



## Lincoln School Lunch

**Brooks Café**  
**Smith Café**  
**Hanscom Cafe**

January 8, 2014

TO: School Committee  
Superintendent  
Administrator for Business & Finance

FROM: Cathleen Higgins, Director of Food Service

SUBJECT: School Committee Update

The annual update on the Food Service program addresses four topics:

- HUSSC Silver Medal Award at Hanscom
- Food Safety and Sanitation inspection results
- *Farm to School* Program with Drumlin Farm
- Changes in USDA Grain and Protein Maximums

### **Healthier US Schools Challenge (HUSSC) – Hanscom – Silver Level**

At the Hanscom cafeteria, Lauren Braudis and her team implemented a HUSSC Silver menu in March of 2012 complete with menus, recipes, and nutrition labels. We submitted our HUSSC application in April 2012. We received notice in October 2013 that our application had received a Silver Medal from the regional USDA office. We are planning a school-wide recognition for this month at the Hanscom cafeteria.

The overarching goal of the HUSSC is to improve the health of the Nation's children by promoting healthier school environments. To help meet the goal, FNS identifies schools that have made changes to the school nutrition environment to:

- improve the quality of the foods served;
- provide students with nutrition education; and
- provide students with physical education and opportunities for physical activity.

Healthier US Schools must also have a local school wellness policy as mandated by Congress. Local school wellness policies support the HUSSC initiative and affirm that schools play a critical role in promoting student health, preventing childhood obesity, and combatting problems associated with poor nutrition and physical inactivity.

Benefits of participating in (HUSSC) include:

- a leadership role for schools in helping children to make healthy lifestyle choices;
- improved nutrition and food quality of menus;
- increased Food Service meal program participation;
- improved staff morale;
- positive perception of School Meals and Health Programs in the Community; and
- establishment of Internal and External Partnerships for Health Promotion.

The HUSSC criteria reflect the recommendations of the *2005 Dietary Guidelines for Americans* and the Institute of Medicine (IOM) published recommendations (April 2007) for foods that should be served in schools, outside of the organized school lunch meals.

### **Food Safety and Sanitation Results**

The cafeterias in Lincoln and Hanscom have all received excellent reports on the most recent round of Food Safety Audits. Our staff undergoes trainings and certifications to keep up to date on all the requirements for HACCP programs. There is a great deal of record-keeping and logs involved as well as the day-to date food safety and sanitation requirements and weekly self-inspections.

Thanks to the efforts of Lauren Braudis, Deb Mason, Jo Casey, and Jenna Douglas, the Hanscom cafeteria achieved an "Excellent" report on our latest quarterly Base Public Health Inspection. They are rarely given out on base and show a superior level of commitment on the part of our cafeteria staff to food safety and sanitation in our school community.

These inspections are required by the DESE as part of our certification. As required by section 9(g) of the Richard B. Russell National School Lunch Act and Federal regulations at 7 CFR 210.13 and 7 CFR 220.7, all schools participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must obtain two food safety inspections from the State or local governmental agency responsible for food safety inspections. This inspection requirement applies to all food preparation service sites and service-only sites, and State Agencies must report all sites in the annual report submitted to the USDA. The scope of the food safety inspection may vary according to the type of food service operation and is determined by the agency responsible for inspections. These quarterly inspections for all the cafeterias are posted on the Food Safety Audit page of our website.

Claudia Stewart, from the Brooks café, has now received her ServSafe certification. She studied and prepared for several weeks and is now certified. ServSafe is a national food safety and sanitation certification. Claudia joins Christine Sveistys, Sandra Hillson, Tonia Gaines, Lauren Braudis and Deb Mason. We now have two ServSafe trained staff at each kitchen; the USDA Food Code requirement is for one.

### ***Farm to School Program with Drumlin Farm***

This year we welcomed back our local farmers, Drumlin Farm. We began receiving our first Drumlin Farm delivery of the fall season in early September. The fresh vegetables and herbs were picked on Thursday morning and on our student's cafeteria tray by lunchtime. Our café staff served a wide assortment of fresh greens from Drumlin such as mesclun mix and green and red head lettuce. We tried some new vegetables such as red Russian kale, winter bore kale, Swiss chard, and broccoli rabe. The selection changed weekly. We were excited to offer rainbow carrots at the cafeterias along with an assortment of tomato varieties: red slicers, black prince, pink beauties, or yellow brandywine. The students responded well to the purple islander

peppers, the watermelon radishes (pink inside), and Strawberry Paw potatoes. Everyone's favorite selection was the yellow watermelon. The color was unusual but very sweet.

No vegetable selection would be complete without fresh herbs, and we chose from Drumlin's homegrown offerings of cilantro, dill, and parsley. In addition, we harvested and served garlic bulbs from our very own school garden.

For more information about Drumlin Farm, click on the link below:  
[drumlinfarm@massaudubon.org](mailto:drumlinfarm@massaudubon.org).

Farming at Drumlin Farm



Drumlin Farm is Mass Audubon's only working educational farm. They raise livestock and poultry, grow crops, and produce hay for their animals, all within a 232-acre wildlife sanctuary. They are committed to [sustainable farming](#), which includes organic principles.

### **USDA FNS Permanently Eliminates the Grain and Protein Maximums**

According to an advanced copy of the rule scheduled to be public January 3, 2014, USDA's Food and Nutrition Service will be making permanent the elimination of weekly maximums on grains and meat/meat alternates.

The rule encompasses administrative review, streamlining the certification process, as well as making permanent the flexibility of daily and weekly ranges for grain and meat/meat alternates if documentation is compliant with the daily and weekly minimums, and the allowance of processing frozen fruit with sugar, within the National School Lunch Program. When conducting administrative reviews, State Agencies should consider any SFA compliant with the weekly ranges for grains and meats if the weekly minimums are met.

This permanent change in the new guidelines will have a positive impact on our participation. It will also make it easier for us to continue to serve larger portions on lean proteins and whole grains as the menu warrants.