



# The Lunch Line

a newsletter  
of  
The Bureau of Food & Nutrition  
The Iowa Department of Education

Please route to:

- Food Service Director
- Kitchen Staff

- Record Keeper
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- \_\_\_\_\_

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## Team Nutrition Regional Workshops

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The Bureau of Food and Nutrition has been conducting regional Team Nutrition workshops this spring for school teams to assist them to start or maintain nutrition and physical activity initiatives. The workshops were provided in collaboration with Iowa School Food Service Association, which helped with planning and site arrangements, including meals. Teams that attended the Team-up for KIDS—healthy eating and physical activity environment workshops are now eligible to apply for \$500 Team Nutrition mini-grants.

Approximately 25 grants will be awarded this spring. Workshop participants also received a variety of educational and planning resources, including the following items:

- ❖ Changing the Scene Kit
- ❖ Eat Smart, Play Hard campaign kit
- ❖ Pick A Better Snack marketing campaign CD and posters
- ❖ Team Nutrition Event Planning Kit (plans and materials to conduct 40 nutrition and physical activity promotion events)

The workshops are kicking off an enhanced level of support for Iowa schools to assist them to improve their nutrition and physical activity environments. The workshops, mini-grants and materials are being funded with a Team Nutrition grant from the United States Department of Agriculture. The Midwest Dairy Council and the Iowa Department of Public Health are also providing funds for the mini-grants. Additional opportunities will be available for schools that are interested in learning more about Team Nutrition and supporting healthy school environments. These include:

**2003 SUMMER**

**SHORT COURSE**

**INFORMATION**

**INSIDE THIS ISSUE!!**

The **Iowa School Food Service Association Annual Conference** will be held June 24-25, 2003 in Davenport. There will be GRReat speakers, a super tour, good food, funny entertainment and “samples” at the exhibits. ISFSA invites you to “Come Have Some Fun Already” and “Learn Lots Too!” Look for information about conference registration in your mail if you belong to ISFSA or with the next issue of the Lunch Line.

- ❖ Fall regional workshops and the opportunity to apply for fall mini-grants;
- ❖ Team Nutrition newsletter from the United States Department of Agriculture and a starter kit of Team Nutrition materials by signing up as a Team Nutrition School;
- ❖ Iowa Team Nutrition e-mail newsletter with information about Iowa opportunities and events

For information about the fall workshops or other opportunities described above, contact Laura Sands at [laurasands@mchsi.com](mailto:laurasands@mchsi.com).

## Save This Date and Plan to Attend

The **Action for Healthy Kids – Eat Smart, Play Hard Summit** will be held Tuesday, June 17, 2003, at the Scheman Conference Center at Iowa State University in Ames. The Iowa summit is a follow-up to a National summit held last October in Washington, D.C. More than 20 statewide organizations in Iowa have joined together to help plan the summit and to support schools and communities in providing healthy nutrition and physical activity environments for children and youth.

This conference for school food service staff, school board members, school administrators, teachers, nurses, coaches, parents, students, and interested community partners, will provide key information on how to address current concerns on nutrition and physical activity with children. A variety of break-out sessions are planned to highlight successful community-school partnerships. Learn how community health leaders, parents, and school staff can shape an environment to encourage children to make smart food choices and be active every day.

Because there will be no fee to attend the conference, registration will be limited. Registration information will be provided as soon as it is available, if you have questions prior to then, contact, Molly Pelzer at [mpelzer@midwestdairy.com](mailto:mpelzer@midwestdairy.com) or Ruth Litchfield at [litch@iastate.edu](mailto:litch@iastate.edu).

## What's New With Team Nutrition?

### What is Team Nutrition?

Many of you have heard about the USDA's Team Nutrition through the various grants and activities that have been ongoing in Iowa over the last five years. For those of you that may not have had an active part of these plans here is some background information. Team Nutrition is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children. This plan involves schools, parents, and the community in efforts to continuously improve school meals, and to promote the health and education of 50 million school children in more than 96,000 schools nationwide. Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid.

### What is a Healthy School Meal Environment?

It has been widely publicized that our nation's children are facing a health crisis because of the increasing rate of obesity. Statistics report that the frequency of overweight children has doubled since 1970. In response to this health crisis, the USDA has launched an effort to foster healthy school nutrition environments that support healthy eating and physical activity.

### How would you rate your school?

Does your school teach good nutrition in the classroom and then sell soda and candy to raise money? Are healthy food choices available at school parties and after-school activities? Does your school offer school breakfast only during exam week? Does the concession stand at athletic events offer healthy choices? Are healthy eating and physical activity priorities in your school? A healthy school environment provides positive messages that help students develop healthy eating and physical activity habits.

The USDA worked with five medical associations to develop a **Call to Action: Ten Keys to Promote Healthy Eating in Schools**. This Call to Action is

designed to assist each school community in writing and establishing its own policy for change. To support this effort the USDA developed an action kit *Changing the Scene: Improving the School Nutrition Environment*. This kit helps teachers, administrators, school food service professionals, parents and the community look at their school nutrition environment. The tools included can be used to select and train a team, look at school assets and barriers, and make needed changes. *The Changing the Scene* kit is **free** and can be ordered online at: [www.fns.usda.gov/tn/resources/changing.html](http://www.fns.usda.gov/tn/resources/changing.html)

### **Where can you go to join Team Nutrition and get lots of resources and information?**

To join USDA's Team Nutrition complete the enclosed enrollment form and return to Laura Sands as noted. The following USDA web site explains what you receive when you enroll.

<http://www.fns.usda.gov/tn/Join/index.htm> We request that you enroll by completing the form enclosed and not via the USDA web site. You will still receive the materials, but it gets you on the Iowa database sooner for receipt of additional Iowa specific information.

For additional resources try this web site: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn). Team Nutrition is helping children to make healthy food and physical activity choices. Schools will find an enrollment form at this web site, ideas for school activities that have already been used, an on-line catalog of resource materials—many that can be downloaded, and a resource page created for nutrition educators. Parents can find healthy recipes, a ten-step guide for parents to encourage healthy eating at school and fun nutrition-related activities for the whole family. Students are also encouraged to go to this site to find a special student section designed by middle school students to provide an interactive approach to learning about their health and nutrition.

### **Other Online Resources**

Healthy School Nutrition Environments: Promoting Healthy Eating Behaviors material can be found at: <http://www.fns.gov/cnd/HealthyEating/HealthyEatingBehavior/healthyeatingchallenge.htm>

CDC Guidelines for School Healthy Programs to Promote Lifelong Healthy Eating material can be found at: <http://www.cdc.gov/nccdphp/dash/guidelines/index.htm>

CDC Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People material can be found at: <http://www.cdc.gov/nccdphp/dash/guidelines/index.htm>

EAT SMART. PLAY HARD. Educational materials and information on using Power Panther at your school. [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

Making Health Academic-Action Steps publication can be found at: <http://www2.edc.org/makinghealthacademic/Concept/actions.asp>





The first Food and Nutrition Service National Nutrition Education Conference, "Nutrition Connections: People, Programs, and Science," was held on February 24-26, 2003 at the Omni Shoreham Hotel in Washington, DC. Over 800 people attended this meeting which integrated the fifteen USDA nutrition programs. The meeting featured more than 160 presentations, 50 poster sessions, and 36 exhibitors.

Speakers for the general sessions included:

**Ann Veneman**, Secretary, U.S. Department of Agriculture (USDA)

**Eric Bost**, Under Secretary for Food, Nutrition, and Consumer Services, USDA

**William Dietz**, Director, Division of Nutrition and Physical Activity, Centers for Disease Control and Prevention

**Roberto Salazar**, Administrator, Food and Nutrition Service, USDA

**Commander Penelope Royall**, PT, MSW, Acting Executive Director, The President's Council on Physical Fitness and Sports

The obesity epidemic facing Americans was the underlying theme of the meeting. The USDA nutrition assistance programs need to examine their roles extensively to look for ways to incorporate increased physical activity as a way to help turn the obesity epidemic around. The breakout sessions dealt with the initiatives and resources that are currently available to assist in developing nutrition education interventions to help improve the nutritional status and lifestyle behaviors of all Americans.

Historically, nutritional deficiencies and food security were behind policy changes in federal rules and regulations. Today, the obesity epidemic has become a national concern. Food is easily available, large portions are becoming the norm (super-sizing), and in general we don't need to work as

hard as our ancestors did. *Colorado on the Move* is a program developed to increase regular physical activity. The national initiative, *American on the Move* will be introduced in May. It is hoped that this initiative can inspire Americans to make small changes in their lives that can help increase levels of physical activity, begin to decrease calorie intake, prevent weight gain and enjoy the many benefits of better health. The web site for the Colorado initiative is <http://www.coloradoonthemove.org>

Dr. Schwartz, Co-Director of Yale Center for Eating and Weight Disorders, spoke about, "*Raising Healthy Children in the Current Environment: The Challenge Facing Parents*". She explained how children develop food preferences and what can be done to influence that process. Her first point directed us not to give sweets for "being good", but to look for other types of rewards. Children learn to develop preferences for food that is visible but restricted, and when used as a reward. Also, provide nutrition education to counteract the 10,000 food ads a year that children see. Allow children to self regulate food intake under certain circumstances such as when healthy food is available. Children can learn to like a new food, but it can take up to ten exposures to develop that particular food preference. In addition, people tend to eat foods that are most easily available. If you keep healthy foods readily available and serve them frequently then you are doing your part to improve nutrition and raise healthy children.

Ann Veneman talked about, *Healthier US: A National Priority*. This initiative is based on the premise that increasing personal fitness and becoming healthier is critical to achieving a better and longer life and is as easy as making small adjustments and improvements in the activities of daily life. Everyone has a role they can play in improving the health of Americans. Schools can contribute by supporting healthy school environments, serving meals that meet dietary guidelines, and incorporating physical activity. More information can be located <http://healthierus.gov> Information about the conference including the program and agenda can still be found at [www.fns.usda.gov/oane/menu/nec/NNEC.html](http://www.fns.usda.gov/oane/menu/nec/NNEC.html)

## Summer Short Courses and Workshops 2003



The Bureau of Food and Nutrition will be offering a number of workshops this summer. A NEW workshop for new employees or those moving into the food production area is called "Food Production". The following list of offerings describes the content, the intended audience, cost, timeframes and location. On-line registration is available at <https://www2.adp.iastate.edu/ECE1/conftracks.asp?confid=sclfood> or download the registration forms at <http://www.state.ia.us/educate/ecese/fn/shortcourses.html>

**The registration deadlines are important** since classes may have limited enrollment or could be cancelled if enrollment is too low, so please register early. **Please note late fee for registering after deadline.** If you believe you will have new staff that will be coming, please hold a space under the school name with a contact so materials can be prepared for them.

REGISTRATION DEADLINE FOR ALL COURSES EXCEPT BASIC MATH AND NEW MANAGERS IS MAY 23RD

<b>Class:</b>	<b>Managers Update</b>
<b>Date:</b>	<b>June 18, 2003</b>

**Time:** Registration: 8:00 a.m.  
Class: 8:30 a.m.-4:00 p.m.

**Location:** Scheman Building  
Iowa State University, Ames

**Cost:** \$50 – Includes lunch and materials  
After May 23 - \$60

**Audience:** Managers that have been in food service over 3 years

**Description:** This course provides a review of current program information, an update of regulatory changes, and practical applications for managers who have been in food service for more than 3 years.

<b>Class:</b>	<b>Food Service Basics</b>
<b>Date:</b>	<b>June 19-20, 2003</b>

**Time:** Registration – 8:00 a.m.  
Class – 9:00-4:00 p.m. June 19 and  
8:00-4:00 p.m., June 20

**Location:** MacKay Hall,  
Iowa State University, Ames

**Cost:** \$125 – Includes lunches, breaks, and materials  
After May 23 - \$145

**Audience:** New Food Service Staff

**Description:** This course provides an overview of all serving requirements, offer vs. serve implications, food quality and food safety issues. Safe work practices and working as part of the food service team are also covered.

<b>Class:</b>	<b>Financial Management</b>
<b>Date:</b>	<b>July 8-9, 2003</b>

**Time:** Registration – 8:00 a.m.  
Class – 9:00-4:00 p.m., July 8 and  
8:00-4:00 p.m., July 9

**Location:** Scheman Building  
Iowa State University, Ames

**Cost:** \$125 per person includes lunches and materials\*  
After May 23 - \$145

**Audience:** Food Service Managers/Directors and School Business Managers/Accountants

**Description:** Determine how to manage the costs of operating a school food service program. Learn how to collect, analyze, interpret, and apply data from your food service operation to make decisions that will improve your cash flow. Participants will be able to list three ways to increase their local food service revenue.

\*Please bring current year's budget and cost analysis for the food service fund. Also bring the current percentage of free, reduced, and paid students participating in the school lunch and breakfast program for your district.

**NOTE: There will be a 50 school district maximum registered for this workshop with no more than two per district.**

**Class: Food Production**  
**Date: July 15-16, 2003**

**Time:** Registration – 8:00 a.m.  
Class – 9:00-4:00 p.m. July 15 and  
8:00-4:00 p.m., July 16

**Location:** MacKay Hall,  
Iowa State University, Ames

**Cost:** \$125 – Includes lunches, breaks, and  
materials  
After May 23 - \$145

**Audience:** New Food Service Employees or  
those moving into food production

**Description:** Opportunities for equipment demon-  
stration and hands on applications of food service  
principles will be taught. Food quality issues related  
to quantity production will be discussed. Efficient  
work methods will be discussed and demonstrated.  
Training will also include NSLP and SBP  
guidelines. **NOTE: This class will be limited to the first 45  
people to sign up due to space constraints.**

**Class: Joys and Challenges**  
**Date: July 22-23, 2003**

**Time:** Registration – 8:00 a.m.  
Class – 9:00-4:00 p.m. July 22 and  
8:00-4:00 p.m., July 23

**Location:** Scheman Building,  
Iowa State University, Ames

**Cost:** \$125 – Includes lunches, breaks, and  
materials  
After May 23 - \$145

**Audience:** All Food Service Employees and  
Managers

**Description:** Identify your own personality type  
and develop an understanding of how the  
personality types of others affect the workplace  
environment and relationships. Legal aspects of  
employment will be reviewed. The participant will  
learn the progressive stages of the disciplinary  
review process. Conflict resolution strategies will  
be shared. This workshop is back by popular  
demand. **NOTE: Participants will take the Myers Briggs  
Personality Inventory prior to attending the workshop, so early  
registration is vital to getting this information to participant and  
sent back to Iowa State University so results will be available the  
first day of class.**

REGISTRATION DEADLINE FOR THE FOLLOWING  
TWO COURSES IS JULY 1

**Class: Basic Math for Food Service  
Employees**  
**Date: August 5, 2003**

**Time:** Registration – 12:00 Noon  
Class – 12:30-4:00 p.m., August 5

**Location:** West Des Moines Learning Center

**Cost:** \$20 – Includes lunches, breaks, and  
materials  
After July 1 - \$40

**Audience:** New Employees

**Description:** Food service employees will learn  
procedures to calculate recipe yield, how  
ingredients used meet the NSLP and SBP require-  
ments. Participants will find equivalent measures  
and determine how to select correct portion utensils.  
Production record methods will be taught.

**Class: New Managers Workshop**  
**Date: August 6-7, 2003**

**Time:** Registration – 8:00 a.m.  
Class – 9:00-4:00 p.m. August 6  
8:00-4:00 p.m., August 7

**Location:** West Des Moines Learning Center

**Cost:** \$50 – Includes lunches, breaks, and  
materials  
After July 1 - \$70

**Audience:** Food service managers with less than  
3 years experience as managers

**Description:** New managers will be provided  
NSLP, SBP, and After-school Snack program  
guidance. The School Meals Initiative options will  
be explained. Application of food service principles  
and procedures such as menu planning and  
production records will be taught to help get the  
new manager off to a good start.

**NOTE: Bring two weeks of menus with you. This  
class will be applying the Food Based Menu Planning  
option and will only introduce the Nu Menu  
planning option briefly.**

## Iowa Receives USDA Award

Iowa received a national award for “Partnerships and Collaborations” at the recent USDA first ever Food and Nutrition Service National Education Conference. The conference theme was Nutrition Connections-People, Programs and Science. The awards were presented on the third day of the conference during the National LINC Awards Luncheon. The LINC Awards recognize Leadership, Innovation, and Nutrition Collaboration by individuals, organizations, or groups working with the Food and Nutrition Service Programs. Awards were given in three categories:

- Excellence in Practice—for projects that demonstrate excellence and use of evidence-based approaches in the planning, developing and implementing of nutrition interventions focusing on FNS target populations.
- Nourishing Tomorrow’s Nutrition Leaders and Practitioners—for excellence in recruitment, training, or retention of personnel in the field of nutrition, with special emphasis on public health and community nutrition.
- Partnerships and Collaborations—Synergy for Excellence—for projects that use collaborative methods and integrated approaches in planning, developing, and delivering nutrition education involving multiple FNS programs.



The Iowa award was presented to the three core funding and development partners for their partnership and collaboration efforts in the development and utilization of the “Pick A Better Snack” social marketing campaign. Those partners are the Iowa Department of Education, Iowa Department of Public Health, and Iowa State University Extension. Each of these agencies wish to thank the many partners from the Iowa Nutrition Network as well as other organizations, state and community coalitions, various companies and other partners including the Iowa Department of Human Services Food Stamp Program for their support and involvement with this ongoing project. Be sure to stop by and see the award when you are visiting any of the core agencies.

## Your Purchasing and Procurement System

In the May 2002 issue of the Lunchline, a front-page article featured the most recent procurement and contracting standards to be used in school meal purchases. This article defined the threshold of large purchases, and indicated the differences between formal and informal purchasing procedures. It also reminded school purchasers that competitive purchasing practices, whether formal or informal, must be documented, and that there must also be a justification of any “sole source purchases”.

Your district has recently received a valuable resource for use in guiding you through the development of your own procurement system, “First Choice: A Purchasing Systems Manual for School Food Service, 2<sup>nd</sup> Edition”. This manual is made available from USDA through the National Food Service Management Institute, and was developed with input from many school meal purchasers throughout the country. Its chief mission is to aid schools in obtaining the best foods and supplies for the best prices, and to build the knowledge base at the local level to accomplish this. The focus on school purchasing should not be on the lowest initial cost, but on the lowest total cost.

The May 2002 article indicated some of the public purchasing guidelines that fall under laws or regulations and protocol, or common law. Another area of guidelines deals with ethics, and questions in this area do not always have clear answers. A good general rule, as indicated in the manual, is “if you question an action, then you should not proceed”, and think to yourself if it would put your school in a good light if the local newspaper were to run an article on the procedure that was used to obtain the food or supply in question.

The food distribution chain has become increasingly complex over the years, and school business has become a smaller piece of the market for most distributors. And compounding these issues is the general fact that schools and business don’t always understand each other’s needs in the marketplace.

School and public sector purchasers need to understand the ownership and liability “players” in the food distribution chain in order to get satisfaction or information needed to make wise decisions. School business represents only 10% of the market presently, and schools may need to actively sell themselves to potential distributor vendors in order to avoid sole source situations. This will include, among other things, structuring requests for prices so all vendors have an opportunity to compete, but not at increased cost or at the expense of quality.

The First Choice manual outlines in detail how to determine bid units, how to work more effectively with product specifications, brand approval bidding, obtaining prices and developing procurement plans, monitoring your costs, receiving product into the school, and the development and most effective structure of cooperative buying groups.

The Bureau of Food and Nutrition will be offering more information about purchasing systems and procurement at Commodity Daze on May 3, 2003, to be held at the Southeast Polk School District, and in the Financial Management Workshop to be held this summer.

## Iowa Gift Law

Code of Iowa, Chapter 68B, as amended details the Iowa gift law for public officials and employees. The Iowa Association of School Boards developed and distributed in November 1992, a guidance document related to the Iowa Gift Law in cooperation with the Iowa Association of Municipal Utilities, the Iowa Association of School Boards, and the League of Iowa Municipalities. Excerpts from that document, highlighting common questions and answers impacting school food service staff are summarized below. This brief article is by no means all-inclusive. For a complete copy of the IASB document, check with your school board secretary, refer directly to the Iowa Code web site at [www.state.ia.us/ethics/chapter68B.html](http://www.state.ia.us/ethics/chapter68B.html) or refer questions to your district’s legal counsel for interpretation.

### Who is subject to the gift law?

- Office holders or employees of any political subdivision, such as cities, counties, school districts
- Spouses and minor children of all of the above.

### Does the gift law apply whenever anyone gives something of value to me?

No, the gift law applies only when the donor is within one of four categories defined in the statute. The term “donor” is a term used to mean a giver who is within these four categories:

- Anyone who contracts with your agency or is seeking to contract with it.
- If you are an official or employee of one of the 16 listed “state regulatory agencies,” a “donor” is also anyone whose activities are regulated or controlled by that agency. The Department of Education is one of these agencies.
- Anyone who will be directly and substantially affected financially by performance of your official duties in a way that is greater than the effect on the general public or a substantial class to which the person belongs
- Anyone who is a “lobbyist” regarding matters within your agency’s jurisdiction.

### As a public official or employee, can I give items to other public officers or employees?

Even if you are also a public official or employee, you cannot give gifts to a public official or employee if you lobby before their agency or if your public or private activities are regulated or controlled by the state regulatory agency in which the person receiving the gift serves.

### Does the gift law impose limitations on my family?

Yes. The spouse and minor children of each person who is subject to the gift law are also prohibited from accepting gifts.

### What is a gift?

A gift is anything of value given to you for which you did not give something of equal or greater value in return, if the person who gave you the gift is a “donor” and no exception applies.

### **Are there any exceptions to the gift law?**

Yes, the definition of gift in Code of Iowa 68B.2(6)(b) contains ten exceptions. You may, for example, accept items available to the public generally and any non-cash item worth three dollars or less. Code of Iowa 68B.22 also sets forth limited circumstances in which an item meeting the definition of a gift may be accepted.

### What about food and drink? Can I accept lunch without worrying about the gift law?

- You may accept food and drink with a value of three dollars or less received from any one donor in any one calendar day.
- You may accept food and drink given in return for your participation in a panel or speaking engagement so long as the food and drink relates directly to the day or days on which you participate or speak.

### **Can I go to dinner at the home of a “donor”?**

A dinner worth more than three dollars would meet the definition of gift if provided by a “donor”. It would not be a gift if you provide something of equal value in return. You can accomplish this by, for example, bringing a gift to the host, going “potluck,” or by reciprocating at another date.

### Can someone who wants to sell the product to my agency give me free samples for my personal use?

A potential vendor is a “donor.” Therefore, you cannot accept samples for personal use (other than food or drink worth \$3 or less) unless these are made available to the public generally or otherwise fit within an exception. However, you can test samples as part of normal contract review or turn samples over to the agency for official use, if done within 30 days.

The purpose of this article was to make you aware of the Iowa Gift Law and some of the areas it addresses. The article is not intended to reflect all of the issues or answers in this area. For advice concerning what legal requirements apply to you, contact your supervisor or the attorney who advises your agency or political subdivision.

## **Success Stories Around Iowa....**

### **Moving Ahead on Nutrition**

The Iowa City Community School District has been actively involved in working to improve the nutrition for the district’s 10,767 students. A 15 member Nutrition Task Force was appointed by Superintendent Lane Plugge. The Task Force developed clear recommendations, which were presented to the Board of Education. In summary, some of their recommendations were:

- Schools should be encouraged to stock and offer healthy alternatives in vending machines, including water, milk, fruits and vegetables, and to limit high calorie, non-nutritious foods and beverages that compete with more nutritious choices in the school lunchroom.
- The recommendations will take time to implement. The enormity of the many faceted issues that surround the need for good nutrition and its implications for health is a community challenge. An ongoing group should be selected to address and investigate these issues.

Diane Duncan-Goldsmith, Director of Iowa City School Foodservice, said that they are looking at what choices are offered 7-12 grade in vending machines, as well as in the lunch program. The objective is that at least 50% of the ala carte items meet dietary guidelines. The Enhanced Food Based System is used for menu planning, but a nutritional analysis is also conducted on the school lunch menus.

The school system is working closely with Jan Temple from ISU Extension. She is creating monthly newsletters that can be sent home at the elementary level. They are also monitoring the success of a new K-6 Health Curriculum based on the Michigan model. Iowa City schools are also participating in the Dairy Vending Pilot Project.

## Commodity News

### Food Distribution Bid Goes to Keck, Inc.

Keck, Inc. from Des Moines, Iowa, has been awarded the 2003-2004 transportation of commodities bid for the State of Iowa. Keck, Inc. is the current transportation company that delivers commodity food items to over 580 school sites in the State. Each bid is a one year contract with 4 one-year renewable contracts. A company would be allowed to distribute commodities for a maximum of a five year period before another bid would be put out. This year's bid was sent to over 20 food related/truck companies with 5 companies responding to the bid proposal.

### **Six Deliveries in 2003-04**

Iowa is planning on going to six (6) deliveries for the 2003-04 school year. The state of Iowa currently has five distributions per year.



The new schedule will look something like this:

- 4A= Aug. 18-Sept. 19
- 4B= Oct. 1-Oct. 30
- 4C= Nov. 17-Dec. 19
- 4D= Jan. 5-Feb 6
- 4E= Feb. 16- Mar. 19
- 4F= March 29-April 30

It takes approximately five (5) weeks to deliver all 583 school sites each delivery cycle.

### **2003-04 First Commodity Delivery Information**

The first commodity food distribution is being planned to begin on approximately August 18, 2003. Since this is a little earlier than in past years, you may not see an abundance of Group A foods available. A lot of these items don't get into the State before mid-September. These items should be available on all other deliveries. Group A items include: ground beef, chicken, some fruits/vegetables, potato products, and tomato products. Most of our regular Group B items (flour, cheese, oil, etc.) will be available for the first delivery,

along with all the processed items that will be available all year long.

The first delivery will be called (4A) and we are planning on getting these new year order forms to you in May, 2003. If we can collect all of next year's first orders in May, we will not mail anything in the summer. It is sometimes impossible to get all orders collected in the summer. We will try to have these available on the web by May 16. Please return before the (2002-03) school year ends.

### **Commodity Daze III**

The Iowa Commodity Food Program is planning a workshop and taste sampling on Saturday, May 3, 2003. Registration is 9:00 a.m. The workshop is 9:30-Noon and food sampling from Noon-1:30 p.m. at Southeast Polk High School, 8325 University Avenue, Runnells, Iowa. This will be a great opportunity for your school to sample all processed commodity items that Iowa will be offering next year (2003-04).

Some new processed products being planned for next year include:

Popcorn chicken, marinara sauce cups, salsa cups, apricot applesauce cups, cinnamon applesauce cups, orange juice cups with calcium, cheese quesadilla, breaded mozzarella sticks, pizza dippers, pizzatas, french toast pieces in a bag, peanut butter and strawberry jam sandwiches, chocolate smoothie cups, mocha smoothie cups and peanut butter slices.

These have all been sampled and approved by the Iowa State Commodity Advisory Council.

There is NO charge to attend this workshop and the workshop has been approved for 4 CEC's (Continuing Education Credits) from ISFSA.

On-site registration will be accepted.

To register for this workshop see the 3E May Release Newsletter or visit the Bureau's Commodity web site.