

9-12-12

Board Report
Lynne Keenan
Child Nutrition Director

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Every 3 years we get a review from OPI during the review OPI will be looking if our district is following the rules and regulations when OPI comes to our school district. OPI will be reviewing the schools assuring each school follows the rules and regulations for the Smart Snacks (See attached) that will be something new in our OPI review.

The Wellness policy has to be revised this year, we will be working on our wellness policy with meetings with our Hunger Coalition we will be advertising for participants to join our Hunger coalition which is held twice a month TBA announced and location.

Our breakfast in the classroom participation has increased at Napi last year was serving about 150 students per day this years they are feeding about 370 students, BES was serving 150-200 students and this year 266-309per day. High School and Middle School are in their second year as though The Procurement policy we need to have that's new buy American standard of conduct for example how much? Who your buying from? Do you buy from a Co-op? or is this a contract distributor in place following the correct process. Company price with each vender spending on a lower cost. The Child Nutrition does follow the process for example our milk is cheaper to go with Sysco and we will save \$10,000 per year. In the past we had Meadow Gold and it was convenient as they would do first in first out and credit Meadow Gold would credit our out dated milk and now we have to have kitchen staff assure they are using first in first out. The Procurement process how much who your buying from do you buy from Co-op do you have distributors contract. Following correct process. How much money you're spending like comparing prices from each vender. Depending on a lower cost.

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Smart Snacks with MyPlate

Healthy students learn and behave better. Students who eat well fuel their brains for success in the classroom. New brain research shows that both nutrition and physical activity positively affect academic achievement. Schools can help students be ready to learn by offering snacks from MyPlate -- including whole grains, low-fat dairy, fruits, vegetables, and lean proteins.

The Smart Snacks in School rule (starts July 1, 2014) will establish nutrition standards for all foods and beverages sold on school grounds during the school day. The rule allows schools to gradually phase in the changes over the first year.

What areas will the rule affect?

The rule will affect all foods and beverages sold outside of the school lunch and breakfast program, during the school day. A school day is defined as midnight to 30 minutes after the school day ends.

- ⇒ Foods sold a la carte within the food service; unless they are sold as part of the lunch or breakfast program. These foods are exempt on the day and day after service in the programs.
- ⇒ School stores
- ⇒ Vending machines
- ⇒ Snack bars
- ⇒ Food-based fundraisers that take place during the school day

What areas will the rule not affect?

The rule will not affect food sold after school, on the weekend, and off campus. Examples include:

- ⇒ Concessions
- ⇒ Food and snacks that students bring from home
- ⇒ Classroom events (birthdays, holiday parties, etc.), *although schools may consider this area as an opportunity for positive change.*
- ⇒ Teachers' lounges



Use the USDA's Choose MyPlate icon (www.choosemyplate.gov) as your guide for selling snacks and beverages. To check if an item meets the guidelines, use the Smart Snack Product Calculator found on page 4.

Smart Beverages for Fueling Smart Kids

Use this chart to find beverages that meet the nutrition standards for the Smart Snack rule and help kids stay hydrated and ready to learn.

Find a Brain-Boosting Beverage:

	Elementary	Middle	High
Milk			
Low Fat (1%) Unflavored Milk	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Skim Flavored or Unflavored Milk	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Nutritionally Equivalent Milk Alternatives	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Fruit and/or Vegetable Juice			
100% Juice	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% juice diluted with water and no added sweeteners (with or without carbonation)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Flavored and/or Carbonated Beverages			
≤ 40 calories per 8 fl oz	NO	NO	YES
≤ 60 calories per 12 fl oz	NO	NO	YES
≤ 10 calories per 20 fl oz	NO	NO	YES
Beverages with Caffeine	NO unless naturally occurring trace amounts	NO unless naturally occurring trace amounts	YES high school beverages may contain caffeine
Plain Water or Plain Carbonated Water	No size limit	No size limit	No size limit

Brain-boosting beverage chart developed by Utah State Office of Education Child Nutrition Programs.

Smart Beverage Ideas

Low fat (1%) White Milk	Sparkling 100% Juice
Fat-free (skim) Flavored Milk	Water
100% Juice	Sparkling Water



Use the Smart Snack Product Calculator found on page 4 to determine if a snack or beverage meets the nutrition guidelines.

Schools are Stepping up to the Plate: Fueling Students with Smart Snacks

Children consume almost half of their daily food intake at school. Research shows students who eat well learn and behave better throughout the school day. Schools already know that healthy snacks boost performance during standardized testing days. The Smart Snacks in Schools Rule applies this knowledge to all snacks sold during the school day. The rule ensures all snacks available through vending machines, student stores, snack bars, and a la carte lines are healthy options. Schools can help students succeed by offering snacks from USDA's MyPlate.

Ideas for Brain-Boosting Snacks:

Dried Fruit
raisins, mango, cranberries, bananas

Fruit Cups (fresh or canned)
berries, applesauce, peach, orange, pineapple

Fresh Fruit
apple, pear, banana, kiwi, peach, orange, pineapple

Fresh Fruit with Peanut Butter or Yogurt

Choose Whole Grain:

Baked Chips and Tortilla Chips

Baked Crackers


Granola Bars and Cereal Bars

Sandwiches

Wraps

Bagels

Popcorn



Vegetable Wraps

Fresh Vegetables with Dip
hummus, low fat dressing, peanut butter

Raw Vegetables
celery, carrots, broccoli, cherry tomatoes, snap peas, cucumber, peppers

Grab and Go Salad

Peanut Butter

Hard Boiled Eggs

Nuts and Seeds

Trail Mix

String cheese
Yogurt
Milk

Remember to choose lean and low-fat protein and dairy!

Use the Smart Snacks Product Calculator (see page 4) to determine if a snack or beverage meets the guidelines.