



\* snacks, breakfast, dinner, milk and more

Minnesota Department of  
Education

Food and Nutrition Service

## MDE Update

April 1, 2014

Be sure to pass this newsletter on to your cook managers and staff at each individual school site either in printed version or electronically. It is written for all staff working for the School Nutrition Programs.

I heard this interesting quote at a Minnesota School Nutrition Association meeting I was at recently. "The way to eat an elephant is one bite at a time." How true that is, especially during the last several years of the Healthy, Hunger-Free Kids Act! But remember that we are all making so much progress. Thank you for that! When meeting all of the new regulations gets overwhelming; remember to take it one step (or bite!) at a time.

A handwritten signature in black ink, appearing to read 'Deb L'.

Deb Lukkonen, Supervisor  
School Nutrition Programs

## Hot Topics

### Smart Snacks!

Start making plans now for changes that will be implemented July 1, 2014.

### What's Out?

- Candy and snack cakes
- Most cookies
- High-calorie sodas and sports drinks
- Juice drinks that are not 100 percent juice
- Most ice cream and ice cream treats
- High-fat chips, snacks, pizza
- Most deep fried foods

### What's In?

- Baked potato chips
- Granola bars and cereal bars
- Trail mix
- Fruit cups, dried fruits
- Most yogurts
- Sugarless gum
- Whole grain-rich muffins
- 100 percent juice drinks
- Diet soda (high schools)
- Flavored water (high schools)
- Diet sports drinks (high schools)
- Unsweetened or diet iced teas (high schools)
- Baked lower-fat French fries
- Healthier entrees
- Carbonated water (all grades)

## USDA Memos/Communication

### 1. Error in Eligibility Manual

USDA has identified an error in the *Eligibility Manual for School Meals*: Page 41, Question and Answer number five, first bullet. Please make the following pen/ink change as follows:

"This provides the household opportunity to resolve the discrepancy during the (10 operating **calendar** days) advance notice of adverse action; or"

The formal correction will be added to a list of edits to make later this year to the eligibility manual.

### 2. [USDA memo on Paid Lunch Equity \(PLE\) Guidance for SY 2014-15.](#)

This memo extends to SY 2014-15 the waiver that a school food authority (SFA) can request from 2014-15 PLE requirements if the SFA shows that it is in "strong financial standing." In effect, an SFA that is approved for the waiver will not have to raise its average paid lunch price for 2014-15 as indicated by its 2014-15 PLE calculations. More information about the 2014-15 PLE requirements will be posted on the Minnesota Department of Education (MDE) - Food and Nutrition Service (FNS) website—Financial Management page in the next few weeks.

### 3. **USDA memo on Decision about Waivers for School Breakfast Program (SBP) and Smart Snacks requirements.**

USDA announced that no waivers can be considered for the updated requirements for SBP and Smart Snacks that go into effect July 1, 2014. Congress had directed USDA to develop a waiver process for SFAs that would have to increase their costs to meet the updated requirements; however, USDA determined that already-existing federal law (in the Richard B. Russell National School Lunch Act) prohibits any waivers to the nutritional requirements for school meal programs. [View the USDA memo.](#)

## Hot Topics (cont.)

### Field Trips—Menus and Counting

Do field trip lunches need to meet the meal pattern requirements per grade group? Are school staff taking “point of service” counts for meals that are being consumed away from the school site? As we approach field trip season, be sure all meals - including those that are prepared for students on a field trip - meet *all* requirements. In addition, teachers, paras or any other non-food service staff must be fully aware of the correct procedures to count meals. [MDE-FNS has created a Quick Facts guide](#) to help you design a field trip policy.

## Menus, Marketing and More!

### Concession Stand Makeovers

In a new study in the *Journal of Public Health* titled, “Concession Stand Makeovers: A Pilot Study of Offering Healthy Foods at High School Concession Stands,” Dr. Brian Wansink, shows that adding healthy options to high school concession stands *can increase sales and customer satisfaction!* “If you’re a concession-stand sponsor, and you want people to eat better, and you want to make more money, add at least five healthy items,” says Brian Wansink, the Cornell University lab director and a marketing professor. “There’s got to be a critical mass, and we find that five’s a very lucky number, and ten is even better.” [View more information about this study.](#)

## USDA Memos/Communication (cont.)

**4. USDA 2014 edition of program regulations.** The 2014 edition of program regulations has been posted on the Government Printing Office website and incorporates all changes to regulations that were made by interim or final rules during 2013.

The 2014 edition of regulations can be accessed either from [the E-CFR website](#) or the website that has the [traditional format for federal regulations](#). But beware! The second link has 1,122 pages - it includes *everything* in 7 CFR (the school lunch regs), so you have to select the parts that you want!

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## Training

### Save the Date!!

#### ***School Lunch Scramble 2014—June 17-18***

Be sure to save June 17-18, 2014, to attend in-person training sessions at MDE. New this year are webinar options that will be available for some sessions if you are unable to attend in Roseville. FNS trainers will be presenting workshops on a variety of topics including: Meal Service Basics, Meal Applications and Benefit Issuance, Afterschool At-Risk Meals, SMART Snacks, Food Buying Guide, Lower the Sodium in School Meals, Offer vs. Serve, Wellness Policies, Whole Grains/Legumes, USDA Foods, Cycle Menu Basics, CLiCS and FNS updates. Registration information will be coming out in mid-April. Stay tuned!

### **Symposium: Federal Food Programs and the Obesity Epidemic: Time for a change?**

Join your colleagues for a symposium presented by the University of Minnesota to discuss the current state of federal food programs and whether current policy may be contributing to the obesity epidemic. The symposium will take place on April 22, 2014, from 9:00 a.m.—11:30 a.m. at the [HHH Cowles Auditorium](#) at the University of Minnesota in Minneapolis. [Register for the free symposium.](#)

### **New Whole Grain Handbook for National School Lunch and School Breakfast Programs**

This printable resource provides an in-depth look at the whole grain-rich criteria for school meals. It updates and expands the previous whole grain resource from the HealthierUS School Challenge Application Kit, which now applies to all school meal programs. It includes exercises on identifying products that meet the whole grain-rich criteria and calculation examples.

### **Managing Food Allergies in Schools—Video**

The National Food Service Management Institute recently released [a new video titled \*Managing Food Allergies in Schools\*](#). The video was developed in partnership with USDA.

### **Quick Link to HHFKA Guidance**

Here is a wonderful [“quick link” to most of the school meal guidances](#) and resources from USDA, and they are sorted by category to boot. It’s just a quick click away!