

Staying on Track

July 2023



Health and Nutrition Services
Arizona Department of Education



Today's webinar will be facilitated by Ashley Kennedy. Prior to joining ADE in March 2022, Ashley worked in food service at Tempe Elementary School District and completed the School Nutrition Specialist internship at Paradise Valley Unified School District.

Ashley helps lead the upLIFT efforts that provide professional development for directors to serve desired menus.

A portrait of Ashley Kennedy, a woman with long, dark, wavy hair, smiling warmly. She is wearing a blue collared shirt. The background is a solid dark blue.

Speaker



Disclaimer

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS). The content in this training is intended for professionals operating one or more United States Department of Agriculture (USDA) Child Nutrition Programs (CNP) in Arizona under the direction of ADE. The information in this training is subject to change. Attendees are encouraged to access professional development materials directly from the training library to prevent the use of outdated content.

Intended Audience

This training is intended for School Food Authorities (SFAs) operating the National School Lunch Program (NSLP), Seamless Summer Option (SSO), or Summer Food Service Program (SFSP).

Objectives

The Staying on Track Webinar Series reviews key HNS communications sent to program directors over the past month. The monthly recap will:

- Ensure vital emails were not overlooked;
- Give HNS an opportunity to provide detailed training on important topics; and
- Provide program directors an opportunity to ask for clarifications.

TRAINING HOURS

Information to include when documenting this training for Professional Standards:

Training Title: July Staying on Track

Key Area: 1000 – Nutrition, 3000 – Administration

Learning Code: 1170, 3120, 3220, 3350, 3360

Length: 1 hour

Questions

- Questions can be asked in the Q&A at any time and will be answered by another HNS trainer during the webinar.
- At the end of the webinar, the trainer will answer new questions or questions that still need to be addressed.
- Any questions not addressed during the webinar should be directed to your HNS Specialist.



Agenda

Section 1: June HNS Communications Round-Up

Section 2: Last Month's Hot Topics

Section 3: Last Month's Training Opportunities

Section 4: A Look Ahead to Upcoming Deadlines and HNS Communications

Section 1

June HNS Communications Round-Up



Announcements



SUMMER FARM FRESH CHALLENGE

The start of the Farm Fresh Challenge, which is an HNS initiative designed to empower CNP operators to cultivate excitement around fresh and locally sourced foods, was announced. Thank you to all who participated!



LOCAL WELLNESS POLICY (LWP) ASSESSMENT WAIVER EXPIRED JUNE 30

The LWP assessment waiver expired on June 30. SFAs are encouraged to use either ADE's assessment resource or WellSAT-1 or WellSAT 3.0, which help measure and score how a district implements wellness practices.



EXCESSIVE HEAT NON-CONGREGATE FEEDING WAIVER

Summer operators wishing to utilize the Excessive Heat Non-Congregate Feeding Waiver must submit a participation form to ContactHNS@azed.gov.



CNPWEB NOW ACCEPTING MAY SUMMER MEALS CLAIMS

Operators of the SSO and SFSP that operated in May must submit their May claims for reimbursement by July 30, 2023.

Announcements



PY23-24 CNP REIMBURSEMENT RATES

USDA released the CNP reimbursement rates effective July 1, 2023 - June 30, 2024. This includes the updated rates for NSLP, SBP, SSO, SFSP, and CACFP.

Deadlines



ELIGIBLE STUDENT DATA FOR SUMMER P-EBT DUE JUNE 30, 2023

SFAs were responsible for reporting students meeting eligibility for Summer P-EBT through the portal CNP P-EBT Eligibility in ADEConnect by June 30, 2023. Any missing data must be submitted by August 4, 2023.

Memorandums



SFSP 09-2023: APPROVED LEVELS OF MEALS FOR VENDED SITES IN THE SUMMER FOOD SERVICE PROGRAM- REVISED

SFSP 09-2023 provides guidance for approved levels of meals, also known as site caps, for SFSP sites serving vended meals.



HNS 06-2023: ANNOUNCEMENT OF THE DIRECT CERTIFICATION WITH MEDICAID DATA DEMONSTRATION PROJECT

HNS 06-2023 alerts NSLP operators of Arizona's approval to participate in the Direct Certification with Medicaid Data (DC-M) Demonstration Project.



HNS TA 01-2023: SY 23-24 STATE MATCH REQUIREMENTS FOR DISTRICTS AND CHARTER SCHOOLS

HNS TA 01-2023 clarifies existing state match funding guidelines and requirements, including the return to original, pre-pandemic formulas for SY 23-24 state match funding allocations.

Section 2:

Last Month's Hot Topics



ADE'S NEW BRANDING GUIDELINES

ADE has a new look! The current administration issued new branding guidelines, which included updates to approved fonts, colors, and a new logo.

Updated Program Forms

[AZED.GOV/HNS/NSLP/FORMS](https://azed.gov/hns/nslp/forms)

All NSLP/SBP forms have been updated. The most current forms are live on the NSLP & SBP - Program Forms & Resources webpage.

Updates include:

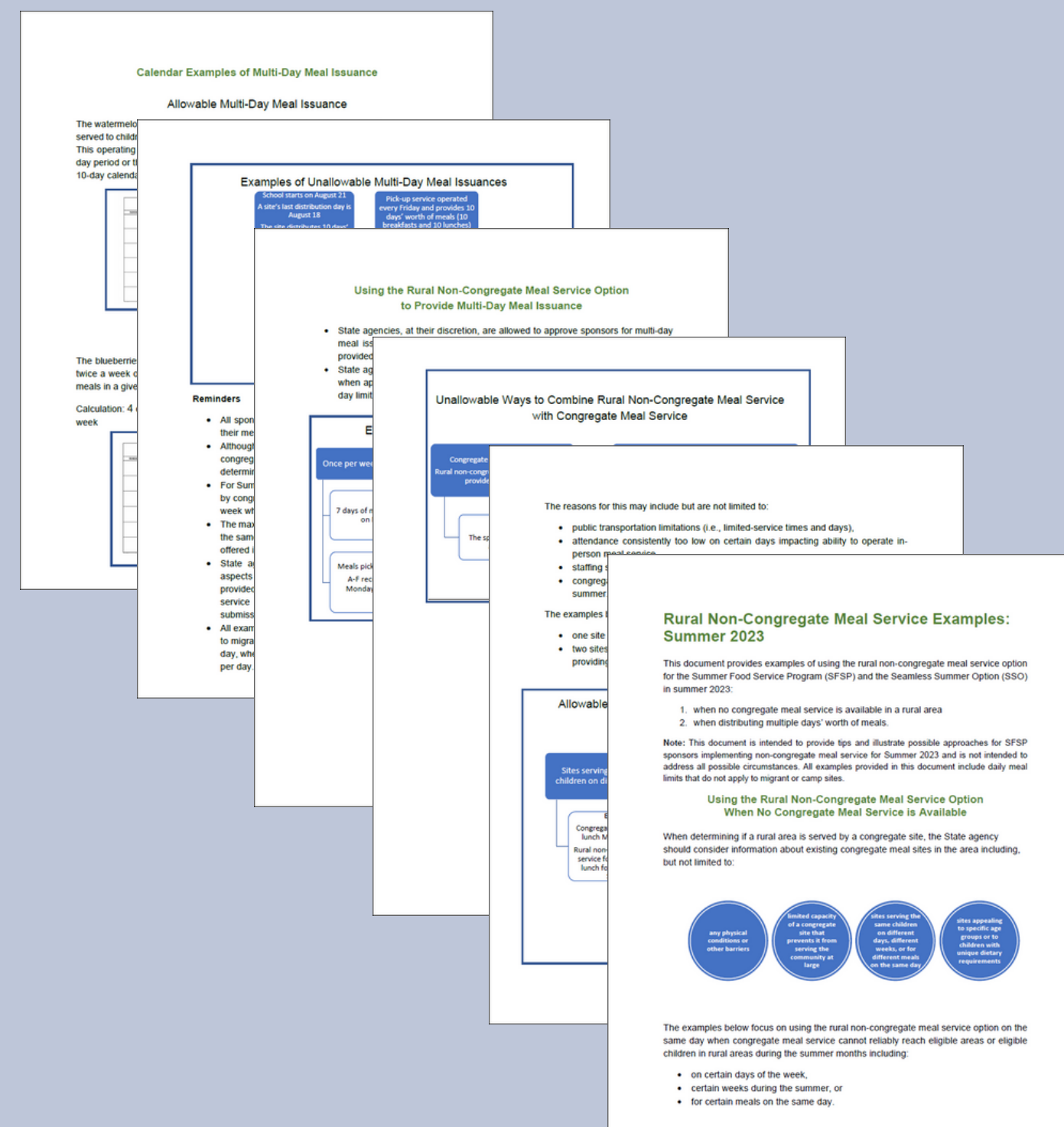
- Rebranded to adhere to ADE's new branding guidelines.
- Reduction in year-specific information to minimize the need for annual updates.

Rural Non-Congregate Feeding Resource

RURAL NON-CONGREGATE MEAL SERVICE EXAMPLES: SUMMER 2023

FNS published Rural Non-Congregate Meal Service Examples: Summer 2023, which provides various tips and illustrates some possible approaches to using the rural non-congregate meal service option in summer 2023 when:

- No congregate meal service is available in a rural area.
- Distributing multiple days' worth of meals.



Rural Non-Congregate Meal Service Examples: Summer 2023

DOCUMENTING NON-CONGREGATE MEAL COUNTS

Sponsors serving non-congregate meals must maintain separate meal counts for the non-congregate meals served by meal service type (e.g., breakfast and lunch). This will be documented when submitting claims in CNPWeb.

If the site serves only Non-Congregate, or Congregate and Non-Congregate meal service styles, Non-Congregate Meals Served must be submitted on the claim. Sponsors will enter the Total Meals Served (Congregate + Non-Congregate) in the Meals Served field. The Non-Congregate portion should only include the Non-Congregate Meals served.

Regular Claim


Seamless Waiver - Breakfast - Severe Need	
Number of Days Served:	
Meals Served:	
Non-Congregate Meals Served:	
Average Number of Participants Per Day:	
Seamless Waiver - Lunch - High Rate	
Number of Days Served:	
Meals Served:	
Non-Congregate Meals Served:	
Average Number of Participants Per Day:	

Excessive Heat Non-Congregate Feeding Waiver

WAIVER OPT-IN

SFSP and SSO operators may opt into the Excessive Heat Non-Congregate Feeding Waiver, which permits non-congregate meal service for outdoor summer meal sites experiencing excessive heat, by submitting the Waiver Participation Form to ContactHNS@azed.gov.

The participating operator will be required to track and report to HNS the number of meals served under this flexibility in the Reporting Survey linked on the Summer Meal Service webpage, and keep documentation supporting the Excessive Heat Warning/Watch from the National Weather Service.



Health and Nutrition Services

Non-Congregate Feeding for Outdoor Summer Sites Experiencing Excessive Heat Waiver Participation Form

Under the waiver, Summer Food Service Program (SFSP) and National School Lunch Program Seamless Summer Option (SSO) sponsoring entities operating approved outdoor meal sites without temperature-controlled alternative sites may operate as non-congregate sites on days when the area is experiencing excessive heat. Non-congregate meal service shall be permitted only on days when the National Weather Service has issued a Heat Advisory, an Excessive Heat Warning, or an Excessive Heat Watch for the area in which an approved outdoor meal site is located. Operators must notify the Arizona Department of Education Health and Nutrition Services Division prior to the affected meal service.

Name of Operator

CTD Number

Operators are required to track and report the number of meals served under this flexibility in the reporting portal located on the [Summer Meal Service](#) webpage under the 'Reporting Use of Excessive Heat Non-Congregate Feeding Waiver' accordion.

Please complete the form by listing the participating sites and email to ContactHNS@azed.gov.

Site Name	Site CTDs#	Site Name	Site CTDs#

CERTIFICATION

In providing the above information, I certify that the above listed sponsor and sites will operate in compliance with regulations detailed in USDA memo [SFSP 13-2019: Demonstration Project for Non-Congregate Feeding for Outdoor Summer Meal Sites Experiencing Excessive Heat with Questions & Answers](#), including reporting and recordkeeping, for Summer Food Service Program operations.

Printed Name

Title

Signature

Date

June 2023 | Health and Nutrition Services | Arizona Department of Education | This institution is an equal opportunity provider.

[Non-Congregate Feeding for Outdoor Summer Sites Experiencing Excessive Heat Waiver Participation Form](#)

The End of the Keep Kids Fed Act

EXPIRATION OF CNP FLEXIBILITIES

The flexibilities set through the Keep Kids Fed Act, which extended USDA authority to waive certain CNP requirements to address COVID-19, expired June 30, 2023.

Expired flexibilities include:

- Temporary higher per-meal reimbursement rates for NSLP, SBP, and CACFP
- Temporary higher tier I reimbursement rates for tier II family day care homes in CACFP
- Offsite monitoring waivers
- SY 22-23 meal service operational and administrative flexibilities

Compiled Child Nutrition Programs Reimbursement Rates for Program Year 2023-2024 Effective July 1, 2023 – June 30, 2024			
National School Lunch Program			
REGULAR	REGULAR + 8 CENTS	HIGH RATE	HIGH RATE + 8 CENTS
Schools which served LESS than 60% Free and Reduced Lunches	Schools which served LESS than 60% Free and Reduced Lunches +8 Cents	Schools which served MORE than 60% Free and Reduced Lunches	Schools which served MORE than 60% Free and Reduced Lunches +8 Cents
RATES	RATES	RATES	RATES
Paid \$0.40	Paid \$0.48	Paid \$0.42	Paid \$0.50
Reduced-Price \$3.85	Reduced-Price \$3.93	Reduced-Price \$3.87	Reduced-Price \$3.95
Free \$4.25	Free \$4.33	Free \$4.27	Free \$4.35
School Breakfast Program			
NON-SEVERE NEED*		SEVERE NEED*	
RATES	RATES	RATES	RATES
Paid \$0.38	Paid \$0.38	Paid \$0.38	Paid \$0.38
Reduced-Price \$1.98	Reduced-Price \$2.43	Reduced-Price \$2.43	Reduced-Price \$2.43
Free \$2.28	Free \$2.73	Free \$2.73	Free \$2.73
* The guidelines to determine eligibility for severe need for the School Breakfast Program and two-cent differential reimbursement for the National School Lunch Program are outlined in SP-11-2022: Determining Eligibility for Severe Need Reimbursement for the School Breakfast Program and the Two-Cent Differential Reimbursement for the National School Lunch Program in School Years 2022-2023 and 2023-2024 .			
After-school Care Snack Program		At-Risk After-school Meals	
RATES	RATES	RATES	RATES
Paid \$0.10	Breakfast \$2.28	Paid \$0.2625	average cost of a 1/2 pint of milk
Reduced-Price \$0.58	Lunch/Supper \$4.25	Free	
Free \$1.17	Snack \$1.17		
Special Milk Program			
RATES			
Paid \$0.2625			
Free			

Compiled Child Nutrition Programs
Reimbursement Rates for PY 23-24

LOCAL WELLNESS POLICY ASSESSMENT WAIVER EXPIRED!

The LWP Assessment Waiver, which delayed the deadline for the first triennial assessment, expired on June 30, 2023.

SFAs must have completed their first assessment by June 30, 2023.

LWP Assessment

AVAILABLE RESOURCES

ADE's Assessment Resource: Tool to document the actions you expect to be completed and determine if your LEA is doing what is written in the policy.

WellSAT-1: Interview tool to measure how fully a district implements wellness practices.

WellSAT 3.0: Scores a district's written policy.

DC-M Demonstration Project

HNS 06-2023: ANNOUNCEMENT OF THE DC-M DEMONSTRATION PROJECT

Starting SY 2023-24, ADE has been approved to administer the AZ Direct Certification Medicaid (DC-M) Free and Reduced Demonstration Project.

DC-M is the use of Medicaid data files to identify children eligible to receive meals through the NSLP and SBP for free or reduced-price without needing an application.

STATUS UPDATE!

Four SFAs participated in DC-M beta testing for HNS. The SFA contacts are providing feedback and insights on the outcome to HNS.

USDA is evaluating AZ's readiness to deploy system enhancements for DC-M. SFAs will be notified when DC matching using Medicaid data will begin in mid-July.

SPONSOR RESPONSIBILITIES

SFAs must notify their respective vendor/POS software provider of the inclusion of DC-M free and DC-M reduced data for the upcoming school year. Vendors will need to prepare the user interface and systems.

DC-M Eligibility

STUDENT ELIGIBILITY REQUIREMENTS

To be eligible for Medicaid data matching, students must either receive Medicaid or live in a household with another child who receives Medicaid and has family income as measured by the Medicaid Program.

Hierarchy of DC Matches

Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), Food Distribution Program on Indian Reservations (FDPIR), and other direct certification matches **always** supersede Medicaid matches for reporting purposes.

Students should be identified as a Medicaid match only when there is no match with SNAP, TANF, FDPIR, or other programs.

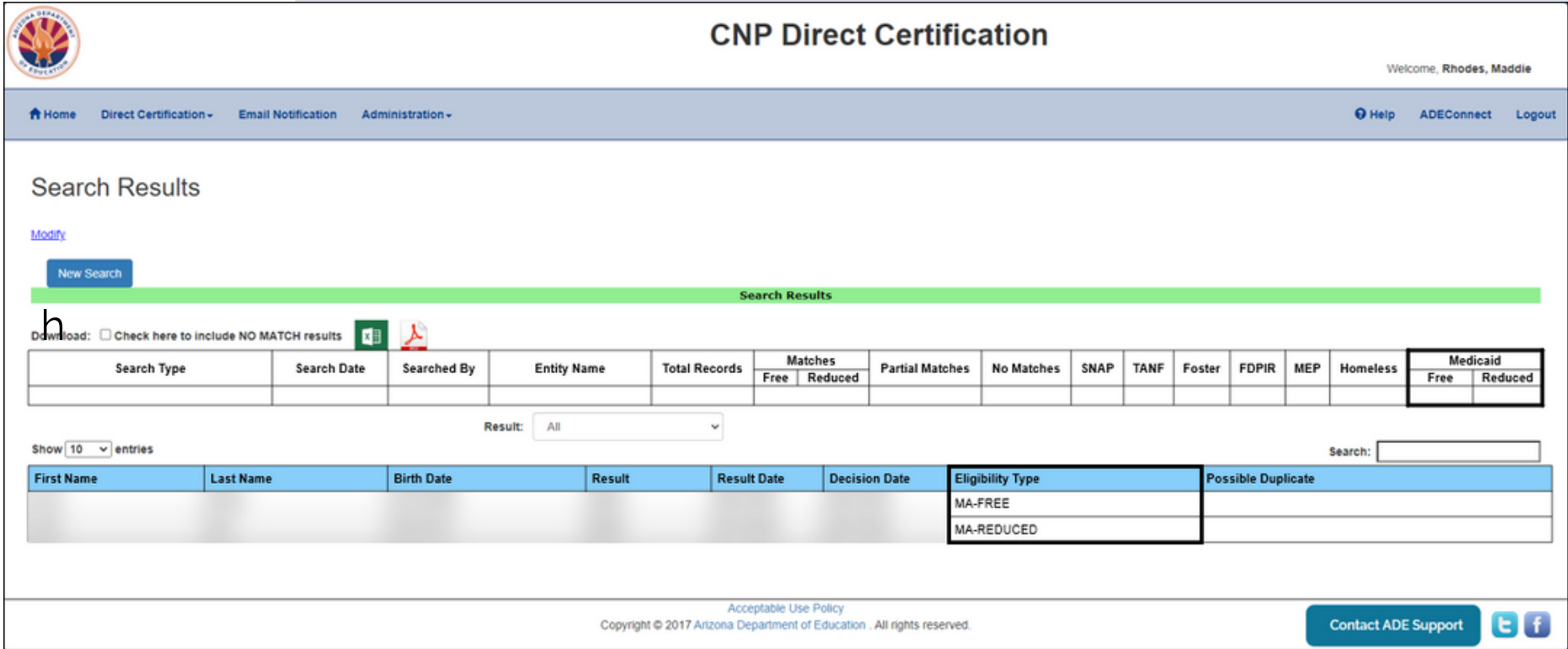


Changes to the CNPDC System

PENDING MEMORANDUM: DC-M ENHANCEMENTS TO THE CNPDC SYSTEM

To accommodate DC using Medicaid data, the CNPDC system received the following updates:

1. Addition of Medicaid (MA)-Free and MA-Reduced Categories and Counts.
2. Addition of MA-Free and MA-Reduced in the Eligibility Type Column and Data Extraction.



Forms & Resources for DC-M

[**WWW.AZED.GOV/HNS/NSLP/**](http://WWW.AZED.GOV/HNS/NSLP/)

Template Notification Letters for Students Qualifying for Free or Reduced Meals through DC-M:

- Notification for Free School Meals Letter, Direct Certification ([English](#)) ([Spanish](#))
- Notification of Reduced-Price School Meals Letter, Direct Certification - Medicaid ([English](#)) ([Spanish](#))

Coming soon! How-to Guide:

- How to Complete Direct Certification Using Medicaid Data

NOTIFICATION LETTER FOR REDUCED-PRICE SCHOOL MEALS
DIRECT CERTIFICATION-MEDICAID

Dear Parent/Guardian:

We want to let you know that the child(ren) listed below qualify for reduced-price school meals because they receive **Medicaid-Reduced** benefits. If you believe your child(ren) qualify for free meals – complete and return a Free/Reduced application to the school with income information or a current SNAP (Food Stamp)/TANF case number.

Name of Child	Name of School

If someone in your household receives Medicaid-Reduced and there are other children in your household who aren't listed above, **they also qualify for reduced-price meals.**

Please contact the school your child(ren) attends in the following situations:

- If there are other children in your household who are not listed above, and you would like them to be qualified for reduced-price meals.
- You do not want your children to qualify for reduced-price meals.
- You have any additional questions.

Sincerely,

[signature]
[name]
[phone number] [e-mail address]

NOTIFICATION LETTER FOR FREE SCHOOL MEALS
DIRECT CERTIFICATION

Dear Parent/Guardian:

We want to let you know that the child(ren) listed below qualify for free school meals because they receive **State SNAP** **FDPIR** **State TANF** **Foster** **Homeless** **Migrant** or **Medicaid-Free** benefits. This means that you do not need to fill out a household application for these children to determine eligibility for free or reduced-price meals.

Name of Child	Name of School

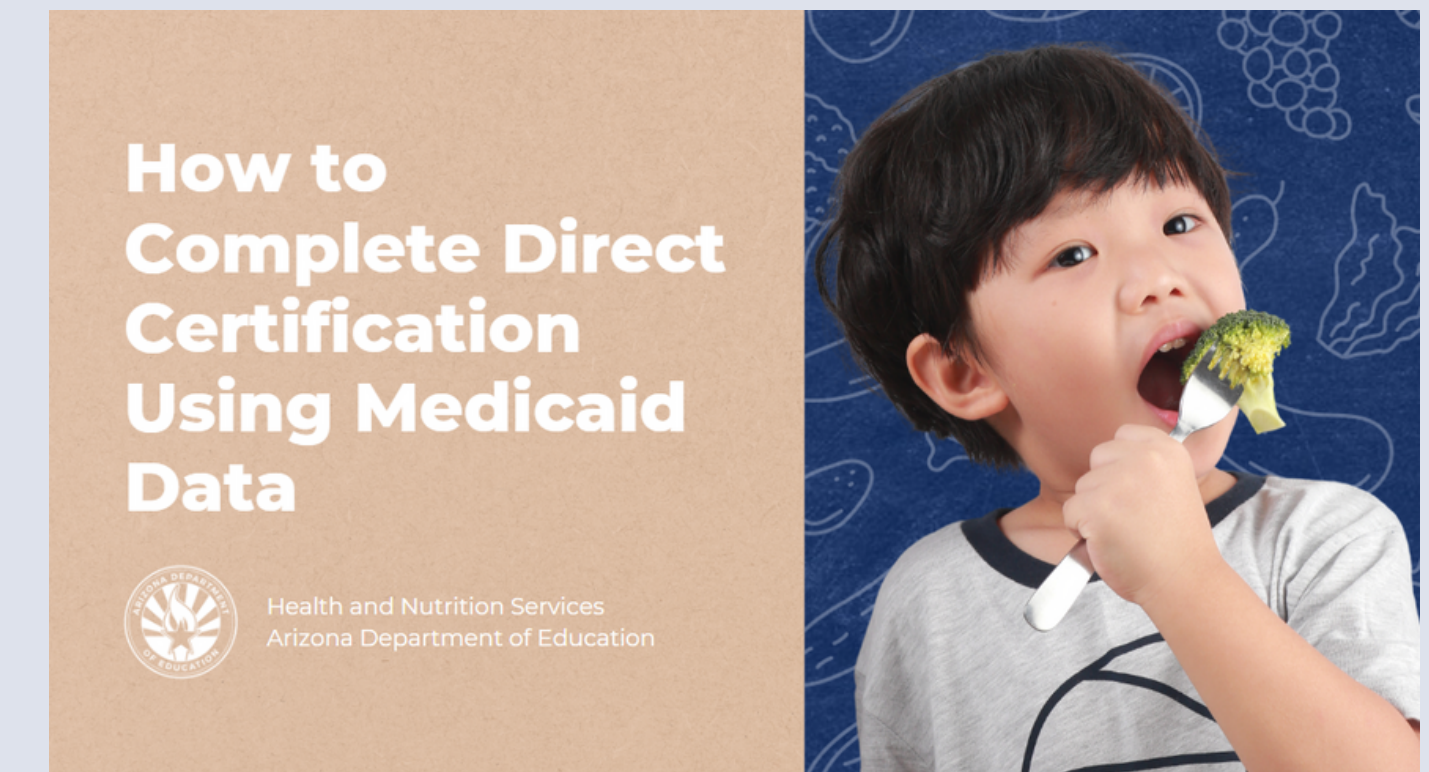
If someone in your household receives State SNAP, FDPIR, State TANF, or Medicaid-Free and there are other children in your household who aren't listed above, **they also qualify for free meals.** Please note that Foster, Homeless, or Migrant students **do not extend free meal benefits to other children in their household.**

Please contact the school your child(ren) attends in the following situations:

- If there are other children in your household who are not listed above, and you would like them to be qualified for free meals.
- You do not want your children to qualify for free meals.
- You have any additional questions.

Sincerely,

[signature]
[name]
[phone number] [e-mail address]



Applying for SY 23-24

SFAs applying to participate in school meals programs and USDA Foods in Schools program during SY 23-24 must complete the following:

- CNPWeb Site and Sponsor Applications
- CNPWeb Checklist Items
- Additional Documentation Requested by the HNS Specialist
- myFOODS renewal

SFAs should submit all application components as early as possible and allow three weeks for the application approval process to be completed. SFAs must ensure that all applications and all required components are submitted with adequate time for approval and to meet claiming deadlines.

AVAILABLE RESOURCES

NSLP Online Training Library:

Visit HNS' online training library to access Step-by-Step Instructions.

NSLP & SBP - Program Forms and Resources:

Visit the NSLP forms and resources webpage to access templates and fillable forms needed for CNPWeb Checklist Items and Additional Documentation.

USDA Foods in Schools in SY 23-24

MYFOODS SYSTEM UPDATES

The myFOODS system has rolled to the new school year. All system dates will default to SY 23-24.

ACTION ITEMS

Existing users must update any contact and site information within the system. New users of the myFOODS system must contact ADE for access by emailing USDAFoods@azed.gov or calling 602-542-8700.

To schedule shipments from US Foods, SFAs must submit a PO or Letter of Responsibility to US Foods to cover all delivery fees in SY2024.

All catering sites are being verified with approved CNPWeb applications and will remain in unapproved status pending verification.

USDA Foods in Schools in SY 23-24


ADMINISTRATIVE FEE STRUCTURE

For USDA Foods (processing and brown box) handled by US Foods, the fee structure is:

- Prep Site delivery \$7.45 per case
- Warehouse delivery \$7.30 per case (100 case minimum)
- Pick Up \$5.29 per case (100 case minimum)
- Restocking fee \$1.25 per case

Additionally, ADE assesses administrative fees for the following:

- Processing bulk product \$0.02 per pound
- Excess storage \$1.35 per case
- Direct shipments from USDA \$0.25 per case

 USDA Foods in Schools Program Administrative Fee Structure Effective July 1, 2023	
The following chart outlines the administrative fees that will be incurred by recipient agencies (RAs) that order brown box and processed bulk product items. The Department of Defense Fresh Fruit and Vegetable Program (DoD Fresh) does not have any administrative or shipping fees. Shipping fees are in accordance with the RA's method of receipt of brown box and processed bulk products.	
SHIPPING FEE TYPES Brown box and processed end products	RATE PER CASE* effective July 1, 2023 - June 30, 2024
Delivered by US Foods to RA Prep Site 10 Case Minimum or 20 Case Minimum (50,000+ lunches)	\$7.45 Payment to US Foods
Delivered by US Foods to RA Warehouse 100 Case Minimum	\$7.30 Payment to US Foods
Picked up by RA at US Foods Warehouse 100 Case Minimum; RA must call	\$5.29 Payment to US Foods
Directly Shipped by USDA to RA 1/3 Truck Minimum	\$0.25 Payment to the Arizona Department of Education
OTHER ADMINISTRATIVE FEE TYPES	RATE PER CASE/UNIT* effective July 1, 2023 - June 30, 2024
US Foods Warehouse Restocking Fee	\$1.25 per case Payment to the US Foods
US Foods Warehouse Excess Storage Fee	\$1.35 per case Payment to the Arizona Department of Education
Processing Bulk Product Fee	\$0.02 per pound Payment to the Arizona Department of Education
* Please note, entitlement dollars cannot be used on administrative fees.	
July 2023 Health and Nutrition Services Arizona Department of Education This Institute is an equal opportunity provider.	

PROCESSING DIVERSION BULK POUNDS

SY 23-24 bulk pounds have been diverted to the processor and can be monitored via the applicable websites:

- [K12 Foodservice](#)
- [ProcessorLink](#)
- Nardone Bros. via broker

DoD Fresh Fruit & Vegetable Program

YOUR ENTITLEMENT IS READY FOR USE!

Funds set aside during the catalog requisition period are in the FFAVORS system for immediate use in the CNPs. All operators are encouraged to use funds in the Fall, as additional funds will be available for Spring.

- For SFAs currently operating SFSP, additional funds are available right now, and requests for these funds can be placed via a request to USDAFoods@azed.gov.

The screenshot shows the USDA Foods website for the Fresh Fruits and Vegetables Order Receipt System (FFAVORS). The header is dark teal with the USDA Foods logo and the system name. Below the header is a breadcrumb trail: HOME > USDA FOODS. The main content area is divided into two columns. The left column contains sections for Spotlights (USDA Foods Expected to be Available), Resources (Infographic Set, Policy, Technical Assistance & Guidance, Research, Analysis & Background), and a Maintenance Notice. The right column contains sections for IDs and Passwords (instructions on account creation and login), USDA Market News (information on market conditions), and Frequently Asked Questions and Help Desk (instructions on how to contact the help desk). Links for FFAVORS Login, Market News Specialty Crops, FFAVORS FAQs and Tips, and FFAVORS Help Desk are provided.

USDA Foods
Fresh Fruits and Vegetables Order Receipt System (FFAVORS)

HOME > USDA FOODS

Spotlights
USDA Foods Expected to be Available

Resources
Infographic Set
Policy
Technical Assistance & Guidance
Research, Analysis & Background

Maintenance Notice
FFAVORS is scheduled for maintenance every Sunday from 4:00 PM through 2:00 AM Central Time. The site may be unavailable for periods during this maintenance time.

IDs and Passwords
For access to FFAVORS, your current Department of Defense (DoD) Account Manager, DoD Field Representative, and/or DoD Contracting Specialist must establish a user profile for each new user within FFAVORS.

Once added to FFAVORS, an email notification to the user with step by step instructions on how to create the eAuthentication account will be generated. Without the profile in FFAVORS, the user will not gain access to the application. For those that have an eAuthentication ID, the user profile must still be created in FFAVORS before accessing the site.

If you have problems accessing FFAVORS or do not know your current DoD Account Manager, DoD Field Representative, and/or DoD Contracting Specialist, please contact the FFAVORS help desk.

• [FFAVORS Login](#)

USDA Market News
The information captures the availability of fresh fruits and vegetables at major domestic wholesale markets, production areas, and ports of entry. The reports assist customers by providing information when domestic produce items are in season, to evaluate market conditions, identify trends, and monitor price patterns.

• [Market News Specialty Crops](#)

Frequently Asked Questions and Help Desk
Answers commonly asked questions about FFAVORS and the eAuthentication process. Email the help desk with FFAVORS questions or login problems.

• [FFAVORS FAQs and Tips](#)
• [FFAVORS Help Desk](#)

Turnip the Beet

HIGH QUALITY SUMMER MEALS AWARD PROGRAM

The Turnip the Beet Award recognizes outstanding summer meal program sponsors across the nation who work hard to offer high-quality meals to children that are appetizing, appealing, and nutritious during the summer months.

HNS encourages all outstanding summer operators to nominate themselves for this nationally recognized award!



Get national recognition for your summer meals program! Submit a [Turnip the Beet Nomination Form](#) to HNS by September 30, 2023.



The ninth SY 2022-23 upLIFT bulletin featured photos from Humboldt Unified's "Serve the Rainbow" Initiative and Garden Bar, and included information about the June upLIFT webinar and the featured food - yellow corn!

Featured Resources:

- Research Rundown: Sustenance and Sustainability: Maximizing the Impact of School Gardens on Health Outcomes
- Featured Food - Yellow Corn!
 - Whole Food Profile
 - How to Use Whole Foods

Research Rundown

Article:

Sustenance and Sustainability: Maximizing the Impact of School Gardens on Health Outcomes

What did this study examine?

The objective of this study was to review published dietary intake and/or determinants of dietary behavior and components used. The review included thirteen programs conducted in school, either during school hours (Kindergarten-8th grade students).

Key findings:

Three reviewed studies did not have a comparison or control group. None of the reviewed studies were randomized. Timing of new school gardens being built. Similar strategies for cooking components, parental and stakeholder support, and promotion.

- Out of the **eleven** programs that examined dietary intake:
 - **six** found that the program resulted in **increased** vegetable intake.
 - and **four** showed **no effect**.
- Seven of the studies preferred the **increased** vegetable intake.

In conclusion, some of the garden programs result in some improvement in behavior determinants and understanding how to achieve long-term improvements based programs in schools.

Put it into practice!

Aim to create a "hands on" curriculum and incorporate fun easy recipes that include school garden grown fruits and vegetables.

Create and garden program of your best to showcase media.

Reference:
Davis, J., Spaniol, M., & Somerset, S. (2015). Sustenance and sustainability: Maximizing the impact of school gardens on health outcomes. *Health Nutrition*, 18(3), 2358-2367. doi:10.1017/S1568980015000022

How to Use Whole Foods

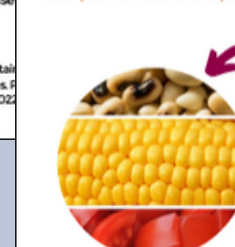
Innovative ideas for using real, whole foods in delicious ways!

Yellow Corn

Examples:



Alhambra Elote
Recipe from an AZ operator!



Black-Eyed Pea & Corn Stew



LEARN. INSPIRE. FEED. TEACH.

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Yellow corn is a variety of sweet corn. It is vibrant in color and has a distinct sweet and succulent flavor. In Arizona, yellow corn is in season over the summer from May to July.

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Yellow Corn

Yellow corn is high in carbohydrates and packed with fiber, vitamins, and minerals. It's also relatively low in protein and fat. The average ear of yellow corn contains 800 kernels in 16 rows covered by pale-colored silks and a robust, green husk.



How to Select and Store:

Fresh - Selection

HEAVY WEIGHT **FIRM KERNELS** **BRIGHT HUSK**

Select yellow corn with bright green husks. Avoid tassels that are discolored and sticky. They should be pale and dry. The freshest yellow corn contains plump, firm, golden, and whole kernels.

The ear of corn should be heavy, meaning the kernels are rotund and have retained moisture.

Fresh - Storage

REFRIGERATOR CRISPER AT 45-55 DEGREES F.

Yellow corn in the husk is best stored in the crisper drawer in the fridge. If shelled, corn can be held in an airtight container in the fridge for 3-5 days.

When shelled and frozen, corn can last in a sealed, airtight container for up to 8-12 months.

Nutrition Facts

Amount Per Serving		Calories from Fat 15	
Serving Size 1 ear (150g)		Calories 150	
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		0%
Monounsaturated Fat	0g		0%
Cholesterol	0mg		0%
Total Carbohydrate	37g		8%
Dietary Fiber	2g		4%
Protein	3g		6%
Vitamin A	4%	Vitamin C	8%
Calcium	0%	Iron	4%
Vitamin E	0%	Vitamin B6	100%

Tips for Preparing and Cooking:

Preparation

Prepare yellow corn by carefully removing the husks and silks and wash thoroughly. The kernels can be removed and prepared separately or the whole ear may be prepared for consumption.

Try yellow corn...

Boiled

Try yellow corn boiled until the kernels are bright yellow, crisp, and tender - about four to five minutes. Add salt, pepper, and a square of butter.

Grilled

Test out yellow corn brushed with olive oil, garlic, salt, and pepper, and grilled on medium heat. Cook until golden with a slight char and enjoy!

Milled

An easy way to use yellow corn in dessert recipes is to dry and grind it into cornmeal. It can be used in a crisp, cupcakes, muffins, and more!

upLIFT **Did you know?**

Corn is grown on every continent except Antarctica. More than 90 million acres on earth are dedicated to producing corn!

Quiz Time

True or False. Medicaid matches supersede SNAP, FDPIR, and other direct certification matches.

A True.

B False.



Quiz Time

True or False. Medicaid matches supersede SNAP, FDPIR, and other direct certification matches.

A True.

B False.

SNAP, TANF, FDPIR & other direct certification matches always supersede Medicaid matches for reporting purposes.

Only identify a student as a Medicaid match if the child does not match with SNAP, TANF, FDPIR or other programs.



Section 3

Last Month's
Training
Opportunities



Training Opportunities

EVENTS OFFERED IN JUNE

To access webinar slides and recordings, visit HNS' webpage or refer to the HNS Communications Event Follow-up email.



[June Staying on Track](#)



[upLIFT: Go Local with the Summer Farm Fresh Challenge!](#)

ONLINE COURSES RELEASED IN JUNE

Visit HNS' online training library or refer to HNS Communications to access new trainings.



[What to Expect: NSLP Administrative Review for SY 23-24](#)

Section 4

Upcoming Deadlines & Communications



In Our Drafts

KEEP A LOOK OUT FOR THE FOLLOWING EMAILS THIS MONTH:

- Summer Farm Fresh Challenge Participation Survey
- SY 23-24 Kickoff
- DC-M Enhancements to the CNPDC System
- Local Food for Schools funding campaign
- Healthy Meals Incentives Recognition Awards for School Food Authorities (SFA)



July Checklist

July 1 - July 10

Submit June reimbursement claims (best practice)

July 30

May 60-day claiming deadline

No Sooner than July 1

- Send out Public Media Release.
- Conduct first direct certification through CNP Direct Certification, send notification letters and update BID.
- Distribute household applications with parent letter to only those students who are not directly certified.
- Begin processing household applications with Income Eligibility Guidelines for SY 23-24, create BID and send notification letters.
- Send a request to the local health department for 2 food safety inspections to be conducted at all operating sites during the school year.
- Confirm delivery site, contact information, food service director, program contact and billing contact in myFOODS.

This Month...

Submit SY23-24 CNPWeb Site and Sponsor Applications

Prior to School Starting

- Provide outreach to households for SBP at the beginning of school and at least once again during the school year (required only if operating SBP).
- Print SY 23-24 Training Curriculum & Brochure and create Professional Standards plans for all School Nutrition Program Staff, including mandatory Civil Rights training.
- Post point of service (POS) meal signage.
- Train Offer vs. Serve (OVS) to all staff, if applicable.
- Review proper procedures for all procurement methods (micro, small and formal) before making purchases.

After the First Day of School

- Complete Production Records daily.
- Count meals at POS and complete Daily Edit Checks.



Join Us Next Month!

Staying On Track: August

August 8, 2023

1:30-2:30 pm

We will be reviewing HNS Communications and policy memorandums released in the month of July, and key tasks, deadlines, and action items for the month of August.

Thank you!

PLEASE PUT QUESTIONS IN THE Q&A

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in Arizona Professional Learning Development (APLD).

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.





Congratulations

**You have completed the Online Course:
Staying on Track: July 2023**

Information to include when documenting this
training for Professional Standards:

Training Title:
July Staying on Track

Key Area: 1000 – Nutrition, 3000 –
Administration

Learning Code: 1170, 3120, 3220,
3350, 3360

Length: 1 hour

Please note, attendees must document the amount of training hours
indicated on the training despite the amount of time it takes to complete it.

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

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

This institution is an equal opportunity provider.

