Happy Winter!

I would like to take this opportunity to talk to you about ways the School Nutrition Association is working for you, the members of MTSNA.

The Healthy Hungry Free Kid Act of 2010 has gone through a lot of reform and changes since it first pass into law by President Obama, and you largely have your leaders at SNA to thank for that.

As you remember, the original Act removed flavored milk and potatoes from our meal patterns. SNA went to the USDA and congress and had those foods reinstated. Then the limits on grains and protein came in, and again SNA went to the USDA and congress and those were removed.

SNA supports strong federal nutrition standards for school meals, including limits on calories and fat, mandates to offer students more fruits and vegetables, and reasonable sodium and whole grain requirements. The association is requesting commonsense flexibility under the rules to help students adjust to healthier meals and protect the financial stability of school meal programs.

Currently SNA is asking USDA and Congress to maintain the 2012 requirement that half of grains offered be whole grain rich, instead of requiring that all grains be whole grain rich. Maintain Target 1 sodium levels, and suspend further reductions until scientific research supports them. To avoid food waste, offer, but do not require students to take a fruit or vegetable. And allow healthy items permitted on the meal line to be sold a la carte as well.

SNA is asking for your comments, experience and feedback. Please go to the SNA web page and share yours. I am very proud to be a small part of this organization that is working so hard for all of us, making positive changes which allow us to provide good nutritious meals to our kids.

Wishing you all a warm and wonderful holiday season!

Salley Young
MTSNA President
Director’s Message

Recognizing Montana’s School Nutrition Achievements

I would like to congratulate Montana schools for rising to the occasion and providing creative solutions to improving school nutrition in response to the Healthy Hunger-Free Kids Act of 2010. Your dedication to healthy school meals is apparent, and your effort with the implementation of the new school nutrition guidelines is appreciated.

The reality of fulfilling the new requirements has meant unique challenges, yet you serve as an inspiration through your perseverance and passion for providing balanced meals to thousands of children each day. Not only are you giving Montana’s students the fuel they need to succeed academically in the classroom, but you are providing a learning opportunity every day in the cafeteria when you implement new strategies that increase students’ acceptance of healthier options.

The work happening within schools to support the healthy changes is admirable. The progress is evident, as Montana schools are receiving Healthier US School Challenge awards, developing more comprehensive wellness policies and implementing the new Smart Snacks Rule. Your solutions vary in scope, from offering breakfast in the classroom, to providing a rainbow of options on a new salad bar, to even scratch making meals and incorporating Montana-made ingredients.

I would like to highlight just a few recent success stories to offer a glimpse into many wonderful efforts across our state.

### Breakfast in the Classroom

Starting in November, Somers began breakfast in the classroom for third graders. It has been met with such success that they have already exceeded their goal of feeding 50% of the students. Teachers in other grades are now asking for breakfast in the classroom for their students!

Lockwood Middle and Intermediate Schools in Billings, MT were awarded a $5,360 Breakfast After the Bell grant. They are planning to provide breakfast in the classroom for 3rd-5th graders and grab n’ go breakfasts to junior high students. For a full list of schools receiving Breakfast After the Bell grants, please visit the following [site](#).

### Farm to School

Livingston Public Schools have been busy implementing their USDA Farm to School grant by purchasing equipment, such as a patty machine, to assist in beef to school efforts for the district, which already purchases over 8,000 pounds of local beef. They are also busy providing classroom lessons for 2nd-5th graders, building a barn for their animal husbandry efforts, and designing a greenhouse. For more information on USDA Farm to School Grant recipients, visit [this site](#).

Ed Christianson, Assistant Supervisor for Food and Nutrition Services for Missoula Public Schools, has perfected the recipe for homemade, Montana grown, kale chips. To learn how to make Ed’s kale chips, watch the video created by Montana Dietetic Intern Jacque Contant [here](#).

### 2014 Healthier U.S. School Challenge Award Winners

- **Seeley Lake School District** - Bronze awards for elementary and junior high school.
- **Somers School District** - Bronze awards for elementary and junior high school.
- **Fairfield Public Schools** - Silver awards for the elementary, junior high, and high school.
- **Fromberg Public Schools** - Silver awards for elementary, junior high, and high school.

For a list of all Montana Healthier US School Challenge award winners, please see [here](#).

Meeting the new school nutrition requirements has been challenging, yet Montana schools have time and again stepped up and made progress. I thank you for your continued support and dedication to creating healthier school communities, and believe that Montana’s school nutrition achievements are truly notable.

Christine Emerson

Director of Montana School Nutrition Programs
MTSNA Board Nominations:
Vice President and Treasurer

It is that time of year again! We need MTSNA Board nominations! Specifically, the Vice President and Treasurer positions on the MTSNA Board.

Requirements for Vice President:
- Three year commitment starting with the 2015 term.
  - First year as Vice President.
  - Second year as President-Elect.
  - Third and final year as President.
- Must be a certified member of MTSNA.
- Must have at least two years of experience as a MTSNA Board member.
- Must have attended two of the past five state conferences.

This position is in charge planning the preconference classes and working hand in hand with the rest of the MTSNA Board on conference planning and organizing.

Requirements for Treasurer:
- Two year commitment starting with the 2015 term.
- Computer experience is required.
- Must be bondable.
- Ability to maintain records of financial transactions of the Montana School Nutrition Association.

The primary function of the Treasurer is to ensure all monies received and dispersed are accounted for accurately and in a timely manner.

To nominate someone online do so, [here](#).

Look for the voting ballot in the Conference Registration Packet!

I nominate _______________________________ for the Vice President position for the 2015-2018 term.

I nominate _______________________________ for the Treasurer position for the 2015-2017 term.

Please provide the contact information for the nominee.

Signature: ___________________________ Phone Number: ___________________________

Mail Paper Applications to:
Jennifer Spellman
PO Box 421
Ulm, MT 59485
Silver Spoon Award

Fellow MT SNA members it is time to think about nominating your manager/director for the Silver Spoon Award. Has he or she improved the nutrition program in your school? Recognize that individual by nominating them for this award. The potential nominee must hold an SNA certificate (be certified) through MTSNA. Nominations are due to me, Joan Karls, by May 1, 2015. Simply email me the name of your manager/director and a few reasons why you think they are qualified for this special recognition of the Silver Spoon Award.

Joan Karls            email address: rjkarls3@charter.net

Get Involved, Today!

Others might not notice the hard work you’re doing in your kitchens day in and day out, doing your best to feed the kids in your community breakfast and lunch; but we do. We know you make sure they’re ready to learn, play hard, to grow smart and strong. We also know that you love what you do and you work for the students you serve, those you know and care for dearly. We thank you for that and appreciate all of your hard work and dedication to feeding Montana kids. Now it’s time for you to get some recognition.

We encourage you to share with us and others in your immediate community the things you’re doing! If you think you’re putting out an extraordinarily nice meal, take a photo and upload it to the MTSNA Facebook page to share with others across the state. Promoting your program only stimulates publicity and positivity in your community. Invite parents or guardians to share a meal with their students, feature a Montana product once a week on your menu, have guest server’s volunteer on your line every now and then, be present for parent teacher conferences and feature something special you make for students at your school or even host a dinner on those nights! The opportunities are endless!

Have you increased participation by trying a new breakfast model at your school? Are you doing a weekly or monthly promotion that brings in community members or parents to visit you and eat with you? Write in about your school if something neat is happening in your district you’d like to share and we will feature you in our quarterly newsletter!

If you have thoughts, ideas or feedback about the objectives or initiatives of MTSNA let us know in a letter to the editor! Email tray@mt.gov with your comments today!

SNA Certificate

With USDA’s new Professional Standards there has never been a better time to earn a SNA Certificate! The proposed Professional Standards will require every school nutrition employee working 20 hours or more per week to have 8 hours of continuing education units (CEU) per school year. Managers will be required to have 15 hours of CEUs per school year.

SNA has lifted the requirement of a High School diploma or GED for the Level 1 Certificate. They have also decreased the CEU hours for applying for an 8 hour ServSafe and an 8 hour Nutrition course. If you are a MTSNA member and have taken these classes in the last 5 years and have your certificate of completion you can get your SNA Certificate! Contact me, info on back of newsletter or on the website… mtsna.org, or go to schoolnutrition.org for an application form.

Again, MTSNA will offer our members a scholarship for the SNA Certificate application fee at our 2015 Summer Conference. All MTSNA members that renew their SNA Certificate or apply for their SNA Certificate from Summer Conference 2014 until Wednesday of Summer Conference 2015 will be entered into a drawing for a 3 nights stay at the Heritage Inn in Great Falls for the 2016 Summer Conference. The drawing for the winner will be at closing session on Thursday of Summer Conference at the Billings Hotel and Convention Center.

Debbie Heuscher, Certificate & Professional Development Chair ddheuscher@juno.com or 406-270-1271

Check us out on Facebook!

Click on the link below!
A Loud, Delicious Crunch!

On October 24, 2014 at 2 p.m., you may have heard an interesting sound coming from your school or workplace… the sound of people crunching into apples! Montana Crunch Time, a synchronized eating of locally and regionally grown apples is in celebration of National Food Day and Farm to School Month! This year, over 20,000 individuals reported participating, which included nearly 19,000 students at almost 30 school districts!

“Crunch bytes” (video, photos, or audio) were shared on social media sites using the hashtag #MontanaCrunchTime and several Crunch events were covered by news media. Hawthorne Elementary students in Bozeman grabbed juicy apples grown in the Bitterroot and wearing red shirts formed an apple on their playground, which was photographed from the roof of the building. In Harlowton, Wheatland County Extension discussed Montana crops and farm to table programs, then joined students in crunching Montana-grown apples as loud as possible.

Stay tuned for Montana Crunch Time 2016 information at opi.mt.gov/Farm2School click the “Montana Crunch Time” tab. Questions? Contact Aubree Roth, Farm to School Coordinator at aubree.roth@montana.edu or 406-994-5996.

Thank you to everyone who made this year’s event the loudest crunch yet!

Ask Your School Nutrition Specialist

This new section of the SNA Newsletter is meant to provide an opportunity for the Office of Public Instruction School Nutrition Specialists to offer answers to common questions about School Nutrition Programs.

Can I offer seconds?
Yes. Schools are allowed to offer seconds of fruits and vegetables free of charge to students. Additional food items may also be sold a la carte. Please refer to the USDA Smart Snacks Rules for further information on which items are allowable. Find more information about Smart Snacks here.

Do I have to charge for seconds?
If your school prepares additional servings with the intent of offering seconds, then the district should plan to charge for the seconds. It is up to the district to decide how much to charge for seconds. The School District may set different prices for individual items to be purchased a la carte by students. Districts should track the number of seconds served to students to provide documentation of revenue generated from non-program foods. If schools choose not to charge students for “seconds”, documentation must be kept to show that the school is covering the loss of revenue, such as board approval or through the general fund.

For more information, please refer to the Offer Versus Serve Guidance for School Year 2014-2015, which can be found here.

Do I have to provide a complete reimbursable meal for my seconds?
No. For the NSLP and SBP, you may sell items a la carte as “seconds” to students. You may only claim reimbursement for the first reimbursable meal served to each student.

Do students have to take a full cup of fruit at breakfast?
No. Schools must offer a full cup of fruit at breakfast, but students are only required to take ½ cup of fruit at breakfast to count as a reimbursable meal. Students may select more than the minimum of ½ cup.

Do students have to take ¾ cup (K-8th grade) or 1 cup (high school) of vegetables and ½ cup of fruit at lunch?
No. Schools must offer ¼ cup (K-8th grade) and 1 cup (high school) of vegetables and ½ cup fruit for K-12th grade at lunch. To count as a reimbursable meal, students must take a minimum of ½ cup fruit or vegetable, or combination of both fruit and vegetable. Students may take more than the minimum of ½ cup. See examples below of minimum amounts students may select:
- ¼ cup carrots + ¼ cup apple
- ½ cup carrots
- ½ cup apples

Please continue to contact the OPI School Nutrition Specialists with any questions you may have about the School Nutrition Programs.

Tara Ray tray@mt.gov
Teresa Motlas tmotlas@mt.gov
Emily Dunklee edunklee@mt.gov
Camille McGoven cmcgoven@mt.gov
Member Scholarship
Apply soon! Apply today!

MTSNA is proud to announce a change in our scholarship. We are now it can apply for the scholarship regardless of the number of hours the individual works. The applicant needs to fill out the application, making sure they meet all the criteria and send the application to Carol Simanton. The address is provided on the scholarship form.

This scholarship was designed to help individuals that need assistance in coming to our state conference so they can get their continuing education credits. This is becoming more important with the implementation of professional standards by USDA. We would like to make it possible for all that want to come to conference to be able to come. This is MTSNA’s way of trying to help as best we can.

We are truly excited about our conference in June in Billings and are hoping all of you will be marking your calendars for this event.

I am hoping all of you are truly blessed through this holiday season and are able to be with your families. The New Year promises to hold many new and exciting things for us so let’s get started by applying for this scholarship to help you along the way. Happy New Year!

Carol Simanton, Scholarship Chair

---

National School Board Association
Supports Flexibility in School Meals

The National School Boards Association (NSBA) has issued a press release calling for flexibility and relief from the U.S. Congress and the U.S. Department of Agriculture (USDA) to address the unintended consequences of onerous requirements for federal school meal programs in the Healthy, Hunger-Free Kids Act with the start of National School Lunch Week on Oct.13.

“As we celebrate National School Lunch Week, we must address the visible realities of complying with school nutrition requirements,” said NSBA Executive Director Thomas J. Gentzel. “Our poll shows that school leaders are in favor of good nutrition for children but concerned with the unintended consequences of the current federal regulations. Trays of uneaten cafeteria food thrown in the trash, hungry kids, and struggling school food-service programs are the practical realities many school districts and students face.”

NSBA’s recent survey of school leaders shows that since that law went into effect in 2010, 83.7% of school districts saw an increase in plate waste, 81.8% had an increase in cost, and 76.5% saw a decrease in participation by students.

To address the issues, 75% of school leaders encourage an increase in federal funding for school districts to comply with the new standards and 60.3% support additional flexibility for school districts to improve their ability to provide good nutrition without harm to instruction, personnel, and other school district operations.

NSBA’s poll reveals the alarming choices faced by school districts in response to these challenges. Increasing the price of unsubsidized meals, dipping into reserves and other school district funds, delaying investments in equipment, facilities, and other necessities, and reducing staff and hours, are just a few of the alternatives school districts have had to do.

Read more [here](#).

---

DISCOVER

Montana Team Nutrition Program has released a new resource for school food service staff as well as elementary educators.

The Discover Montana’s Delicious Treasures poster and meal-planning/food exploration lesson for elementary students (grades 2-5) is intended to teach basic nutrition to children while showcasing healthy Montana foods.

The vibrant poster depicts a rainbow of Montana-grown foods as well as nutrition tips and is well suited for the cafeteria and classroom alike. The poster, lesson plan, and additional resources are all available to download at no cost [here](#).

Printed copies of posters and the lesson plans will be available at upcoming trainings.

For more information contact Aubree Roth, Farm to School Coordinator at 406-994-5996 or aubree.roth@montana.edu.
A NEW TIME FOR ALL

We are on the eve of the election and we know there will be several changes for us once this election is over. We will have two new congressmen. We are looking at the reauthorization of the Healthy Hunger Free Act for our children. We will need to be in contact with our congressmen to emphasize how important this reauthorization is. Our continued communication with the congressmen is essential. Letting them know how important this funding is for us so that we can continue to feed our children is our responsibility.

As many of you know, there were many changes with our most recent congressional election that took place in early November. We have two newly elected officials, in the Senate, Senator Steve Daines (R) and in the House, Congressman Ryan Zinke (R). Senator Steve Daines is replacing John Walsh (D) in the Senate representing Montana and Ryan Zinke is taking the place of Steve Daines in the House of Representatives.

We continue to struggle with the new regulations and a declining participation in many of our programs. Change like this is always hard for everyone; lifestyle change for many is very difficult. Processed foods bring a set of problems to the table that is hard to work with. The food companies are working very hard to bring to us products that are something the children like but also meet the new federal guidelines. We are seeing this unfold as a very political battle that easily could lose sight of what is the best answer for the health of our children. I believe we have a lot of work ahead of us to come to a common ground and a healthy answer for all. This will take a lot more time and adjusting than any of us realized from the beginning. I am seeing a slow change in our youngest students as we have worked with them to eat more fruits and vegetables. One of my greatest joys was a little boy came back to the serving window and said, “Those green beans aren’t so bad, can I have some more?” We are making progress!! Our biggest education problem is at home and teaching parents to feed their children fruits and vegetables on their plates as toddlers. These foods need to be experienced in the child’s natural state with no sugar or sauce so they know that taste from the start.

We hope to see all of you next June for our annual MTSNA conference. Please mark your calendars. We are planning some wonderful new things for you. Have the very best of holidays and I hope all of you will be able to spend time with those most dear to you. Merry Christmas and have a Blessed New Year.

Carol Simanton, Legislative Chair

APPLY FOR... ...FOODCORPS

The National Center for Appropriate Technology (NCAT) is currently accepting initial applications from Montana schools, non-profits, or government organizations to host a FoodCorps service member from September 1, 2015 through July 31, 2016. FoodCorps is a nationwide team of AmeriCorps leaders that connects kids to real food and helps them grow up healthy. As AmeriCorps service members, these dedicated individuals give a full-time year of public service to help communities: build and tend school gardens; conduct hands-on nutrition & food system education; serve more healthy, local food in schools. NCAT is FoodCorps Montana’s state-level host site, and is the proud home to the original model for the national FoodCorps program.

What FoodCorps service members do:
Day-to-day activities will be determined by the specific needs and opportunities of the community, with input and approval from NCAT and national FoodCorps staff. Sample activities include conducting kid-friendly taste-tests of local and healthy foods, leading local farm field trips, and establishing or growing school garden programs. FoodCorps members cannot participate in policy advocacy, lobbying, or political campaigning. FoodCorps members cannot spend more than 5% of their time fundraising. For a more full picture of a FoodCorps service members’ activities visit our blog, with weekly updates from the field, at mtfoodcorps.ncat.org/

Who can apply to be a FoodCorps service site:
FoodCorps members must be placed in schools or non-profit or government organizations with close ties to area schools. The National Center for Appropriate Technology (NCAT) will select new service sites using the following criteria.
1. Demonstrated need.
2. Demonstrated community support.
3. Ability to meet the mandatory requirements for hosting a FoodCorps member.
4. Ability to provide $5,000 cash match, plus service related travel for the FoodCorps member.

Ready to apply?
For new applicants there is a two-step process. Go on-line to complete the letter of inquiry/pre-proposal at https://www.ncat.org/mtfoodcorps/. It’s short and easy to complete. The deadline for submitting the on-line pre-proposal is January 17, 2015. Applicants with a strong pre-proposal will be contacted in March and invited to complete a full 15-page application. Details on future deadlines and other full application information will be offered then.

For questions about the FoodCorps Montana program, visit http://mtfoodcorps.ncat.org. Please feel free to contact Al Kurki at akurki@ncat.org, (406) 494-8655, or Kirsten Gerbatsch at kirsten.gerbatsch@foodcorps.org, (406) 533-6645.
MTSNA and Western Marketing are proud to offer three $500.00 scholarships to qualified graduating seniors planning to further their education in the field of nutrition. This can be in the education field, such as, as a home economics teacher or dietitian or something like a culinary arts program to become a chef. Along with our commitment to feed children we also want to help these same students further their education. Please have students submit their application to Carol Simanton by April 1, 2015. Recipients will be notified by May 1, 2015. We hope the scholarship recipient can join us for recognition at the annual MTSNA conference banquet held in Billings June 2015. Please find the scholarship application on our web site and encourage students at your school to apply. Looking forward to seeing all of you again soon. I hope your upcoming year is a wonderful one. Feel free to contact me, Carol Simanton, with any questions.

Carol Simanton  
1081 E Whitewater Road  
Whitewater, MT 59544  
Home 406-674-5432  
Work 406-674-5417

**APPLICATION COVER SHEET**

**HIGH SCHOOL STUDENT APPLICANT INFORMATION**

<table>
<thead>
<tr>
<th>Student Name:</th>
<th>Parent/Guardian:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address:</th>
<th>Parent/Guardian Address:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone:</th>
<th>Parent/Guardian Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>High School Attending:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>College or School You Plan on Attending After Graduation:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Applicant's Signature:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*By signing this scholarship application you are acknowledging the information is true and provided in good faith.*

**APPLICATION CRITERIA**

Please include the following with your Cover Sheet and Application:
- Applicant must be furthering their education in the field of Nutrition
- Official High School Transcript
- Most Recent Grade Report (if not included on transcript)
- An essay of a minimum of 200 words stating why you would like the scholarship

**Application Deadline is April 15th of current year.**

More information can be found on the MTSNA website.
CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!
MARCH 2-6, 2015

This year’s theme is “Make the Grade with School Breakfast,” highlighting how eating a nutritious breakfast helps students achieve success in the classroom and beyond.

Breakfast is not only benefits a child’s health, but also their education and in social wellbeing.

Health
Children who skip breakfast are…
- Sick more often, recover more slowly, and are more likely to be hospitalized.
- More likely to experience headaches, stomachaches, colds, ear infections and fatigue.
Children who eat breakfast…
- have a decreased risk for obesity and chronic diseases.

Education
Children skip breakfast…
- Lack the nutritious food they need, impairing a child’s ability to concentrate and perform well in school.
Children who eat breakfast …
- Score 17.5% higher on standardized math tests, have better attendance, and are 20% more likely to graduate from high school.

Social Wellbeing
Children who struggle with hunger…
- Have significantly higher levels of behavioral, emotional and academic problems and can be more aggressive and anxious.

Help celebrate and support the importance of school breakfast by participating in National School Breakfast Week March 2-6, 2015.

Visit http://www.schoolnutrition.org/nsbw2015/ for free tools and resources to help you start planning a celebration at your school!
Childhood Hunger in Montana

One in five children in Montana live in families that struggle with hunger. The facts are sobering, yet the efforts are inspiring. Two individuals who have prioritized combating childhood hunger are Montana’s Governor Steve Bullock and First Lady Lisa Bullock. This year the Governor and First Lady established a youth leadership council, a group of fifteen middle and high school students from across the state, tasked with designing solutions to end childhood hunger in their communities. Governor Bullock and the Montana Commission on Community Service also allocated funds to implement a Montana No Kid Hungry AmeriCorps Program which consists of members in five communities across Montana to help alleviate childhood hunger.

One way to address childhood hunger is to reach children on common ground - in schools, particularly school breakfast. School breakfast is one of the most under-utilized Federal Nutrition programs, but if utilized well, has the potential to give every child a nutritious meal to start the day and curb childhood hunger. To help increase utilization, the Governor and First Lady Bullock are encouraging schools to implement breakfast programs or to start Breakfast after the bell programs such as Breakfast in the Classroom and Grab n’ Go. But why breakfast? We have all heard the saying, “breakfast is the most important meal of the day,” but why is it so important and why are the Governor and First Lady using breakfast as a tool to help solve childhood hunger?

The Importance of Breakfast

Breakfast is particularly important for school children. The former Surgeon General Jocelyn Elders once said, “You cannot educate an unhealthy child, and you cannot keep an uneducated child healthy.” Breakfast exhibits the vital relationship between health and education. Children’s growing bodies and developing brains require regular refueling provided by a balanced, nutritious meal. Without breakfast, children are unable to perform at their best and reach their full potential. Research conducted by the Food and Research Action Center (FRAC) found that hungry who skip breakfast perform worse on standardized test, have more absences, more behavioral problems, worse health, higher rate of obesity and more trips to the school nurse. The governor asks, “How can we expect children to learn when they don’t know where their next meal is coming from?” Unfortunately, this is the reality for many children living in Montana. Approximately three-quarter of teachers nationwide witness their students coming to school hungry. It is imperative that we address breakfast and feeding our children to help the next generation reach their full potential.

A Snapshot of School Breakfast Programs in Montana

One way to combat the issue of hungry school children is through school breakfast programs. 159 Montana schools, or 20%, do not have a breakfast program. By offering breakfast, schools can give their kids the nourishment they need to grow and learn rather than worrying about their next meal. Unfortunately, the problem is not solved by access alone. Many schools have breakfast; however their programs are grossly underutilized. According to the Montana Office of Public Instruction, only 36% of students qualifying for free or reduced-price meals in Montana participate in school breakfast. That means the students who need breakfast the most are not getting the food and nutrition their bodies require. If simply offering breakfast is not the solution, then what is?
**A Solution**
One solution to increasing breakfast participation involves how we offer breakfast and addressing the barriers to breakfast participation such as late bus arrivals, peer pressure to socialize and play instead of eating breakfast, or the stigma that school breakfast is for “poor kids.” Research shows that serving breakfast after school starts, “Breakfast after the Bell” increases breakfast participation by eliminating some of the barriers to participation associated with traditional cafeteria breakfast models. In fact 30 schools in Montana have initiated Breakfast after the bell programs and many have the highest participation rates in the state.

**Breakfast in the Classroom**
One after the bell model, Breakfast in the Classroom, allows students to eat breakfast in their rooms after the official start of the school day. Breakfast consists of easy-to-eat and easy-to-clean nutritious menu items and usually takes 10-15 minutes to serve, eat and clean up. Teachers are able to conduct morning task such as attendance, collecting homework, or putting up a problem on the board so minimal instruction time is lost. Since implementing breakfast in the classroom, many Montana teachers have noticed a reduction in behavioral problems, increased attendance, fewer trips to the school nurse, and better concentration before lunch.

“...30 schools in Montana have initiated Breakfast after the bell programs and many have the highest participation rates in the state.”

**Breakfast after the Bell Mini-Grants**
To help offset some of the costs associated with starting a breakfast program or switching to a Breakfast After the Bell model, a partnership between the Governor and First Lady Bullock and Montana No Kid Hungry has established Breakfast after the Bell mini-grants. Grants of up to $5,000 will be provided to schools for necessary start-up equipment costs (additional coolers, refrigerators, waste cans, cleaning supplies, food carts, etc.), food, training, and temporary personnel needs.

To apply for Breakfast after the Bell mini-grants, visit: [http://grants.nokidhungry.org/](http://grants.nokidhungry.org/)
Create an account and enter the access code “MTBREAKFAST2014”

**How can you help with Breakfast?**
You can help feed thousands of Montana children by contributing to the Breakfast after the Bell grant fund. It costs up to $5,000 per school to provide schools the resources they need to feed kids breakfast.

To find out more information about Breakfast after the Bell mini-grants and the other resources available to support school breakfast program expansion in Montana, visit: [http://mt.nokidhungry.org/school-breakfast-program](http://mt.nokidhungry.org/school-breakfast-program)

---

Abigail Lichliter
Montana No Kid Hungry AmeriCorps Member
Located at Great Falls Public Schools
Alichliter@mt.gov | 406.268.7462
Greetings from your President-Elect!

I hope your school year has been going well! Did you “Get in the Game with School Lunch” during National School Lunch Week this October? If so, I hope you think about sending pictures and information on what you did to the National School Nutrition magazine and to the MTSNA web site (Jennifer Spellman) or to our MTSNA Facebook Page (Tara Ray). It would be great to hear what your school did!

As we get ready to usher in the exciting new year of 2015, your MTSNA Executive Board is busy planning a fun and educational June Summer Conference in Billings. We have read and taken into account all your feedback on the evaluations turned in during the MTSNA Conference last summer in Great Falls, and are doing our best to fulfill a lot of your requests and ideas. Thank you all for taking the time to fill them out! If you weren’t able to attend Conference in the past, I would enjoy hearing from you if you have a new idea or a request on a class, or if you know someone you have heard speak and think they would be great at our MTSNA Conference. Feel free to send me an e-mail at jelwess4mtsna@outlook.com and I will look into it.

Watch for our March Newsletter to see what great classes and fun events MTSNA, and the Office of Public Instruction, will have planned for you. Have a Happy and Joyous New Year!

Jayne Elwess
President-Elect
2015 Conference Chair

SNA Comment Board

The SNA Board invites members to provide input on successes and challenges under new nutrition standards

Find out how your fellow Food Service Managers across the country are dealing with the new regulations this fall, and comment to the board. The SNA Board invites members to provide input on successes and challenges under new nutrition standards and support or concerns regarding SNA requests for flexibility under the regulations. Your input helps the Board assess implementation of the standards and SNA’s advocacy priorities.

Go here to post your comments today.

Apron Strings

Sweet Potato and Fruit Medley
HACCP Process #2—Same Day Service
Number of Portions: 12
Size of Portions: 3 ounces

Ingredients
7 1/2 medium Sweet Potatoes, cooked w/o skin
3 Tbsp and 2 1/4 tsp Margarine
3 medium Bananas
3/4 medium Apples w/o skin
3/4 medium Pears
1 1/2 Tbsp Ginger
1 1/2 cups Apricot Halves, Dried
1/2 cup and 1 Tbsp Apple Juice
1/3 cup and 2 tsp Lemon Juice

Instructions
Open and drain sweet potatoes, put into rolling bowls divide in half so ingredients won’t combine.
Melt margarine in brazier. Add apples, bananas, pears and ginger, stir occasionally for approximately 10 minutes. Turn off brazier.
Add banana mixture to sweet potatoes along with apricots, apple juice and lemon juice. Toss gently and spoon into greased 2” hotel pans.
Cover and bake until hot (145).
Serve with a 3 ounce scoop.
Enjoy!
Julie Leister, Secretary
School Wellness in Action Mini Grants

Montana Team Nutrition has released a 2015 School Wellness in Action Mini-Grant Program for school districts participating in the National School Meals Program. This competitive grant program will fund eight - $2,000 mini grants to support school districts in taking sustainable action steps for implementing the district’s school wellness policy.

Student wellness strategies may focus on meeting nutrition guidelines for all foods sold in schools; strengthening nutrition education (including kid’s cooking programs); enhancing nutrition promotion; initiating or expanding farm to school programs; strengthening physical activity opportunities (include professional development); or applying for a healthy schools award (i.e. HealthierUS School Challenge or Montana Menu Challenge).

Funds can support staff time, professional development opportunities, and procurement of educational or promotional resources. The mini-grant application can be found here.

For more information, contact Katie Bark at kbark@mt.gov or 406-994-5641.

“Your dedication to healthy school meals is apparent, and your effort with the implementation of the new school nutrition guidelines is appreciated.” -Christine Emerson, Director of School Nutrition Programs

Cooperative Purchase Program Update

The ordering process for the OPI Winter 2015 Cooperative Purchasing Bid will conclude on December 16, 2014. This bid is for food and supplies for the school nutrition program to be delivered in January through May 2015. Orders are submitted online and a completed signature page must accompany the order to the OPI School Nutrition Office; both are located on the School Nutrition website. The signature page is a participation agreement from the school district that orders will be received and paid for to the awarded vendor. This signature page must meet the deadline of Tuesday, December 16 along with the order form before orders will be processed. Questions and concerns can be addressed to Cindy Giese, Cooperative Purchasing Coordinator at cgiese@mt.gov and/or 406-366-9829.

Lentils: Gems in the Treasure State

A new FREE resource is now available about the production, processing, nutrition, and culinary uses of lentils. This includes quantity recipes that provides delicious ways to incorporate more lentils into every meal from breakfast to lunch to dessert (it’s true!).

Interested in farm to school? Lentils are a perfect start since Montana is a top producer of organic lentils in the country! There are many varieties of lentils, each with their own best uses, colors, and textures. Lentils are legumes, and will help meet school meal requirements.

Download the comprehensive lentil resource here.
2014 MTSNA EXECUTIVE BOARD

**President**  
Salley Young  
1113 4th Rd NE  
Power, MT 59468  
406-463-2578  
syoung@3rivers.net

**President Elect**  
Jayne Elwess  
3385 White Rock Rd  
Helena, MT 59602  
406-442-6779  
jelewess4@mtsnna@outlook.com

**Vice President**  
Debbie Heuscher  
1390 McCaffery Rd  
Bigfork, MT 59911  
406-270-1271  
d dheuscher@juno.com

**Secretary**  
WOW Award  
Julie Leister  
14400 Harpers Bridge Rd  
Missoula, MT 59808  
406-543-6638  
jleister@hellgate.k12.mt.us

**Treasurer**  
Becky Green  
6165 S Wagner Rd  
Malta, MT 59538  
406-654-1034  
greeninmt@gmail.com

**Chapter Development**  
Historian  
Munch Montana  
Linda Schwarzbach  
116 4th Ave  
Big Sandy, MT 59520  
schwarzbachlinda@gmail.com

**Public Communication**  
Marketing Chair  
Jennifer Spellman  
1100 4th St S  
PO Box 2429  
Great Falls, MT 59403  
406-268-6049  
jenniferspellman@gfps.k12.mt.us

**Team Nutrition Representative**  
Katie Bark  
MSU  
PO Box 173360  
Bozeman, MT 59717  
406-994-5641  
k bark@mt.gov

**Industry Representative**  
Clayton Schaefer  
Intermountain Food Brokerage  
1106 S 29th St W Suite B  
Billings, MT 59102  
406-861-8602  
cshafer@intrmtn.com

**Membership Chair**  
Ellen Mills, 724 Louisiana Ave  
Libby, MT 59923  
406-293-8811  
mills@libbyschools.org

**Silver Spoon Award**  
Director/Employee of the Year Award  
Joan Karls  
212 24th St N  
Great Falls, MT 59403  
715-573-1536  
rkarls3@charter.net

**Legislative Chair**  
Scholarship Chair  
Carol Simanton  
1081 E Whitewater Rd  
Whitewater, MT 59544  
406-674-5432  
h2ohlr@itstriangle.com

**OPI Representative**  
Christine Emerson  
PO Box 202501  
Helena, MT 59620  
406-444-2501  
cemerson@mt.gov

**Newsletter Editor**  
Social Media Chair  
Tara Ray  
PO Box 173360  
Bozeman, MT 59717  
406-431-2920  
tray@mt.gov

**Vendor Chair**  
Cherry Arthur  
6005 Echo Dr.  
Hilger, MT 59451  
406-462-5602  
carthur@winifred.k12.mt.us