

School Nutrition Update

January 25, 2021



In this Issue:

Program Operations Information

- Share NSBW 2021 Plans
- Submit SFSP Applications and USDA Waivers Acceptance ASAP
- Have Questions to be Answered During the Wednesday Webinars?
- Complete Meal Counts Survey Daily

School Nutrition Spotlight

- Shout Out to N.C. STEPS Winners!
- Share the Love with Robeson County Schools
- Submit a School Nutrition Spotlight

Nutrition Education & Promotion

- Still Time to Enter the 2021 N.C. Jr. Chef Competition
- Check Out the 2020-25 Dietary Guidelines for Americans

Grants

- Enter the 2021 Kitchen Storage Makeover Contest

Continuing Education

- Make the Most of USDA Foods with SNA Webinar - 1/27
- Register for the January ICN STAR Webinar - 1/28
- Celebrate Black History Month with SNA Webinar - 2/4
- Access Virtual Training Resources

Program Operations Information

Share NSBW 2021 Plans

National School Breakfast Week (NSBW), “Score Big with School Breakfast,” is coming up March 8-12, 2021. The U.S. Department of Agriculture (USDA) has requested information from State Agencies regarding the plans of local School Food Authorities (SFAs) to celebrate NSBW 2021. Please respond to this [brief survey](#) to share your NSBW plans by 6 pm, January 27. The N.C. Department of Public Instruction, (NCDPI) must report NSBW plans to the USDA Southeast Regional Office (SERO) by January 28.

Submit SFSP Applications and USDA Waivers Acceptance ASAP

Remember...if you have not submitted your Summer Food Service Program (SFSP) application, please do so as soon as possible. In order to file the January claim, applications must be approved by January 31. The deadline to complete the acceptance of USDA waivers in the School Nutrition Technology System has been extended to January 31, 2021. Please reach out to your SN Consultant or Specialist if you need assistance.

Have Questions to be Answered During the Wednesday Webinars?

Please submit any questions you have for the Wednesday Briefing for School Food Authorities (SFAs) via the [online form](#). Answer the first two questions and then enter your questions one question per box. If you have more than ten questions, please click on the link to the form and submit your additional questions.

Complete Meal Counts Survey Daily

North Carolina remains in a state of emergency related to COVID-19. As such, the N.C. Department of Public Instruction (NCDPI) must report daily meal counts to the N.C. Emergency Operations Center. Please use the survey [link](#) to submit meal count data daily by 6 pm. If you have questions or issues submitting the data, please reach out to [Janet Johnson](#).

School Nutrition Spotlight

Shout Out to N.C. STEPS Winners!

Congratulations to the School Nutrition Association (SNA) STEPS Community Holiday Challenge Winners! More than 500 steppers took part. Two of the winners are from North Carolina: Level 2 - Jeremy Hetrick (School Nutrition Director with Henderson Collegiate) and Level 3 - Janet Lovelady (Moore County School Nutrition Director). What an honor and accomplishment!



Join the SNA STEPS Strive to Thrive New Year, New You challenge. Staying active has proven beneficial for both physical and mental health, so join us in healthy activities for your body, mind and spirit. Participate with your peers in fun activities and friendly competition through March 31. Anyone that reaches 150,000 steps or more is eligible to win a prize! Post your activities and progress on social media to help spread the

word and use the hashtags #SNAStrive2Thrive and #NewYearChallenge. Download the Strive to Thrive app to get started today and see the official rules for prize information. [Learn more.](#)

Share the Love with Robeson County Schools

Students and families have recently reached out to share their appreciation to the Robeson County School Nutrition team for their efforts in providing healthy meals for children. The kids always know how to brighten our day. Thanks to all our #NCSchoolNutritionHeroes!



Submit a School Nutrition Spotlight

We love lifting up our #NCSchoolNutritionHeroes! If you know of a North Carolina School Nutrition team or professional that has received an award, honor or other recognition or should be spotlighted, please share for an upcoming School Nutrition Spotlight. Please send details to Tracey Bates, tracey.bates@dpi.nc.gov.

Nutrition Education & Promotion

Still Time to Enter the 2021 Virtual N.C. Jr. Chef Competition

There is still time to enter the 2021 virtual N.C. Jr. Chef Competition. High school Career and Technical Education student chefs have a chance to create a school lunch entrée recipe for the competition. Jr. chef teams can work with their Family and Consumer Sciences Teacher and local School Nutrition Program to create recipes that not only meet National School Lunch Program guidelines but also feature at least 2 North Carolina grown ingredients and one USDA Foods item and appeal to students. Online submission forms with application and recipe, recipe photo, and permission forms are due 2/1. Eight finalist teams will be selected for a virtual cook-off. Teams will be evaluated for their skills in recipe development, food safety and sanitation, food preparation and presentation. Sullivan University scholarships are available to the student members of the top three teams. Please share [competition info](#) with prospective teams and encourage them to enter.



Apex High N.C. Jr. Chef 1st Place Team at February 2020 Cook-off

Check Out the 2020-25 Dietary Guidelines for Americans

The U.S Department of Agriculture and U.S. Department of Health and Human Services recently released the Dietary Guidelines, 2020-25. Along with physical activity, improving what you eat can help you reduce your risk of chronic diseases, such as diabetes, heart disease, some cancers, and obesity. Individuals and families can take the following steps to start or maintain a healthy eating routine:

- Focus on whole fruits.
- Vary your veggies.
- Make half your grains whole grains.
- Vary your protein routine.
- Move to low fat or fat free dairy milk or yogurt (or lactose free dairy or fortified soy versions).



- Choose foods and beverages with less added sugars, saturated fat, and sodium.

Learn more and find resources to use and share at <http://dietaryguidelines.gov>.

Grants

Enter the 2021 Kitchen Storage Makeover Contest

January 15 to April 15, 2021, K-12 school foodservice operators are invited to [submit](#) their lacking back-of-the-house storage area for a chance to win a makeover with up to \$50,000 of Metro product. K-12 supply chain partners, such as dealers and designers, can participate by working with a K-12 operator on a submission. The winner will receive a storage and productivity assessment followed by a makeover of their storage and efficiency needs. The assessment may include shelving, workstations, worktables, custom configurations, track systems and even cabinets. The winner's story along with videos of the makeover will be featured in Food Service Equipment & Supplies.



Continuing Education

Make the Most of USDA Foods with SNA Webinar - 1/27, 3 pm ET

When it comes to USDA Foods, diverting what you will use and using what you divert has never been more important. Join School Nutrition Association representatives on January 27 at 3 pm ET to learn how to make the most of USDA Foods as you plan for next school year. [Register here](#).

Register for the January ICN STAR Webinar - 1/28, 3 pm ET

The Institute for Child Nutrition (ICN) welcomes you to join the 2021 January STAR webinar on Goal Setting: Utilizing the New Dietary Guidelines for Americans. This webinar will inform School Nutrition operators on how to set realistic, long-lasting SMART goals and review the new dietary guidelines to encourage improvements personally and within school meal service. [Register here](#).

Celebrate Black History Month with SNA Webinar - 2/4, 3 pm ET

In celebration of Black History Month, on February 4, 3 pm ET, join School Nutrition Association leaders who have shaped the School Nutrition profession and meet rising stars. You'll hear inspiring leadership journeys, celebrate the work of School Nutrition professionals, and discuss the critical role School Nutrition programs play to fuel all students for success. [Register here](#).

Access Virtual Training Opportunities

The Institute for 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 (RDs) and Dietetic Technicians, Registered (DTRs), and [continuing professional education resources](#).

Questions

If you have any questions regarding these updates, please reach out to your regional consultants. Contact information for your Zone teams can be found [here](#).

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.