

Child Nutrition Thursday Update

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Child Nutrition Website - <https://www.maine.gov/doe/schools/nutrition>

Child Nutrition List Serve Email - child.nutrition@maillist.informe.org

Summer is coming
and so is...



Be sure to register to learn
about this new program.

Friday, April 26, 2024

11:00am

Field Trip Meals

Meals sent on field trips must meet the meal pattern requirements. This means the minimum serving size for EACH component must be offered. For example, a field trip lunch for a student in grades K-8 must offer $\frac{3}{4}$ cup vegetable, $\frac{1}{2}$ cup fruit, 1 ounce equivalent (oz eq) grain, 1 oz eq meat/meat alternate, and 1 cup of milk. Two milk types must be available for students to choose from. Field trip meals must be documented on the daily production record.

To be claimed for reimbursement, field trip meals can only be counted when they are distributed to the student. This is called Point of Service meal counting. To count meals at the point of service, students can go through the serving line before leaving on the field trip to pick up their meal and be counted. Or, meals may be distributed to students while on the field trip and a meal count sheet is used to record meals at this time. This sheet must be returned to the kitchen before meals can be claimed.



State Equipment Assistance Grant

It's Finally Here!

The State Equipment Assistance Grant **will be opening on April 29, 2024**. Applications will be available on the Equipment Assistance page of our website.

Michele Bisbee will be holding office hours on May 1st from 1:30pm-2:30pm to answer any questions you may have. Please email michele.bisbee@maine.gov for the meeting link.

SY2025 FFVP Application Deadline Approaching!

Fresh Fruit and Vegetable Program (FFVP) applications are due **Friday, April 26th**. Double check your applications in CNP web to make sure they are complete! The application is complete when it is in “pending approval” status. This means that the signature page has been uploaded and the box “click to submit to the state for approval” has been checked. Applications in “pending submission” or “error” status are incomplete and will not be accepted.

For questions, reach out to stephanie.stambach@maine.gov.

From the USDA

Biden-Harris Administration Announces New School Meal Standards to Strengthen Child Nutrition

Gradual implementation of nutrition updates, to include less sugar, set to begin in Fall 2025

WASHINGTON, April 24, 2024 – Today, U.S. Department of Agriculture Secretary Tom Vilsack announced major steps to promote the health of America’s children through school meals. Nutrition standards for school meals will be gradually updated to include less sugar and greater flexibility with menu planning between Fall 2025 and Fall 2027. The Department arrived at these changes after listening closely to public feedback and considering the latest science-based recommendations from the Dietary Guidelines for Americans. The new rule continues the work of the Biden-Harris Administration to address both food and nutrition security.

- [Infographic – Overview of Key Updates to School Nutrition Standards](#)
- [Infographic – Implementation Timeline for Key Updates to School Nutrition Standards](#)
- [Webpage – Final Updates to the School Nutrition Standards](#)
- [Media Toolkit – School Nutrition Standards Media Toolkit](#)
- [Comparison Chart – Current and Final School Meal Standards](#)

Child Nutrition Training Opportunities

Registration links are in the title or can be found on our website

Accountability Webinar

April 29th @ 1:30pm

Proper accountability is one, if not the, most important parts of running a school nutrition program. This webinar will review different accountability methods, including electronic point of service (POS), rosters, and tic sheets, and when to use them. We will also look at the pros and cons of each, as well as common accountability issues that are seen with administrative reviews.

Annual Financial Report Webinar

May 20th @ 1:30pm

This webinar will include updates on the Annual Financial Report that must be completed by September 1st 2024. Please send any questions you have regarding Annual Financial to jodi.truman@maine.gov before May 8th. All questions submitted will be addressed in the webinar.

Reducing Sugar Limits in Schools Webinar

May 20th @ 1:30pm

This webinar will provide more information about the new rule on reducing sugar limits. Learn about the timeline for implementation and strategies to make the transition seamless for your staff and students.

In Person SFSP Training

****Space is limited****

New and Make-up Sponsor Training

May 9, 2024

9:00am-3:00pm

Child Nutrition Office

Deering Building

Room 101

90 Blossom Lane

Augusta

This training is for new Summer Food Service Program sponsors. It is also an opportunity for experienced sponsors to receive a more in depth training opportunity. In this session, sponsors will receive a comprehensive overview of the SFSP requirements in Maine. This training is required for new sponsors operating in 2024. There will be a break for lunch.

Culinary Training - Tempeh

May 15, 2024

9:00am-1:00pm

Child Nutrition Culinary Classroom

90 Blossom Lane, Augusta

Farm & Sea to School Coordinator Katie Knowles is hosting her first local foods training in our culinary classroom in Augusta alongside Sarah Speare from Tootie's Tempeh! This training will highlight recipes and different ways to prepare Tootie's tempeh, which is eligible for reimbursement through the state and federal local foods funds!.

Produced right in Biddeford, Tootie's Tempeh is a versatile plant-based protein source made from 3 simple ingredients: soybeans, vinegar, and starter culture. Tempeh is considered a superfood; it has 16 grams of protein per serving, along with high calcium, iron, b-vitamins, and fiber!

Tempeh is very easy and versatile to cook with. It can be cut into shapes for stir-frying, grilled for sandwiches and salads, baked, marinated, and crumbled like ground meat for kid-friendly meals like chilis, spaghetti sauce, buffalo bites, pizza, tacos, sloppy joes, "chicken" salad. It's a great way to get healthy nutrients and high protein into school meals while supporting a local producer and Maine farmers!

Other Child Nutrition Training

Applications are now open for the 2024 Culinary Skills for School Meals Training

The Culinary Skills for School Meals training is a 5-day hands-on intensive culinary training focusing on foundations for food service, including knife skills, cooking techniques, and kitchen efficiencies, to improve the culinary skills of school nutrition professionals.

There will be 3 Culinary Skills Trainings this summer:

August 5-9, 2024 - South Portland High School

August 12-16, 2024 - South Portland High School

August 19-23, 2024 - Mt. Blue High School (Farmington)

In the application you will be able to rank the week(s) you are interested in attending. The application deadline is Tuesday, April 30 at 11:59 pm. All applicants will be notified in early May whether they are accepted.

Additional information can be found on their website

[LetsGo.org/CulinarySkills](https://lets-go.org/CulinarySkills).

Shout Outs!!!

Keeping it Fresh in Kittery, Maine

From Healthy School Recipes

Kittery's School Nutrition Program recently made news on the Healthy School Recipes website's *Behind the Line, Blog*. Here are some snippets from the article. To read the article in its entirety, please visit [Health School Recipes](#).

"Straight from the Sea"

"The team at Kittery is also big on bringing in new foods for students to try, even if it's not logical to put them on the menu permanently. Just recently, Traip Academy, the district's high school, welcomed Chef Andrew Wilkinson from North Coast Seafoods, who prepared meatballs made from kelp, a type of brown edible seaweed that grows in shallow saltwater, and served them with pickled salsa. Perhaps surprisingly, the meatballs went over really well, Pavuk shares."

"Watch is Grow"

"What's more local than produce grown right in the schools? Kittery students get a combination of nutrition and agricultural education with FLEX Tower Gardens that are set up in the cafeteria at all three schools. Each vertical garden holds about 20 plants, which are selected to grow based on the grade level."

"From the Earth"

"Sometimes even Pavuk gets to try something new alongside the students, such as last fall when Taste It Day featured kohlrabi, a cruciferous vegetable in the same family as cabbage, from a local farm. The vegetable was sliced up and served raw with ranch dip."

"Personally, I didn't know that much about kohlrabi, but we tried it and [the students] loved it," Pavuk recalls. "It's crunchy like celery."

"Local Stars Behind the Line"

"Vargas spends plenty of time in the schools, too, typically coming in to prepare food for special events. Recently, he served up 400 tostadas to students for Guatemalan Day during International Language Week. He also prepared a fun breakfast-for-lunch menu to celebrate Valentine's Day at the high school, and celebrated Maine Harvest Week by cooking up burgers made with local beef—complete with yum yum sauce and a Chik-Fil-A sauce dupe."

WOO-HOO!

“A Look at which states have the healthiest school lunches”

From Food Service Director

Article by Benita Gingerella

For the full article, visit foodservedirector.com

“School-based therapy company, ProCare Therapy has released its State of School Lunch Report which ranks what states have the healthiest school lunches.”

*“Massachusetts (70.53 points), **Maine (70.49 points)**, Hawaii (68.75 points), North Dakota (65.71 points) and Virginia (65.46 points) were ranked as the top five states with the healthiest school meals, while Alaska (41.34), New Mexico (40.98), Wyoming (40.38), Idaho (34.89) and Louisiana (34.60) rounded out the bottom ranked states.”*

Thank you Wendy Collins for sharing this and the Kittery articles.

Having some fun in York

Sushi Day at York High School



Learning all about Maple Syrup from a local business owner and enjoying the sweet treat.



Thanks for sharing Whitney!