

Vital Menu Planning Tips

for Sponsors Currently Operating SFSP/SSO

Joining us today as Speakers:

Stephanie Stuemke, Danville Community Schools
Elizabeth Edwards, Notre Dame ACE Academies

Special Audience Member:

Sandra Lehner, USDA Senior SFSP Specialist

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Welcome

Purpose: Today's training will provide sponsors with ideas and tools needed to create the freshest and most nutritious meals possible for the students and children in your community.

Special guests: Include two Indiana food service directors who have exhibited innovation in menu planning and meal service during the COVID-19 pandemic.

Important Announcements: At the end of today's presentation there will be several very important details provided about SFSP 2021.



General Reminders

- Sponsors operating SSO must continue using the NSLP meal pattern.
- Sponsors operating SFSP can use either NSLP or SFSP meal pattern
- Meal pattern must be documented for all sites and meal types offered, including serving students who are participating
 - in e-learning,
 - attending school in-person
 - learning virtually
- Discuss meal pattern plans with your field specialist
- Communicate with your field specialist any changes in operations, such as
 - building closures due to COVID-19
 - changes due to inclement winter weather
 - other irregularities impacting program operations



SFSP Meal Pattern Reminders

There are specific differences in meal patterns for SFSP and SSO!

- When serving 100% fruit juice with a SFSP lunch, juice is restricted to no more than half of the total serving of the fruit/vegetable component.
 - Meaning, if you serve a 4 oz juice at lunch, a full $\frac{1}{2}$ cup serving of a solid fruit or vegetable must also be served to obtain meal pattern compliance.
 - The solid fruit or vegetable cannot be a different form of the juice, such as an apple served with apple juice.
- Dried fruit credits as the amount served in SFSP.
 - When you serve $\frac{1}{4}$ cup of raisins, it credits as $\frac{1}{4}$ cup of the fruit/vegetable component.
- Lettuce and raw leafy greens credit as the amount served.
 - One cup of lettuce credits as 1 cup of the fruit/vegetable component.
- Currently, milk varieties are not as restrictive as they are in School Nutrition Programs.

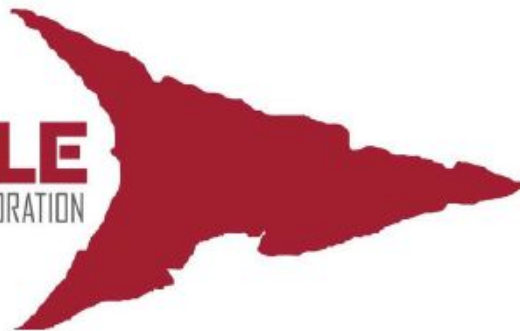
Menu Planning Tips

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DANVILLE
COMMUNITY SCHOOL CORPORATION



Summer Food
Service Program
Meal Planning and
Commodity Tips



Planning your Menu for SFSP

- Remember that the SFSP is normally administered in low income/poverty areas.
- Students need nutritious meals to help them grow during long vacation periods, or in our current situation, the entire school year.
- SFSP can help alleviate food insecurity and added expense to the household to feed children during the summer months.





Offer a variety of meals with age-appropriate foods

Nearly anything can be made into a grab and go meal!







Things to Consider During SFSP

- Serve ready-to-heat-or-eat foods; Do not rely on the household to chop or prep the food
- With state approval, offer weekend meals
- Limit juice to 50% or less. Juice is less filling than an actual piece of fruit
- Find new recipes to use your commodities
- Provide meals to e-learners

Brown Box USDA Foods we were able to Utilize during SFSP

Meat

- Diced chicken (chicken & Noodles)
- Sliced ham- (ham & cheese sliders)
- BBQ Pulled Pork
- Sliced turkey (ham & turkey subs)

Fruit

Applesauce
Blueberries
Mixed fruit
Mixed Berry Cup
Orange Juice
Peach cups
Raisins
Strawberry cup
whole pears, oranges,
apples (DOD fresh)

Vegetables

Baked Potato (DOD fresh)
Broccoli Bags (DOD fresh)
Salsa (nachos)
Green beans
Carrots
Corn

Menu Planning Tips

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1. The importance of planning fresh foods for child nutrition menus.

2. How I make fresh food items a priority on my menus

3. What I've learned through the emergency feeding process

Golden Delicious Apple Award

Webinar Takeaway: Improving the nutritional quality of planned meals should be a primary focus during this season of pandemic and economic hardships.

IDOE Challenge: As Child Nutrition Program sponsors strive to prepare healthy, child-friendly meals, SFSP/SSO sponsors are invited to participate in some friendly competition.

Presenting: **The IDOE Golden Delicious Apple Award Contest!**



Golden Delicious Apple Award

This easy-to-join contest consists of two parts:

1. Complete a brief self-evaluation survey by analyzing your current SFSP/SSO menu.
2. Submit a copy of your one-week menu along with the evaluation score sheet to your field specialist.

Based on your score, you may qualify for one of the following:

Golden Delicious Apple Award

Silver Apple Award

Bronze Apple Award

Contest submission deadline is Monday, February 15



Golden Delicious Apple Award

- **Self-Evaluation Survey**
 - Answer 10 menu and meal service questions
 - Each sponsor tallies their own score based on their current menu
- **Provide a copy of served menu for one week**
- **Email to your assigned field consultant**
 - Please submit your contest entry via one email by including both attachments

Following this webinar, a contest overview detailing all the requirements will be sent to each sponsor

Contest submission deadline is Monday, February 15



Golden Delicious Apple Award

Winners will have all the bragging rights!!



In addition, winners will be recognized in following ways:

- All award level winners will receive a special Apple Award Certificate from the IDOE
- All award level winners will be listed in the SCN and SFSP newsletter
- All award level winners will be posted on the SFSP webpage

A selection of Gold level winners' menus will be featured on the SCN webpage

We highly encourage everyone to participate!



Announcements

2021 SFSP Reimbursement Rates release by USDA

Posted on IDOE SFSP [webpage](#)

Rates are effective January 1st, 2021

State Agency Monitoring Obligations for 2021

In PY 2021, IDOE State Agency (SA) will be conducting Technical Assistance (TA) virtually

- TAs will be conducted for all SFSP/SSO/SNP sponsors
- Your field consultant will reach out directly to schedule a phone call or zoom meeting until such time that state travel can resume
- List of necessary documentation is shared with a sponsor in advance of the scheduled TA date
- Sponsors must still conduct a 4 week monitoring review for each site
- Ongoing compliance of all program regulations is still required and expected



Questions?

Questions can be sent to your field specialist.

Menu Planning Resource for SFSP:
[2018 SFSP Nutrition Guide](#)

Menu Planning Resource for NSLP/SSO:
[2018 NSLP Menu Planner](#)



Thank You.

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