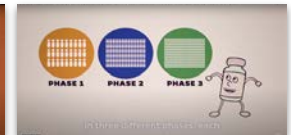
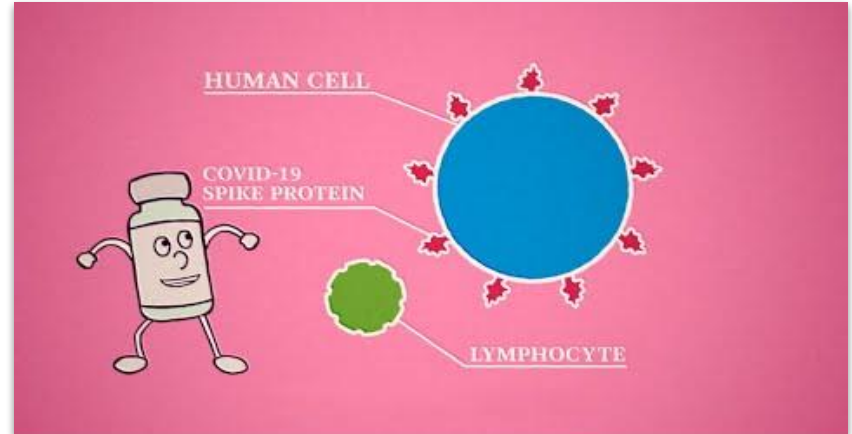
**WE  
WILL  
WIN.**





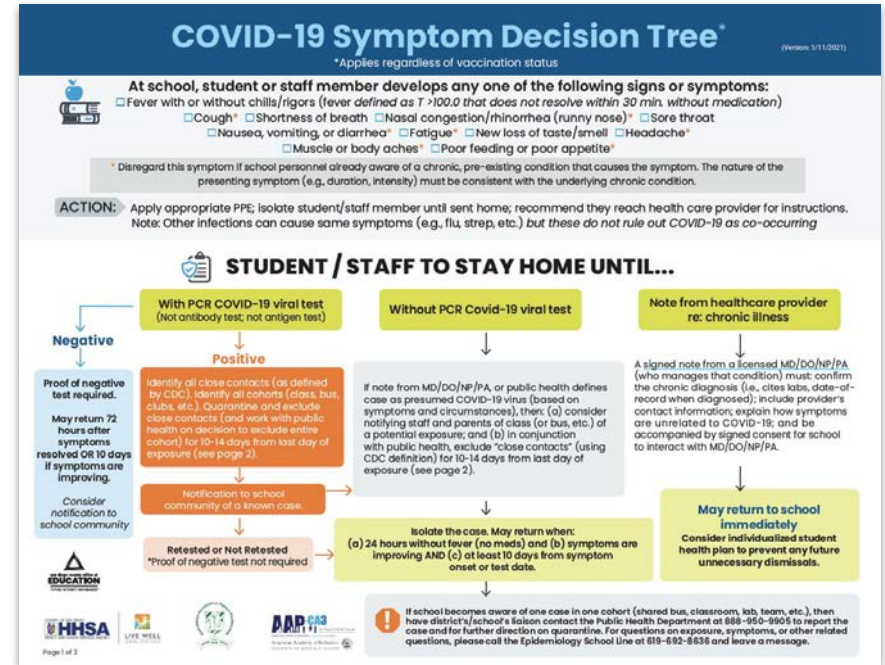
# educational materials

- [“i’m a vaccine” video](#), johns hopkins bloomberg school of public health



# educational materials

- [“i’m a vaccine” video](#), johns hopkins bloomberg school of public health
- [vaccinate all 58 toolkit](#)




# educational materials

- ["i'm a vaccine" video](#), johns hopkins bloomberg school of public health
- [vaccinate all 58 toolkit](#)
- [COVID-19 symptom decision tree](#)




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- ["i'm a vaccine" video](#), johns hopkins bloomberg school of public health
- [vaccinate all 58 toolkit](#)
- [COVID-19 symptom decision tree](#)
- [reporting and responding to confirmed positive COVID-19 case\(s\) at k-12 schools](#)
- [new materials for schools and parents](#)




## Reporting and Responding to Confirmed Positive COVID-19 Case(s) at K-12 Schools

Per the [CDPH Reopening Framework](#), when there is a confirmed positive COVID-19 case among students or staff the following actions must take place:




**1. Notify the local public health department:**

- Please refer to the [COVID-19 Communication for Schools with County San Diego Epidemiology Branch](#) for directions regarding:
  - Reporting a student or staff lab-confirmed (or diagnosed) COVID-19 Positive Case
  - COVID-19 Epidemiology Consultation
- Click here to [Report the Case Online](#)
- Please note that after a case is reported to the County of San Diego, the Epidemiology Branch will follow up with the school if needed. If a follow up is needed, the Epidemiology Branch may provide the school with tailored recommendations or additional instructions. The below list is the minimum required steps all schools must follow per the [CDPH Reopening Framework](#) regardless of a follow-up from the Epidemiology Branch.



**2. Isolate case and exclude from school for at least 10 days from symptom onset or test date:**



- See [Home Isolation Instructions](#) for Coronavirus Disease 2019 (COVID-19).
- Please refer to the [COVID-19 Symptom Decision Tree](#) for additional guidance.
- If the family needs support to isolate or quarantine safely please refer them to the [Temporary Lodging Program](#) (scroll to the temporary lodging program fact sheets).



**3. Identify close contacts (\*), quarantine & exclude exposed contacts (likely entire cohort (\*\*)) for 14 days after the last date the case was present at school while infectious:**

- If needed, see the "COVID-19 Epidemiology Consultation" directions from the [COVID-19 Communication for Schools with County San Diego Epidemiology Branch](#)
- See [Quarantine Guidance](#) for Coronavirus Disease 2019 (COVID-19).
- (\*) A close contact is defined as a person who is <6 feet from a case for >15 minutes. In some school situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other group may need to be considered exposed, particularly if people have spent time together indoors.
- (\*\*) A cohort is a stable group with fixed membership that stays together for all courses and activities (e.g., lunch, recess, etc.) and avoids contact with other persons or cohorts.

Continue to Next Page



Visit [Coronavirus-sd.com/K12Schools](https://Coronavirus-sd.com/K12Schools) for additional information and resources

Updated 10/20/2020



policy + funding

# COVID-19 relief package 🎉

**Liz Campbell**

Senior Director, Legislative & Government Affairs

Academy of Nutrition & Dietetics


# usda nationwide waiver q+a #4

- CACFP supper/snack
  - attendance records are required
    - Q&A specifies that with state agency approval, meal count records may be used to record attendance
- funding
  - severe need reimbursement may be based on the most favorable year between 2019 and 2022
  - SY 19-20 participation can be used for FFVP
- school meal applications
  - schools may continue to collect meal applications even if operating sso/sfsp
  - this helps to provide eligibility for P-EBT and other benefits
  - contradicts previous guidance from the California Department of Education

# lunchassist resources

- SY 20-21 winter checklist
- program integrity plan
  - *updated Jan. 2021*

School Nutrition Programs Checklist  
**WINTER 2021**  
Complete these tasks January-March 2021



Important Dates

**National Deadlines**

- Feb. 1 - Complete site monitoring for NSLP/SBP
- Feb. 28 - Complete Verification Process

**Additional CA Deadlines** (*check with your State for state-specific deadlines*)

- Feb. 16 - CDFA Farm to School Incubator Grant
- Feb. 23 - CDE Public Charter Schools Grant
- Mar. 1 - Submit Verification Report
- Mar. 1 - CDE School Breakfast and Summer Meals Grant
- Mar. 5 - Fresh Fruit and Vegetable Program Grant
- Mar. 15 - Complete CACFP Mandatory Training
- Mar. 18 - Submit SY 20-21 USDA Foods Allocation Survey

**Additional Deadlines**

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Program Operations

☐ Update applications for each program operated this year (SSO/SFSP/CACFP).

- Adjust program end dates to June 30, 2021 and ensure all changes are approved before submitting claims for reimbursement (CA - CNIPS).
- Update applications to reflect total number of meal service days, including weekends holidays, if applicable.

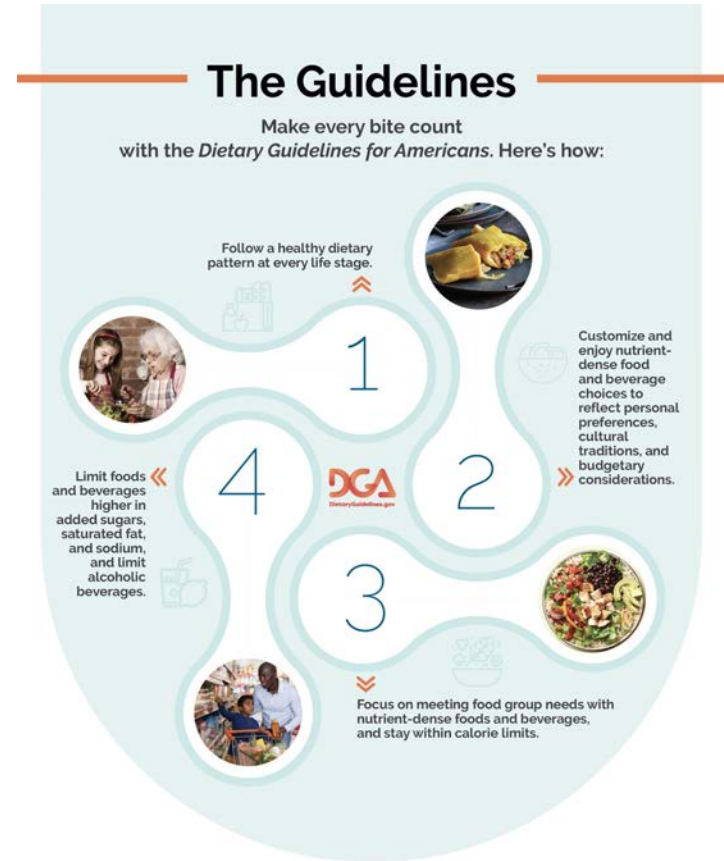


# 2021 SFSP reimbursement rates

maximum per meal reimbursement rates for all states (not AK or HI)		
	rural or self-preparation sites	other types of sites
breakfast	\$2.4625	\$2.4150
lunch or supper	\$4.3175	\$4.2500
snack	\$1.0200	\$0.9975

# new dietary guidelines for americans

- ***Make every bite count***
- summary:
  - ↑ fruits & veggies
  - ↑ whole grains
  - ↓ excess sodium
- national nutrition month
  - opportunity to promote/educate parents + staff
  - **more resources coming next month!**



grants □ events □ resources

# grants (national)

- **usda team nutrition training grant for school meal recipes**
  - varies by state
  - support for developing recipes that reflect local agriculture and preferences
  - [webinar on](#) **january 27th**
  - [letter of intent due:](#) **feb 8th**
  - [states already awarded funds](#)
- **gro more good**
  - new or expanding youth gardens that serve at least 15 youth
  - all non-profits, including schools can apply
  - \$500-\$1,000, with 175 grants awarded
  - [applications due:](#) **feb 5th**



# grants (ca)

- **cde: school breakfast and summer meal expansion**
  - SY 20-21
  - up to \$15,000 per school site, for non-recurring expenses
  - [applications due:](#) **march 1st**
- **cde: fresh fruit and vegetable program**
  - july 1, 2021-june 30, 2022
  - eligible elementary schools
  - use enrollment data from oct. 2019
  - [applications due:](#) **march 5th**

cdfa

farm to school  
incubator grant  
(ca only)

## CA FARM TO SCHOOL INCUBATOR GRANT APPLICATIONS NOW OPEN!

**Jan 7**  
Grant  
Webinar

**Feb 16**  
Applications  
Due


**Feb - Mar**  
Review  
Process

**March**  
Award  
Announcement


**track 1:**  
\$20K - \$500K  
per CA F2S  
Innovation  
Grant

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**track 2:**  
\$10K - \$250K  
per CA F2S  
Regional  
Partnerships  
Grant



to learn more visit: [cdfa.ca.gov/grants](https://cdfa.ca.gov/grants)



CALIFORNIA DEPARTMENT OF  
FOOD & AGRICULTURE



CDFA OFFICE OF  
**FARM to FORK**



**Friends of the Earth**  
**Climate-Friendly Cuisine**  
For Healthy Kids and a Healthy Planet

Join us for a **FREE Wednesday webinar series**

## **Healthy, Climate-Friendly School Food: Strategies for Success**

A FREE series for school food staff and stakeholders on bringing climate-friendly cuisine to your district. Opportunities for USDA Professional Standard Credits will be provided.

### ***The Organic School Food Roadmap: Getting Started and Forging Partnerships***

**January 27th, 2:30-4:00pm**

Learn about six key strategies, available resources, and funding opportunities outlined in Friends of the Earth's new Organic School Food Roadmap. This session will highlight the importance of community partnerships and feature several non-profit partners who provide technical and marketing support to help California school districts increase food purchases from local, organic producers.

**Register at [foe.org/SchoolFoodWebinars](https://foe.org/SchoolFoodWebinars)**

# scratch cooking to-go | chef ann foundation



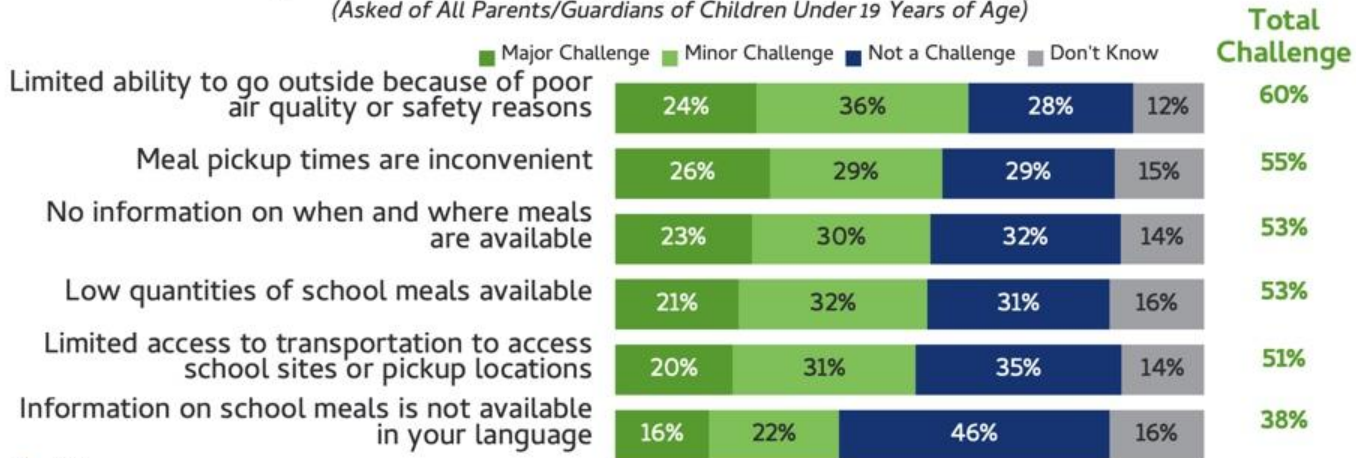


# barriers to participation | nourish california

Air quality, inconvenient pickup times and lack of information were the most common challenges for accessing school meals.

*Here is a list of challenges some families may face in accessing free or discounted school, preschool, or childcare meals when school is out of session. Please indicate if this has been a major challenge, a minor challenge, or not a challenge for you and your family in accessing these meals.*

*(Asked of All Parents/Guardians of Children Under 19 Years of Age)*





Healthy @ Home  
Resources from Alliance for a Healthier Generation

# Healthy @ Home

FEATURED RESOURCE LIBRARY:



## Feeling Healthy at Home

Managing stress, regulating emotions and maintaining strong relationships at home are crucial to the health and well-being of everyone. Together with Healthier Generation, Kohl's Healthy at Home is helping families build social-emotional skills together.

## Resource Libraries

Browse research-backed resources by topic



### Eating Healthy at Home

Recipes, tools, and resources to make bite-sized changes that have a big impact on your family's health and well-being



### Moving More at Home

Get ideas for quick and easy physical activity breaks to integrate into your daily routine so you can move more and feel better



### Feeling Healthy at Home

Build your family's social-emotional skills through communication, collaboration, self-reflection, and self-care

## FEELING HEALTHY @ HOME

KOMES  
Healthy  
at Home





















### Feelings Chart

Emotions are a big part of our health and well-being. Each person will experience emotions differently and the way we feel can change day-to-day. To successfully manage our emotions, we must first identify how we feel and acknowledge that no feeling is "good" or "bad." All feelings are useful information to help us navigate our world with success!

#### HOW TO USE

- Print and post this chart somewhere visible, like the refrigerator
- Every day, family members and educators can guide young people to name their emotions, then provide support through active listening and encouragement

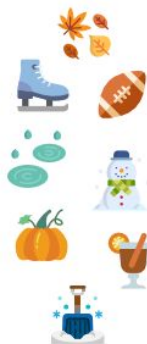
Right now, I am feeling ...

 Happy	 Excited	 Silly	 Energized
 Confident	 Loved	 Grateful	 Surprised
 Thoughtful	 Calm	 Sensitive	 Tired
 Bored	 Sad	 Jealous	 Disappointed
 Sick	 Frustrated	 Worried	 Angry



## All-Weather Family Activities

### Cool-Weather Activities

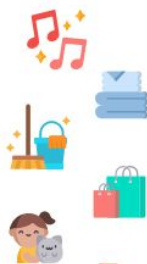


- Rake leaves and jump into the pile!
- Step into rainboots and splash in the puddles
- Help family and neighbors by raking leaves or shoveling snow
- Go sledding
- Challenge your family to a snow-building competition
- Get in the seasonal spirit by going apple-picking, strolling a corn maze, or browsing a pumpkin patch
- Hand-deliver items that are sure to warm your neighbors' hearts, such as homemade holiday cards and healthy apple cider

I love to be physically active with my family by playing catch with my football.  
-Jovon, age 13

I like to go ice-skating together!  
-Arielle, age 14

### Indoor Activities



- Try these quick **physical activity break cards** – no equipment necessary!
- Turn on the music and have a dance party
- Do some spring cleaning by sorting old food, clothes, books, and other items  
(Bonus: Donate any usable items that you no longer want to charity)
- Help with household tasks like dusting, vacuuming, and mopping
- Play a game of indoor Hide-and-Seek

"My favorite activity is showing my family my gymnastics exercises – like frog jumps, wall handstands and planks!"  
-Amelia, age 7

## EATING HEALTHY @ HOME

RECIPE GUIDE FOR























# A Week of Simple, Healthy Meals



Try the plan below or mix-and-match the following simple recipes for 5 days of healthy meals (plus leftovers!) the whole family will enjoy.

Use the *Eating Healthy at Home* Recipe Cards for fun and easy instructions for preparing each meal.

Monday <i>Meatless Monday – tasty alternative sources of protein!</i>	Tuesday	Wednesday <i>Your Way Wednesday</i>	Thursday	Friday <i>Family Movie Night</i>
 <b>BREAKFAST</b> Apple Pie Smoothie	 <b>BREAKFAST</b> Peanut Butter and Jelly Smoothie	 <b>BREAKFAST</b> Top-Your-Own Breakfast Tacos	 <b>BREAKFAST</b> Pizza Toast	 <b>BREAKFAST</b> Cheesy Scrambled Eggs
 <b>LUNCH</b> Green-And-Bean Quesadilla	 <b>LUNCH</b> Pasta with Peas	 <b>LUNCH</b> Rainbow Sandwich	 <b>LUNCH</b> Delicious Do-It-Yourself Lettuce Wraps	 <b>LUNCH</b> Any-Vegetable Easy-Crust Pizza
 <b>SNACK</b> Energy Bars	 <b>DINNER</b> Oven-Roasted Salmon	 <b>DINNER</b> Chicken Your Way	 <b>DINNER</b> Classic Burgers	 <b>DINNER</b> Not Your Grandma's Fried Chicken
 <b>DINNER</b> Zucchini "Spaghetti"	with  Cheesy Roasted Asparagus	 <b>TREAT</b> Vanilla Applesauce	with  Crispy Carrot Fries	 <b>SNACK</b> Cauliflower Popcorn

The above meal plan was developed to represent a variety of meal options containing a balance of whole grains, lean proteins, and fruits/vegetables each day.

Recipes available online at [HealthierGeneration.org/EatingHealthyAtHome](https://HealthierGeneration.org/EatingHealthyAtHome)

## RECIPES @ HOME



### Apple Pie Smoothie

*This smoothie has protein-rich almonds and yogurt to give you lots of energy — and the cinnamon and vanilla gives it a rich sweetness that might remind you of a favorite dessert!*

**HANDS-ON TIME: 5 MINUTES**

**TOTAL TIME: 5 MINUTES**

**MAKES: 2 SERVINGS**

#### KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- Blender (adult needed)

#### INGREDIENTS

- ¾ cup plain low fat yogurt or whole milk yogurt
- ½ cup low-fat or whole milk
- 2 tablespoons raw almonds\* (\*If you're allergic to nuts, skip the almonds and substitute 2 tablespoons old-fashioned oats.)
- ½ apple, cored and sliced
- 1 overripe banana, sliced (frozen if possible)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 ice cubes



### Crispy Carrot Fries

*Carrots are usually orange, but have you ever seen them in other colors? There are purple, white, red, and yellow varieties too. You can use any color in this recipe, where the natural sugar in the carrots caramelizes to turn the vegetables dark, sweet, and crisp-edged.*

**HANDS-ON TIME: 10 MINUTES**

**TOTAL TIME: 40 MINUTES**

**MAKES: 4 SERVINGS**

#### KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Scrub brush
- Rimmed baking sheet
- Measuring spoons
- Pot holder

#### INGREDIENTS

- 1 pound carrots, scrubbed but not peeled
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt





# Kids Can Cook - Making Simple Snacks and Meals at Home

Family Engagement in School Food & Nutrition

WEBINAR ON FEBRUARY 24

# Thank you!



  @healthiergen   /HealthierGeneration



leadership

# align your time mgt. with your goals

1. list your goals
2. track your time - *2 weeks*

SAMPLE CHART FOR TRACKING TIME SPENT ON TASKS PER WEEK							
WEEK ENDING 4/14	Core responsi- bilities	Personal growth	Managing people	Crises and fires	Free time	Admini- strative tasks	TOTAL TIME/DAY
Monday	2 hrs	1 hr	3 hrs	0 hrs	0 hrs	2 hrs	8 hrs
Tuesday	3	1	4	0	0	2	10
Wednesday	7	0	0	1	0	2	10
Thursday	0	3	3	0	0	2	8
Friday	1	2	0	1	3	2	9
TOTAL TIME/ ACTIVITY	13 hrs	7 hrs	10 hrs	2 hrs	3 hrs	10 hrs	45 hrs
PERCENTAGE OF TIME	29%	16%	22%	4%	7%	22%	100%
SOURCE 20-MINUTE MANAGER: GETTING WORK DONE (HARVARD BUSINESS REVIEW PRESS, 2014)							HBR.ORG

source: [harvard business review](#)

discussion