

Delaware School Nutrition Programs

School Year 2013—2014

A Year in Review!



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"We can all agree that in the wealthiest nation on Earth, all children should have the basic nutrition they need to learn and grow and to pursue their dreams, because in the end, nothing is more important than the health and well-being of our children."

~Michelle Obama~

Lazy Days of Summer? Not in School Nutrition!



Summer 2013 saw an increase of districts and charter schools participating in the Summer Food Service Program. Brandywine, Christina, Colonial, Capital, Red Clay, Laurel, and Woodbridge School District plus Reach Academy Charter School provided community children in Delaware 70,178 breakfasts, 88,439 lunches, and 3,912 dinners from June 2013 — August 2013. USDA, district administrators, and community leaders understand the importance of



providing food security to children in the summer months when school is not in session.

A parent in the Colonial School District community was quoted in the New Castle Weekly as saying "We're kind of struggling right now with everyday



things. This is a blessing...the community needs this."

Brandywine's nutrition staff looked forward to participating in the SFSP. Lead Worker Julie Smith stated "It just feels right...nourishing their bodies is major for development and success."



Thank you all for ensuring Delaware's children have access to free and nutritious meals when school is out for the summer!



School Nutrition Staff Take Advantage of Summer Training

“Back to Basics”—Pilot Year New Training for School Cooks

Early in school year 2012—2013 a committee of school nutrition supervisors and specialists, led by Pam Gouge, began to outline the course curriculum and objectives for a 4-day “Back to Basics” class targeted at school nutrition cooks.

The first pilot cook-training program called “Back to Basics,” was conducted in June 2013 to (1) provide Delaware School Nutrition cooks with hands-on training and (2) enhance their cooking skills and abilities. The 4-day (4 hours/day) training sessions took place in each county in a school district kitchen. In total, 47 School Nutrition cooks participated in the pilot year training. The training was a huge success and will be offered again in the summer of 2014. The training program covers such topics as knife skills, working with standardized recipes, recipe yields and conversions, general use of large and small equipment, use of spices and herbs, grain and vegetable cooking, batch cooking, weights and measures and ‘Meis en Place’ (preparation). The participants overall stated that the program was valuable and would like to attend Back to Basics” Part 2!

To support School Food Authorities in Delaware to continue to transition and implement USDA’s stricter nutrition standards and menu requirements, Delaware Department of Education, School Nutrition Programs was able to fund the training last year and will also fund the summer 2014 classes.

DDOE Hosts New Meal Pattern Training Facilitated by NFSMI

On July 23, 2013, the Department of Education hosted New Meal Pattern Training at the Eden Support Service Center in Bear, Delaware. Thirty-three school nutrition employees including supervisors, managers, cooks, and general workers attended the 6-hour training.

The National Food Service Management Institute (NFSMI) provided the training free of charge to Delaware. Carol Gilbert, NFSMI certified trainer led the training. The training was interactive with many activities planned to get the large group thinking and interacting with other participants.

Other training that was offered during summer 2013 included 5 ServSafe® classes provided by DDOE as well as Eligibility Determination and Verification Training, Civil Rights Training and the new Administrative Review Training.

DDOE also provided training to several school districts over the summer that requested Meal Pattern refresher training.



School Nutrition Staff Travel to Ole Miss for “Orientation to School Nutrition Management”

Several school nutrition staff attended an intensive one-week training at the National Food Service Management Institute in Oxford, Mississippi. The workshop targets new and/or inspiring school nutrition directors with less than five years experience. Training sessions include but are not limited to menu planning, procurement, financial management, program integrity, human resources, management and marketing. This training is offered free to participants.

Kudos to Nancy, Ande, Jason, Sharon, and Jessica for making continuing education in the school nutrition programs a priority!

At a class scheduled later in the year, George Iannetta, Food Service Director at Ferris School also attended the one-week class.

Congratulations to all!!!



**“Education is the most powerful weapon
which you can use to change the world.**

~Nelson Mandela

NATIONAL SCHOOL LUNCH WEEK OCTOBER 14—18, 2013

Future Chef Braeden's Menu Featured at Keene Elementary School

Braeden Mannering, a 4th grade student at Keene Elementary School, Christina School District, entered a recipe and was selected to represent Delaware in the National Lunch Recipe Challenge sponsored by First Lady Michelle Obama last spring as part of the "Let's Move" campaign. Braeden was invited to the White House as a result!

Child Nutrition Services felt that there would be no better time to feature Braeden's recipe "Tortilla Bowl Deluxe" than during National School Lunch Week.



Clayton Elementary School Celebrates NSLW

The nutrition staff at Clayton Elementary decorated the cafeteria in a patriotic theme for "School Lunch Across America."

On Monday, October 14, 2013, the Smyrna High School ROTC gave a presentation to the Clayton Elementary Schools during their lunch periods. They answered students questions and served as positive role models. The staff at Clayton Elementary School were proud of them.



McKean High School Students Spin the Wheel for Prizes

Students at McKean High School were given a chance to spin the prize wheel during lunch. Jessica Rombach, and Lindsey Kozek from Nutrition Services had small and large prizes plus a chance to win an iTunes gift card. Students could spin the wheel to see what they had a chance to win and then answer a trivia question that was based on this year's theme "School Lunch Across America." Students lined up for a chance at the prizes and helped each other answer questions like "what region of the country is famous for Jambalaya."



Colonial School District Celebrates NSLW and F2S Month.

Using this year's theme "School Lunch Across America" Colonial featured new food options such as China Town Sweet & Sour Chicken and Texas Chili in a Bread Bowl. The district tied Farm to School month into NSLW with taste testing of local vegetables that included acorn squash, roasted broccoli and cauliflower and fresh roasted green beans all from Fifer Orchards. Paula DiMartine, nutrition employee at Castle Hills created the banner for the school's cafeteria.



Colorful Flags Decorate the Walls at Smyrna Elementary

Smyrna Elementary had a coloring contest between grades with the U.S. Flag as part of NSLW. The grade with the most participants won and received a free snack ticket. The cafeteria decorated the walls with all the submissions. Below is the 2nd grade wall of flags.



Mispillion Elementary School Contest Winners!

Winners of the National School Lunch Week coloring contest are pictured below with their "goodie" bags.



Nutrition Staff at H.B. Middle Celebrate with a Southwest Flair!



It All Begins with Breakfast in Delaware Schools!

The breakfast participation at Seaford Middle School had been extremely low compared to the lunch participation. Seaford Middle School administrators in cooperation with the Seaford Child Nutrition Department implemented breakfast in the classroom beginning this school year. From the start, participation sky rocketed from about 13% of the students participating to almost 91% of the students participating in breakfast daily.

As with any big change, there were some bumps in the road but within a very short time, the nutrition staff at Seaford Middle School as well as the faculty and school staff working together had the breakfast in the classroom program running smoothly.

Menu items are packed in insulated bags and students pick up the breakfast bags each morning from the cafeteria. Teachers used a roster to record participation in each classroom. Students along with the teachers have made many positive comments on the impact the program has made on nurse's visits and absenteeism.

In January, West Seaford and Blades Elementary Schools implemented Grab and Go Breakfast. The students come through the traditional serving line, enter their PIN numbers, and proceed to their classrooms. Participation has increased from 48% to 90% at West Seaford. All programs offer the students breakfast at no cost.



Breakfast carts are the way to go at Harlan Elementary School in the Brandywine School District! Second, third, fourth, and fifth grade students pick up their breakfast from mobile carts and take it to the classroom. Because all students at Harlan receive breakfast at no charge, the process is fast and easy. The cart allows for plenty of variety and eliminates the need for trays!



North Georgetown Elementary School has been transitioning to breakfast in the classroom. This school year 160 first graders get breakfast delivered to the classroom. The cafeteria staff deliver coolers to the classrooms along with a teacher roster for each class. Teachers distribute the meals and mark the students who select a reimbursable meal. Elise Fawcett, Nutrition Specialist for Indian River School District observed breakfast in the classroom and spoke with the principal, teachers, and students. All the feedback she received was positive. Not only did the lines in the cafeteria shorten, but students who have breakfast delivered to the classroom have more time to eat their meal while the teacher takes attendance and collects homework.



It All Begins with Breakfast in Delaware Schools!

Lt. Governor Matt Denn Addresses School Nutrition Staff at Delaware School Nutrition Association Fall House of Delegates Meeting

Lt. Governor Matt Denn was a guest speaker at DSNA's Fall House of Delegates meeting held at the Modern Maturity Center on November 14, 2013. Lt. Governor Denn spoke of his support of the school nutrition programs and the importance of all students in Delaware having access to breakfast at school. He has gone on record with the public school district superintendents that he has made breakfast access and increased participation a priority and has encouraged all superintendents to work with their nutrition supervisors to find creative and alternative ways to offer breakfast to students.

Lt. Governor Denn also honored recent school nutrition retirees and thanked them for their service to Delaware students.



Gateway Lab School—Taking Small Steps to Ensure Program Success Breakfast Delivered to Classrooms

Gateway Lab School began participating in the School Nutrition Programs in February 2014. Because they are a small school and wanted to be a self-prep operation, they decided to start small by implementing the School Breakfast Program first.

Parents order breakfast for their student(s) ahead of time and indicate what if any choice the student would like to have for breakfast. The Child Nutrition Manager and one parent volunteer prepare the bags each morning for the students by class and deliver them to the classroom with a student roster. The teacher only needs to check that the students on the roster received the bagged meal.

The school principal, Catherine Dolan shared that in just a week's time of implementing the School Breakfast Program, visits to the school nurse decreased dramatically. The school nurse was not getting students complaining of headaches and stomach aches.

Lt. Governor Matt Denn Visits Students and Staff at West Seaford Elementary School

Lt. Governor Denn addressed students and district officials at West Seaford Elementary School on March 19, 2014 and commended the district for implementing an alternate breakfast feeding in all of their elementary schools. Seaford's elementary and middle school students either pick up breakfast in the cafeteria and take it to the classroom to eat or the breakfast is brought to the classroom by nutrition staff.

"Offering breakfast in the classroom is something that we know will help our kids, and something that we can do today," Lieutenant Governor Denn said. "I applaud Seaford for its effort, and I hope other districts will follow suit. When I leave Seaford today, I'll be driving to yet another elementary school in a nearby district to talk to its principal about following Seaford's example."

"There has always been tremendous disparity between the Seaford School District lunch participation and the breakfast participation," said Nutrition Services Supervisor Patricia Cunningham. "Obstacles, like busing and class scheduling, which were beyond the Nutrition Services Department control, prompted the department to look at alternate methods to reach the students for breakfast service. It was also our mission to reach our students, given the fact that 74% of our students qualify for free or reduced-priced meals."



Lights, Camera, Action! School Nutrition Staff Participate in "School Breakfast in Delaware" Video

On April 7, 2014, Food Bank of Delaware hosted their 2nd Annual Anti-Hunger Conference at the Christiana Hilton. During the conference Food Bank debuted their four minute video "School Breakfast in Delaware." Paula Angelucci, Child Nutrition Supervisor at Colonial School District, Connie Hicks, Cafeteria Manager, Colonial School District, and Michelle Huffman, Cafeteria Manager, Seaford School District were featured in the video. The video highlighted some positive strides made in Delaware schools to increase the number of students that are beginning the school day with school breakfast.

If you have not had a chance to view the video, check it out at the link below:

<http://www.youtube.com/watch?v=EmsM6tz2iOs>

Thank you ladies for participating in this video and highlighting some of the positive initiatives happening in Delaware School Nutrition!!!



It All Begins with School Breakfast in Delaware Schools!



BREAKFAST POWER ON

Food Bank of DE Holds Second Annual Anti-Hunger Conference

Food Bank of Delaware hosted their second annual anti-hunger conference at the Christiana Hilton on April 7, 2014.

The highlight of the day was the announcement by Secretary Mark Murphy, Department of Education, of the "School Breakfast Challenge." Food Bank will be awarding cash prizes to Delaware schools with the highest breakfast participation overall and the highest increase in breakfast participation of breakfasts served in October 2014 compared to breakfasts served in October 2013.

Governor Jack Markell applauded the School Breakfast Challenge and emphasized the state's commitment to ensuring that all Delaware's children have access to nutritious foods.

Audrey Rowe, Administrator, Food and Nutrition Service, USDA, commended the schools in Delaware that have implemented breakfast in the classroom.

DOE's school nutrition team is grateful for their collaborative partnership with Food Bank of Delaware that strives to benefit Delaware's children.



Rick Goff, State Director for School Nutrition Programs in West Virginia spoke to a group at a special invitation only breakfast which included district superintendents, school nutrition supervisors, and school administrators about the School Nutrition Programs in West Virginia.

Red Clay Focuses on Increasing the Grab & Go Option in the District

Jessica Terranova, Red Clay Consolidate School District Manager of Nutrition Services, has made it her goal to make school breakfast more accessible for the students in her district. Working one on one with school administrators, Jessica has been able to implement at least partially, alternative breakfast programs in 5 schools during SY 2013 - 2014. To date, 11 schools in the district have alternative breakfast programs.

To honor School Breakfast Week and encourage students to participate in school breakfast at their schools, the district offered free breakfast to all students on March 6, 2014. The Red Clay Nutrition Staff took the opportunity to show their support of school breakfast by wearing National School Breakfast Week T-shirts, decorating the cafeterias, and posting educational information about the benefits of a healthy breakfast.

Parents Enjoy Breakfast with their Students at REACH Academy

On March 4, 2014, REACH Academy held its first student-parent breakfast. Over 1/2 of the 458 students at REACH and their parents participated in the event. REACH Academy wanted to express to their parents the importance of eating a healthy breakfast and the correlation good nutrition has on student academic success. They will make the student-parent breakfast an annual event.



Delaware Breakfast Report Released May 12, 2014 Highlands Elementary

On May 12, 2014, Delaware Department of Education, Food Bank of Delaware, Dr. Mervin Dougherty, Red Clay Consolidated School District, School Nutrition Supervisors, educators, and many other anti-hunger advocates were present at Highlands Elementary School in Wilmington for the release of the **Breakfast First, a Statewide School Breakfast Report**.

Aimee Beam, Education Associate, DDOE, Dr. Mervin Dougherty, Robert Farr, principal at Highlands Elementary, Jessica Terranova, Red Clay Nutrition Services Manager, Patricia Beebe, President of Food Bank of DE, Frederica Jenner, DSEA President, and Dan Reyes, Food Bank of DE Coordinator of Coalition to End Hunger all addressed the group with positive messages regarding where Delaware is now, the strides that have been made this school year and the goals for future years.

Together, We Can
Make a Difference!



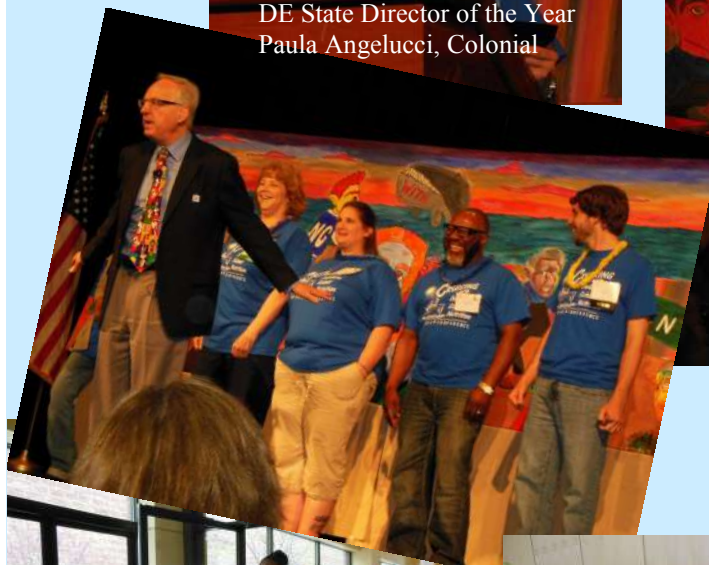
“Cruising with School Nutrition” **DSNA Spring Conference** **Hosted by Brandywine Nutrition Services** **May 10, 2014**



On Saturday, May 10, 2014, the Delaware School Nutrition Association enjoyed a fun-filled day that included new and innovative school meal products, an entertaining Keynote Speaker, student dancers, award presentations, and professional development. Brandywine School District Nutrition Services, under the leadership of their Captain Pam Gouge and 1st Mate Colleen Carter, planned an event at the Chase Center on the Riverfront in Wilmington that surpassed any DSNA conference to date. A record number of **650** school nutrition employees attended the conference! The conference mirrored School Nutrition Association's Annual National Conferences and could not have been planned better! Everyone that attended enjoyed themselves and positive comments could be heard throughout the day!



DE State Director of the Year
Paula Angelucci, Colonial



DSNA Outstanding Member of the Year
2014 Bev Harp!

What's Been Happening in School Nutrition?

Farm to School Event at Smyrna High School



On October 7, 2013, Smyrna High School nutrition staff celebrated Farm to School month with the students during all lunch periods. All of the produce pictured on the cart above were featured on the day's menu making the connection for students between the raw produce and the finished product. Not all the produce was cooked, apples and broccoli were served raw.

Students were also treated to fresh made apple cider tasting.

Mr. Walton from Fifer Farms provided the students with valuable information and answered questions. Baywater Greens and Marvel Farms provided the cart for display.



Cape Henlopen Nutrition Services Participates in Health Fair

Cape Henlopen Nutrition Services did not miss an opportunity to provide the families that attended the Health Fair at Milton Elementary School with valuable healthy eating and MyPlate resources. Over 1,000 family members attended Milton Elementary's Health Fair held on March 14, 2014.



Milford Nutrition Services Featured Article in The Beacon

"A combination of compliance, variety of fruits and vegetable offerings, and an effort to promote healthy eating to create a fun and educational atmosphere has resulted in a rave review from the state regarding the Milford School District's food service for students" reported Maddy Lauria from the Milford Beacon which headlined Milford Nutrition Services in the March publication.

Ms. Lauria has been impressed by the food service at Milford School District and sought out DDOE for some insight into the School Nutrition Programs and the administrative review of Milford that had been conducted by DDOE earlier in the year.



Student at Las Americas ASPIRA Academy Wins National Art Contest

Conrad Meredith, a 6th grade student at Las Americas ASPIRA Academy was one of 6 national winners in Preferred Meals "Healthy Lunch for a Healthy Me" art contest. Each of the 6 winners will have their artwork displayed on a Preferred Meals delivery truck that will be used beginning school year 2014—2015.

On April 29, 2014, students at Las Americas ASPIRA Academy participated in an assembly to acknowledge Conrad and five other students in the school that entered in the contest. Geoffrey Setyanto, chief karate instructor at the Korean Martial Arts Institute in Newark, Delaware gave an interactive presentation demonstrating some basic karate and talked to the students about the importance of healthy eating and an active lifestyle in achieving goals.



What's Been Happening in School Nutrition?



Farm to School Event at Laurel School District



On Friday, April 11, 2014, Laurel School District held a Farm to School kick-off event at North Laurel Elementary School. The Child Nutrition Services, led by Nancy Mears, School Nutrition Supervisor, was awarded a USDA Farm to School Planning Grant. Senator Tom Carper led the event by discussing the importance of a healthy lifestyle beginning at an early age. By partnering with local farmers, schools are able to support Delaware agriculture while providing students with the benefits of good nutrition and at the same time a knowledge and sense for how produce gets from the farm to the table.

Among the guests that were present at North Laurel Elementary School to support the Farm to School event were State Representative Tim Dukes, Laurel Mayor John Shwed, Associate Superintendent Jennifer Givens, Laurel School Board Member Brent Nichols, USDA National Farm to School Network Tegan Hagy, and the National Farm to School Board Member Dave Marvel. Also present were representatives from Nemours Health and Prevention Services, Delaware Department of Education, representatives from Senator Coons and Senator Carney's offices and several local farmers.

As soon as Senator Carper finished addressing the group, the students began filing into the cafeteria—it was lunch time! Senator Carper interacted with the students while they were going through the cafeteria line to get their lunches and ate with the students as well. The feature attraction at lunch was fresh roasted asparagus.



Colonial Nutrition Services Treat Students and Staff to Fifer Farm Fresh Asparagus

Students and staff at Colonial School District were treated to free sampling of asparagus during the first full week of May. The asparagus was purchased from Fifer Farms in Dover, Delaware. All students and staff were encouraged to try a free sample of the oven roasted asparagus.

Asparagus might be an acquired taste for some but if prepared correctly, is usually well liked as well as nutritious. PLUS it is a locally grown vegetable!!! The recipe Colonial used consisted of fresh asparagus, vegetable seasoning, salad or soybean oil, and black pepper.

