

# School Nutrition Update

October 17-21, 2022



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## Program Operations Information

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### ***Utilize Updated Whole Grain Resource for the NSLP and SBP***



The [Whole Grain Resource for the National School Lunch and School Breakfast Programs](#), from the U.S. Department of Agriculture (USDA), has been revised to reflect the final rule [Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium](#). The rule states that at least 80% of weekly grains must be whole grain-rich, and the remaining grains must be enriched. This resource includes important and comprehensive information on how to serve whole grain-rich foods in school meals. It provides step by step guidance as well as practical examples for identifying and documenting whole grain-rich foods.

The updated Whole Grain Resource for The National School Lunch and School Breakfast Programs is available to view and download on the Team Nutrition [website](#). Printed copies of the resource will be available at a later date.

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### ***Explore Ingredients for a Successful Taste Test Event***

Taste tests are a great way for School Nutrition professionals to introduce new menu items and get students excited to try healthy foods at school.

The input collected from students can be used to improve recipes and

create school meals that students want to eat. The USDA, Food and Nutrition Service (FNS) offers [tips](#) and other resources to assist in conducting successful taste test events.



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## School Nutrition Spotlight

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### ***Visiting Ramseur Elementary – N.C. Teacher of the Year***

To help celebrate National School Lunch Week and Farm to School and Early Care and Education Month, North Carolina Teacher of the Year Leah Carper visited Ramseur Elementary with Randolph County Schools last week. Ms. Carper was able to read the N.C. Farm to School Program apple storybook to a class, observe the Fresh Fruit & Vegetable Program snack, crunch into North Carolina-grown apple slices for the N.C. Crunch, and eat school lunch (Scratch-made Beef or Chicken Rice Bowl or Yogurt Parfait, Salsa, Fiesta Black Beans, N.C. apples and 1% or Skim Milk) with students. Ms. Carper reported that the school visit was “AWESOME”!



“I am grateful that I was able to experience a lunch period at Ramseur Elementary. The School Nutrition professionals were not only kind and knowledgeable, but they were also passionate about ensuring every student understood the importance of a healthy meal. They were patient and kind as the kindergarteners made their healthy choices for school lunch. Also, the food was delicious and fresh! I enjoyed every bite and every conversation,” said Ms. Carper.

## Crunch in the Community!

Are you headed to the N.C. State Fair, a county fair, farm tour, or farmer's market? You might just see N.C. Crunch promotion as part of your visit. The Farm to School Coalition of North Carolina, N.C. Farm to Preschool Network, N.C. Department of Agriculture & Consumers Services, N.C. Department of Public Instruction, and other partners are working to get N.C. Crunch information and resources out to farmers, farmers market managers, fair organizers, and more community partners across the state. This might be an opportunity for school and community partners to collaborate for cross-promotion of agriculture and nutrition.



If you head to the N.C. State Fair, visit the #NCCrunch station in the *Got to Be NC* pavilion. Also, make sure to visit the *Field of Dreams* exhibit where you will find the N.C. Farm to School Program Calendar Artwork on display. While you are there, scan the QR code to register your participation in the N.C. Crunch at the N.C. State Fair. Snap a photo and share on social media using #FarmtoSchool and #NCCrunch. Tag @NCStateFair, @NCFarmtoSchool, @F2SCoalitionNC, and @NCSchoolMeals.



## Showing Support for Farm to School and School Meals – NCDPI, School Nutrition

During their October Continuous Improvement Workshop (CIW), the N.C. Department of Public Instruction (NCDPI), Office of School Nutrition crunched into North Carolina-grown apples to show their support for farm to school and school meals for the N.C. Crunch and Farm to School and Early Care and Education Month. We look forward to seeing your #NCCrunch2022 photos!



## Share Your School and Summer Meal Photos

The NCDPI, School Nutrition Division wants to highlight the appealing, wholesome, quality meals our School Nutrition Programs across the state offer to students each day. Share your beautiful photos of serving lines and complete school breakfast or school lunch meals with us. Please send to Tracey Bates, NCDPI School Nutrition Promotion Specialist, at [tracey.bates@dpi.nc.gov](mailto:tracey.bates@dpi.nc.gov). Make sure to include the school and district info so we can aim to credit the source. Be on the lookout for photos of school meals from across the state on social media.



Perquimans County Schools

## Send in Articles for the School Nutrition Update E-letter

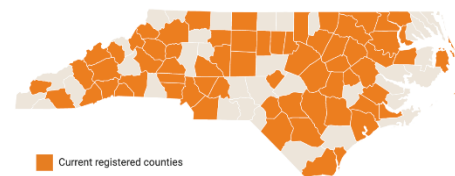
If you have a resource, grant, job opportunity, continuing education event, award announcement, shout out or other news item for the School Nutrition Update, please send a brief article (250 words or less) to Tracey Bates, [tracey.bates@dpi.nc.gov](mailto:tracey.bates@dpi.nc.gov), by 12 pm on the Wednesday prior to when the SN Update is sent out the following week.

# Farm to School

## Are You Ready for #NCCrunch 2022?

Youth and adults across the state will crunch into North Carolina grown produce on October 19 and throughout the month for the 2022 N.C. Crunch. Is your public school unit (PSU) or county included in the 2022 #NCCrunch data? So far, early care and education sites, schools, agencies, organizations, and individuals have signed up to reach 65 counties plus the Qualla Boundary and over 132,469 youth and adults. We hope to see the 2022 N.C. Crunch numbers continue to increase throughout the month. Help us reach all 100 counties and at least 500,000 participants for the 2022 #NCCrunch! [Sign up](#) for the #NCCrunch to receive a free guide with tips, templates, and links to resources so that you are ready to crunch. Resources include a N.C. Crunch logo, “I crunched” sticker template, flyer, video, social media graphics, sample proclamation, press release, email and social media messages, and more.

## NC Crunch 2022 Participation



The N.C. Crunch, co-hosted by the Farm to School Coalition of North Carolina and N.C. Farm to Preschool Network, offers youth and adults an opportunity to taste and learn about North Carolina-grown produce with their schools, early care, and education (ECE) centers, community organizations, and/or families. Farm to School and Early Care and Education Month also offers an opportunity to recognize the importance of farm to school/early care and education and honor all those who contribute to feeding our youth and communities and making farm to school activities happen, our #farmtoschoolheroes.



Make this a crunch heard across the state! Share photos of your #NCCrunch activities on social media and tag @NCSchoolMeals, @F2SCoalitionNC, and @NCFarmtoPreschool.

## Continuing Education

### **Reframing the Conversation - Supply Chain Bites – 10/19, 1:30 pm ET**

Join the national School Nutrition Association, No Kid Hungry, and nutrition experts on October 19 at 1:30 pm ET as we build upon the big-picture discussion of the supply chain challenges. We will be sharing findings and solutions from the 20 listening sessions conducted with operators, industry, distributors, and State Agency representatives across the country. As we continue to navigate the challenges ahead, stay tuned for even more tid-“bites” from School Nutrition stakeholders. Join the conversation by sharing your biggest challenges and best practices! [Learn more and register.](#)

### **Growing School Gardens Summit Lightning Talks – 10/19, 2 pm ET**

As part of the Growing School Gardens Webinar Series, join the School Garden Support Organization Network on October 19 at 2 pm ET for a well facilitated hour-long session consisting of 5-minute Lightning Talks from a variety of school garden professionals! After each talk, there will be time to digest the valuable information shared and ask questions. [Learn more and register.](#)

## ***Growing and Strengthening Farm to School Programs – 10/19, 3 pm ET***

In observance of National Farm to School Month, the October STAR Webinar from the Institute of Child Nutrition (ICN) on October 19 at 3 pm ET will share what the Farm to School Program entails and the resources that are available to support the process of implementing a Farm to School Program. Join the webinar to hear strategies and tips for cultivating partnerships between School Nutrition operators and local producers. [Learn more and register](#).



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## ***Debrief from the White House Conference on Hunger, Nutrition, and Health – N.C. School Nutrition Impacts – 10/26, 2:30 pm ET***

Join the Carolina Hunger Initiative on October 26 at 2:30 pm ET for a recap of the White House Conference on Hunger, Nutrition, and Health (which was held on September 28, 2022), an overview of the work already being done to meet these goals in North Carolina, and how federal and state priorities might further impact our state. The Carolina Hunger Initiative team will share background, a summary, and video highlights from the conference. Mary Oxendine, Food Security Coordinator for Durham County, will provide her perspective as a North Carolina in-person attendee of the White House Conference. In addition, Dr. Lynn Harvey, Senior Director, Office of School Nutrition and Office of District Operations, N.C. Department of Public Instruction, will share thoughts about current efforts and next steps going forward. [Learn more and register](#). Submit your questions and goals with registration.

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## ***Listen to White House Conference on Hunger, Nutrition and Health Update – 10/26, 3:30 pm ET***

The historic White House Conference on Hunger, Nutrition and Health was held on September 28. Recordings of the plenary and panel sessions are now available on the conference [website](#). Input from stakeholders leading up to and during the conference helped to inform the Biden-Harris Administration [National Strategy on Hunger, Nutrition, and Health](#) that was released at the conference. Work is underway to implement this strategy and build off the momentum of the conference. Plan to participate in the first post-conference monthly update on Wednesday, October 26 at 3:30 pm ET. [Learn more and RSVP](#).

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## ***Access Virtual Training Opportunities***

The Institute of Child Nutrition (ICN) has compiled [resources to help prevent the spread of the Coronavirus](#). Online food safety/HACCP training is available on the NCDPI, School Nutrition [website](#) and the ICN [website](#). Additional continuing education resources are available on the School Nutrition [website](#) from NCDPI, ICN, the School Nutrition Association and other agencies and organizations. The Academy of Nutrition and Dietetics offers [COVID-19 professional resources](#) for Registered Dietitians/Nutritionists (RDNs) and Dietetic Technicians, Registered (DTRs), and [continuing professional education resources](#).

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## **Questions**

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If you have any questions regarding these updates, please reach out to your regional consultants.

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) (833) 256-1665 or (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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