

February 01, 2011

From Walter Beesley:

## PROGRESS

What a challenging, changing time we live in. Reauthorization will provide several changes to our program. I propose that they are not changes but switches on the track. Maybe some think of them as a hindrance to what they see as the goal. I suggest there is no goal. Goal means the end and then you start on the next project. This is like tracks that go off into the horizon with no goal or end. Switches and swaps along the way, but no blockade. Today's tracks are built with stronger material, the track bed is prepared better because of knowledge and hopefully will operate more efficiently. Let us apply this to the Hunger Act. Yes another new meal pattern. The pattern will be based on current studies replacing the old one that worked for years, but with new knowledge it is improved for our children. Just look at all the switches we need to reset. But with a switch you set one at a time. As Progress moves down the track another switch is set or something is swapped, passengers or cargo, and rolls on. There may also be some choices on the track or track not related to your trip. But that is yet another switch to be set by someone.

Are you lost looking at the Hunger Act, standing on the tracks? If you are standing still on the tracks and not moving you are going to see a bright light coming to you at some point. That light is the headlight of Progress, this strong new improved locomotive called Progress rolls on. You are not going to stop Progress, so one needs to get off the track, run with Progress or be overtaken and swallowed up by progress. You may be asked to be one of the switch setters so be prepared.

## BREAKFAST:

The following information is available at: Nutrition Exploration:

Want your students to be more alert, focused and ready to tackle the day's academic challenges? Encourage them to eat breakfast. Not just on test days, but every day of the year. It's well-documented that breakfast eaters are healthier and more energetic throughout the day.

### Breakfast Improves Academic Achievement and Behavior

Eating a nutritious breakfast helps students achieve the classroom goals that you've set for them. National studies consistently confirm that breakfast helps kids concentrate, think, behave and learn. Eating breakfast:

Improves children's classroom performance, including better test scores and grades

Increases children's ability to focus and concentrate on school work

Decreases behavior problems, tardiness and visits to the school nurse

Increases attendance rates

Just as important, when students routinely start their day with breakfast, they learn habits that carry over to their teen and adult years, and serve them for a lifetime.

#### Expanding Breakfast: A Proven Way to Improve Student Learning, Performance and Health

Many schools capture breakfast skippers by Expanding Breakfast service beyond the cafeteria's walls. They find that when they take breakfast to students, instead of expecting them to come to the cafeteria, more students from all socio-economic levels eat breakfast and gain the academic, behavioral and nutritional benefits. Typically, schools use one of three approaches, depending on their unique setting:

**Breakfast in the Classroom** — Students eat breakfast in their classroom, either at the beginning of or early in the school day. A breakfast of easy-to-eat items, such as breakfast sandwiches and burritos, low-fat muffins, French toast sticks or cereals, plus milk and fruit or juice, are brought from the cafeteria to the classroom, often by students.

**Grab 'n' Go Breakfast** — Breakfast is packaged so students can quickly grab it from the cafeteria or carts elsewhere in the school. They eat it in the cafeteria, the classroom or on the school grounds.

**Breakfast After 1st Period** — Usually served in middle and high schools, students are allowed to get breakfast after their first period.

Whatever the approach, participation soars when schools expand breakfast service options, and everyone, from teachers to students to parents wins!

#### Spring Informational Meeting

Wednesday, May 11, 2011. This will be Augusta area.

This informational meeting will focus on the Reauthorization Act.

As the final site is determined, it will be posted here and announced in the Thursday Update.

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#### Summer Training Dates

## Summer Food Service Program Training

All Training's will take place in Room 103 at 111 Sewall St, Augusta, Cross Office Building

March 30 for new sponsors 12:30-4

April 22 for summer camps and nonprofit's 12:30 -4

April 28th for schools 12:30 -4 (we will try to do a video conference with 3 sites)

If interested in being a site, please contact Amy.Webb@maine.gov.

## Fresh Fruit and Vegetable Program

FFVP applications will be available February 14th. Request an application by March 17th, email Amy.webb@maine.gov by The completed applications will be due back by April 15th by 4 p.m. If mailing applications allow time for the application to arrive to us by April 15th.

The next two State Shut Down days are:

Tuesday, February 22nd, and Friday, March 18th.

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## USDA FOODS

From Terri Fitzgerald:

No more new items are expected for delivery. For the rest of the year this is a list of the items that will be offered.

Applesauce, Beef Crumbles, Beef Patties, Chicken Fajita Strips, Corn, Frozen Whole Eggs, Sliced Ham, Diced Peaches, Sliced Peaches, Pork Leg Roast, Salsa, Spaghetti Sauce, Frozen Strawberry Cups, Tuna Pouches, Deli Turkey Breast, Frozen Smoked Turkey Hams, Turkey Taco Filling, Yellow Sliced Cheese and

The February Fresh Fruit is - Oranges.

March will be the month to sign up for NOI for School year 2011-2012. The spreadsheets to help you decide the percentages for your district will be available Tuesday, February 15th.

The following companies will be doing business with Maine Child Nutrition Service for School Year 2010-2011.

They will each have a further processing fee from the company. The items offered and cost will be posted at a later date.

ES Foods, Formally East Side Entrees. This will be billed by the Processor.

Tasty Brands. This will be billed by the Processor.

JTM Foods. Cheese. This will be billed by Dennis Paper, and will include an Admin Fee.

#### PROCESSED ITEMS NOT PART OF NOI

Tasty Brands

cheese -billed by Tasty Brands

Turkey Lasagna - \$50.40 per case, 120 servings-turkey is Bonus

Stuffed Shells, \$45.92 per case, 112 servings

Mini Egg/Cheese Bagels \$62.48 per case, 146 servings.

Cheese Stix, 1 oz, \$57.50 per case, 360 servings -NFDM is Bonus

ES Foods - (formally East Side Entrees) - cheese

JTM Foods

pork and cheese -Billed by Dennis Paper.

Pork Sausage Patty, \$29.00 per case, 360 servings - Pork is Bonus

Cheddar Cheese Sauce, 2 oz cups, \$55.20 per case, 240 servings

Queso Blanco Cheese Sauce\$30.00 per case, 213 servings

(This is a white cheese with salsa)

Maine Child Nutrition now offers 3 list serve options!!!

All Food Service Directors and managers must be on the Child Nutrition List Serve to remain current. This is the method that all announcements of regulation changes, meetings, late checks and other current topics are shared with all. The list serve is for Maine Food Service staff. The list is not given out to anyone and vendors are not members. DOE staff does control the membership and the posting. This should be a resource to all. If you should change your address you will need to register with the list serve again. maintaining the current email status is the responsibility of the members. Join Child Nutrition list serve NOW

There also is a farm to School list serve. it has members that include producers, school food service staff school health coordinators, interested public members, nurses and many more. join today at no cost to stay current and share with others. Sharing keeps all members current!

Farm to school list serve join NOW

Fresh Fruit and Vegetable program has a list serve to keep all informed. this is required for schools that have accepted the grant. at least one active person must be a member of the list serve. the is the most effective way to hear the news in a timely fashion. Join FFVP list serve NOW

The list serve you join on your own and unsubscribe on your own. If your address changes unsubscribe the old address and subscribe with the new address. the list serve are monitored for exchange of information and not used for sales or membership lists.