



Go For It



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2011



Thank You

- YOU – Precious Time – You had Many Choices
- Erika Pijai, USDA
- Team Nutrition and WVDE OCN Staff



Lincoln County High School



Lincoln County Schools District Profile

Lincoln County has 10 schools located in the Southeastern region of West Virginia.

- Student enrollment averages 3900.
- Student participation NSB is 42%
- Student participation NSLP is 72%

- Each School has an operating kitchen and food service staff
- Each School has a local wellness committee.





GOAL

- HUSSC PROCESS:
 - Before,
 - During, and
 - After
 - Application submission



Before:

- Motivation

- Why “Go For It?”

- Best Interest of the Children

- Why Gold?

- Wanted to strive for the best award we could reach. If it was Bronze then we would be happy- just had to try. Wanted all the schools to feel that what they do each and everyday matters!

- Staff recognition

- Wanted the staff to understand that the West Virginia Standards for School Nutrition(Policy 4321.1) are the way to improving the health and well being of our students
 - SMI & CRE actually encouraged the staff to understand the program better and helped me to make many changes



Each School needed to have a local wellness committee. This became a key factor in the HUSSC process.

The committees were used to expand the interest of quality child nutrition and wellness outside the school environment by engaging parents, school personnel, community members and students in the process.

Each school then sent a representative from the school to the County Wellness Team. County Wellness Policies were formed from the input of the committee members.

Each school created various activities: maybe a physical activity, nutrition education, and wellness promotion. The HUSSC became one of each schools activities for the year. Most schools had a minimum of 3 activities thru the year. Examples: bike-athon, field days (outdoor activities: relay races), health fairs, free wellness center visits.





Standards for School Nutrition

West Virginia State Board Policy 4321.1



School Nutrition

- Policy 4321.1
 - reflects an integrated approach to ensuring an environment that promotes optimal nutrition for all students
 - intends to encourage and enable schools to provide nutritious choices that enhance learning and promote healthy behaviors for a lifetime



Other Foods

- Requirements for foods available during the school day
 - 200 calorie limit per product/package
 - Limit fat to 35% percent of calories per package/product, excluding nuts, seeds, cheese
 - Trans fats limited to less than or equal to 0.5 gram per product/package
 - Reduce sugar content of foods to no more than 35% calories, excluding fruits
 - Offer, sell or distribute no candy, chewing gum, flavored ice bars



Other Foods

- Requirements for foods available during the school day
 - Limit fruit/vegetable juice portions to no more than 4 oz (elementary) and 8 oz (middle/high)
 - No sales, service, or distribution of coffee and coffee-based products
 - No caffeine-containing beverages, except those containing trace amounts of natural occurring caffeine
 - No sales, service, or distribution of foods containing non-nutritive/artificial sweeteners
 - No offering food as a reward



Five Key Policy Elements

Eating
at School
is **Cool**


Fruitful
Fundraising

Let's Party,
Let's
Play! 

Healthy
Snacks 


Rewarding
Success



Other Foods and Beverages

- Requirements for foods/beverages available during the school day
 - Offer, sell or distribute no soft drinks except in high schools (Lincoln County does not sell to students)
 - Beverages and Foods delivered or brought from home shall be consumed by intended individual student, not general student population.



Before ...continued

- Create Healthier Menus
 - Lincoln Menus already met USDA and Dietary Guidelines and WV Policy 4321.1 but needed to improve.
 - Ability to create a bid with the Co-Op that gave us the ability to purchase products that would help us to meet HUSSC
 - AND that the students would select food items
 - Taste testing of available products



Choices...



Before continued

- Re-evaluate and re-standardize recipes
 - Many recipes could easily be changed when better products were obtainable. ie. Lower sodium chicken broth, whole grain pizza.



DURING APPLICATION PROCESS

- Kept in contact with the OCN coordinator
- Kept communications open with each wellness committee.
 - Worked closely with Principals to see progress, answer questions
 - Meet with students, PTO members, community members to help with
 - Application process and activities
- Additional training
 - Production Records
 - Basic Recipe Principles
 - Educate & Form – Individual School Wellness Committees



Submission

- Submitted electronic application to the USDA HUSSC website
 - Hard copy documents from school to county
 - FSD (me) entered data
 - Sent data to USDA HUSSC
 - Production Records, Physical & Nutrition Ed. Narrative
 - All food labels (Gold Application Requirements)
 - USDA returned information to County and HUSSC State Coordinator if clarification was needed
 - Lessons Learned from 1st Gold Award made second submission of ALL county schools easier



AFTER GOLD AWARD

- Duval Pre-K thru 8th Grade Received Gold
- Awards Ceremony (September 2010)
- USDA challenged Lincoln County (me)

To apply for the entire county using the simplified application while at our ceremony in West Virginia

- Our New Challenge Began in October and we...

-Received the Gold Award of Distinction for all schools in March 2011



Ceremony May 2011



LINCOLN COUNTY CLOGGERS



“Country Roads”



Award Ceremony 6/6/2011



OBSTACLES & OUTCOMES

- Time – go to each school
 - Develop a team (PTO, Principal, Teacher, Physical Education Teacher, Cook, Student and me)
 - Train on requirement of application
 - Deadline
 - Create time to devote to application submission
- Labels –
 - Manufacture labels required to obtain % of whole grain, mixed or blends of items (California blend, Stir-Fry vegetables)
 - Enlist help of food distributor



OBSTACLES & OUTCOMES ...continued

- Re-standardization of Recipes

- Rolls = 51% whole grain (already 33%)
- Garden/Tossed Salads = reduced % iceberg lettuce went to Spring Greens Mixture (included leaf lettuce and spinach)
- Reduction of Fat and Sodium
 - USDA recipes used (cooking from scratch)
 - Ingredients good quality – Ex. Chicken broth, low sodium
- Corn bread

Need whole grain corn meal to meet HUSSC criteria and we actually received de-germinated corn meal at the time.

*** **Staff training** included Lincoln County Iron Chef competition to encourage scratch cooking with available products like blueberries and macaroni that we had received from USDA and recipes were then created from the winners.





Healthy Kids



OBSTACLES & OUTCOMES ...continued

- Student Support
 - Taste-tested products to replace their favorites (pizza) WG
 - Students' input major – they had choices – voted
 - Enlisted opinions from students, staff: survey
 - Scratch cooking for the majority of entrees, cakes, muffins, salads.
 - Eliminated all deep fryers; installed steamers
- Availability of Product
 - Bids reflect Taste Test chosen products
 - Consider time needed for bid consideration
 - All products changed from canned to frozen when able. Green Beans still canned but low Na+
 - Co-op aggressively sought availability of items selected which met standards created by members.



OBSTACLES & OUTCOMES ...continued

- Competitive Foods (We were actually a step ahead because of the WV Policy)
 - Success by development of
 - Quick Reference Notebook
 - Utilized Vendor Nutritional Assessment Form
 - Approval to Vendor for stocking purposes
 - No soda vending during the school day
 - Trust developed between vendor and me
 - These **Obstacles** actually became **opportunities** to make the changes needed to have a positive influence for our students.



Vending Resource/Notebook

PRODUCT: FRITO LAY (CHEETOS CRACKER TRAX)

NUTRITION FACTS

SERVING SIZE: 1 (21.2g)
SERVINGS PER CONTAINER: 1
CALORIES : 100
CALORIES FROM FAT: 35
TOTAL FAT: 4 g
SATURATED FAT: 0.5 g
TRANS FAT: 0 g
CHOLESTEROL: 0 mg
SODIUM: 190 mg
TOTAL CARBOHYDRATES: 15 g
DIETARY FIBER: 1 g
SUGARS: 1 g
PROTEIN: 2 g

DOES THIS PRODUCT HAVE ...

a. More than 200 calories per product/package Yes _____ No X

b. More than 35% of calories from fat Yes _____ No X

Do the math: Calories from fat = 35 35 / 100 = 35 %

c. More than 10% of calories from saturated fat Yes _____ No X

Do the math: 0.5 X 9 = 4.5 calories from sat fat 4.5 / 100 = 4.5 %

d. More than 0.5g trans fat Yes _____ No X

e. More than 35% of calories from sugar Yes _____ No X

Do the math: 1 X 4 = 4 calories from sugar 4 / 100 = 4 %

f. More than 200mg of sodium Yes _____ No X



Middle/High School Obstacles

- Selection of healthy choices had to be increased
 - Increase the Variety (ex. Fresh fruits, entrees)
 - Meatless option daily(Garden Salad w/ breadstick)
 - Salad Bars: Had to look appealing, loads of choices
 - Homemade dressings (Ranch, Honey Mustard)
 - Fresh fruit and vegetables (template)
 - Template provided variety for the week and helped to ensure dark green and orange vegetables were available.
 - School made granola, yogurt parfaits helped to be sure to include a variety of whole grains available.
 - The kids liked various combinations in individual cups and items that looked colorful.
- Multi-grain and whole grain buns and bread products were added, white bread eliminated





Now What?

- Consider what you are now doing and make simple changes...gradually
- Realize you are already following USDA guidelines and you are closer than you might think
- Fine tune your menus- maybe you need to just add a few items or adjust a recipe

- Ask for help. I sure did, plenty of it. Take the Challenge and...

GO FOR IT 😊

