



# The Connection Between Wellness and Learning

## August 18 and 19, 2015

### Key Note Speaker: Dr. Robert Murray, MD

Dr. Murray attended Indiana University School of Medicine and did his pediatric residency training in pediatrics at De Vos Children’s (Butterworth) Hospital in Michigan. Dr. Murray spent his career as a member of the Department of Pediatrics in the Ohio State University School of Medicine. For over 20 years, he practiced clinical Pediatric Gastroenterology and Nutrition. His research focus was on pediatric obesity, particularly in the areas of primary care prevention and of school policy. For five years, Dr. Murray was the Director for the Center for Healthy Weight and Nutrition, providing both medical and bariatric surgical treatment for obesity. Dr. Murray served 10 years on, and is a past chair, of the AAP’s Council on School Health. He is on the Executive Committee of the Ohio Chapter of the AAP, as well as Chair of the Home and School Health Committee and the Performance in Practice Committee.



August 18, 2015

### Workshop Descriptions

#### **Financial Training (PLE, Non-Program Foods and Meal Charging Policies) -**

This 3 hour training is similar to the Financial Training hosted by the Bureau in April. Topics will include, but not be limited to, guidance on how to complete the paid lunch equity tool, how to complete the non-program foods tool and a discussion on writing meal charging policies. Completion of all three of these items is needed to attach the information to the Annual online NSLP Application.

#### **Safety Awareness in the Food Environment -**

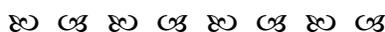
SAFE reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross contamination, and controlling time and temperature. SAFE workshops provide food safety training for new employees and refresher information for more experienced staff. The 2 hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. SAFE participants receive fact sheets and a certificate of attendance.

#### **School Lunch Basics: (Please note: This workshop replaces the New Food Service Director’s Training held in October) -**

This workshop will provide a *basic* review of the *critical areas* that are associated with Federal Dollar\$; the certification and benefit issuance, aka. parent applications; the accuracy of meal counting/claiming of a reimbursable/complete meal at the Point of Service (POS) and meals claimed for reimbursement that meet the meal pattern. We welcome you to join us in learning how to avoid co\$ly mistakes on parent applications, meal pattern and meal components/quantities and recognizing a reimbursable meal at the POS. Target Audience: New Food Service Directors, Business Administrators.

#### **School Wellness Policy Assessments -**

Debbie Luppold and Robin Peters from the UNH Cooperative Extension will lead a 3 hour training for wellness policy assessment. They will use an assessment tool that they created and when completed, will show the participant weak areas or areas that need work on any school wellness policy.



**August 19, 2015**

Workshop Descriptions

∞ **Session #1** ∞

**Homeless Students in School: What you need to know -**

The McKinney-Vento Homeless Education Assistance Act is a federal law that ensures immediate enrollment and educational stability for homeless children and youth. In this workshop you will learn more about McKinney-Vento and its relationship to the free and reduced application process.

**USDA Commodity Foods -**

Amy O'Hara and Lisa Davis from USDA Commodity foods will offer participants an overview of the WebSCM food ordering system. In School Year 2016-2017, districts will be ordering food through this system. You are able to sign up for further training during this workshop.

**How to Close your Garden for Winter -**

Jeremy Delisle, from the Master Gardeners will be educating participants regarding proper ways to close a garden for the winter. On the flip side, Jeremy will also discuss how to plan for opening a garden in the spring, including tips on what plants to start indoors and what seeds to directly sow.

**At-Risk After School Suppers -**

Are you interested in providing At-Risk After School Supper meals at your schools? Two Food Service Directors will discuss their experiences with the At-Risk After School Supper program.

**Administrative Review: Meet Your Reviewer! –**

This training will be an opportunity for those SAUs that are having an Administrative Review completed in SY 2015-2016 to meet the lead reviewer for your review. The reviewers will discuss the requirements and needs for a basic Administrative Review (AR) and offer their thoughts on how to plan for the AR. Target Audience: Food Service Directors who are from SAUs that will be having an Administrative Review in SY 2015-2016.

**Preparing for the District's Auditors for the Food Service Department -**

Participants will obtain information regarding how to prepare for a school food service audit from the people who know! Two CPAs from Grzelak and Company will share their points and tips about paperwork and any other items to have ready when they come to do an audit in your school.

∞ **Session #2** ∞

**Infant Feeding Best Practice -**

Lisa Sirois from the NH Department of Health and Human Services will give information regarding the proposed CACFP meal pattern and its crossover with the WIC guidelines. These crossover items will be presented as best practices in this very informative workshop.

**Food Service Management Company – Managing Your Contract –**

Guidance on food service management regulations will be given to participants that will answer the question "What is expected of the SAU or Sponsor Administration in the area of managing a food service management company". This training will be taking a look at the regulations from the SAU or the Sponsor perspective.

**Professional Standards in the National School Lunch Program –**

The professional standards for school food service went into effect July 1, 2015. This workshop will give an overview of the professional standards for all employees of the school food service department. Note: hours from the conference can be used toward your professional standards hours.

## Workshop Descriptions

### ⌘ **Session #2** ☞

(continued)

#### **Ag in the Classroom – Examples of Activities –**

Ag in the Classroom is a program offered by the NH Department of Agriculture. This workshop will offer information on activities that you can do in the classroom with students. This workshop may be of particular interest to those who have the Fresh Fruit and Vegetable Program.

#### **Civil Rights in the Child Nutrition Programs –**

Basic information regarding Civil Rights will be presented in this workshop. The training will be geared toward Civil Rights and the non-discrimination statement for the USDA Child Nutrition Programs.

#### **What is HEAL? (Healthy Eating, Active Living) –**

Learn more about Healthy Eating Active Living (HEAL) through information from the HEAL coordinator. Find out why reaching out to the community is important and the role the school plays in some HEAL communities.

### ⌘ **Session #3** ☞

#### **How to Write Specification in Procurement –**

Do you want to write a Request for Proposal, but you are stuck with how to write a clear specification for an apple or an orange or whatever you would like to purchase? This workshop will allow you the opportunity to learn!

#### **Farm to School – Using Forward Contracts to Procure Local Foods –**

“What is a forward contract?” and “How are forward contracts used in the purchase of local foods in my schools?” Do you want more information about procuring local foods for your schools? Stacey Purslow from NH Farm to School will provide you with information.

#### **Migrant Families and School Food Service –**

In this workshop you will learn the definition of the term “Migrant Families” and how it relates to the school food service. The workshop will have a wealth of information for any determining official in the child nutrition programs.

#### **CACFP Licensing Rules Surrounding Health and Safety –**

Child And Adult Care Food Program rules and regulations often work hand in hand with child care licensing rules and regulations. This workshop will give an overview of health and safety licensing rules and regulations and provide the participant with an idea of their connection to CACFP.

#### **How a Nutrition Intern can help in your Schools –**

Find out how college nutrition students can help your food service program. Hear about classroom and cafeteria projects that have educated students about the school lunch and breakfast programs as well as educating students about basic nutrition education.

#### **Creating Low Sodium Meals –**

Low sodium is a buzz word these days and we want to help you in creating low sodium meals. Join a panel of people, both from the NSLP and the CACFP, to hear their tips on finding or making foods that are lower in sodium.