



HEALTH AND NUTRITION QUARTERLY NEWSLETTER



Back to School Edition



JULY IS MINORITY MENTAL HEALTH MONTH

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

For more awareness click the link here:

<https://minorityhealth.hhs.gov/minority-mental-health/>



SUMMER UPDATES FROM TEAM NUTRITION

USDA Celebrates SNAP Online Purchasing Now Available in All 50 States

The U.S. Department of Agriculture announced that, in partnership with states, territories and retailers across the country, online purchasing using Supplemental Nutrition Assistance Program (SNAP) benefits is now available in all 50 states and the District of Columbia. This expansion represents a major milestone in the history of SNAP and continues to provide greater convenience and access to healthy food options for tens of millions of Americans.

For more information click here:

<https://www.fns.usda.gov/news-item/fns-010.23>



Welcome

New Additions to HNU:

Lauren Dotson

Training Project
Manager

Beverly
Sandridge

Research Project
Analyst

Shamia Brown

Administrative
Specialist II

Welcome To The

TEAM!

PROGRAM NEWS

SFSP Tips for Success

Quality meals that attract children to the SFSP site can be served within the reimbursement rate. In fact, serving high quality meals may improve a sponsor's financial condition by increasing and stabilizing attendance. Higher attendance leads to lower unit costs. Sponsors can improve the quality of meals in several ways:

- * Serve as many creditable food items as possible;
- * Balance meals in terms of color, flavor, shape, and texture of foods selected for each component;
- * Create meals that appeal to the senses (sight, taste, touch, smell);



- * Consider the ethnic, cultural and religious background of the children being served and plan meals that are acceptable and appropriate for them;
- * Team up with farmers to serve fresh fruits and vegetables;
- * Use commodities to increase variety of foods served at low cost;
- * Reduce levels of saturated and trans fats, sugar, and salt; and
- * Choose foods that are high in vitamins, minerals and fiber.

NSLP Updates:

If you are a part of NSLP, please be sure to submit your applications before the start of the school year to ensure reimbursement.

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced, low-cost, or no-cost lunches to children each school day. The program was established under the Richard B. Russell National School Lunch Act, signed into law by President Truman in 1946.





Recipes for School

SALAD SHAKERS



Shake things up with a salad shaker!

A spinach vinaigrette dressing blends the cool and crisp flavors.

Ingredients: tomatoes, cucumbers, carrots, onions, dried cranberries, eggs, apples, and romaine lettuce in this colorful and crunchy layered salad in cup.

Dressing: apple juice concentrate, olive oil, balsamic vinegar, salt, black pepper, garlic (minced)

NSLP/SBP CREDITING INFORMATION:

One salad shaker provides 2 oz equivalent meat alternate, $\frac{3}{8}$ cup dark-green vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{3}{8}$ cup fruit.

Visit [Salad Shakers USDA Recipe for Schools \(theicn.org\)](http://Salad Shakers USDA Recipe for Schools (theicn.org)) for weight, measure and directions.

RESOURCES & TRANSITIONS



Free Resources

State agencies, program operators, and sponsoring organizations that participate in the USDA's Child Nutrition Programs can request free printed copies of Team Nutrition materials. Place an order for your program today!



Summer Food, Summer Moves Resources:

- Placemat [[English/Spanish](#)]
- Poster Set [[English/Spanish](#)]
- Resource Kit [[English](#)] [[Spanish](#)]



August 1st

Transition of the Health and Nutrition Unit from Department of Human Services to Arkansas Department of Education

Act 237 known as the LEARNS Act will move the Division of Child Care and Early Childhood Education at DHS to the Department of Education and create the Office of Early Childhood. Part C or First Connections, currently in the Division of Developmental Disabilities, at DHS will also be a part of the transition.

¡HOLA!

Team Nutrition has partnered with the Institute of Child Nutrition (ICN) to launch the Spanish Child Nutrition Recipe Box. Click [here](#) to explore the Spanish version.



Child Nutrition Recipe Box

Healthy Recipes for Child Nutrition Professionals

UPDATES & IMPORTANT DATES

Commodities:



The Commodity Distribution Unit has been administering three (3) new USDA grants: Local Food for Schools Grant (LFS), Local Food Purchase Assistance Grant (LFSA), and the Reach and Resiliency Grant. These grants provide funds to schools and food banks/distributors to purchase locally grown product such as produce and meats from disadvantaged farms within the State. These grants have made a huge impact on the people of Arkansas by providing healthier options for the people in need and for the schools providing meals to children of Arkansas.

Pamela Burton and Jim Ponzini recently attended the Southwest Region best practices conference in Phoenix, Arizona. This conference focused on our household programs, The Emergency Food Assistance Program (TEFAP) and the Commodity Supplemental Food Program (CSFP).

School Nutrition Association (SNA) Annual National Conference

The School Nutrition Association's Annual National Conference unites thousands of school nutrition program operators, industry partners, and allied organizations for an unparalleled educational and networking experience every July. USDA will be hosting the School Nutrition Association (SNA) Annual National Conference on July 9-11, 2023. To learn more about the conference click [here](#).

School Nutrition Association (SNA) Annual National Conference

These easy-to-make sliders are small sandwiches that pack big flavor!

CACFP Crediting Information

1½ oz eq meat

1 oz eq grains

SOURCE

Team Nutrition CACFP Easy Recipe Project



Farm to School

Applications are now being accepted for the Green Our Planet GardenConnect and HydroConnect grant programs. The GardenConnect program provides schools support and guidance from the educators at Green Our Planet as they develop or expand their school garden.

To learn more and apply click

<https://kidsgardening.org/the-latest-green-our-planet-2/>

**Deadline:
July 21st**



CACFP ANNOUNCEMENTS

New Program Year

We are extremely excited about the 2023 year! The Health and Nutrition Unit would like to remind you that Applications for the CACFP 2023-2024 Fiscal Year will open to all providers on August 1, 2023. Let's work together to make it a wonderful year!

August 1



Streamlined Applications

Many of our sponsoring organizations struggle with the number of documents in the application process - and we at HNU hear you!

We are proud to announce that the Application Team is taking steps to reduce and merge the number of documents required in an application.

Stay on the lookout for more information from your friends at HNU concerning the streamlined application process.



CACFP Training Dates
now available on the
SNP Training Calendar.

CACFP ANNOUNCEMENTS

NEW

Participant Training Dates:

- July 11th – CACFP New Participant Training via Zoom, 9 am – 3 pm
- August 8th – CACFP New Participant Training via Zoom, 9 am – 3 pm
- August 22nd - CACFP New Participant Training via Zoom, 9 am – 3 pm

**AT
RISK**

Training Dates:

- July 25th – CACFP At-Risk New Participant Training via Zoom, 9 am – 3 pm
- August 15th - CACFP At-Risk New Participant Training via Zoom, 9 am – 3 pm
- August 29th - CACFP At-Risk New Participant Training via Zoom, 9 am – 3 pm

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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