

Wednesday's Wisdom

March 13, 2013



March is National Nutrition Month!

And the survey says!

Bureau of Nutrition Programs and Services has been partnering with the Children's Alliance of New Hampshire on their efforts to reduce childhood hunger statewide. In November, the Alliance released the NH Roadmap to End Childhood Hunger; a systemic guide to tackling the root causes of childhood hunger. The Roadmap was created through a year-long effort by a diverse coalition of anti-hunger and child advocates, business and community leaders known as NH Hunger Solutions. The USDA School Breakfast Program in NH is being looked at through a partnership with the Children's Alliance. The Children's Alliance will be sending every food service director a survey (not too long) to help them gain baseline data regarding school breakfast in the State. It is important that you complete this survey so that they have the best data possible.

Tri State Information

When: May 13 and 14, 2013.

Where: Attitash Grand Summit Hotel and Conference Center in Bartlett, NH.

What: The agenda is packed with Child Nutrition information including administrative reviews, leadership training, meal pattern training and more! There will be 2 tracks - CACFP and NSLP.

Key Note speakers include Chef Cyndie Story and Craig Weidel, author of "My Heroes Have Always Worn Hairnets."

Information on registration will come in the near future.

Save the Date for Tri-State!

Monday - May 13, 2013

Conference Day

Tuesday - May 14, 2013

SNA Credential Exam

Wednesday's Wisdom

Breakfast is an important part of the day

(Information taken from National Dairy Council website)

A positive link between nutrition and learning has long been recognized. In fact, this concept underlies the federally-supported School Breakfast Program (SBP). Unfortunately for many children, consuming a healthful breakfast is not part of their usual morning routine. Skipping breakfast increases as children age and appears to be more common among certain minority or low socioeconomic groups. Limited family income, time constraints, and lack of appetite in the morning are some of the reasons children skip breakfast. For many children, the SBP is an important alternative to breakfast at home.

The SBP offers students breakfast either free, or at a reduced-price, or at full-price depending on family income. Currently, 80% of the breakfasts offered are free or reduced-price. School breakfasts are required to provide one-fourth or more of the key nutrients children need each day and contain no more than 30% of calories from fat and less than 10% of calories from saturated fat. Although participation in the SBP has increased over the years, this program is underutilized. Fewer than half of eligible low-income children participating in the National School Lunch Program also participate in the SBP.

Missing breakfast puts children's health and academic performance at risk. Research shows that consuming breakfast, particularly school breakfast, improves the nutritional quality of children's diets. Consuming breakfast can help children and adolescents increase their intake of the five "nutrients of concern" (i.e., nutrients limited in their diets) identified by the 2005 Dietary Guidelines for Americans. Dairy products (milk, yogurt, cheese) provide three (i.e., calcium, magnesium, potassium) of these five nutrients, while fruits, vegetables, and whole grains provide the other two (i.e., vitamin E and fiber). More information on breakfast will be sent in the future.

6 cents certification update

91 - # of SAU's in the State

56 - # of SAU's who have submitted a 6 cent certification tool into our office

39 - # of SAU's who are approved for the 6 cents

*Attached you will find some hints and tips that were developed by Judy Gosselin of our office. We hope you find these useful, and, thank you Judy!