

Commodity Shelf Newsletter

November 2010

Commodity Expos January 26-28, 2011

DESE – SFS will again be holding Commodity Expos throughout Missouri to give Local Education Agencies (LEAs) the opportunity to learn more about the USDA Donated Foods (DF) Program and the processed items available for the 2011 – 2012 school year. **ALL LEAs** are strongly encouraged to attend the Commodity Expos, specifically the person(s) responsible for completing the processing packet. Participants will also have the opportunity to sample approved items from processors.

The following dates and locations have been established:



1. Central MO – Waynesville Career Center
 - Wednesday, January 26, 2011
2. St. Louis area – Francis Howell Central H.S.
 - Thursday, January 27, 2011
3. Kansas City area – Fort Osage Campus
 - Friday, January 28, 2011

Make plans to join the DESE – SFS staff at one of the locations to experience a great show of processed food and a day to network with other Food Service Directors from across the state.

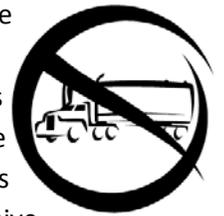
An educational session will begin the Expo each day, followed by the food show of approved processed items for SY 11-12, and areas set-up for DESE – SFS staff to work through the processing packet with any LEA wishing to seek our assistance. The educational session will include a brief overview of the DF Program here in Missouri and will also include discussions about enhancements to the DF Program on the horizon.

[Registration](#) and [directions](#) for the Commodity Expos **are now available** on [DESE – SFS Commodities Web Site](#). Big thanks go out to our host districts and the processors who continue to keep the Commodity Expos

a **free** event for participants. Although the Commodity Expos are free, registration is **required**. Registration forms can be completed and submitted in the same manner as monthly order forms. The deadline for Commodity Expo registration is **January 7, 2011**.

Commodity Deliveries

Food Distribution Associates (FDA) **will not** be delivering commodities November 24-26 in observance of Thanksgiving. FDA also **will not** be delivering commodities December 23, 2010 – January 3, 2011 for Christmas Break. **HOWEVER**, if your LEA will have staff available during the Christmas Break period, you may request to receive your monthly delivery of commodities during that time. Contact Angie Jackson with FDA, 816-833-2000 or 866-473-9700 to make arrangements to receive delivery from December 23 – January 3.



Survey hosted by USDA about DF

Ever wanted to let USDA know how you feel about the DF Program? USDA currently has 4 open-ended questions available to DF Program participants to provide feedback on their experience with the DF Program. The survey can be found at: <http://www.surveymonkey.com/s/BX7YX3H>

Don't forget to check out the Prorated and Open Order Adjusted Amounts updated each month.

Click [here](#) for November's adjustments.

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Open Order UPDATES

In Oct LEAs who ordered **A099** – Frozen Carrots and **A220** – Sweet Potatoes in Sept realized the product was not delivered. **A099** has finally been received but not before the cut-off for Nov delivery and will be delivered in Dec. DESE – SFS had more inventory than requests from LEAs for **A099** so all orders submitted in Sept for Oct delivery will actually be delivered in Dec. **A220** was delayed in shipping but was received at FDA in time for Nov delivery to LEAs. Check the [Nov Open Order Adjustments](#) to see the actual quantities your LEA will be receiving.

The Nov Open Order has some issues too.

- **A434** – Diced Pears were delayed and unavailable for Nov distribution. **A434** has been received and will be delivered to LEAs in Dec. Check the Dec Open Order Adjustments later this month to see final quantities your LEA will receive of **A434**.
- **B445** – Rolled Oats were delayed by the supplier and all orders have been **CANCELLED**. **ALL NOVEMBER B445 ORDERS HAVE BEEN DELETED**. Rolled Oats, **B445**, **WILL BE AVAILABLE** for Dec delivery. Please order the necessary amount of **B445** on the [Nov Open Order](#) (due 11/15/10) for Dec delivery.
- **A925** – Dry Great Northern Beans had no inventory at the end of Oct due to an LEA requesting the remaining inventory. No Nov orders of **A925** were filled.

A563 – Chicken Fajita strips were thought to possibly be unavailable for SY 10-11, but DESE – SFS received notice that all 3 trucks were awarded and are available to LEAs on the [Nov Open Order form](#).



Rebate Form UPDATES

[Rebate Forms](#) are available to any LEA participating in the Donated Food Program and can offer significant savings on commercial products your operation may already be purchasing. For a full list of processors offering rebates to MO LEAs and the rebate amount for each item, visit the [DESE – SFS Commodities Web Site](#).

The [ConAgra Rebate Form](#) was recently updated to include item # 77387-12714 – The Max MaxSnax Whole Grain Totally Taco.

Prorated Donated Foods SY 10-11

The schedule for Prorated Donated Foods is:

Com Code	Delivery Period	DF Value
B065	Aug 10 – Complete	\$ 44.91
A515	September 10	\$ 33.82
A608	September 10	\$ 73.16
A346	November 10	\$ 9.51
A608	November 10	\$ 70.62
B065	January 11	TBD*
A608	January 11	TBD*
A515	January 11	TBD*
A608	March 11	TBD*

*To Be Determined

- **A346** – Frozen Sliced Apples, 30 lb case
- **A515** – Cut-up Chicken, Frozen, 8 pc cut-up
- **A608** – Ground Beef, Frozen, 4/10 lb
- **B065** – Sliced American Cheese, 6/5 lb

For more information, see the [September 2010 Commodity Shelf Newsletter](#).

Tyson Substitution

Tyson's Breaded Chicken Rings, item number **16523**, in the 30 lb case was unavailable for November distribution and was subbed with a 20 lb case, item number **14904**. This is expected to be a one-time substitution.

ES Foods Update

In the [August 2010 Commodity Shelf Newsletter](#) LEAs were told ES Foods would be making deliveries in Oct, Nov, Jan, Feb and Mar. There was a misunderstanding at ES Foods and no products were delivered for Nov delivery. ES Foods product will now be delivered to LEAs in Oct, Dec, Jan, Feb and Mar.

AFS Update

The [October 2010 Commodity Shelf Newsletter](#) stated LEAs would not receive any Asian Food Solution (AFS) product in Oct, but Oct and Nov quantities would be delivered in Nov. The correct information was not sent to DESE – SFS and only the Nov quantities are being delivered in Nov. The problem has been addressed and should be resolved so LEAs can expect to receive Oct and Dec quantities of AFS product with their Dec commodity delivery.

Aging Commodities

DESE – SFS has received a lot of questions recently about a number of the Donated Foods being received with short or past Best if Used by Dates. DESE – SFS has researched all of our inventories and feel all products being shipped are safe and wholesome for the students of Missouri; however if there are questions regarding any foods in your School Lunch operation we encourage LEAS to reference the [Best if Used by Guidance](#) posted on the [DESE – SFS, Commodities Web Site](#).

The guidance specifically says a **best if used by date** “means that the manufacturer recommends using the product by this date for the best flavor or quality. At some point after that date, the product will change very gradually in taste, color, texture, or nutrient content. But, **the product may be wholesome and safe long after that date**. These dating systems do not represent expiration dates, and they do not indicate when product safety becomes an issue. “

With the guidance in mind, DESE – SFS would also like to make LEAs aware that all of the USDA DFs for Missouri are stored in a climate controlled warehouse, where the dry storage temperature is maintained around 58°F, which will also help to prolong the life of the DF. If you are ever uncertain if the product you have is safe, the guidance also offers steps to follow to check the quality of the product.

Peanut Butter (B473) has been the most common question and we are happy to announce that all older peanut butter has finally been delivered. LEAs in Nov will be receiving fresh peanut butter which has been received in the last 6 weeks.



Bakery Mix (B364), Bread Flour (B233), Whole Wheat Flour, Enriched Rotini (B435), and Brown Rice (B545) are the other Donated Foods which have been in storage for longer than DESE – SFS would prefer. The old inventory of Bakery Mix will most likely be depleted in Jan and fresh Bakery Mix will be in inventory when the old runs out. The old inventory of Bread Flour will most likely last until Feb, and no more will be received for SY 10-11. The old inventory of Whole Wheat Flour will most likely run out in Dec and no more will be received for SY 10-11. Consumption of Whole Wheat Flour has nearly tripled this school year



and DESE – SFS did not anticipate running out so soon. The old inventory of Enriched Rotini will most likely run out in Feb and fresh Enriched Rotini will be available. The old inventory of Brown Rice will most likely last until March and no more will be received for SY 10-11.

DESE – SFS will continue to strive and ship high quality, nutritious USDA DF for the students of MO and look for new processes to improve our system. Measures have already been taken by DESE – SFS to



order USDA DF more responsibly and prevent excess DF in the warehouse but we are always open for suggestions from you, our customers. If you have any ideas, please feel free to E-mail

Matthew.Essner@dese.mo.gov.

Feeling Creative?

Campbell's is having a “Souper Recipe Contest and Cook-Off” for anyone with a unique dish using Campbell's soup as an ingredient. More information can be found at <http://www.campbellfoodservice.com> or click [here](#). Entries are due Jan 31, 2011.

Quotes for the Month

“What lies behind us and what lies before us are small matters compared to what lies within us!” – Ralph Waldo Emerson

“Nothing lasts forever – not even your troubles” – Arnold H. Glasow

“Don't duck the most difficult problems. That just ensures that the hardest part will be left when you are most tired. Get the big one done; it's downhill from then on” – Norman Vincent Peale



DESE – SFS Commodity Section Contacts

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Monthly Orders should be submitted to:

donatedfoods@dese.mo.gov

FDA (Angie Jackson or Karen Fry):

866-473-9700 or 816-833-2000

Dietician Interns

DESE – SFS recently had interns from the MO Dept of Health and Senior Services studying to become registered dietitians in our office. The time spent in the DESE – SFS office was a portion of the 9 month program where the interns participate in 3 rotations of learning management, community and clinical aspects with a culmination of the RD exam to complete the internship. Jilian Miranda and Brittany Rhoad were two of the interns here at DESE – SFS and they each wrote an article to include in the newsletter. Enjoy the bonus info!!

Farm to School overview by Jillian Miranda

Farm to School was created by the National Farm to School Network. The program began in the late 1990s and now includes over 2000 communities covering all 50 states. Farm to School is a program that connects local farms with schools (K-12) with the objectives of improving student nutrition, serving healthy meals in school, health and nutrition education opportunities, providing agriculture, and supporting local and regional farmers!! The Farm to School program meets these objectives by providing schools with local foods which they can serve for meals, snacks, or taste testing. They also encourage learning opportunities through farm tours, school gardens, cooking demonstrations, educational sessions for families and the community, and visits to farmer's markets. The program teaches children about how food is moved from the farm to their fork; it encourages the use of local produce in school meals and instills healthy eating habits.

There are many benefits of Farm to School:

- Strengthen children's and communities' knowledge about, and attitudes toward, agriculture, food, nutrition and the environment.
- Increase children's participation in the school meals program and consumption of fruits and vegetables, thereby improving childhood nutrition, reducing hunger, and preventing obesity and obesity-related diseases.
- Benefit school food budgets, after start-up, if planning and menu choices are made consistent with seasonal availability of fresh and minimally processed whole foods.
- Support economic development across numerous sectors and promote job creation.
- Increase market opportunities for farmers, fishers, ranchers, food processors and food manufacturers.
- Decrease the distance between producers and consumers, thus promoting food security while reducing emissions of greenhouse gases and reliance on oil.

There are eight regional agencies in the United States. Missouri is located in the Midwest Region. Farm to School programs in Missouri include Building School Foodservice Demand for Products Grown, Raised, and Manufactured in Missouri, Farm to School at Forsyth School / Saul Mirowtiz Day School-Reform Jewish Academy/Plaza de Ninos, Food from the Farm, Gateway Greening, H.E.L.P. (Healthy Eating with Local Produce), KCA in Collaboration with Bistro Kids, and SoBoCo Learning Garden.

For more information on Farm to School visit: www.farmtoschool.org.

Institute of Medicine's New School Meals Guidelines overview by Brittany Rhoad

Currently schools have been using regulations for reimbursable meals from 1995 for Nutrition Standards and Meal Requirements. These regulations have specific amounts for nutrients that must be provided, meal planning approaches, and rules for the food that must be on students' trays. However, advances have been made in the years following those guidelines on dietary guidance. The USDA asked the IOM for recommendations on revisions for both the National School Lunch Program and the School Breakfast Program.

The IOM committee reviewed the needs of school aged children in the US based on the 2005 dietary guidelines by the Department of Health and Human Services and USDA, along with their own Dietary Reference Intakes. The committee recommended many revisions and putting more emphasis on revised meal requirements instead of nutrients. Their recommendations have two standards: for menu planning and for meals selected by the student.

The committee recommends that these ideas be adopted by the Food and Nutrition Services and the USDA. These standards include:

- ✓ Increase the amount and variety of fruits, vegetables, and whole grains
- ✓ Set a minimum and maximum level of calories
- ✓ Increase the focus on reducing the amounts of saturated fat and sodium provided

IOM suggests a single approach to menu planning that includes a meal pattern with specific min/max levels for calories and max amounts of sodium and saturated fat. The chart below shows the recommendations the committee suggests.

Type of Specification	Current Requirements	Recommendations
Fruits	Considered together as a fruit and vegetable group. No specifications for the type of vegetable	Required daily amount increased
Vegetables		Two servings required daily, amount increased. Must include dark green, bright orange, legumes, starchy, and other vegetables each week
Grains/Breads	No requirements for whole grains	At least half must be whole grains
Milk	Whole, reduced-fat, low-fat, fat-free milks (plain or flavored)	Fat-free (plain or flavored) and plain low-fat milk only
Calories	Must meet minimum level	Must be within minimum and maximum level
Sodium	None (decreased level recommended)	Gradually but markedly decrease sodium to the specified level by 2020

For student selected meals IOM specifies that a student must select a fruit for breakfast and either a fruit or vegetable for lunch.

Currently for Nutrition Standards there are eight specific requirements for calories, fat, protein, and other minerals and vitamins. The committee replaced Nutrient Standards with Nutrient Targets. These targets encompass 24 nutrients and other dietary components. They are not to be used as specific requirements for menu planning but as guidelines to determine amount and types of foods offered. IOM is putting much emphasis on the reduction of sodium in school foods and recommends working with other committees to achieve the task. The committee wants the guidelines implemented by 2010 with targets set every two years for evaluation purposes. To monitor whether the implementation of the Meal Requirements worked is by how many students participate in the NSLP and SBP. It is good to get the school community, students, and parents involved to promote the new changes.

With these new standards school meals will be healthier and much more consistent with the Dietary Guidelines. The NSLP has served more than 219 billion lunches since inception. School lunch has been through many changes and just keeps getting better.

For more information visit:

<http://iom.edu/Reports/2009/School-Meals-Building-Blocks-for-Healthy-Children/Report-Brief-School-Meals.aspx?page=1>