

Howard County Public School System

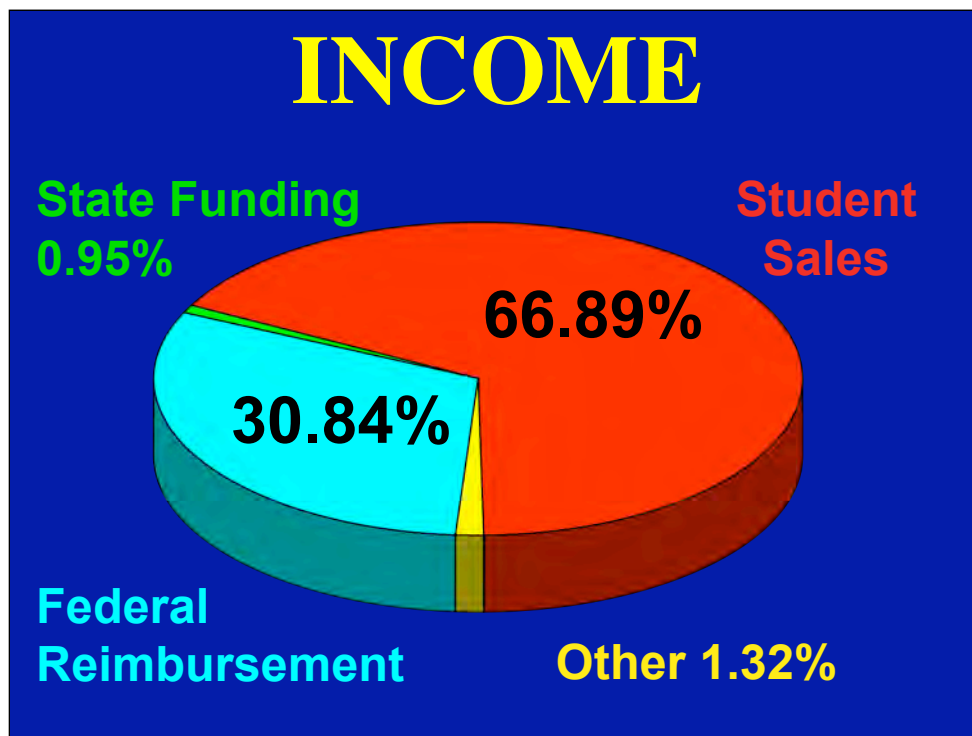
Food and Nutrition Service

PRESENTED BY MARY KLATKO, DIRECTOR OF THE FOOD & NUTRITION SERVICE PROGRAM.



Providing school meals is a juggling act.

- Must meet the nutritional standards SET BY USDA
- The meals must be affordable
- Food safety and security is always a top priority.
- Culture diversity factors into the planning
- Student's health related concerns, such as allergies
- The financial well being of the program
- Dietary modifications for religious reasons.
- Student preferences are top of the list while battling perceptions of comparability to fast food restaurants

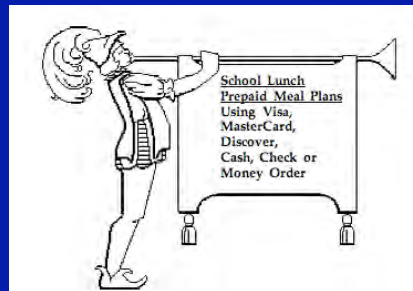


Income

Self Explanatory

- Most of funds are from student payments
- Followed by federal subsidies including the value of food received through the USDA Commodity Food Program
- State Funding is less than 1%
- All daily deposits are swept into interest bearing overnight accounts
- No county funds in program
- PROGRAM Operates as a self supporting enterprise fund within the BOE

PAYMENT METHODS



PLAN AHEAD!

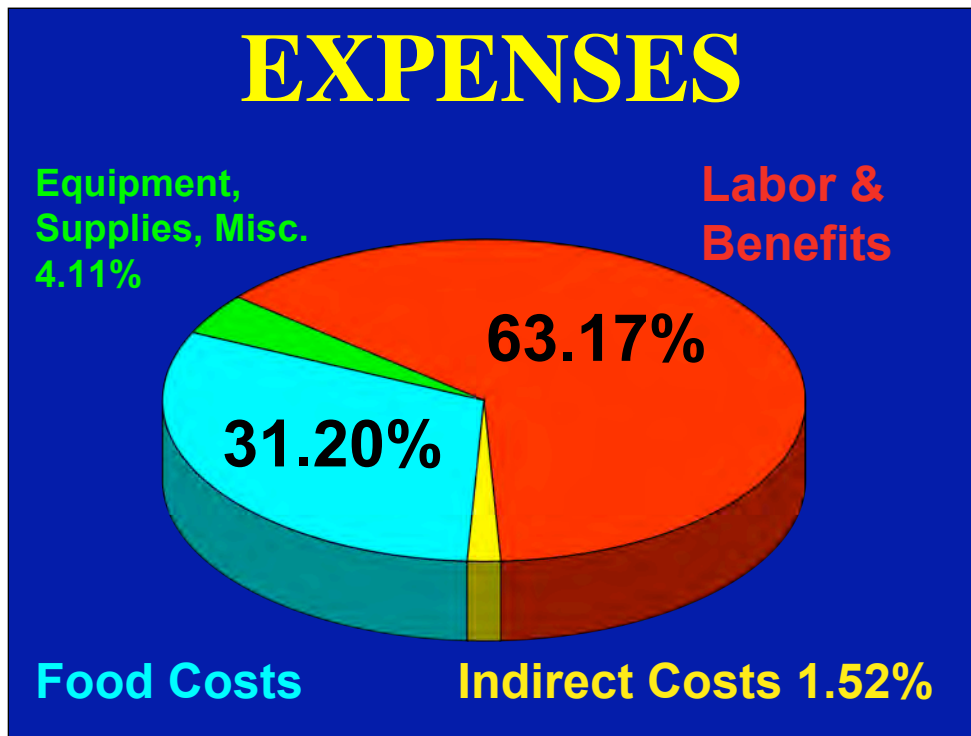
There are 3 different ways to pay for school meals next year.

- 1) Once a year using Visa, MasterCard, Discover, Cash, Check or Money Order
- 2) Installment Payment Plan using 9 equal debits from a checking or savings account.
- 3) Cash Payment by student daily

PLAN AHEAD!

There are 3 different ways to pay for school meals.

- 1) Pay once a year using Visa, MasterCard, Cash, Check or Money Order.
- 2) The Installment Payment Plan using 9 equal debits from a checking or savings account.
- 3) Payment by student daily.



Expenses

When I started to work for HCPSS 23 years ago in my current position, our expenditures were :

60%	Food
40%	Labor

Look at it now.

63.17%	Labor & Benefits
31.20%	Food
4.11%	Equipment and supplies
1.52%	Indirect Payment to Operating Budget
100%	

We continue to be self-supporting.

For the past 23 years this program has ended EACH school year with a positive balance.

Standard Annual Audits

United States Department of Agriculture	No violations Letter of Commendation from MSDE
Maryland State Department of Education	Nutrient Analysis of Menus Letter of Commendation
MD General Assembly	Legislative Audit, 2009 6 Best Practices
FDA	Trains in HCPSS
MD Department of Weights & Measures	Test products to meet specs per my request
Howard County Health Department	Inspects all schools 2 times per year (prep schools 3 times per year) No violations in any school on food handling
Clifton Gunderson, External Audit	All financials are in order every year
Internal Auditor	Breakfast project ~ 16% increase
In-Team Consultants	“The study of the Food & Nutrition Service Department has determined that the FNS is a well run, organized and highly efficient program.”

Audits done annually

United State Department of Agriculture	No violations Letter of Commendation from MSDE
Maryland State Department of Education	Nutrient Analysis of Menus Letter of Commendation
MD General Assembly	Legislative Audit, 2009 6 Best Practices
FDA	Trains their employees in HCPSS which means reviewing our procedures
MD Department of Weights & Measures	Test products to meet specs per my request
Howard County Health Department	Inspects all schools 2 times per year (prep schools 3 times per year) No violations in any school on food handling
Clifton Gunderson, External Audit	All financials are in order every year
Internal Auditor	Breakfast project ~ 16% increase
InTeam Consultants	“The study of the Food & Nutrition Service Department has determined that the FNS is a well run, organized and highly efficient program.”

Staying in the Forefront...

- Food based menu planning
- Nutrition analysis
- Preparation for consistent nutritional content
- Recipe cooking
- Ingredient & preparation modification
- All secondary schools - salad bars
- Highly trained & skilled staff
- USDA & MSDE & HCPSS policies
- Wellness Policy
- A la Carte/snack guidelines

- We cook from scratch in HCPSS schools, actual Recipe Cooking – using USDA & HCPSS developed recipes
- Ingredient and Preparation modification means the professional staff tests recipes and modifies ingredients to lower fat and sodium and then we teach classes to employees to be sure quality is consistent throughout the 70 schools.
- All secondary schools cold wells are set up as salad bars which students use as part of the regular lunch
- We have a highly trained and skilled staff – They must take a 16 hours ServSafe Class and at least one other class per month throughout the year
- We Follow USDA & MSDE & HCPSS policies; the Wellness Policy an a la carte guidelines.

BUY LOCAL - Farm to School

Milk	Dairy Maid	Frederick, MD	
Bread	Schmidt's	Fullerton and Fells Point, MD	
Produce	Bowie	Maryland Farms	
Distributor	PFG/CCF	Canned & Frozen Flour Spices, McCormick Tortillas, Abuelito Chicken, Tyson, Perdue Sugar, Domino Knouse Food English Muffins, Thomas Hadley Farms Shell Eggs	MD & PA Ellicott City, MD Hunt Valley, MD Northern VA Eastern Shore, MD Baltimore, MD Bigglerville, PA Frederick, MD Hagerstown, MD Maryland
Ice Cream	Briggs	Laurel, MD	

We buy as much as possible locally and always have. It is in our best interest and that of our distributor. You can see on the screen where some of our food comes from. There are more local products but not enough time or space on the screen.

PROGRAM INFORMATION

- Purchasing
 - 12 County Purchasing Cooperative
 - Domestic food
 - No Added Trans Fats
 - All Meat & Poultry from USDA
 - 100% Fruit Juice
 - USDA Grade A Potatoes
 - First Quality Frozen Vegetables
 - US #1 Fresh Vegetables
 - US #1 Fresh Fruit
 - Fat Free & Low Fat Condiments
 - Pasta is Whole Wheat

•Purchasing

- We are a Member of a 12 County Purchasing Cooperative
- Which Specifies Domestic food grown and processed in the United States
- We do not allow added Trans Fats in Foods
- All Meat & Poultry is Produced in USDA Federally Inspected Plants
- We Only use 100% Fruit Juice
- USDA Grade A Potatoes
- First Quality Frozen Vegetables
- US #1 Fresh Vegetables & Fruits
- Fat Free and Low Fat Condiments
- Whole Wheat pasta is an option

Meal Pattern Requirements

Lunch Meal Pattern

- Meat/Meat-Alternate
- Fruit/Vegetable
- Bread/Bread-Alternate
- Milk

Lunch Meal Pattern Requires:

- 2 ounces Meat/Meat-Alternate Foods which can be one serving of meat, fish, poultry, cheese, yogurt, egg, dried peas or beans
- 1 cup per day (two or more servings of fruits and/or vegetables)
- 8 to 10 Bread/Bread-Alternate Foods per week which can be enriched or whole grain bread, roll or biscuit; pasta or rice
- 1/2 pint of flavored or unflavored low fat milk or skim milk

Choices Offered Daily for Lunch include:

4 to 6 Entrée choices, depending on grade level

High Schools have

6 or more Classic Entrée choices including a Salad Bar with beans for vegetarians plus Signature Lunch and Coach's Corner Entrée

All schools have unlimited access to fruits and vegetables

Food Specifications for Howard County Public School System

- **Entrées**
 - All chicken products are from USDA
 - Hamburgers from USDA
 - Ham is turkey ham
 - Fish is baked
 - Tuna is light, packed in water
 - Cheese on Pizza products is low fat
 - Cheese from USDA

Entrées

- All chicken products are from USDA
- Hamburgers from USDA contain VPP (Vegetable Protein Products) to lower the fat content to 85% LEAN
- Ground Beef from USDA Commodity Food Program is 87% lean
- Ham is turkey ham
- Fish is Cod and Pollock
- Tuna is light, packed in water from USDA
- Cheese from USDA is all reduced fat
- Cheese on Pizza products is low fat and reduced sodium Mozzarella cheese. The MD Coop is USDA's test base this year for this product with reduced sodium cheese.

Food Specifications for Howard County Public School System

- **Breads**
 - Potato rolls
 - Breads offered are multi-grain
 - Sliced white bread is not served
 - Cereals are whole grain, non sweetened
 - Bagels & muffins sized for age appropriateness
 - Pasta is whole grain - USDA Commodity Food
 - Pizza crust is whole grain white wheat flour

Breads

- Potato rolls are served because they contain less calories, fat, sodium and carbohydrates, but more Vitamin A
- Breads offered are a wide variety of multi grains
- Cereals are whole grain, non sweetened
- Bagels and muffins are specified by size for age appropriateness
- Pasta is whole grain from the USDA Commodity Food Program
- Pizza that already has the reduced fat and low sodium cheese also has whole grain white wheat flour

Food Specifications for Howard County Public School System

- **Vegetables / Fruits**
 - Salad Bars - all middle & high schools w/ lunch
 - Salad Bars - fresh vegetables & fruit
 - Frozen vegetables - “First Quality”
 - Fruit Juices & Fruit Smoothies - 100% juice
 - Canned fruit is packed in light syrup
 - Fresh fruit - 3 or 4 varieties offered daily.

Vegetables / Fruits

- Salad Bars are available in all Middle and High Schools as part of the school lunch
- They contain a wide variety of fresh vegetables and fruit
- All cooked vegetables are steamed in the kitchen where they are served
- Fruit Juices and Fruit Smoothies are 100% fruit juice
- Canned fruit is packed in light syrup
- There are usually 3 or 4 fresh fruit varieties offered daily.

School Lunch Choices at Salad Bars



A picture is worth a thousand words. This is a typical salad bar in any and all middle and high schools, every day.

Food Specifications for Howard County Public School System

- **Condiments**
 - Gravy mix - very low fat - only 2% of calories per serving
 - Salad dressings - fat free

- **Milk - Lunch**
 - 1% milk - white, chocolate & strawberry flavors
 - Fat free milk is offered daily

- **Milk - Breakfast**
 - Low fat and fat free, non-flavored only

▪ **Condiments**

- Gravy mix is very low fat contributing only 2% of calories from fat per serving
- Salad dressings are all fat free except Light Ranch

▪ **Milk - at Lunch is**

- 1% white, chocolate and strawberry flavors or fat free

▪ **Milk – at Breakfast is**

- 1% and fat free, white milk

Food & Nutrition Service
does **NOT** serve, sell or vend
Soft Drinks (Soda) or candy

Anywhere or anytime, day or night in any school

Food & Nutrition Service does **NOT** serve, sell or vend Soft Drinks (Soda) or candy anywhere at anytime, day or night in any school.

Food Preparation

Schools make foods from standardized recipes

Some examples are:

- Baked Chicken
- Macaroni and Cheese
- Chicken Parmesan
- Lasagna
- Tacos
- Spaghetti
- Sloppy Joe
- Baked Ziti
- Soups
- Mashed Potato Bowls
- Turkey Pot Pie
- Enchiladas
- Oriental Stir Fry
- Quesadilla
- Hot Turkey Sandwich
- Wraps
- Melts
- Salads

Schools make foods from standardized recipe . Some examples are on the screen:

Baked Chicken

Mashed Potato Bowl with Beef & Veggies

Mashed Potato Bowl with Turkey & Veggies

Macaroni and Cheese

Chicken Parmesan

Turkey Pot Pie with Biscuit

Lasagna with Meat Sauce

Scrambled Eggs with Cinnamon Toast or Waffles or Pancakes

Vegetable Lasagna

Turkey Enchiladas

Tacos

Sandwich Wraps

Spaghetti

Tuna Melt

Sloppy Joe

Cobb Salad

Baked Ziti

Chicken Salad

Turkey Salad

Tuna Salad

Egg Salad

Hot Turkey with Gravy

Oriental Stir Fry with Rice

Veggie & Cheese Quesadilla

BLT Sandwich

All Soups except Tomato

Food Preparation

- All food prepared in HCPSS kitchens
- Standardized recipes developed & used
- Turkeys oven roasted in schools
- Vegetables steamed in all school kitchens
- Pasta varieties - including whole grain
- Spicy foods offered middle & high schools

FOOD PREPARATION

- All food is prepared in the Howard County Public School System kitchens.
- Standardized recipes developed by USDA, MSDE and HCPSS are utilized. We cook from scratch including
- Oven roasting Turkeys
- Vegetables are steamed in all school kitchens including satellite kitchens
- Pasta varieties are offered including whole grain
- Flavored rice is menued
- Spicy foods are offered to middle and high school students

Meatless Choices

24 Recipes Developed
At least one offered daily
Some examples include:

- Veggie Burger
- Cheese Pizza
- Macaroni & Cheese
- Pasta/ Sauces/Cheese
- Toasted Cheese
- Salad Plates
- Fish
- Vegetable Lasagna
- Quesadilla
- Yogurt/ Bagel/Fruit
- Vegetarian Egg Roll
- Eggs
- Beans - Salad Bars
- Rice /Cheese

Note: Cheese used in any menu offerings is Reduced Fat

We do not have meatless Mondays because we have a meatless choice every single day. Some examples are on the screen. We have 24 recipes developed for meatless alternatives that we offer daily.

Menu Modifications - Meatless choices - at least one offered daily from the list above:

- Veggie Burger
 - Cheese Pizza
 - Macaroni and Cheese
 - Baked Ziti
 - Pasta with Marinara Sauce
 - Toasted Cheese Sandwich
 - Salad Plates
 - Cheese Salad Plate
 - Tuna Salad Plate
 - Egg Salad Plate
 - Fish Shapes
 - Fish Sandwiches
 - Vegetable Lasagna
 - Veggie & Cheese Quesadilla
 - Tuna Melt
 - Yogurt, Bagel & Fresh Fruit Plate
 - Vegetarian Egg Roll
 - Scrambled Eggs with Cinnamon Toast
 - Scrambled Eggs with Pancakes
 - Scrambled Eggs with Waffles
 - Beans on all Salad Bars
 - Rice with Cheese
 - Note: Cheese used in any menu offerings is Reduced Fat
- With one per day, students who prefer meat have a choice.
Students want to have choices each day.

Commodities

HCPSS received the following USDA commodities and cooked them in our schools:

- 52,797 Pounds raw chicken
- 37,280 Pounds raw turkey roast
- 71,640 Pounds raw ground beef
- 38,000 Pounds raw hamburger patties
- 22,500 Pounds frozen corn

COMMODITIES

HCPSS received the following USDA commodities and cooked them in our schools

- 52,797 Lbs. raw chicken that was cleaned, washed, seasoned, baked and served to students as Roasted, Marinara, Chesapeake, Barbeque, Ranch Flavored Chicken, etc.
 - 37,280 lbs raw turkey roast that we made into Holiday Dinners, Hot Turkey Sandwiches, Stir Fry, Potpie, Enchiladas, Mashed Potato Bowls, Salad, etc.
 - 71,640 lbs raw ground beef that we made into Mashed Potato Bowls, Tacos, Sloppy Joe, Spaghetti, Lasagna, etc.
 - 38,000 Lbs raw hamburger patties that we baked and served
 - 22,500 Lbs frozen corn that was steamed in every school
- Just to name a few, there are others.

Nutrient Analysis and Comparison of Hamburger Patties

	Calorie	Choles	Sodium	Fiber	Iron	Calcium	Vit A	Vit	Vit C	Protein	Carbohy	Total	F Sat	Trans
	mg	mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
Mac D's w/roll (3.5 ounce)	250	25	520	2	2.5	120	50	0	1	12	31	9	3.5	0.5
Hcpss Hamburg. w/ roll (4.83 ounce), (3 ounce patty w/ 1.83 ounce roll)	328	26	295	3	4.28	107	61	11	0	15.64	36.37	13	4.25	0

- A school hamburger is a 3.0 ounce patty served with a 1.83 ounce roll for a total weight of 4.83 ounces. McDonald's posted their analysis online as 3.5 ounces with the roll. It is actually a 1.0 ounce patty with a 2.5 ounce roll.

- Schools serve larger hamburgers than McDonald's in order to meet the requirement for the national school lunch program, which specifies that lunches must meet 1/3 of the Recommended Dietary Allowance (RDA) for nutrients that includes 645 calories for elementary and 815 calories for secondary lunches. There are additional requirements for Calcium, Vitamin A, Vitamin C, Iron and Protein. The entire lunch can contain no more than 30% of its total calories from fat of which no more than 10% can be saturated. Those requirements are based on the science of nutrition. The school system is in complete compliance with those regulations.

- The school system's larger hamburger than McDonald's has 225 milligrams LESS sodium, MORE fiber, vitamin A, protein, carbohydrates and NO trans fat. The school system's larger hamburger with roll, has 4 grams more total fat because it is larger in order to meet the USDA lunch requirements. All hamburger lunches in Howard County come under the requirements of no more than 30% of calories from fat.

- The specifications for the school system hamburger, which has come directly from USDA for the last two years, at no cost to the School system, is a combination of ground beef and soy protein that together are 85% of the patty content which is significantly better than the industry standard.

Nutrient Analysis and Comparison of Chicken Nuggets

Nugget Comparison (HCPSS calculated to equal serving sizes of Mac D's)

	Calorie	Choles	Sodiu	Fiber	Iron	Calcium	Vit A	Vit E	Vit C	Protein	Carbo	Total Fat	Sat-Fa	TransFat
	mg	mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
Mac D's Nuggets 6 piece serving	280	40	600	0	1	15	0	0	1	14	16	17	3	0
HCPSS Nuggets 6 piece serving	235.2	64.8	553.2	1.2	2.4	22.8	91	18	1.2	16.8	14.4	12	3.6	0

The school system serves 5 chicken nuggets to meet requirement and McDonald's serves either 4 or 6 piece portions. We reduced our servings to one each and then multiplied the nutrients by both 4 and 6 to get equivalents for comparison. We used McDonald's 6-piece portion as they present it without any changes to make the comparison. School system chicken nuggets in the equivalent 6 piece serving size have 47 milligrams LESS Sodium, 5 grams LESS total fat; 45 LESS calories; and 2 grams LESS carbohydrates for the same size serving, BUT MORE fiber, iron, calcium, Vitamin A, Vitamin C and Vitamin E. Neither have added trans fat.

Getting Our Message Out...

Some Examples are:

- Menus
- Website
- Newsletters
- Messages/Staff
- Back to School Night
- Press Releases
- Food & Nutrition Service Advisory Committee
- Classroom visits
- HCPSS TV
- Presentations
- Student projects
- Nutrition & Projects Consultation Services

We get our message out through the means shown on the screen. There are more on the write up on Board Docs. In particular I want to point out new Food Service Advisory Committee.

- Menus
- Newsletters to parents
- Weekly Messages to Staff
- Back to School Night
- Press Releases
- Classroom visits
- HCPSS TV
- Interviews for school newspapers
- Interviews with the Press
- Presentations
- Student Projects
- Consultation with Parents, Teachers, School Nurses, High School Athletic & Activity Managers, High School Booster Clubs Members, Family & Consumer Science Teachers and Students
- Food & Nutrition Service Advisory Committee

Technology

- Website - www.hcpss.org/foodservice/
- www.Schoolmenu.com
- Cable TV
- Computers - all schools - managers transmit electronically:
 - Accountability - participation & student payment
 - Monthly Inventory
 - Entree Counts
 - Food Orders

- Website – HCPSS.org contains nutrient analysis for every item, allergens, etc.
- Schoolmenu.com is the Newest addition to the website. Each school has their own site which can be tailored to accommodate last minute changes. It Contains drop down boxes beside all menu items with the nutrient content of that item. It has information by experts in nutrition, fitness, and also has our:
 - Prices
 - The Posters we use in schools
 - Games for students etc.
- I have been on the Parent Connection many times to talk about the Food & Nutrition Service Program, most recently on the addition of schoolmenu.com to the HCPSS website. It is dated April 12, 2010.
 - I encourage you to take a look. It is an awesome site.
- We have computers in all schools so that managers can transmit data electronically such as items on the screen:
 - Accountability forms for participation and student payment
 - Monthly Inventory
 - Entree Counts
 - Food orders which are screened by the Area Field Reps before processing for purchasing

Accomplishments FY10

- Three (3) new breakfast programs started
- 16% increase in breakfast participation
- 277 more FARMS students through Direct Certification in February
- Excellent Health Inspection reports in all schools
- Strict enforcement of food safety & security of food & facility
- Beta tested software for FARMS application online
- Screen all purchases via computer
- Launched schoolmenu.com
- Advertised schoolmenu.com on HCPSS cable network
- Press releases
- Para-Educators and Lunch Monitors training
- CHEFS competition
- MSDE Grant application for CHEFS competition

Implemented 3 new breakfast programs in elementary schools

16% increase in breakfast participation

277 more students added to free meals program through Direct Certification in February

Excellent Health Inspection reports in all schools

Strict enforcement of food safety and security of the food and facility

Beta tested software for FARMS application online. Other School Districts were Broward, FL, Las Vegas, NV - Currently working on MSDE approval

Screen all purchases via computer before orders are placed except bread and milk

Launched schoolmenu.com via HCPSS website

Advertised schoolmenu.com on HCPSS cable network and menus

Provided training for Para-Educators and Lunch Monitors over a 2 day period in fall

Actively participated in CHEFS competition with Culinary Arts Students

Worked with FACS coordinator on MSDE Grant for next year's CHEFS competition

Accomplishments FY10 (Cont.)

- Taught 16 Hour ServSafe
 - All F&NS employees
 - Athletic and Activities Managers in high schools
 - Booster Club members for high schools
- Concession Stand Committee
 - Inspected all stands
 - Reviewed menus and equipment
 - Priced replacement equipment
 - Provided equipment specifications
 - Made recommendations
- Posted additions to website
- Use parent newsletter for messages
- Monthly menus have nutrition information on them
- Information to principals via directors
- Food Service Advisory Committee Planning
- Wellness Policy implementation
- Student projects
- Professional development for Food & Nutrition Service Staff

- Taught 16 Hour ServSafe class to:
 - All F&NS employees
 - High School Athletic and Activities Managers
 - High School Booster Club members
- Worked on a Concession Stand Committee.
 - Inspected all stands
 - Reviewed menus and equipment
 - Priced replacement equipment
 - Provided equipment specifications
 - Made recommendations
- Posted new items to website including HCPSS Food Facts in response to the Jamie Oliver series so public would know about our program versus a television reality series
- Use the parent newsletter to get information about the program to the parents
- Use the monthly menu to send nutrition information to students and parents
- Work with elementary directors to disseminate information to principals
- Worked on planning for the Food Service Advisory Committee Meetings
- Participated in MSDE training on monitoring the Wellness Policy
- Did many Student Projects
- Provided Professional Development for F&NS Staff

Awards/Commendations

- USDA Practice Awards for:
 - Purchasing Cooperative
 - Kitchen/Serving Area Design at Wilde Lake HS
 - Increasing participation thru marketing
 - Menu selections
- MSDE Awards:
 - Classroom Breakfast Pilot Program
 - After School Care Snack Program
 - Training
 - Merchandising Calendar
 - Staff Development Thru ServSafe Training
 - Nutrition Education with High School Booster Clubs
 - Program Accessibility and Outreach
 - Customer Service
- MSDE Letter of Commendation for Federal Review
- MSDE Letter of Commendation for State Review

•USDA Practice Awards for:

- Purchasing Cooperative
- Kitchen/Serving Design at Wilde Lake HS
- Increasing Participation Thru Marketing
- Menu Selections
- Unfortunately, USDA discontinued program when its author retired

•MSDE Awards:

Last few years about 2 to 3 awards per years

- Classroom Breakfast Pilot Program
- After School Care Snack Program
- Training
- Merchandising Calendar
- Staff Development Thru ServSafe Training
- Nutrition Education with High School Booster Clubs
- Program Accessibility and Outreach
- Customer Service

•MSDE Letter of Commendation for Federal Review

•MSDE Letter of Commendation for State Review

Awards/Commendations

Legislative Audit for 6 Best Practices for:

- Encouraging participation
- Use of family applications
- Use of performance data
- Participation in the USDA commodity program.
HCPSS monitors menus, adjusts food production, and use standardized serving sizes and recipes
- HCPSS participates in a 12 county food-purchasing cooperative
- HCPSS
 - Limits food production
 - Uses Offer vs. Serve
 - Identifies student acceptance of food
 - Reduces waste

First Outstanding Director of the Year in the state of Maryland

Legislative Audit for 6 Best Practices for:

- Encouraging participation in the national school meals program
- Use of family applications instead of individual student application to simultaneously qualify more student for the program, and the use of student rosters in cafeterias that lists all student (regardless of the method used to purchase a meal) to eliminate the identification (and any perceived stigma) of students in the free and reduced price meal programs.
- Use of performance data such as meals per labor hour, to track and monitor the operating efficiency at each of its school cafeterias.
- Participation in the USDA commodity program.
- HCPSS monitors menus, adjusts food production, uses standardized serving sizes and recipes.
- HCPSS participates in a 12 county food-purchasing cooperative in order to maximize its buying power and reduce food costs.
- HCPSS limits food production, uses Offer vs. Serve, identifies student acceptance of food, reduces waste
- First Outstanding Director of the Year in the state of Maryland by the National School Nutrition Association in 2006. Only other awarded since.

Professional Affiliation

- CHEFS Training
- Grant Application
- Team Nutrition
- Concession Stands
- School Health Council
- Nutrition & Physical Activity Coalition (NPAC)
- Past National Office in School Nutrition Association
- Present State Officer in the Maryland School Nutrition Association
- Member, Association of School Business Officials, Past Section Chair

- CHEFS Training has been going on for 2 years in the Culinary Arts Programs at the middle and high schools in the Family and Consumer Science
- Curriculum - Food & Nutrition Service Area Field Reps and I:
 - attend the testing
 - participate in judging
 - analyze the recipes
 - adjust the recipes to meet meal plan requirements
 - assist with marketing
 - add the winning recipe to the school lunch menu
- MSDE has copied the program and applied for a statewide grant for any counties who want to try the program. We will be mentoring them.
- Grant application: Laurie Collins, FACS coordinator and I applied for a grant from MSDE to fund next years program and attended 2 training sessions.
- Team Nutrition: All schools in HCPSS are signed onto the USDA Team Nutrition Program to receive nutrition materials
- Concession Stands: I am participating in a work group studying concession stand needs.
- School Health Council Representation by the F&NS
- Member Nutrition & Physical Activity Coalition (NPAC)
- Past National Office in School Nutrition Association
- Present State Officer in the Maryland School Nutrition Association
- Member, Association of School Business Officials, Past Section Chair

Plans For Next School Year

- No price increase
- Offer fat free milk, flavored & unflavored & 1% white milk
- Lower sodium in recipes & purchased food
- Perpetual inventory - online reports
- FARMS Application online
- Enhance www.schoolmenu.com with nutrition messages from: experts in the fields of medicine, nutrition and physical activity.
- Uniform change for school based staff

•My purpose here tonight is to recommend to you that we not increase prices for next school year and this presentation is to help the public understand some of the great things we do within the parameters of the price we charge. We are pleased to be able to offer this service at a low cost and we hope you and the community will be pleased as well.

•Next year we also

•Will be Offering only fat free milk, both flavored and unflavored & 1% unflavored milk

USDA does require that we offer both flavored and unflavored milk

•We are testing recipes now to lower sodium in items we prepare

•We are placing the perpetual inventory online for use in screening food purchases and monitoring food usage

•Big announcement---- We will be putting the FARMS Application online this summer. We were the Beta tester for the company software and will be the only county in MD offering this service.

•We plan to work with the company to enhance www.schoolmenu.com with Nutrition Messages from experts in the fields of nutrition, physical activity and a new addition of 3 medical doctors. I am pleased to say I have been asked to be a contributor.

•Another big unveiling will be our Uniform change for School Based Staff – picture

•My technical assistant today Jill is the model in the picture.

Cafeteria Uniform SY 2010-2011



Looking Ahead

- Child Nutrition Reauthorization - Oct. 2010
- Institute of Medicine's Committee on Nutrition Standards for National School Lunch Program Recommendation expected to be included.
- Food & Nutrition Service is working on the recommendations now even though they are not regulations.
- Food & Nutrition Service Advisory Committee

•Child Nutrition Reauthorization is expected by October 2010

•The Institute of Medicine's Recommendation are expected to be included. The committee was made up of experts in the field: medical doctors, PhD's, researchers, dietitians and food scientists. The recommendations are science-based from the scientific community. Everything on the internet is not necessarily factual or scientific based.

•Food & Nutrition Service is working on the recommendations of the Institute of Medicine now even though they are not regulations

•Food & Nutrition Service Advisory Committee has been formed. The first meeting was in May. The second meeting is scheduled for June 22, 2010.

Institute of Medicine Committee

Nutrition Standards for National School Lunch and Breakfast Programs Committee Members:

- Virginia A. Stallings, M.D. (Chair), Div. of Pediatric Gastroenterology and Dir., Nutrition Center, Children's Hospital of Philadelphia, Prof., of Pediatrics, Univ. of Pennsylvania School of Medicine
- Karen Weber Cullen, DR.PH., M.S., Assoc. Prof. of Pediatrics Children's Nutrition Research Center, Baylor College of Medicine
- Mary Kay Fox, M.ED., Senior Researcher Mathematica Policy Research, Inc. Cambridge, Massachusetts
- Lisa Harnack, DR.PH., R.D., M.P.H., Assoc. Prof. and Dir. Of Nutrition Dept. of Epidemiology and Comm. Health, Univ. of Minnesota
- Gail G. Harrison, PH.D., Prof. Dept. of Comm. Health Sciences School of Public Health and Senior Research Scientist, Univ. of California
- Helen H. Jensen, PH.D., Professor, Dept. of Economics, Iowa State University
- Ronald E. Kleinman, M.D., Physician in Chief Massachusetts General Hospital for Children, Chair Dept. of Pediatrics, and Chief, Pediatric Gastroenterology and Nutrition Unit Mass. Gen. Hosp, Charles Wilder Professor of Pediatrics Harvard Medical School
- Suzanne P. Murphy, PH.D., R.D., Researcher and Professor, and Dir. Nutrition Support Shared Resource Cancer Research Center of Hawaii, Univ. of Hawaii
- Angela M. Odoms-Young, PH.D., Asst. Prof. Dept. of Kinesiology and Nutrition, Univ. of Illinois
- Yeonhwa Park, PH.D., Asst. Prof. Dept. of Food Services, Univ. of Massachusetts
- Christine L. Taylor, PH.D., R.D., Institute of Medicine Scholar and Study Director

Nutrition Standards for National School Lunch and Breakfast Programs Committee Members:

- Virginia A. Stallings, M.D. (Chair), Div. of Pediatric Gastroenterology and Dir., Nutrition Center, Children's Hospital of Philadelphia, Prof., of Pediatrics, Univ. of Pennsylvania School of Medicine
- Karen Weber Cullen, DR.PH., M.S., Assoc. Prof. of Pediatrics Children's Nutrition Research Center, Baylor College of Medicine
- Mary Kay Fox, M.ED., Senior Researcher Mathematica Policy Research, Inc. Cambridge, Massachusetts
- Lisa Harnack, DR.PH., R.D., M.P.H., Assoc. Prof. and Dir. Of Nutrition Dept. of Epidemiology and Comm. Health, Univ. of Minnesota
- Gail G. Harrison, PH.D., Prof. Dept. of Comm. Health Sciences School of Public Health and Senior Research Scientist, Univ. of California
- Helen H. Jensen, PH.D., Professor, Dept. of Economics, Iowa State University
- Ronald E. Kleinman, M.D., Physician in Chief Massachusetts General Hospital for Children, Chair Dept. of Pediatrics, and Chief, Pediatric Gastroenterology and Nutrition Unit Mass. Gen. Hosp, Charles Wilder Professor of Pediatrics Harvard Medical School
- Suzanne P. Murphy, PH.D., R.D., Researcher and Professor, and Dir. Nutrition Support Shared Resource Cancer Research Center of Hawaii, Univ. of Hawaii
- Angela M. Odoms-Young, PH.D., Asst. Prof. Dept. of Kinesiology and Nutrition, Univ. of Illinois
- Yeonhwa Park, PH.D., Asst. Prof. Dept. of Food Services, Univ. of Massachusetts
- Christine L. Taylor, PH.D., R.D., Institute of Medicine Scholar and Study Director

In Summary...

- The Food and Nutrition Service Department supports a healthy lifestyle for students in the Howard County Public School System and meets the highest standards of Nutritional Practices and Integrity.
- **Some examples are:**
 - USDA and MSDE standards met or exceeded in reviews
 - Health Department reviews are excellent
 - Safety Code compliance
 - Ongoing Nutritional Analysis
 - Specifications Standards Developed for Purchasing and Preparation
 - Menu modification to meet Nutrition Standards
 - Continual Employee Training

The Food and Nutrition Service Department supports a healthy lifestyle for students in the Howard County Public School System and meets the highest standards of Nutritional Practices and Integrity.

Some examples are:

- USDA and MSDE standards met or exceeded in reviews
- Health Department reviews are excellent
- Safety Code compliance
- Ongoing Nutritional Analysis
- Specifications Standards Developed for Purchasing and Preparation
- Menu modification to meet Nutrition Standards
- Continual Employee Training in
 - Nutrition Facts which are Science Based
 - New Recipe Use
Through Food Preparation Demonstrations
 - ServSafe and HACCP Sanitation Training
 - - Accountability Practices
 - Equipment Use
 - Technology
 - Wellness Policy Implementation, etc.



I presented a small portion of what we do as a department. We do it well at a very low cost and we will continue to make improvements for the benefit of our students.