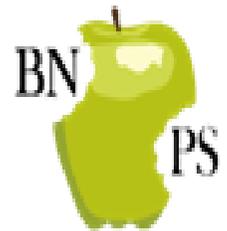


Wednesday's Wisdom

September 2014



Welcome Back to School Year 2014-2015!

Are you ready for another year of training and technical assistance intended to help your program be successful?

BNPS would like to thank you for making the August 2014 ARTs Conference a success. The evaluations were very positive regarding the workshops that were offered which tells us, we are travelling down the right path for training. We would like to congratulate, again, the 11 who received a breakfast challenge award for their achievement of increasing breakfast participation. The achieving schools will be profiled on the NH school breakfast website at: <http://www.nhschoolbreakfast.org/>



October is National Farm to School Month!

If you need some ideas for offering a Local Food Day at your school(s), Stacey Purslow, the NH Farm to School Coordinator gives the following ideas:

1. October 24 is Food Day. See the www.Foodday.org website for resources and ideas.
2. Taste test different varieties of NH apples and cider obtained from a local farm.
3. Better yet, invite the farmer to lunch so that they can help with the taste test.
4. Design a bulletin board about NH foods and farms.
5. Highlight a NH fruit or vegetable on your October menu. Serve it a couple of times in different ways.
6. Create a Farm to School salad or salad bar using a variety of local ingredients.
7. Start a composting program.
8. Take the first step in creating a school garden: Find support for it in your school community and begin planning.
9. Plan a Local Harvest Meal that highlights NH produce.
10. Let the Bureau know about your celebrations!

Increasing Access To Drinking Water

CDC's new tool kit, [Increasing Access to Drinking Water in Schools](#), helps schools make the healthy choice the easy choice for all students by ensuring access to free drinking water as an alternative to sugar-sweetened beverages before, during, and after school. The [easy-to-use tool kit](#) includes needs assessment tools, implementation strategies, and evaluation guidance to improve access to drinking water as part of a healthier nutrition environment in schools.

Drinking water in place of sugar-sweetened beverages can help students stay hydrated and may improve cognitive function. Children and adolescents spend much of their time at school, and by providing access to healthier choices, students can stay healthy and ready to learn.

School health councils, nutrition services providers, principals, teachers, parents, and other school staff can follow [key steps](#) and use the [planning guide and resources](#) to:

- § Meet USDA [Smart Snacks in School](#) requirements to provide free drinking water in the National School Lunch Program and the School Breakfast Program,
- § Help make free drinking water readily available across the school campus.
- § Promote water as a healthy beverage.

SNAP and Joint Custody Households

Recently, there have been questions asked of the Bureau regarding households where there is a 50/50 split custody situation where one household receives SNAP/food stamp benefit and the other household does not. For example, the father receives SNAP/food stamp benefit and the mother does not receive the SNAP/food stamp benefit. According to Rick Figari of the NH Dept. of Health and Human Services, in this situation, the children are directly certified when living with the father. When living with the mother, the child(ren) either are receiving no free or reduced benefit or have received a free and reduced determination due to the submission of a free and reduced application by the mother. SNAP/food stamp benefit does not follow the child to the other household in this particular case. The SNAP/food stamp benefit is only extended to the child(ren) when living in the household that the SNAP benefit has been approved for.