

# The School Lunch Tray: October 9, 2024

Dear School Sponsors of Child Nutrition Programs:

The School Lunch Tray contains the Connecticut State Department of Education's (CSDE) weekly email notifications for the U.S. Department of Agriculture's (USDA) school nutrition programs. This week's topics are listed below.

## Action Items

- Second Local School Wellness Policy (LSWP) Triennial Assessment Due June 30, 2025

## Need to Know

- Happy Connecticut Grown for Connecticut Kids Week, October 7-11, 2024
- Operational Memorandum No. 01-25: Schedule for Submitting Child Nutrition Programs (CNP) Monthly Claims for Reimbursement in Fiscal Year 2025
- Updated CSDE Resource: Addendum C: Information on the Supplemental Nutrition Assistance Program (SNAP)
- Resource Roundup: CSDE's Resource List for Special Diets in Child Nutrition Programs

## Good to Know

- New Training Series from Team Nutrition: The Road to Successful Menu Planning for School Meals
- Virtual House Calls for Parents and Families: A Three-Part Series

Please review and share with appropriate staff members. For previous versions of the School Lunch Tray, visit the CSDE's [School Lunch Tray and Table Talk](#) webpage.



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### Action Items

#### **Second Local School Wellness Policy (LSWP) Triennial Assessment Due June 30, 2025**

The USDA's final rule, [Local School Wellness Policy Implementation Under the HHFKA of 2010](#), requires that each local educational agency (LEA) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must complete an assessment of their LSWP at least once every three years. LEAs must complete the second LSWP assessment by **June 30, 2025**, and make this assessment available to the public.

Connecticut sponsors are required to utilize the UCONN Rudd Centers WellSAT Wellness School Assessment Tool. This assessment tool is currently being updated and is scheduled to be completed by December 15, 2024. Please do not start the assessment until CSDE introduces the new tool and website and holds an informational session.

For guidance on the steps and resources for completing this requirement, visit the "[What's Next](#)" section of the CSDE's School Wellness Policies webpage.

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### Need to Know

#### **Happy Connecticut Grown for Connecticut Kids Week, October 7-11, 2024**

Connecticut Grown for Connecticut Kids Week 2024 is underway and is a great time to celebrate the school menu's delicious, nutritious, and locally sourced foods for students. Take pictures of school meals, events, and celebrations. Email [connecticutfarmtoschool@gmail.com](mailto:connecticutfarmtoschool@gmail.com) to share your pictures and videos. The Farm to School Collaborative will collect and share photos to demonstrate all the great work being done.

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#### **Operational Memorandum No. 01-25: Schedule for Submitting Child Nutrition Programs (CNP) Monthly Claims for Reimbursement in Fiscal Year 2025**

[Operational Memorandum No. 01-25](#) outlines important information regarding the monthly claim submission process and claim due dates for fiscal year 2025 (October 1, 2024, through September 30, 2025). Please review and share with all staff members involved with preparing and submitting claims, e.g., claim preparers and claim submitters. This memo is available on the CSDE's [Operational Memoranda for School Nutrition Programs](#) and the "[Claims for School Nutrition Programs](#)" section of the CSDE's Claim Submission Schedule for Child Nutrition Programs webpage.

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### Updated CSDE Resource: Addendum C: Information on the Supplemental Nutrition Assistance Program (SNAP)

The CSDE recently updated *Addendum C: Information on the Supplemental Nutrition Assistance Program (SNAP)*, to reflect the new guidelines issued by the Connecticut Department of Social Services as of October 1, 2024. The revised version is dated October 2024 and is available in English and Spanish in the “[Addenda](#)” section of the CSDE’s Eligibility for Free and Reduced-price Meals and Free Milk in School Nutrition Programs webpage.

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### Resource Roundup: CSDE’s Resource List for Special Diets in Child Nutrition Programs

An updated version (dated October 2024) of the CSDE’s [Resource List for Special Diets in Child Nutrition Programs](#) is available. This list provides links to resource and websites with guidance on providing meal modifications in the Child Nutrition Programs.

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## Good to Know

### New Training Series from Team Nutrition: The Road to Successful Menu Planning for School Meals

Team Nutrition recently announced a new training series, [The Road to Successful Menu Planning for School Meals](#), to help schools plan and implement menus that support [updates to the school nutrition standards](#). This training series includes quarterly 1-hour live (and recorded) webinars co-hosted with the Institute of Child Nutrition. It also includes short on-demand trainings. Both are designed to provide school nutrition professionals with quick tips, tools, and knowledge needed to meet the nutrition standards for added sugars and sodium and to help create a road map for successful school menu planning now through School Year 2027-2028.

**Recorded 1-hour webinar:** [Creating Your Road Map to School Menu Planning Success!](#)

#### On-demand trainings (about 15 minutes each):

- [Defining Added Sugars and How to Find Them on a Nutrition Facts Label](#)
- [Choosing Yogurt That is Lower in Added Sugars for School Meals](#)
- [Choosing Breakfast Cereals That Are Lower in Added Sugars for School Meals](#)
- [Choosing Flavored Milk That Is Lower in Added Sugars for School Meals](#)

All trainings count toward USDA Professional Standards for School Nutrition Programs, Key Area 1000: Nutrition and Training Topic 1100: Menu Planning. These trainings and more are also available at [Institute of Child Nutrition’s iLearn portal](#) and USDA’s [Professional Standards Training Database](#).

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### **Virtual House Calls for Parents and Families: A Three-Part Series**

The CSDE is presenting Supporting Your Child's Health and Well-being During the School Year, a three-part webinar series for parents and families. The attached flier contains descriptions of each of the webinars as well as registration links. Please share with families and community networks. The webinars will be presented in English, recorded, and translated into several languages. Links to the translated sessions will be provided to you in the week following each webinar for distribution to families and networks.

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For more information, visit the Connecticut State Department of Education's [School Lunch Tray and Table Talk](#) webpage, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at [https://portal.ct.gov/-/media/sde/nutrition/slt/2024/slt\\_10\\_09\\_2024.pdf](https://portal.ct.gov/-/media/sde/nutrition/slt/2024/slt_10_09_2024.pdf).

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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](mailto:program.intake@usda.gov)

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# Supporting Your Child's Health and Well-being During the School Year

Virtual House Calls for Parents, Caregivers, and Families: A Three-Part Series

October 2024

## Part 1: Supporting Child and Family Wellness

Join us for an engaging and informative discussion with Dr. Robert Keder, a Developmental Pediatrician from Connecticut Children's Hospital, as we explore ways to support children's well-being both at home and in school. In this family-friendly session, Dr. Keder will share insights into understanding challenging behaviors, child development, and how these factors influence learning. You'll gain valuable tips on recognizing risks and building resilience, and learn practical strategies to create a supportive environment for your child's growth and success.



**Date:** Thursday, October 10, 2024, 5:00 p.m.–6:00 p.m.

**Register:** Scan the QR code or visit <https://serc.info/vhcpart1>

## Part 2: Preparing Your Family for Cold and Flu Season

Join us for an engaging and informative webinar presented by Dr. Sten Vermund, MD, PhD, from Yale School of Public Health and Global Virus Network, on the topic of Respiratory Health and Wellness.

Students experience fewer missed days from school when parents and schools work together to address risk factors and use prevention strategies to stop the spread of illnesses, including colds, Influenza, RSV, and COVID-19. Dr. Vermund will share his expert advice and "pearls of wisdom" on best practices to participants.



**Date:** Thursday, October 24, 2024, 5:00 p.m.–6:00 p.m.

**Register:** Scan the QR code or visit <https://serc.info/vhcpart2>

## Part 3: Protecting Our Youth: A Community Approach to Suicide Prevention

Connecticut experienced 10 teen suicides over this summer. While it can be difficult to discuss, it is important for parents and caregivers to talk to their children about suicide and mental health.

The CSDE invites you to join our panel of experts from the Department of Children and Families (DCF) and the Department of Mental Health and Addiction Services (DMHAS) for a conversation with parents and caregivers. We will discuss warning signs to look for, tips on how to talk to your child about their feelings, stressors and well-being, and where to turn to get help for you and your child.



**Date:** Thursday, November 7, 2024, 5:00 p.m.–6:00 p.m.

**Register:** Scan the QR code or visit <https://serc.info/vhcpart3>

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