



NASSAU COUNTY FOOD & NUTRITION SERVICES

NEWSLETTER & RESOURCES

5th Edition August 2019

Dear Teachers & Staff:

Good nutrition is our mission! Our top priority is to ensure your students' wellness through proper nutrition. We hope you'll use us as a resource for information on lunch-room news and policies, food facts, and initiatives available to you that bring nutrition education out of the cafeteria and into the classroom.

We always strive to meet or exceed the nutritional guidelines as set by the USDA. We analyze the foods that are offered to the students to meet the requirements in calories, fats, trans fats, vitamins, minerals, sugar, sodium, and cholesterol.

While most of this pertains to what we do in the kitchen, ***we still need your help in and out of the cafeteria.*** If you assist students through the lunch line, or have a club that participates in fundraising opportunities, we ask that you know the components to a complete meal and communicate them to your kids.

Please help them understand that they need three of the five components listed below at lunch to make a complete meal; ***one of the components must be either a fruit or a vegetable.*** Many of the entrees equal two components (ex. a hamburger would be meat and bread). ***Students do NOT have to have something in each compartment, just three components:***

1. Bread or Grain
2. Meat or Meat Alternative
3. Vegetables
4. Fruit (includes 100% Fruit Juice)
5. Milk (Fat-Free Flavored or Low-Fat Plain Milk)

Drop us a line!



Search "Nassau Nutrition". And, for a limited time, we're serving one FREE lunch to any teachers who like us on Facebook.

Simple "Like Us", then bring proof to redeem.

OFFICE

1201 Atlantic Avenue
Fernandina Beach, FL 32034

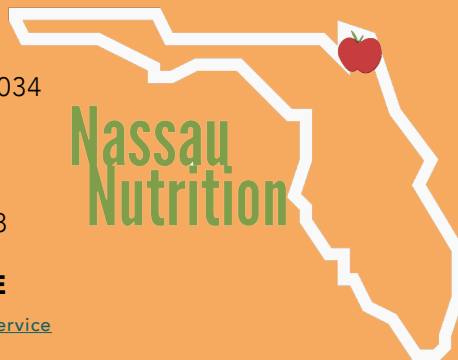
PHONE

904.491.9924
Toll Free: 877.813.2298

READ MORE ONLINE

<https://www.nassau.k12.fl.us/foodservice>
"School Meals"

Nassau
Nutrition



IMPORTANT INFORMATION

NEWS & INFORMATION

Food Truck: Grab & Grub is back again this year! Students go crazy over the fresh menu selections featuring local products each week. We successfully visited elementary and middle schools for special events and field days again this year - and used it as a mobile feeding unit over the summer.

Grab & Grub will follow the same rotating schedule as last year: **Monday at FBHS, Tuesday at YHS, Wednesday at HMS, and Thursday at WNHS** for breakfast and lunch. And don't forget, students on free and reduced priced meals eat for free or just \$0.40 off the truck, too!

If you'd like for the truck to visit your school, contact our office at 904-491-0994 or fill out this new online form:

<http://bit.ly/Grab-Grub-Request-Form>

FEEDING BODIES HEARTS & MINDS ONE CHILD AT A TIME

[#nassaufuelforschool](#)

School Partnerships and more local produce on the menu this year, including Traders Hill Farm lettuce. In addition, look for these farm to school items on the menu:

September - Avocado
October - Satsuma
November - Yellow Squash

December - Snap Bean
January - Radish
February - Celery

March - Cauliflower
April - Blueberry
May - Watermelon

SAFETY AND SANITATION

Nassau County School Food & Nutrition Services has a Safety and Sanitation plan in place. There are strict guidelines that we must follow to be in compliance with federal guidelines and the local health department. All managers have received the National ServSafe training.

Only food workers are allowed in the kitchen. Please ask if you need something from the back. If you plan on having a function that required use of the kitchen, you must complete a *Use of Facilities Report* and submit it to your Principal or the Office of Food Service for approval. A Food Service worker must be hired and in attendance for you to use the kitchen equipment.

EAT LOCAL

Look for an increase in our Farm to



Stay up to date on student's daily menu options for breakfast and lunch with ***nutrislice***.

VIEW THE MENU ONLINE

<http://nassau.nutrislice.com>

View Photos and
Descriptions of
Menu Items

Review Nutrition and
Allergy Information

Track Your Student's
Nutrition using the
"Create-A-Meal" Feature

Download their Free
Mobile App: Search
"School Lunch by
Nutrislice"



SIGN UP ONLINE OR ON YOUR PHONE

Remind is the leading communication platform in education—and now, you can follow Nassau County Food & Nutrition Services for information *sent straight to your phone!*

Text @nassaufood to the number 81010 - or sign up at <https://www.remind.com/join/nassaufood>.

SchoolCafe

One Stop Website for Nassau School

Nutrition: You can log onto <http://www.schoolcafe.com> (also available as a mobile app) to create an account for balance payment:

1. Enter the school district; click "Go to my District" when the field populates.
2. Click on "Create a new account" under "I'm a Parent" – *do not choose Employee of District as this option does not allow online payment.* Enter required information (name, email, phone number); hit "Next"
3. Set up your user account credentials, accept the Terms & Conditions and click on "Create my Account"
4. Once logged in, click on "Add a Student" and use the ID number given to you by the Cafeteria Manager or the Food & Nutrition Services Office (this is a number specific to Primeroedge); select school/site, and enter the last name and click on Search & Verify.
5. A box will appear that should show the adult account - click on "Add this Student"

Free & Reduced Meals

Students can receive free or reduced breakfast and lunch based on their parents' income as stated on their Free & Reduced Lunch Application; they may also be certified free by the state. The cost of these meals is supplemented by the Federal Government.

Applications must be submitted each year to qualify for the program.

APPLY ONLINE

<http://www.schoolcafe.com>

Please encourage parents to apply online, as it only takes 3 minutes and is processed within 24 hours!

APPLY IN PERSON

Paper applications are available at the district office and at your school.

' Processing may take up to two weeks.

THE IMPORTANCE OF BREAKFAST

A good breakfast is crucial for a successful day at school! Research shows that students who eat breakfast at school are more likely to perform better on tests; less likely to be sick, tired, restless, or irritable; have improved concentration, alertness and memory; and show increased problem-solving and attention span! ***There are three ways to increase breakfast participation in your school: Grab-n-Go Stations, Breakfast in the Classroom (B.I.C.), or Breakfast after the Bell.*** Contact us if you are interested in starting any of these initiatives at your school! **Eat Well. Learn Well. Start Smart with School Breakfast.**

FUNDRAISING GUIDELINES

As a reminder, there are federal guidelines that regulate ANY foods and beverages sold to students on the school campus during the school day, INCLUDING fundraisers by teachers and staff; there are also new policies for using food and physical activity as either a reward or punishment. ***Contact your school wellness person or the School Food Service Office if you have any questions about what is or is not allowed.***

Visit our website for helpful links related to smart snacks, ideas for healthy fundraiser alternatives, and read about our new local wellness policy: <https://www.nassau.k12.fl.us/foodservice>

Additional Resources:

Summary of the USDA Smart Snack Standards:

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

Nassau School Board Administrative Rule Related to the Sale of Food & Beverages (Chapter 7.32. XIII.):

<http://bit.ly/Admin-Rule-Related-to-Sale-of-Food-Beverages>

DID YOU KNOW

Our program is not supported by county school funds or local taxes. Any revenue comes from the sale of breakfasts, lunches, and extra items. The Federal Government reimburses for free or reduced students' meals, and a small portion of paying students' meals. From the maintenance of the building, cafeteria updates, equipment purchases, and repair to salaries and food items - we pay for all of it with our own resources.

The food that we serve is not "free." The food is purchased from several vendors and are name brand items that you find in your local grocery store. Meals served are based on nutritional needs, childrens' tastes, variety, cost, and preparation time. Our primary goal is to feed the students, but we also try to offer an excellent lunch for the staff at a reasonable price. We hope that the meals are a convenience to you as well as delicious!

Nutrition Education

We always encourage nutrition education in your classroom! There are plenty of websites and programs full of FREE educational material, lesson plans, and activities available to you, which we've detailed here.



FLORIDA AGRICULTURE IN THE CLASSROOM

<http://faitc.org/>

This site features nutritional information, lesson plans, and activities to encourage good nutrition, gardening, and more. Teacher grant opportunities are also available!



GARDENING FOR NUTRITION

<http://faitc.org/teachers/gardening-for-nutrition/>

A comprehensive guide for Florida educators designed to teach health, science, language arts, math, and more using a school garden.



FRESH FROM FLORIDA

<https://www.freshfromflorida.com/Food-Nutrition/>

This website lists resources and information about Florida-grown produce and the small farmers who grow it.

HARVEST OF THE MONTH

<https://www.freshfromflorida.com/Food-Nutrition/Nutrition-Programs/Farm-to-School/Harvest-of-the-Month2>

The Florida Department of Agriculture has created the Harvest of the Month program to highlight a different Florida-grown fruit or vegetable each month. You can sign up for FREE materials to promote the program in your own classroom through the link above (or contact our office). At the beginning of each month, registered classrooms will receive lesson plans and activities that highlight a different Florida produce item in season that month. We will serve these same items in the cafeteria, enhancing the learning experience!

FUEL UP TO PLAY 60

<https://www.fueluptoplay60.com/>

Fuel up to Play 60 is an in-school nutrition and physical activity program launched by the National Daily Council and the NFL, in collaboration with the USDA, to help encourage today's youth to lead healthier lives. Find useful resources and ways to get involved with the program on their website.

