

Community of Practice Call

COVID-19 Emergency Food Service

May 6, 2021

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LunchAssist

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ECOLITERACY

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FOR CALIFORNIA KIDS®



CALIFORNIA FOOD FOR CALIFORNIA KIDS®

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



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ECOLITERACY



LunchAssist PRO

SY 20-21 Professional Development
and The Collective



agenda

- district spotlights
- policy + funding updates
- CDC updates
- resources, grants, events
- panel discussion

usda professional standards

1130, 3240, 3450, 4110, 4120, 4150

1 hour of professional development



Photo: Borrego Springs Unified School District

one remaining call!

JUNE

3

[join us...](#)

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

district spotlights

borrego springs unified school district, ca



borrego springs unified school district, ca



lucia mar unified school district, ca



lucia mar unified school district, ca



lucia mar unified school district, ca



orcutt union school district, ca



orcutt union school district, ca



orcutt union school district, ca

Taste of California Challenge
Grant Recipient

congrats!



THANK YOU
TO OUR HEROES!



 LunchAssist

BRAVE

PASSIONATE



CARING

STRONG

Thank You

#SchoolNutritionHeroes

 LunchAssist

policy + funding

policy updates | federal

12 new waivers:

- all schools may serve meals for free under the SSO until 6/30/22
 - no area eligibility waiver required!
 - allowable for open and/or closed sites
- SFSP reimbursement rates paid for SSO meals
- state reimbursement on top of that! (CA)



policy updates | federal

extended until june 30, 2022:

- non-congregate meals service
- meal time requirements
- parent meal pick-up



policy updates | federal

meal pattern waivers:

- current SSO meal pattern waiver expires on the first day of SY 21-22
- **new** SSO meal pattern waiver for SY 21-22
 - age grade groups & sodium should be easily waived
 - all other areas should be in compliance with the meal pattern unless there are truly extenuating circumstances
 - waivers will need to be approved on a case-by-case basis



policy updates | federal

summer food service program (SFSP):

- current SFSP meal pattern waiver expires **6/30/21**
- all other SFSP flexibilities expire on **9/30/21**



policy updates | federal

child and adult care food program (cacfp):

- area eligibility waiver extended until **6/30/22**



policy updates | federal

virtual reviews:

- administrative reviews
- site monitoring



The graphic features the LunchAssist logo at the top left, with a green and orange icon. To the right is a photograph of a stack of colorful folders and a white keyboard. A green rectangular box contains the main text, and a dark grey box at the bottom contains additional details. Below this is a teal section titled 'What's Included?' with four columns of text, each preceded by a green checkmark icon.

LunchAssist

Scheduled for a Review Next Year?
Join the LunchAssist
SY 21-22 AR Boot Camp!

Camp begins on May 5, 2021!
Rolling enrollment.

What's Included?

 Self-Guided Modules Sick of reading 250-page USDA manuals? Us too. Sit back, relax, and listen to our short, fun videos.	 Off-Site Assessment Cheat Sheet Replaces late nights at the office so you can make it home by dinner time.	 Monthly Gatherings + Private Facebook Group Like-minded colleagues to support & encourage you - aka you new besties.	 Policy Templates, Tools, + Checklists Don't recreate the wheel. Use tried-and-true tools for a successful review.
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INSTITUTE OF
child nutrition
RESOURCES • TRAINING • RESEARCH

Summer is on the way! This Summer Meals Food Safety Training Guide is a resource you can use to train your staff on important food safety practices that help keep food safe for the children you are feeding. Site managers can use this guide as a reference with food safety reminders and best practices. *Each page has quick information on different topics that assist you in training your staff.* A list of additional resources available from the Institute of Child Nutrition can be found in the back of the training guide. The information presented in this training guide may or may not apply to all summer meals sites, so adapt it to your summer meals program as applicable. The three sections in the training guide promote key food safety practices essential to a successful summer meals site:



- Practicing good personal hygiene
- Checking and documenting food safety temperatures
- Proper cleaning and sanitizing

These practices help ensure that the food children consume is safe and reduce the risk of a foodborne outbreak. A foodborne outbreak at a summer meals site could result in multiple children and staff becoming sick, bad publicity, and possibly cause the shutdown of the site.

This free, downloadable training guide can be found at TheICN.org/FoodSafety. The Summer Meals Food Safety Training Guide, along with posters and tip cards, are available in English and Spanish. Printed copies of the posters and tip cards are available for order by email to helpdesk@theicn.org.



eLearning Portal

The ICN eLearning Portal also offers a 1-hour online course, Food Safety in Summer Meals. Completion of this course provides one CEU in USDA code 2620 and Key Area 2.

Register and enroll in this course here: TheICN.org/eLearning



Food Safety in Summer Meals

ID: E-71K6D1

Duration: 1h ★★★★★



Attention School Nutrition Managers! Take a quick 3-question survey to help ICN develop a resource for new or aspiring school nutrition managers! Click below to provide your feedback on ways that ICN can best develop Introduction to School Nutrition Leadership for Managers. This course will provide new or aspiring school nutrition managers the information and tools to succeed in their job.

Click Here for Survey: <https://bit.ly/3gXshGs>

Exciting changes are just around the corner for ICN's online learning. Can you take a hint?



About ICN ICN Website

The Institute of Child Nutrition (ICN), part of the School of Applied Sciences at The University of Mississippi, is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs. The Institute's mission is to provide information and services that promote the continuous improvement of child nutrition programs.



Truth Time



Love Letters from Waiver Land

LunchAssist | Jennifer McNeil, RDN, SNS

On April 20th, the USDA released **waivers** allowing all schools to serve free meals until June 30, 2022. Justice for George and Waivers for Kids on the same day. **Yes, please!**

To summarize...

Waiver #84 is actually just a summary of all of the new waivers. This is a nice touch from USDA. They're obviously working on their communication skills, and it shows.

Free Meals for All

The most impactful waiver is #85. This allows all schools to operate the Seamless Summer Option during SY 21-22 in lieu of the National School Lunch or Breakfast Programs. Schools can do so regardless of their Area Eligibility. Unfortunately, those currently operating SFSP will need to swap to SSO before their first day of SY 21-22. Worried about lower reimbursement rates with SSO? Keep reading.

Money, Money, Money

We're most excited about Waiver #86. Yep, \$ This provides SFSP reimbursement for SSO meals served during SY 21-22. Whew. This is a big relief for schools that will be swapping from SFSP to SSO. For the 16 states that provide state reimbursement, we reckon you'll get

state \$ on top of the SFSP rates, resulting in much higher reimbursement checks. **Make. It. Rain.**

The Basics

Non-Congregate Meal Service, Meal Time Requirements, and Parent Meal Pick Up waivers have all been extended, allowing schools to continue grab n' go, home delivery, and other types of innovative meal service.

What's for Lunch?

Two new meal pattern waivers have been created for limited use during SY 21-22. In short, USDA expects folks to follow the meal patterns, except for the sodium requirements because let's be honest, those are a bit aggressive. #realtalk

Area Eligibility

We've received a lot of questions about the Area Eligibility waivers - or lack thereof. The Area Eligibility Waiver #93 applies only to Afterschool Programs and Day Care Homes. That's it. Waiver #85 allows all schools to operate SSO and pretty much eliminates the need for an SSO Area Eligibility Waiver. #efficiency

What about SFSP?

As far as we can tell, most flexibilities for the SFSP end on September 30, 2021. Remember, Waiver #85 mandates that

schools swap over to SSO for SY 21-22 (or revert to NSLP/SBP). Community agencies offering SFSP meals will most likely need to consider serving meals under CACFP and can do so regardless of their Area Eligibility thanks to Waiver #93.

Audits

Thanks to Waivers #94-96, site monitoring and Administrative Reviews will continue to be completed virtually. Are you scheduled for an Administrative Review during SY 21-22? If yes, you definitely want to join the AR Boot Camp. Click [here](#) to learn more!

Hungry for More?

Register for the final two **Community of Practice Calls** on May 6th and June 3rd. 📍



Administrative Review Boot Camp Promotional Video - Take the next steps to get back to doing the things you really love to do.

Jennifer McNeil, RDN, SNS

Founder, LunchAssist

Jennifer McNeil, RDN, SNS is a former award-winning Child Nutrition Director and the Founder of LunchAssist. She was raised in America's Farm-to-Fork capital where she developed a passion and appreciation for local produce. She enjoys helping child nutrition directors cut through the administrative red tape so they can focus energy on serving the healthiest, freshest meals possible.

LunchAssist PRO is the newest community in school nutrition where members have exclusive access to hundreds of school nutrition resources and over 12 hours of fun and empowering professional development specifically designed for this school year. See what all the buzz is all about by visiting www.lunchassist.org.



CDE town hall
highlight reel

+

summer waiver
cheat sheet

exclusively for members of LunchAssist PRO

California Tuesdays @ 2 Town Hall

California Tuesdays @ 2 Town Hall: Highlight Reel

Summary & Chat Box Questions

Exclusively for Members of LunchAssist PRO

Updates provided Tuesday, April 27, 2021

New Waivers

Questions regarding this topic addressed during the Town Hall:

Q. For waiver #85, does a school need to have 50% or more F/R?

A. No, the SSO waiver is available to all site types, even if not in an area eligible location. - Gurjeet B.

Q. If all our students return to school for 21/22, do we have to change to NSLP, or do we stay on SSO and continue to feed the community children as well?

A. You may continue to operate SSO for 21/22 even if students return to school. You will need to reapply for the 21/22 school year. - Antonia Romeo

Q. Is SFSP permitted for SY 2021-2022 or SSO only?

A. The waivers for SY 21 - 22 specify that only SSO is allowed. - Gurjeet B.

Q. Just to clarify, has the Parent Guardian Meal Pick Up and Non Congregate Feeding waiver been extended through SY 21-22?

A. Yes, both of these waivers are included in the waivers extended for SY 21-22 - Gurjeet B.

Q. Can we run SSO during the 21/22 SY and also the NSLP afterschool snack program?

A. Yes, as long as school is in session (in person, hybrid, or distance). - Tara Masse

Q. If some students are participating in a fully virtual academy in the Fall as an option, and all other students are in person, are we required to offer meals to the virtual academy students?

A. Yes, under the state meal mandate, you still need to offer meals to children who are participating via virtual learning. - Gurjeet B.

Q. Can these meals be in weekly bundles? If students are participating in a fully virtual academy in the Fall as an option, and all other students are in person, are we required to offer meals to the virtual academy students?

A. Yes, under the state meal mandate, you still need to offer meals to children who are participating via virtual learning. - Gurjeet B.

Q. If all students return to in person learning for 21-22, can we still utilize SSO and have free meals for our students?

A. Yes you can still utilize SSO for SY 21-22, even if all students return to in person learning. You will need to re-apply for the 21-22 school year. - Antonia R.

CACFP Supper Meal Service



PRO

also known as "Food wrong. Here is a

less of their Area y waiver. #efficiency

als served during SY that. Make. It. Rain.

ts, and Parent Meal Pick

e" bulk & weekend meals We think this is already weekend meals are always

erns. Except for the e a bit aggressive. request to make it easier very will be available for

SLP Snacks and CACFP

September 30, 2021.

Summer Operators it out, we created a

policy updates | california

SB 364: The School Meals for All Act of 2021

- make school meals free for all students in every CA school
- provide \$0.25/meal for California-grown food
- establish grants for up to \$30,000/school site for training and equipment on freshly-prepared food
- provide low-income families with EBT during school breaks

policy updates | **california**

SB 364: The School Meals for All Act of 2021... **passed policy committees:**

- sen. education committee
- sen. health and human services committee

...with **unanimous, bipartisan support!** 🎉



policy updates | california

support from 177 organizations:



policy updates | **california**

food service director champions

“My colleagues in School Nutrition and I have seen firsthand the students that go hungry when they do not have money to pay for school meals. Free school meals for all should not end when the waivers expire.”

Stephanie Bruce, Palm Springs Unified School District

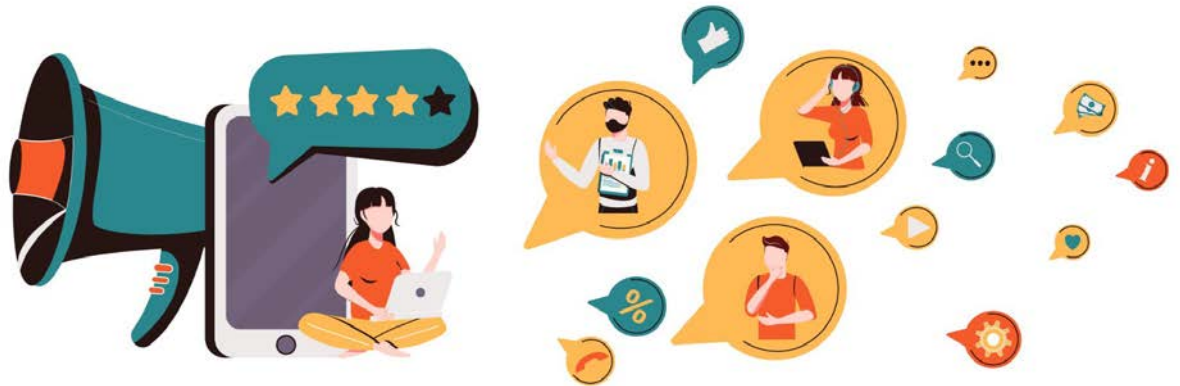
“We need to provide funding to ensure every student has their needs met so that they are prepared to learn. The time for Universal Meals is now.”

Jennifer LeBarre, San Francisco Unified School District

policy updates | **california**

4 ways to support CA school meals for all:

1. Sign on to the budget letter
2. Send in your own letter to senate appropriations
3. Share a quote with us about your support for school meals for all
4. Amplify the calls to action on social media



CDC update

Neha Kanade Cramer
Brianna Dumas, MPH, RDN, LD

Centers for Disease Control and Prevention (CDC)



resources · events · grants

resources | SY 21-22 ar boot camp



Scheduled for a Review Next Year?

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Camp begins on May 5, 2021!
Rolling enrollment.

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Off-Site Assessment Cheat Sheet

Replaces late nights at the office so you can make it home by dinner time.



Monthly Gatherings + Private Facebook Group

Like-minded colleagues to support & encourage you - aka your new besties.



Policy Templates, Tools, + Checklists

Don't recreate the wheel. Use tried-and-true tools for a successful review.

Who Is This For?

This Boot Camp is for YOU!

- New Nutrition Directors
- Experienced Directors
- Directors in every state
- Districts or Charters
- Others who function as a School Nutrition Director

What Is The Investment?

Early Bird | \$750* if registered by June 30, 2021
Standard | \$1,000* from July 1, 2021

*Are you already a LunchAssist PRO Member?
Existing PRO members receive a \$250 discount.

For more information and to join, visit www.lunchassist.org/ARBootCamp

3

Dates

SY 21-22 AR Boot Camp Dates & Session Information

Session	Dates	Format
Kick-Off Event	5/5/21, 1:30 pm Pacific	Live
Session 1	Available starting 5/5/21	Self-Guided
Monthly Gathering	6/2/21, 1:30 pm Pacific	Live
Session 2	Available starting 8/4/21	Self-Guided
Monthly Gathering	8/4/21, 1:30 pm Pacific	Live
Monthly Gathering	9/1/21, 1:30 pm Pacific	Live
Monthly Gathering	10/6/21, 1:30 pm Pacific	Live
Monthly Gathering	11/3/21, 1:30 pm Pacific	Live
Session 3	Available starting 12/1/21	Self-Guided
Monthly Gathering	12/1/21, 1:30 pm Pacific	Live
Monthly Gathering	2/2/22, 1:30 pm Pacific	Live
Monthly Gathering	3/2/22, 1:30 pm Pacific	Live
Monthly Gathering	4/6/22, 1:30 pm Pacific	Live



SY 21-22 AR BOOT CAMP

4

Camp Schedule

Camp officially starts in Spring 2021, but enrollment is on a rolling basis, which means you can join anytime! If you are joining us later in the year, just be sure to start from the beginning and watch the recordings of the live events, so you don't miss a beat!

Welcome to Camp! | Camp Begins 5/5/21!

- ❑ Live Kick-Off Event

Session 1: Get a Jump Start! | Available 5/5 on LunchAssist PRO

- ❑ Introduction to the AR Boot Camp
- ❑ Survival Tips
- ❑ Administrative Review 101
- ❑ Professional Standards & Summer Outreach
- ❑ Local School Wellness Policy & Triennial Assessment
- ❑ Resource Management 101

Session 2: Preparing for the Review | Available 8/4 on LunchAssist PRO

- ❑ Off-Site Assessment (OAT)
 - ❑ Overview of each section of the OAT
 - ❑ The LunchAssist OAT Answer Key
- ❑ Preparing Menu Documentation
- ❑ Planning for the Meal Observation
- ❑ Ace your Entrance Visit

Session 3: Wrapping Up & Next Steps | Available 12/1 on LunchAssist PRO

- ❑ Filing Corrective Actions
- ❑ Staying "Audit Ready" in non-review years

resources | SY 21-22 ar boot camp

← LIBRARY

SY 21-22 AR Boot Camp

Start Here

📁 Welcome to Camp!

Session 1: Get a Jump Start!

- 🔗 Module 1: Introduction to the AR Boot Camp
- 🔗 Module 2: Survival Tips
- 🔗 Module 3: Administrative Review 101
- 🔗 Module 4: Professional Standards and Summer Outreach
- 🔗 Module 5: Local School Wellness Policy & Triennial Assessment
- 🔗 Module 6: Resource Management 101

Session 2: Preparing for the Review (Available 8/4/21)

Session 3: Wrapping Up & Next Steps (Available 12/1/21)

👤

Welcome back, Mickinzie Lopez

📺 14% COMPLETE


Resume Course

Home

Boot Camp

Announcements

🔍 Search for something...



This Boot Camp will prepare you for all elements of the SNP Administrative Review; physical, mental, and emotional. To succeed, you will need to commit to watching each module and attending each monthly gathering - or watching the recording if you cannot attend. If you can make that commitment to us, then we commit to providing you with the tools you need to perform at the highest level!

Below are some quick links that will be helpful throughout the Boot Camp:

- [AR Boot Camp Welcome Packet](#)
- [Zoom Registration Link for Monthly Gatherings](#)
- [SY 21-22 AR Boot Camp Private Facebook Group](#)
- [Q&A Form](#)

Important Dates:

- 5/5/21 - Kick-Off Event
- 5/5/21 - **Session 1 Available**
- 6/2/21 - Monthly Gathering
- 8/4/21 - Monthly Gathering
- 8/4/21 - **Session 2 Available**
- 9/1/21 - Monthly Gathering
- 10/6/21 - Monthly Gathering
- 11/3/21 - Monthly Gathering
- 12/1/21 - Monthly Gathering
- 12/1/21 - **Session 3 Available**
- 2/2/22 - Monthly Gathering
- 3/2/22 - Monthly Gathering
- 4/6/22 - Monthly Gathering

resources | triennial assessment

How to Complete the Triennial Assessment

Wellness Policy Apr 22, 2021



It's time to tackle the Triennial Assessment (aka the LSWP's naughty cousin). Due June 30, 2021, this federal requirement applies to all schools or districts operating the National School Lunch Program (including SSO) and/or School Breakfast Program.

In this post, we'll explain why the Triennial Assessment is actually pretty important, explain

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Covid-19

Wellness Policy

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with news and
updates!

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resources | summer staffing



TIPS FOR STAFFING SUMMER MEALS PROGRAMS

No Kid Hungry gathered advice from summer nutrition heroes who have found innovative ways to ensure that their programs stay afloat in the summertime with passionate and dedicated staff. Below are some of their recommended strategies for staffing summer meals programs.

Employ Teens

Employing teens can benefit your summer meals program in so many ways, while also giving teenagers the opportunity for meaningful and paid summer work experience.

Benefits for the summer meals program:

- **Employing teens builds trust with kids in the community.** Employing teens as site staff not only make sites more comfortable for children to attend, but also gives younger kids mentors to look up to. *When Kids at their Best* (CO) began employing teens at their summer meals sites, they found that kids kept coming back, and they saw a 30% increase in participation.
- **Teens put in hard work.** In Burke County, GA, about half of the summer nutrition staff are teens. Donna Martin, the school nutrition director, reports that the teens who work for the program are incredibly hard workers who are willing to take on any role. She finds that her employees who are athletes (many play on the football team) even enjoy lifting moving boxes from storage to production and loading and lifting coolers. They consider it bonus training hours, but with a paycheck attached!



cont'd)

Summer meals program:

the best advertisers for employment for future summers. Many teens find that they talk about the job with their siblings and frequently, sponsors have a long list of interested students ready to work!

Teens bring a spark to the program. They bring their own fresh perspective to the program in the process.

Considered sponsor, consider bringing teens on staff throughout the year for a work-study capacity. Many appreciate the extra cash of the year, especially without having to work nights or weekends.

experience

is great on resumes

ends off

do just about any job in the summer meals program, from meal prep to cleaning coolers and loading buses, etc.

staff to get the word out, including work-study coordinators, the football team!

or texts to high schoolers in the district advertising the opportunity on a district website.

al media and local news outlets.

Two to help students fill out the application and ask questions. Once the initial session or two to help them fill out the paperwork and set up a bank account, if that's available to your program. (Bonus: teens are skills and setting up their first bank accounts!)

ing in advertisements:

gents!

uniforms

ill-time or part-time employment

allow for a week off for a summer vacation, be sure to mention it!

as in the summer meals program is the best idea ever."

- Donna Martin, Burke County (GA)



Opportunities to School District Staff

to working in the school system, but many staff seek outside the time to bring in extra cash. Other staff may have high schoolers at home for the summer who are seeking employment. opportunity to work for the summer meals program to schoolers and meetings.

ak the Languages That Your Community

ies in your community with summer meals and information access them, it is imperative to have staff who speak the community. *surBRIDGE for Kids* in Charlotte, NC hires parents who speak languages spoken in their community. The staff make the program a way - from improving awareness of the program by the languages spoken in the community, to adding more options to the menus, to making families, kids, and teens feel welcomed at their sites.

from Local Nonprofits, Places of Worship, and

or ways to get involved in supporting their communities due to economic and food insecurity exacerbated by the pandemic, local nonprofit organizations, places of worship, and businesses (voluntary volunteer hours) to recruit volunteers for times when hands. You can even ask to speak directly to the congregation in the bulletin at local places of worship. In all outreach, to get involved with the summer meals program! Many will find

r Labor Hours

shortages after recruiting teens, school staff looking to make the summer, and local partners... it's time to get strategic. d program operators the ability to serve multiple days' worth of advantage of this flexibility can help cut down on the number of payees, maximize federal reimbursement, and save money on staff - all of which can help to improve program sustainability. If you are serving meals only 2-3 times per week, you may only have a few days a week.

possible meal service options for your program? Check out No 3. *"Explore What's Possible: Considerations For COVID-19 Meal Menu* of options that meal program providers may consider is with three meals a day, seven days a week.

upcoming events

- **may** | no kid hungry california nominate a hunger hero
 - must nominate an individual (not a group)
 - must be school employee or community organization & agency staff/volunteer
 - must be a member within that community
- **may 17-19** | CAFF's week of action
 - 3 day free event open to all
- **may 21** | USDA executive order
 - response to agricultural and food supply chains
 - submit public comments at www.regulations.gov



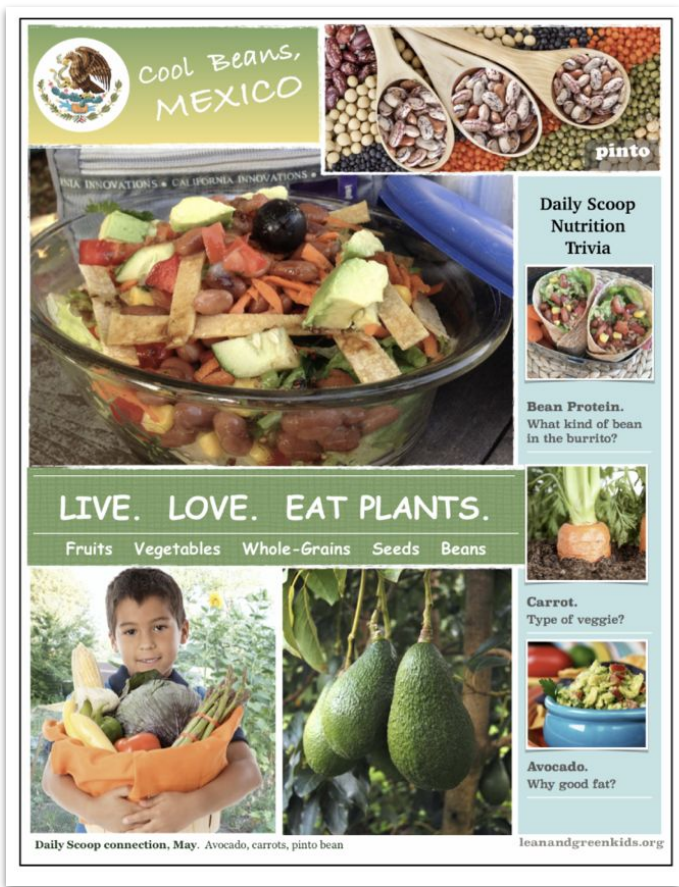
upcoming events

- **chef ann foundation** | the state of school food post COVID
 - 6 question survey
 - may 15th deadline
- **health-e pro** | financial fitness training
 - free training for school food professionals
 - earn professional development credits
- **CICN** | culinary platform for school nutrition professionals
 - updated webinar series
 - the mix up podcast series



upcoming events

- **USDA** | seeding success 2021
 - farm to school compost & till | planning for farm to school beyond the “now”
 - may 13th 2:30 pm CST
- **SNA & CDC Foundation** | best practices for covid-19 prevention and reopening schools
 - may 19th from 3-4:15 pm CST
 - SNA membership required
- **Lean & Green Kids** | lesson 9
 - celebrating mexican culture
 - “live. love. eat plants!” pinto bean cultural connection
 - **may 15** | recorded session



national grant & policy resource

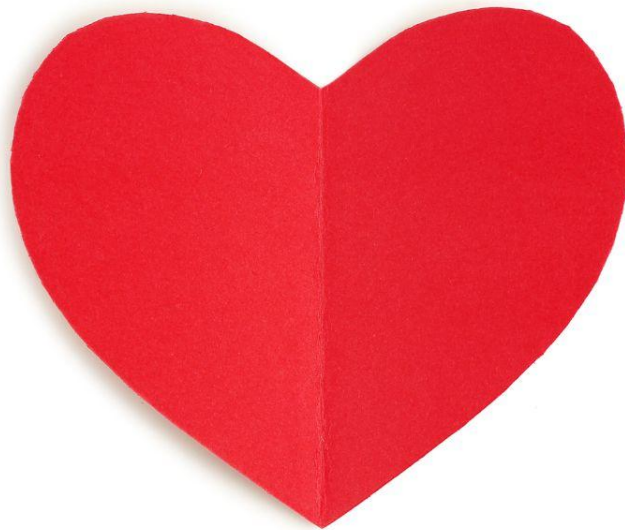
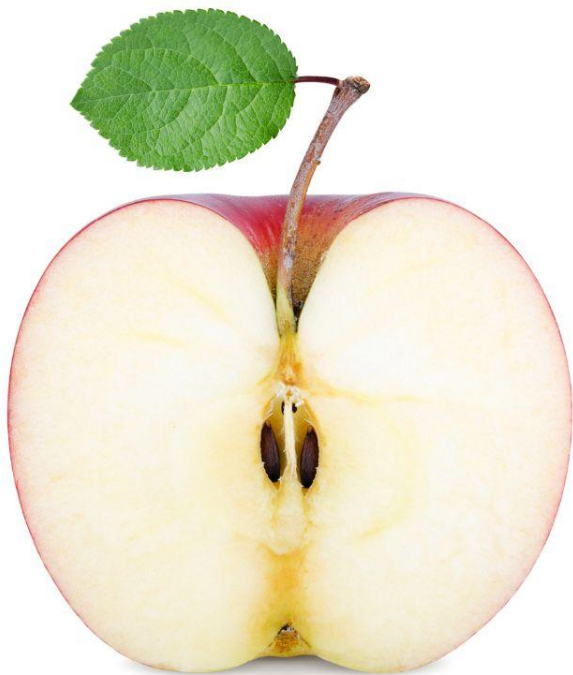
- **Sprouts Farmers Market** | neighborhood grant
 - \$2,500-\$10,000 award
 - for community-level organizations providing nutrition education and healthy food access programs to kids
 - **may 31** | applications due
- **NextGen** | california advocacy 101
 - 3 page PDF document



panel discussion

Tips for School Reopening

May 6, 2021



panelists

Donna S. Martin, EdS, RDN, LD, SNS, FAND

Burke County Board of Education (GA)

Jennifer Lew-Vang, RD

Turlock Unified School District (CA)

Maureen Pisanick, RD, LD

Pisanick Partners, LLC (OH)



leadership

burke county schools

donna martin, EdS, RDN, LD, SNS, FAND



burke county schools

donna martin, EdS, RDN, LD, SNS, FAND



burke county schools

donna martin, EdS, RDN, LD, SNS, FAND





leadership

turlock unified

jennifer lew-vang, RD



turlock unified

jennifer lew-vang, RD



turlock unified

jennifer lew-vang, RD





communication

pisanick partners

maureen pisanick, RD, LD



pisanick partners

maureen pisanick, RD, LD

IT'S MORE THAN JUST FREE MEALS!

Districts should still be encouraging their families to complete the meal applications to ensure continued funding to support the entire district!



Athletics

Discounted fees for
pay to play



School Funding

Increased funding to
support students' access to
top-notch education



Computer Network

Additional funding for internet
access & wireless service



College Applications

Discounts for fees
associated with college
application processes



Standardized Tests

Discount fees for SAT,
ACT & AP tests



School Meals

Free or reduced price
for nutritious &
balanced school meals

pisanick partners

maureen pisanick, RD, LD





communication

burke county schools

donna martin, EdS, RDN, LD, SNS, FAND



BURKE COUNTY
PUBLIC SCHOOLS

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Welcome to the School Nutrition Program

**"Learning to eat right is just part of the
education" process**

**The School Nutrition Program serves Breakfast, Lunch, Snacks and Supper in
all five schools and satellites Breakfast and Lunch to Burke County Academy
of Success, the Life Center and Early Head Start.**

**ALL BURKE COUNTY PUBLIC SCHOOL STUDENTS PARTICIPATE IN THE
COMMUNITY ELIGIBILITY PROGRAM**

Burke County Public Schools participate county-wide in a program that is intended to encourage students to enjoy wholesome, nutritious meals at school while eliminating paperwork for parents. The program, called the Community Eligibility Provision, or CEP, is funded by the US Department of Agriculture as a means of ensuring students get the food they need to do their best at school. Studies show that when students are hungry, they are often distracted in the classroom, they are absent from school more often and score lower on standardized tests. This new Federally-funded program will allow all students attending Burke County Public Schools to receive breakfast and lunch at school at no cost to the student or their household, and no school meals application is required.

Welcome to the School Nutrition
Program

[Menus](#)

[Weekly Box Recipes](#)

[Enrichment Handouts](#)

[Preparing and Eating Fresh Fruits
and Vegetables](#)

[Allergens in Menus](#)

[Burke County Free/Reduced
Statistics](#)

burke county schools

donna martin, EdS, RDN, LD, SNS, FAND


Brussel Sprouts

The leaf vegetables are typically 1.5-4.0 cm in diameter and look like miniature cabbages. The Brussels sprout has long been popular in Brussels, Belgium, from which it gained its name.

source of
Vitamin C
Vitamin K
Folate
Calcium
Iron
Potassium

Storage

Store Brussels sprouts in a plastic bag in your refrigerator's crisper, where they will keep for at least one week, if not longer. Sprouts still on the stalk will keep fresh longer than those sold individually.

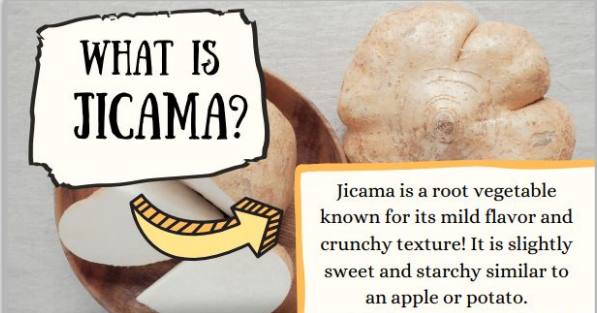


Recipe

INSTRUCTIONS

Heat the oil in a large, heavy bottom skillet (a cast iron skillet is a good choice), then add your Brussels sprouts and cook until they are browned and caramelized. Add spices and stir. Continue to cook and stir until the Brussels sprouts are deep dark golden brown. Remove from the heat, and stir in the vinegar. Finish with a handful of Parmesan cheese, nuts, or herbs, or simply enjoy them just as they are.

WHAT IS JICAMA?



Jicama is a root vegetable known for its mild flavor and crunchy texture! It is slightly sweet and starchy similar to an apple or potato.

TO PREPARE:

1. Remove leaves and stems as these are poisonous to eat!
2. Wash the skin thoroughly to remove any dirt on the surface of the tuber.
3. Remove skin using a pairing knife or potato peeler.
4. Once peeled, cut the tuber into cubes or match sticks for cooking or snacking!

TO STORE:


1. Store **whole root** unwrapped at room temperature or in the refrigerator for up to 2-3 weeks
2. Make sure that the jicama remain dry and free of moisture.
3. **After peeling and cutting**, wrap or store cut jicama in an airtight container and keep in the refrigerator for up to 1 week.

NUTRITIONAL BENEFITS

Rich in **Vitamin C** and **Vitamin E**
Packed with **fiber** and is good for gut bacteria
Naturally low in calories

HOW TO EAT:

Jicama can be eaten **raw or cooked!** Match sticks can be eaten like carrots with hummus and dip OR you can throw them into your stir fry veggies. Jicama can also be made into "french fries" as a lower calorie alternative!



donna martin, EdS, RDN, LD, SNS, FAND

donna martin, EdS, RDN, LD, SNS, FAND





relationships



relationships

pisanick partners

maureen pisanick, RD, LD



pisanick partners

maureen pisanick, RD, LD





teamwork

discussion