

TACKLING THE SCHOOL LUNCH DILEMMA



Today's Presenter:

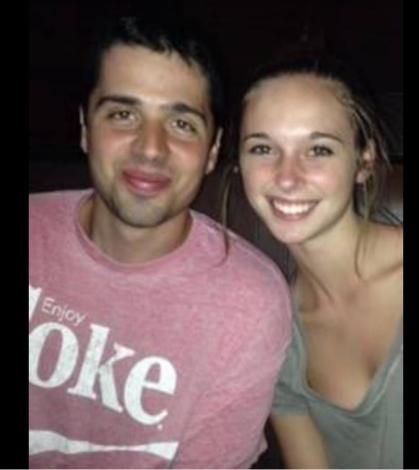
- Co-founder of Cambrooke Therapeutics
- Desperate since 1992 to feed my two PKU children - inspired to feed others in a similar plight
- Passion for: product innovation & development; driving support and patient advocacy; building strong metabolic community ties to both the families and clinicians; and serving our global community.
- Created School Lunch Program (SLP) in 2002 after testing the waters for both Cameron and Brooke
- Program has shipped to >400 primary schools in USA since inception.



Lynn Paolella

Cameron & Brooke both Classic PKU SLP inspired to feed my children & others in a similar plight Began in 2002





Today's Objectives:

I Brown Bagging It Creatively!

II Your child's 'Civil Right' in the National School Lunch Program

- Make the process easy to understand
- Provide information, tools, and resources to help your child "Join the Lunch Line"

III What will be discussed:

- What is "Dietary Accommodation"
- How to "Communicate with School"
- Personalize Program to YOUR child

IV What will not be discussed:

- Detailed Education Planning
- Legal or medical advice . .

BROWN BAGGING IT

Creative & Nutritious Lunch Meals

Brown Bagging nutritious lunches for school every day that offers variety and that tastes good can challenge the most creative of people





Favorite Sandwich Ideas w/Multiple Bread Options Toasted, Grilled, Rolled, Wrapped, Paninni

- Grilled Cheese & Tomato
- Traditional English Cucumber
- Avocado & Tomato
- Pea-not Butter & Jelly
- Better BLT
- Grilled Eggplant
- Honey & Banana
- Pita Pocket w/Avocado & Sprouts
- Portabella & Cheese
- Veggie Wrap
- Mediterranean Wrap w/Grilled Veggies
- Grilled Mushrooms, Rice & Pesto Wrap
- Mexican Fajita Wrap
- LP Hummus & Veggie Wrap
- Mock Tuna Salad w/Jackfruit
- Brookelyn Dog Wrap Pigs in Ponchos
- Quessadilla w/Salsa
- Sloppy Joe

- Homestyle Bread
- Cinnamon Raisin Bread
- Artisan Rolls
- Sliced Baby-Boule
- Pita Pockets
- Tortilla Wraps
- Bagels
- Burger Buns
- Hotdog Buns
- Focaccia Bread Sticks
- Tuscan Pizza Crusts
- Bagel Bars
- Lettuce Wraps

Snacks and Lunch Sides – Make Your Own Lunchables!

- Guacamole & Chips
- Veggie Sticks & Dressing
- Pizza Bagel
- Tweeks Nuggets & Gravy
- Cheese & Crackers
- Crackers & Pea-Not Butter
- Yogurt & Fruit
- Bagel Bar & Smear
- Caponata & Focaccia Stick
- Bruschetta
- Fruit & Cool Whip



Thermos Meals

- Creamy Tomato
- Vegetable Noodle
- Cream of Mushroom
- Chicken Instant Noodle
- Beef Instant Noodle
- Pesto Pasta
- Veggie Fried Rice
- Mac'n Cheese
- Ramen
- Cool Thermos Meal Recipes –
 Assemble before school & ready by lunch



DIETARY ACCOMMODATIONS

What it is, and who is eligible?

NATIONAL SCHOOL LUNCH PROGRAM

Meal Program Applies To: Breakfast, Before/After School & Summer School Programs Where Schools Participate



- It provides nutritionally balanced, low-cost meals to more than
 31-million children each school day
- The Food and Nutrition Service administers the program at the Federal level.
- School districts get cash subsidies from the U.S. Department of Agriculture (USDA) for each meal they serve. In return, they must serve lunches that meet Federal requirements

Federal ADA Mandate

Rehabilitation Act (1973) and the Americans with Disabilities Act (1990):



Accommodating Children with Special Dietary Needs in the School Nutrition Program

Guidance Book for School Food Service & Should be In Every School

Under Section 504 of the *Rehabilitation Act of 1973*, and the *Americans with Disabilities Act* (ADA) of 1990, a "person with a disability" means any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment.

Who is covered by this Federal Law?

Under Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act (ADA) of 1990, Congress ensures that children with disabilities have the same opportunities as children in the general school population to receive education benefits, which includes nutritionally balanced school meals

Includes many diseases and conditions, such as:

- orthopedic, visual, speech, and hearing impairments
- cerebral palsy
- epilepsy
- muscular dystrophy
- multiple sclerosis
- cancer
- heart disease
- metabolic diseases, such as diabetes, PKU
- food anaphylaxis (severe food allergy)
- mental retardation
- emotional illness
- drug addiction and alcoholism
- specific learning disabilities
- HIV disease
- tuberculosis

Substitutions and Other Reasonable Modifications



Federal law and USDA regulations require School Food Authorities (SFA's) to make reasonable modifications to accommodate children with disabilities.

Includes providing meals,

At No Extra Charge, to children with a disability when the disability restricts the child's diet.

Disability must be supported by a written medical statement signed by a licensed physician, a registered dietitian or a nurse practitioner.

Do I need an IEP or 504 Plan?

IEP = Individual *Education* **Plan**

504 = Written Management Plan

- Under the Individuals with Disability Education Act (IDEA)
 - A U.S.- Federal Legislation
 - Requires that <u>public schools</u> create an IEP or 504 for every child receiving special *education* services.
 - Individualized to each child's unique learning issues and include specific educational goals.
 - Contract between you and the school

NOT NECESSARY FOR DIETARY ACCOMMODATION!

Dietary Accommodation Summary

Required by all public schools (where states receive federal funds)

 May not be required by Charter Schools, Private or Religious School Programs.

Does not Require an IEP or 504 Education Plan

- Although these vehicles may be used by your school for tracking and additional funding resources
- If you are currently on an IEP or 504 education plan you must still provide a written submission by a state licensed health care professional (physician, nurse practitioner, other) indicating the disability and meal accommodation being requested

Medical Proof of Covered Disability is Required

COMMUNICATE TO SCHOOL

How to Advocate for Success

SLP: Key Communication Messages

(Friendly Partnership tone)

- 1. Make the Diet Easy to Understand
- 2. Diet Accommodation won't break the budget
- 3. Required by law (subtle reminder)



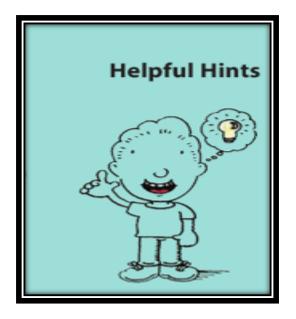
Who do you Approach?

- 1) School Principal
- 2) Food Services Director
- 3) School Nurse
- 4) Teacher
- 5) USDA Department of Education School Nutrition Program

- Cambrooke's Food Services
 Guide is a "turn-key" solution
 for the food service
 professional.
- All play a role in the success of each student



Helpful Hints....



- Get to know your Food Service Director and Staff
- Encourage them to contact you for questions
- Limit the staff trained to prepare food for your child to one or two people
- Ensure there is a good understanding of your child's special diet to avoid any mistakes in interpreting diet orders.
- More information about serving school lunches can be obtained through USDA Report: Accommodating Children with Special Dietary Needs in school Nutrition Programs: Your school should have a copy on hand

Components of the School Lunch Program

- Cambrooke's <u>Parent Guide</u> along with the <u>Food Services</u> and <u>Menu Guides</u> show you:
 - Your Responsibilities Form completed by parent & signed by physician
 - Understand the school's responsibilities
 - Helpful hints for your families success



Parent Guide

Parents' Instructions

Schools require you to request special meals and to provide a medical authorization for your child's metabolic diet.

The following steps will guide you through the process:

- **Complete** the enclosed medical forms. (Note: Doctor's signature required.)
- Deliver the signed medical forms and the Cambrooke Foods' Food Services Guide to your school representative.
- 3 Provide your school with the attached Food Services Guide (includes sample menus and recipes) and Cambrooke Foods' Institutional Price List and Credit Application.



Follow Up with your school to ensure that your Cambrooke Foods (CBF) order has been placed. Schedule a "start" date for CBF low-protein lunches.

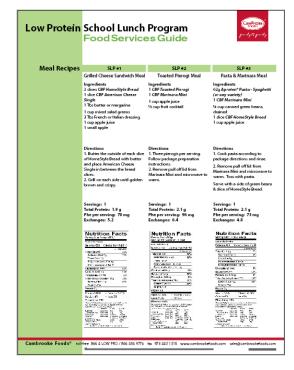
Food Services 'Guide'

- Menu calendar
- Shopping list
- Meal recipes

- Institutional price list
- Credit application







Sample Special School Lunch Menu

Menu Calend	lar								
Me	eal#	SLP #1	SLP #2	SLP #3	SLP #4	SLP #5			
Lu	nch	Grilled Cheese Sandwich Mixed green salad, dressing Apple Juice	Toasted Pierogi Marinara Mini Fruit Cocktail Juice	Spaghetti & Marinara Mini Green beans HomeStyle Bread Juice	Cheese Pizza Mixed green salad, dressing Fruit cup Juice	Mac & Cheese HomeStyle Bread Juice			
Me	eal#	SLP #6	SLP #7	SLP #8	SLP #9	SLP #10			
Lu	nch	Brookelyn Dog Homestyle Bread Mixed green salad, dressing Butterscotch Chip Cookie Juice Ketchup	Ravioli with Golden Gravy Artisan Bread Butterscotch Chip Cookie Juice	Veggie Meatball Sub Wise Onion Rings Popsicle Juice	Camburger (ketchup, lettuce, tomato) Camburger Bun Apple Juice	Tweekz and Rice Apple slices Juice			
Me	eal#	SLP #11	SLP #12	SLP #13	SLP #14	SLP #15			
Lu	nch	Medley Meal - Thai Raspberry Gem Juice	Corny Dog Fruit Cocktail Sliced tomato Butterscotch Chip Cookie Juice	Pierogies Mixed green salad, dressing Juice	Tomato Soup and Southwestern Biscuit Carrot Fruit Cocktail Juice	Pizza Primavera Fruit Cocktail Butterscotch Chip Cookie Juice			
Me	eal#	SLP #16	SLP #17	SLP #18	SLP #19	SLP #20			
Lunch		Brookelyn Dog with Rice Homestyle Bread Juice Ketchup	Tweekz Mixed green salad, dressing Popsicle Juice	Mini Pockets - Pizza Carrots Fruit Cocktail Juice	GO! Pockets - Burrito Mixed green salad, dressing Raspberry Gem Juice	Pasta Duets - Creamy Garlic & Broccoli Rice Carrots Fruit Cocktail Juice			
CBF Substitution (low-protein foo		All breads, cheese, pasta, baked goods, ready meals, snacks, chocolates, and meat alternatives.							
Allowable Foo (In measured amou		Meatless tomato sauce (marinara), vegetables, fruit, condiments, salad dressing (including Italian and French), butter or margarine.							
Forbidden Foo	ods	Bread, pasta, ch	eese, meat, fish,	eggs, peanuts, pe	eanut butter.				
		365 SSA		1335					
		Baked goods co	ntaining flour:	cookies, cake, crac	kers, muffins, etc				

How can Cambrooke help?

- Request SLP from Cambrooke
- Schools purchase direct through CB
- Getting Pushback from your school?
 - USDA School Nutrition Program

http://www.fns.usda.gov/cnd/contacts/statedirectory.htm

- Cambrooke Can Help
 - Lynn Paolella: lynn@cambrooke.com

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Creating the meal plan your child will love

PERSONALIZE

Make your low protein food meals mirror the calendar at school

CREATING THE MEAL PLAN YOUR CHILD WILL LOVE

PERSONALIZE



A NUTRITIONALLY BALANCED MEAL INCLUDES THE PROTEIN! It's Your Right To Have This Accommodation!



Fluid Milk Substitutions in the School Nutrition Programs

Requires that non-dairy beverages offered as milk substitutes be nutritionally equivalent to milk & provide specific levels of nutrients



NUTRITION PROGRAMS INCLUDE BREAKFAST, BEFORE/AFTER SCHOOL & SUMMER PROGRAMS WHERE SCHOOLS PARTICIPATE & RECEIVE FEDERAL FUNDING





Diet Tracking Apps







NATIONAL USDA RESOURCES

- State Agencies Administer The National School Lunch Program
 - http://www.fns.usda.gov/cnd/contacts/statedirectory.htm



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Contact Info for <u>School Food & Nutrition Programs</u>*Be sure to ask for this program <u>by name</u>





State Director Administrator's Contact Landing Page for California

State California Child and Adult Care Food California Department of State Director Phone: 800-952-5609 Program (CACFP) Education Fresh Fruit and Vegetable 1430 N Street Room 1500 Program Sacramento, CA 95814 National School Lunch United States Program (NSLP) See map: Google Maps Website: http://www.cde.ca.gov School Breakfast Program (SBP) /fg/aa/nt/ School Meals Special Milk Program Summer Food Service Program (SFSP)

How Do I Communicate with the USDA When the School Denies the Meal Accommodation

- A Simple Phone Call to the USDA State Agency in your location, Child Nutrition Division to let them know that your child is being denied the accommodations at his or her school
- So long as the school has a 'written statement' by a Licensed Physician,
 Nurse Practitioner or Registered Dietitian indicating the following:
 - Child's disability
 - Explanation of why the disability restricts the child's diet
 - The foods to be omitted from the child's diet.
 - The foods that must be substituted



Then the USDA will step in, remind the school of their legal obligation and they will enforce the law.

It's your child's Civil Right!

Summary

- When parents and the school district work together as a team, a child with special dietary needs is able to attend school in a safe & healthy environment.
- School Meals Nourish Our Kids So They Are Ready To Learn!!



My Kids Today



Eat Well, Live Well.



CAMBROOKE

Homactin AA Plus



http://www.samples.cambrooke.com/

Thank you.