

# Nutrition News

Summer Food Service Program



May 2019 • Edition XLIV

## Sponsor Profile: Chattooga County School District: Serving Meals to Kids & Teens

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Food insecurity is a concern for many families in Chattooga County. Seventy-four percent of students qualify for free or reduced priced meals.

Representatives from the Chattooga School District recognized the nutritional needs of students who depend on meals during the school year would not be met during the summer, so they acted. Read more [here](#).



Last summer, the Chattooga County School District served 24,553 meals to children at 40 feeding sites for eight weeks. In addition to the traditional SFSP sites that are managed by churches and community volunteers, the school district operates a mobile meal site using a county school bus. Meals are delivered to children at eight different meal sites, Monday through Friday, between 10:40 am-1:50 pm.

**Reminder:**  
**SFSP Applications are due June 15, 2019**

## New Employees Join the Nutrition Team

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**Nkem Ijeh, MPH**, recently joined DECAL's Nutrition Division team as a Technical Assistance Coordinator and Trainer for the Northwest Region.

In her role, she will provide hands-on assistance to sponsors on SFSP day-to-day operations and program compliance.



Working in various arenas of maternal and child health education and promotion, Nkem has a passion for serving families and ensuring the health and wellness of children.

She earned a Bachelor's in Psychology from Georgia State University and a Master's in Public Health from Mercer University School of Medicine.

The Nutrition Division team also welcomes **Diana Myers, MS, RD, LD**, who is serving in the role of Nutrition Health Educator.

Diana is a Registered Dietitian who earned both her bachelor's degree in Dietetics and Clinical Nutrition Services and a master's in Health Sciences with a concentration in Nutrition from Georgia State University. Through her study programs, she gained focused experience in Farm to Early Care and Education and School Nutrition programs.



Diana looks forward to using her skill set to help sponsors with creative menu planning, nutrition related issues, and interventions to enhance children's healthy food preferences. She believes in the power of building healthy habits at a young age through food access, taste testing, healthy food interactions, and garden-based learning. In doing this, children have the ability to become more connected to their food origins.

## Registration Deadline Approaching: Farm to School and Early Care and Education Summit



The registration deadline for the 7<sup>th</sup> Annual Georgia Farm to School and Early Care and Education Summit, to be held June 7-8 in Macon, is fast approaching. **Registration closes Monday, May 20, 2019.**

You won't want to miss this exciting conference where we will collectively work together to reduce child hunger in Georgia. From field trips, to dynamic speakers and quality content, you'll learn how your child care facility can help increase access to healthy meals and expand the implementation of farm to early care and education initiatives across Georgia.

**Note:** Institutions and sponsors may allocate a portion of the Summit cost to the CACFP and/or the SFSP. *For budget-related questions, please contact **Shonda Franklin** at: [Shonda.Franklin@decal.ga.gov](mailto:Shonda.Franklin@decal.ga.gov).*

Click [here](#) for a complete list of workshops, sessions, and the program schedule.

For additional information and registration, click on the links below:

- [Overview](#)
- [Program and Rates](#)
- [Registration](#)

## Nutrition ED Nook

### Procurement Update: USDA Food Buying Guide Update

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In December 2018, USDA Food and Nutrition Services (FNS) released an update to the web-based, interactive Food Buying Guide (FBG). The update included the addition of the FBG Calculator designed to include a shopping list feature to streamline purchasing practices for program providers.

In March, USDA added the FBG calculator to the Food Buying Guide Mobile app. The same FBG calculator available with the web-based tool is now available along with a host of other resources found within the Food Buying Guide.

To access the web-based version of the Food Buying Guide as well as the FBG Calculator, please click [here](#).

### Local Sourcing Spotlight: Milk Makes Amazing

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Georgia Grown, in collaboration with Kroger and the Georgia Agricultural Commodity Commission for Milk (ACCM), has partnered with 168 Kroger stores across Georgia to promote its **"Milk Makes Amazing"** campaign. As part of the larger dairy initiative "Milk on my Mind," Georgia Grown continues to display its commitment to local sourcing and the local farming community by educating consumers on the benefits and versatility of milk and dairy foods.



*Courtesy of Georgia Grown*

Consumers will be able to view showcased milk and dairy products from Georgia

Dairy Farmers in store as well as in digital advertisements. For more information about this partnership, please click [here](#).

## Loving Legumes

May marks the unofficial start to warmer months here in Georgia. Now is a great time to begin planting and growing the many varieties of legumes native to Georgia. One of the more popular variety of legumes is the Turtle Black Bean or simply "black bean" as commonly referred.

Black beans are one of 500 types of kidney bean natives to the Americas known for its strong, slightly sweet flavor. These legumes or "beans" should be planted in warmer temperatures here in Georgia and prefer full, well-bodied, light soil with compost as an added benefit. One cup of black beans contains the following health benefits per serving: 227 calories, 15.2 grams of protein and 15g of fiber along with many other health benefits such as Vitamin B9 (folate) which assists with cell growth and DNA formation.

This summer, try planting black bean seeds in your school garden using these helpful hints and tips from Georgia Organic's "[Make Room for Legumes](#)" Campaign.

Once your beans have sprouted and grown try this delicious [Tropical Bean Salad Recipe](#) from USDA FNS "What's Cooking?" website.

### Tropical Bean Salad

#### Ingredients

- 3 1/2 cups Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked
- 1 1/2 cups Mango, canned, drained, diced
- 3/4 cup Tomato, fresh, 1/4" diced
- 1 tablespoon Canola oil
- 2 tablespoons Apple cider vinegar
- 1/2 teaspoon Oregano, dried
- 1/4 teaspoon Black pepper, ground
- 3 cups Romaine lettuce, raw, chopped



#### Instructions

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad over a 1/2 cup lettuce.

Critical Control Point: Hold at 40 °F or lower.

#### Notes

**CACFP Crediting Information:**

1 cup bean salad over 1/2 cup lettuce provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 3/8 cup vegetable, and 1/4 cup fruit OR Legume as Vegetable: 7/8 cup vegetable and 1/4 cup fruit.

**Tips for Soaking Dry Beans:**

1 lb. dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans. Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe. Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**Tips for Cooking Dry Beans:**

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

**Critical Control Point:**

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

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For a quantity recipe that yields 25 or 50 servings click [here](#).

Source: CACFP Multi-Cultural Recipe Project - Team Nutrition: Adapted from a recipe by Learning Care Group.

**Dates to Remember:**

Date	Event	Location
May 13	Registration Deadline for <b>Farm to School and Early Care and Education Summit</b>	
June 3-7	<b>Farm to Summer Week</b>	
June 7-8	<b>Farm to School and Early Care and Education Summit</b>	Macon
June 15	<b>SFSP Application Deadline</b>	
July 24	Information Session: <b>SFSP to CACFP Transition</b>	Webinar

**Have you listened to DECAL Download?**



Earlier this year, DECAL launched its Early Education Community Partnership initiative and named community coordinators in six regions to promote early childhood education. Listen to this week's episode to learn more about our Early Education Community Partnership team.

# DECAL Download

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Georgia Department of Early Care and Learning

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