

School Nutrition Update

January 30-February 3, 2023



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Program Operations Information

Engage with Development of the 10th Dietary Guidelines

The U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) are excited to announce the members of the [2025 Dietary Guidelines Advisory Committee](#)! The Committee will review the current body of nutrition science and make recommendations to help guide HHS and USDA as they develop the 10th edition of the Dietary Guidelines for Americans.

The Committee consists of 20 nationally recognized scientists. Committee members will examine the relationship between diet and health across all life stages. They will apply a health equity lens throughout their evidence review to ensure their recommendations to HHS and USDA consider factors like socioeconomic status, race, ethnicity, and culture to the greatest extent possible.

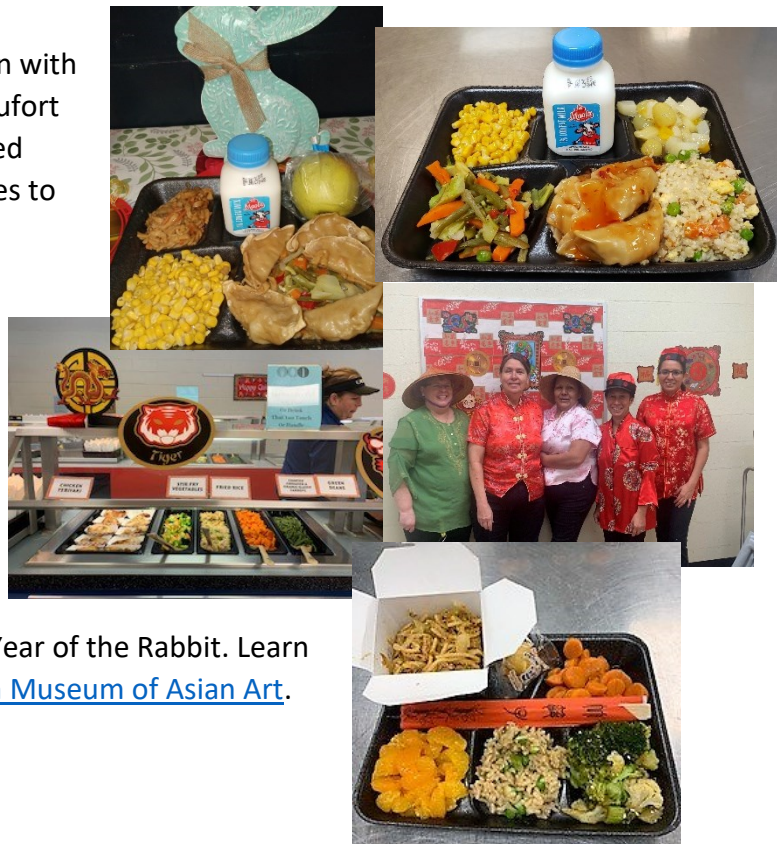
Starting on January 19, 2023, a public comment period will open and remain open throughout the duration of the Committee's work. HHS and USDA encourage the public to participate in the process by attending the Committee meetings and [submitting public comments through the Federal Register](#). Also, anyone can [sign up for email alerts](#) to stay updated throughout the process. The Committee will hold its first meeting on February 9-10, 2023. The meeting will be open to the public via live webcast. Get meeting details and learn more about the 2025 Dietary Guidelines Advisory Committee at [DietaryGuidelines.gov](#).

School Nutrition Spotlight

Celebrating the Lunar New Year!

Schools across the state integrated cultural exploration with learning through celebrating the Lunar New Year. Beaufort County Schools and Union County Public Schools shared photos of their school meals, decorations, and activities to celebrate the 2023 Lunar New Year.

The Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. This annual festival is celebrated in many Asian countries and by people of Asian heritage around the world. Each culture celebrates the Lunar New Year differently with various foods and traditions that symbolize prosperity, abundance, and togetherness. Each year in the Lunar calendar is represented by one of 12 zodiac animals. 2023 is the Year of the Rabbit. Learn more about the Lunar New Year from the [Smithsonian Museum of Asian Art](#). We wish everyone good fortune this year!



Building Leaders – Wilson County Schools

Shout out to Wilson County Executive Director of School Nutrition Jamie Narron for being selected to attend the highly valued School Nutrition Association/Georgetown Executive Leadership Program. Ms. Narron is one of fifty directors from across the nation who were selected to attend, and she is the only director representing North Carolina. The program is held at Georgetown University's McDonough School of Business in Washington, D.C., and it is known for its excellence in preparing the business world's most respected leaders. The participants were nominated by their peers, and the program is by invitation only. Congratulations, Ms. Narron!



Follow/Like Us on Social Media

Did you know you could find the NCDPI, Office of School Nutrition on social media? Follow or like our pages - @NCSchoolMeals and @Ray4NCKids on Facebook, Instagram, and Twitter.

Share Your School Nutrition 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. 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.



Cherokee County Schools

Send in Articles or Topics of Interest 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, by 12 pm on the Wednesday prior to when the SN Update is sent out the following week. Please include “**SN Update**” in the email subject line. If there are topics of interest you would also like to see included, please share as well.

Grant Opportunity

Growing Minds – Farm to School Funding – Due 2/15

The Appalachian Sustainable Agriculture Project (ASAP), Growing Minds program wants to help fund your farm to school project in Western North Carolina! This mini-grant program connects K-12 schools throughout the 18 westernmost counties of North Carolina with local agriculture and gives children positive experiences with healthy local foods through the four components of farm to school: farm field trips, local food cooking and taste tests, school gardens, and local food served in school cafeterias. Farm to school activity mini-grants will be provided up to \$1000. Mini-grant applications are due every month on the 15th through April 15, 2023, and will be awarded by the 30th of each month! [Learn more and apply.](#)

Apply for Professional Development Scholarships – Due 1/31 and 3/31

The deadlines for the Reginald Ross Inclusion Scholarship and Dr. Lynn Harvey First Timer Scholarship are January 31, 2023. The Reginald Ross Inclusion Scholarship Award was established to honor the outstanding service of Reggie Ross as the President of the School Nutrition Association (SNA) for the 2020-2021 year. In his honor, the School Nutrition Association of North Carolina (SNA-NC) will provide an Annual National Conference (ANC) scholarship to SNA-NC members who has never attended ANC. The scholarship will provide \$1500 to help with registration, hotel, and travel costs. In honor of Dr. Lynn Harvey having proudly represented North Carolina as the 2017-18 SNA President, three First Timer Scholarships will be awarded annually to SNA-NC members who have never attended the state conference. The scholarship will provide complimentary registration and \$500 towards conference expenses to each recipient. [Learn more and apply.](#)

The deadline for School Nutrition Foundation Professional Development Scholarships has been extended to March 31, 2023! School Nutrition Association (SNA) members can achieve their educational dreams with a scholarship from the School Nutrition Foundation. These scholarships are intended to provide funding for tuition and books for the following school year. Three (3) scholarships are available for 2023: Superhero Scholarship from Bart Christian (multiple scholarships available each year), Schwan's Food Service Scholarship (multiple scholarships of up to \$2,500 each), and the Nancy Curry Scholarship (one scholarship of \$500 is awarded each year, funded by Handgards, Inc., and friends of Nancy). Winners will be announced in Spring 2023. Use the convenient Common Application to apply for all three scholarships. [Learn more and apply.](#)

Nutrition Education & Promotion

Promote School Meals and Farm to School with the N.C. Jr. Chef Competition!

Did you know the #NCJrChef Competition is a great way to promote school meals and farm to school? Through participation in the competition, students create school lunch entrée recipes that meet National School Lunch Program regulations, feature at least two North Carolina grown ingredients and one USDA Foods item, and appeal to students. The competition is a wonderful learning opportunity!



For the 2023 N.C. Jr. Chef Competition (NCJCC), teams of 2-4 high school students (grades 9-12) currently enrolled in a North Carolina public school that participates in the National School Lunch Program are encouraged to work with an Adult Team Supervisor (School Nutrition Administrator or Public School Educator – Ag, Family and Consumer Sciences, Math, Science, etc. Teacher) to create a school lunch entrée recipe. Student members of the top three teams will win scholarships to attend Sullivan University.

This year, teams will work together at their schools to develop and test their recipe, complete competition requirements, and submit required materials. Based on applications and recipes submitted, up to eight finalist teams will be selected to compete in the virtual cook-off. Finalist teams will participate virtually in interviews with a panel of evaluators and a recognition ceremony.

- February 3 – Teams must submit the online submission form with application, recipe, recipe photo, cost and nutrient analysis, and permission forms.
- February 20 – Finalist teams will be notified.
- March 10 – Finalist teams must submit the online submission form including final applications with recipe, recipe photo, cost and nutrient analysis, video of the team preparing and plating their recipe, and a work plan for completing the dish within the 90-minute time limit.
- March 28 or 29 – Finalist teams will participate in live interviews with a panel of evaluators.
- March 30 – Finalist teams will participate in virtual ceremony. All finalist teams will be recognized, and the competition results will be announced.
- May 11-12 - The NCJCC first-place team will advance to the Southeast Jr. Chef Competition at Sullivan University in Kentucky.

Competition info and materials are posted on the NCDPI, Office of School Nutrition [website](#). New resources are available to assist teams with the 2023 N.C. Jr. Chef Competition. A competition overview webinar was held on January 11. The webinar recording and slides are now posted. In addition, a Google sheet version of the team application is now available along with the Excel workbook version. For questions regarding the resources or competition, please reach out to Tracey Bates, School Nutrition Promotion Specialist, tracey.bates@dpi.nc.gov.

Dig In to School Breakfast!

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. #NSBW23 is March 6-10. The 2023 theme is “Dig In to School Breakfast.” NSBW is an opportunity to have fun promoting school breakfast. The national School Nutrition Association has a free [toolkit](#) with artwork, a sample proclamation and press release, presentation, social media resources, and more available.

Plan now to celebrate NSBW. Share your celebration activities on social media. Tag @NCSchoolMeals.



Continuing Education

Create Menus of Flavor – 2/2, 3 pm ET

The Culinary Institute of Child Nutrition (CICN) recently released three new hands-on culinary trainings called Menus of Flavor. Originally developed by the John C. Stalker Institute of Food and Nutrition, the Menus of Flavor trainings are intended to teach foundational culinary skills to School Nutrition professionals with a focus on flavor profiles of global cuisines. Join CICN on February 2 at 3 pm ET for an introduction to flavor profiles of the Mediterranean, East and Southeast Asia, and Latin America and to discuss the impact of hands-on culinary skills training. [Learn more and register.](#)



Are You Ready for the Challenge? N.C. Child Hunger Leaders Conference – 2/22

Did you hear? This year's N.C. Child Hunger Leaders Conference theme is: "GAME ON! Winning the Child Hunger Challenge." The N.C. Child Hunger Leaders Conference is an annual day of celebration and inspiration for anyone invested in making sure kids have access to healthy food. The one-day event, presented by the Carolina Hunger Initiative at the University of North Carolina, will take place at The Friday Conference Center in Chapel Hill on February 22, 8 am-4 pm ET. Attendees will have a chance to connect with other child hunger leaders from across the state, learn about new strategies and success stories, and leave reenergized to continue the fight against child hunger. [Learn more and register.](#)



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 [continuing professional education resources](#) for Registered Dietitians/Nutritionists (RDNs) and Dietetic Technicians, Registered (DTRs).

Questions

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.

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