

School Meals and Community Partnerships

**Creative
Solutions against
Food Insecurity**



Future of Food Free Webinars

Month	Webinar
February	Hungry and Overweight: How is it Possible?-recorded
March	Contributors and Effects of Food Insecurity: Nutrition and Beyond
April	School Meals and Community Partnerships: Creative Solutions against Food Insecurity
May	Point A to Point B: Improving Access to Healthy Foods in Food Banks
June	A Flavorful Pairing: Nutrition Education in Food Banks
July	Ready, Set, Go: Unveiling Access to Quality Nutrition Education Resources

Register at www.eatright.org/foundation/kidseatright



Learning Objectives

1. State at least three nutrition requirements for the National School Lunch Program.
2. Describe at least three potential school meal opportunities available to children.
3. Identify one way you can provide support to an organization in your community that helps feed children and families.

Outline

- National School Lunch Program Nutrition Requirements
 - School and Community Partnerships
 - Kids Eat Right Member Actions & Resources
-



A Message from the House of Delegates:



“Thank you for participating in this webinar series. The House of Delegates Leadership Team believes food and nutrition insecurity is so important, HOD has decided it will be our sole mega issue for the Spring 2013 Virtual HOD Meeting on May 4-5. It is essential for Academy members to increase awareness of food and nutrition insecurity at local and state levels; and act to support and promote Academy policy and advocacy programs that improve food and nutrition security on the national level. Thank you for taking this step in your personal journey of awareness, action and advocacy.”

Becky Dorner, RD, LD

Speaker of the
House of Delegates,
Board of Directors,
Academy of Nutrition
and Dietetics

Today's Speakers



Donna S. Martin, EdS, RD, LD, SNS
Director School Nutrition Program
Burke County Board of Education



Sheila Kopf, MPH, Masters in
Nutrition Sciences
Associate Director of Programs
San Francisco Food Bank



Healthy Hunger-Free Kids Act

Healthy Hunger-Free Kids Act of 2010 affects the following programs:

- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- National School Lunch Program
- National School Breakfast Program
- Summer Food Service Program
- Child and Adult Care Food Program



Importance of School Lunch ¹

2011-2012 School Year

- 31 million students served lunch
 - 59 % Free
 - 9 % Reduced
 - 33 % Paid
- Cost of the National School Lunch Program
 - \$11.1 billion

New Meal Pattern

New Meal Pattern for National School Breakfast and Lunch Programs Effective July 1, 2012

- New Age/Grade Groups

Grades K-5



Grades 6-8



Grades 9-12



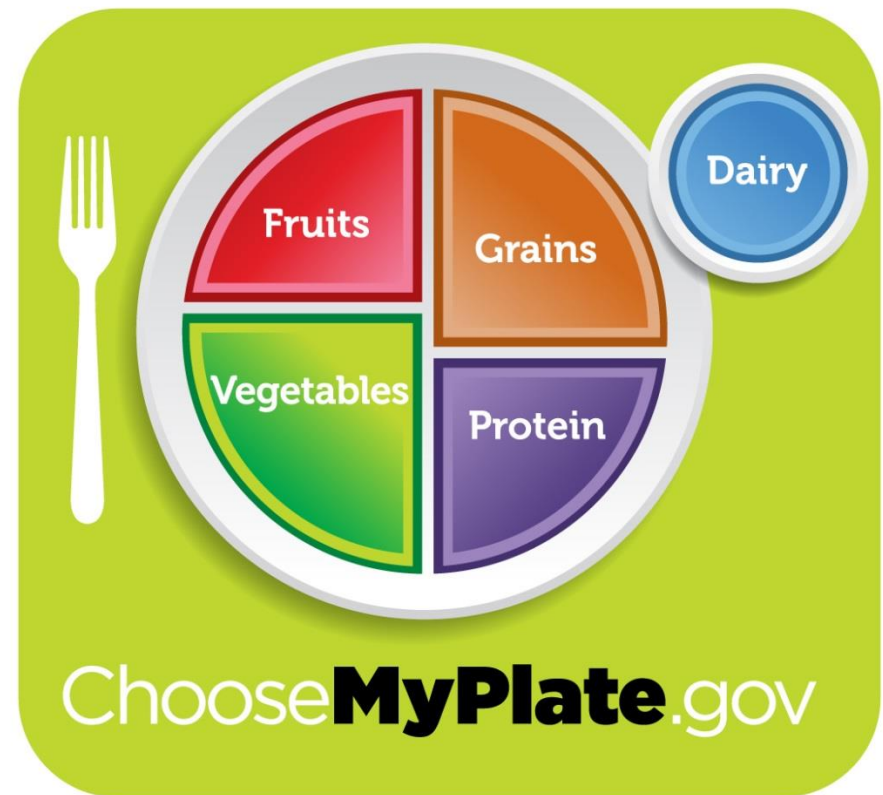
Menu Planning Approach

- Food-Based Menu Planning Approach for all age/grade groups
 - National School Lunch Program
 - SY 2012-13
 - National School Breakfast Program
 - SY 2013-14
- Multiple lines must make all required food components available to all students on a weekly basis



5 Food Components

- 1) Meat/Meat Alternate
- 2) Fruits
- 3) Vegetables
- 4) Grains
- 5) Milk



Lunch Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (minimum per day)		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans and peas (legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	≤ 640	≤ 710	≤ 740
<u>Trans</u> fat	Nutrition label or manufacturer specifications must indicate ZERO grams of <u>trans</u> fat per serving.		

Fruits (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)

Adapted from:

<http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf> and
<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP20-2012os.pdf>

Fruits (Lunch)

Fruits are separate component

- Daily serving at lunch

Fresh, frozen without added sugar, canned in juice/light syrup, or dried fruit allowed

- No more than half of fruit offerings may be juice
- 100% juice only



Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark green	0.5	0.5	0.5
• Red/Orange	0.75	0.75	1.25
• Beans/Peas(Legumes)	0.5	0.5	0.5
• Starchy	0.5	0.5	0.5
• Other	0.5	0.5	0.75
Additional Vegetables to Reach Total	1	1	1.5

Adapted from: <http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf>

Vegetables (lunch)

Vegetable subgroups weekly requirements

- **Dark Green** (broccoli, Romaine lettuce, spinach)
- **Red/Orange** (carrots, sweet potatoes, tomatoes)
- **Beans/Peas** (Legumes; kidney beans, lentils, chickpeas)
- **Starchy** (corn, green peas, white potatoes)
- **Other** (onions, green beans, cucumbers)
- **Additional** vegetables to meet 5 cups weekly total



Grains (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)

Weekly maximums have been eliminated until at least SY 2014.

Refer to USDA FNS policy memo: Grain Requirements for the National School Lunch Program and School Breakfast Program (April 26, 2012) at <http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP30-2012os.pdf>

Adapted from: <http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf>

Grains (Lunch)

- \geq Half of all grains offered will be whole grain-rich in first year
- All grains will be whole grain-rich in SY 2014-2015
- Grain-Based Desserts
 - No more than two creditable grain-based desserts allowed at lunch per week
 - To limit solid fats and added sugars



USDA working definition

- Product provides ≥ 8 grams whole grains per serving
- Product displays FDA's whole grain health claim
- Product lists whole grain as primary ingredient (HUSSC criteria)



Mixed dishes with whole grains

- Whole grain must be primary ingredient by weight
-

Meats/Meat Alternates (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)

Weekly maximums have been eliminated until at least SY 2014.

Adapted from

<http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf>

Milk (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fluid milk (cups) ¹	5 (1)	5 (1)	5 (1)

Adapted from:

<http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf>

Offer at least two different choices

- Fat-free
 - Unflavored or flavored
- Low-fat
 - Unflavored only
- Fat-free or low-fat
 - Lactose-reduced or lactose-free



Four Dietary Specifications

Weekly average requirements

- Calories
- Sodium
- Saturated fat

Daily requirement

- *Trans* fat



Calorie Ranges (Lunch)

Lunch Pattern			
New Pattern	Grades K-5	Grades 6-8	Grades 9-12
	550-650	600-700	750-850
Old Pattern	Grades K-3	Grades 4-12	Grades 7-12
	633	785	825
	The average daily amount for a 5-day school week must fall within the minimum and maximum levels.		

Sodium Limits and Timeline

Target 1: SY 2014-2015

Lunch

≤1,230mg (K-5)

≤1,360mg (6-8)

≤1,420mg (9-12)

Breakfast

≤540mg (K-5)

≤600mg (6-8)

≤640mg (9-12)

Target 2: SY 2017-2018

Lunch

≤935mg (K-5)

≤1,035mg (6-8)

≤1,080mg (9-12)

Breakfast

≤485mg (K-5)

≤535mg (6-8)

≤570mg (9-12)

Final target: SY 2022-2023

Lunch

≤640mg (K-5)

≤710mg (6-8)

≤740mg (9-12)

Breakfast

≤430mg (K-5)

≤470mg (6-8)

≤500mg (9-12)



Limit saturated fat

- < 10% of total calories
- Same as current regulatory standard

No total fat standard

Minnesota Sample Cycle Menu

SAMPLE CYCLE MENU GRADES K-5

	MON 1	TUES 1	WED 1	THURS 1	FRI 1
MEAT/MA	Turkey Corndog ^W	Sweet & Sour Chicken ^R	Turkey Sausage	Apple Cider Stew ^R	Turkey Sloppy Joe ^{R,W}
GRAIN		Brown Rice ^W	French Toast Sticks ^{W,2 ea}	Dinner Roll ^W	
VEG	Corn on the Cob ^L	Broccoli	Roasted Squash ^{R,L}	Romaine Salad ^{1c}	Sweet Potato Fries
VEG	Marinated Black Bean Salad	Carrots	Sliced Cucumbers ^L		Celery Sticks
FRUIT	Watermelon Wedges ^L	Fresh Apple Slices ^L	Orange Juice	Orange Smiles	Juicy Pears
CONDIMENTS	Ketchup, Butter	Ranch, Yogurt Dip	Maple Syrup	Ranch, Butter	Ketchup, Hummus
	MON 2	TUES 2	WED 2	THURS 2	FRI 2
MEAT/MA	Cheese Pizza ^W	Hamburger on Bun ^W	Vegetarian	Crunchy Chicken Wrap ^{R,W}	Fish Sandwich ^W
GRAIN			Chili ^R Cornbread		
VEG	Romaine Salad	Lettuce & Tomato		Potato Wedges	Carrot & Celery Sticks
VEG	Beets 'n' Sweets ^{R,L}	Fiesta Beans & Rice ^{R,W}	Fresh Broccoli		Creamy Coleslaw ^L
FRUIT	Juicy Pineapple	Ripe Red Grapes	Applesauce	Orange Smiles	Fresh Kiwi
CONDIMENTS	French dressing	Ketchup, Mayo	Ranch, Butter, Honey	Ketchup	Ketchup, Tartar Sauce
	MON 3	TUES 3	WED 3	THURS 3	FRI 3
MEAT/MA	Chicken Sandwich ^W	Chicken Gravy	Meatballs	Chicken Salad on Roll ^W	Cheese Quesadilla ^W
GRAIN		Dinner Roll ^W	Spaghetti & Breadstick ^W		
VEG	Leafy Spinach ^{1/2 c}	Mashed Potatoes	Tomato Sauce	Carrot & Jicama Sticks	Black Bean Salsa
VEG	Corn Edamame Salad ^R	Spring Salad Mix ^R	Green Beans	Roasted Chickpeas ^{1/4 c}	Broccoli
FRUIT	Fresh Strawberries	Crazy Mixed-Up Fruit	Golden Peaches	Fresh Pears	Fresh Banana
CONDIMENTS	BBQ Sauce, Ketchup	Butter	Parmesan, Butter	Ranch	Ranch

All serving sizes of fruit are 1/2 cup. Serving sizes of grains are 1-2 oz. Condiments are 1-2 Tbsp.

All serving sizes of vegetables are 1/2 cup (1 cup for leafy greens) unless noted in subscript.

All meals include skim or 1% white milk. Nutrient analysis available on the reverse side.

R = Recipe available at www.health.state.mn.us/schools/greattrays under "Menu Planning"

L = Local food available in many regions of Minnesota

W = Whole grain-rich

Dark Green

Red/Orange

Legumes

Starchy



Minnesota Department of
Education

Community Partnerships



Supper Programs

Healthy Hunger-Free Kids Act of 2010

- Child and Adult Care Food Program (CACFP)
 - aka afterschool at-risk snack program
 - Expanded Supper Program to all states
 - Areas with at least 50% free reduced
 - Children up to 18 years old
-

CACFP Program

Operates during school year on:

- School days
- Weekends
- Holidays



Supper Programs



Supper Program:

Benefits and Reasons for Operating

- Students are hungry after school
- Offering snack just wasn't enough
- The meal program benefits families
- Offering meals is cost effective
- Meals attract kids to the programs
- The meal helps kids focus and decreases behavioral problems



Supper Meal Pattern

4 components

1. Meat/meat alternate
2. Fruits and vegetables
3. Grains
4. Milk



Summer Feeding Program



USDA Programs

- Summer Food Service Program (SFSP)
- Seamless Summer Feeding Program



School Bus Meals

We serve 3,000 meals a day out of school busses!
We have 15 bus routes and over 100 bus stops.



Sack Meal

Sandwich, fresh fruit,
juice and milk.



Other Transportation ideas



Programs:

BackPack Program

Kid's Cafe

Mobile Pantries



BackPack Programs

Feeding America BackPack Program



BackPack Program

We make sure we have two lunches, and we have two breakfasts.
It's not labeled, and they can't see through it.



Typical items found in BackPacks:

- Peanut Butter
 - Chicken Noodle soup
 - Jelly
 - Cup of Noodles
 - Macaroni & Cheese
 - Snack size Fruit cups
 - Spaghettios
 - Small boxes of Real fruit
 - Tuna fish
 - Tuna helper
 - Packs of Pudding Cups
 - Juice
 - Chili
 - Protein Bars
 - Apples, oranges
 - Crackers
 - Cereal (sugar-free)
 - Powdered Milk
 - Complete pancake mix (just add water)
 - Rice or Soy Milk
-

Kids Cafe – Feeding America

1,500 Kids Cafe Sites

Kids Cafe sites are chosen based on the following criteria:

- percentage of free or reduced subsidized lunch recipients in an area
- proximity to high-need neighborhoods
- availability of after-school enrichment programs



Mobile Pantries – Feeding America

- Direct client distribution
- Dry/refrigerated vehicle
- Extending service into regions
- 129 mobile pantries
- 10 distributions a month



Summary

•Readily Available Programs

- National School Lunch Program
- National School Breakfast Program
- Afterschool Snack Program

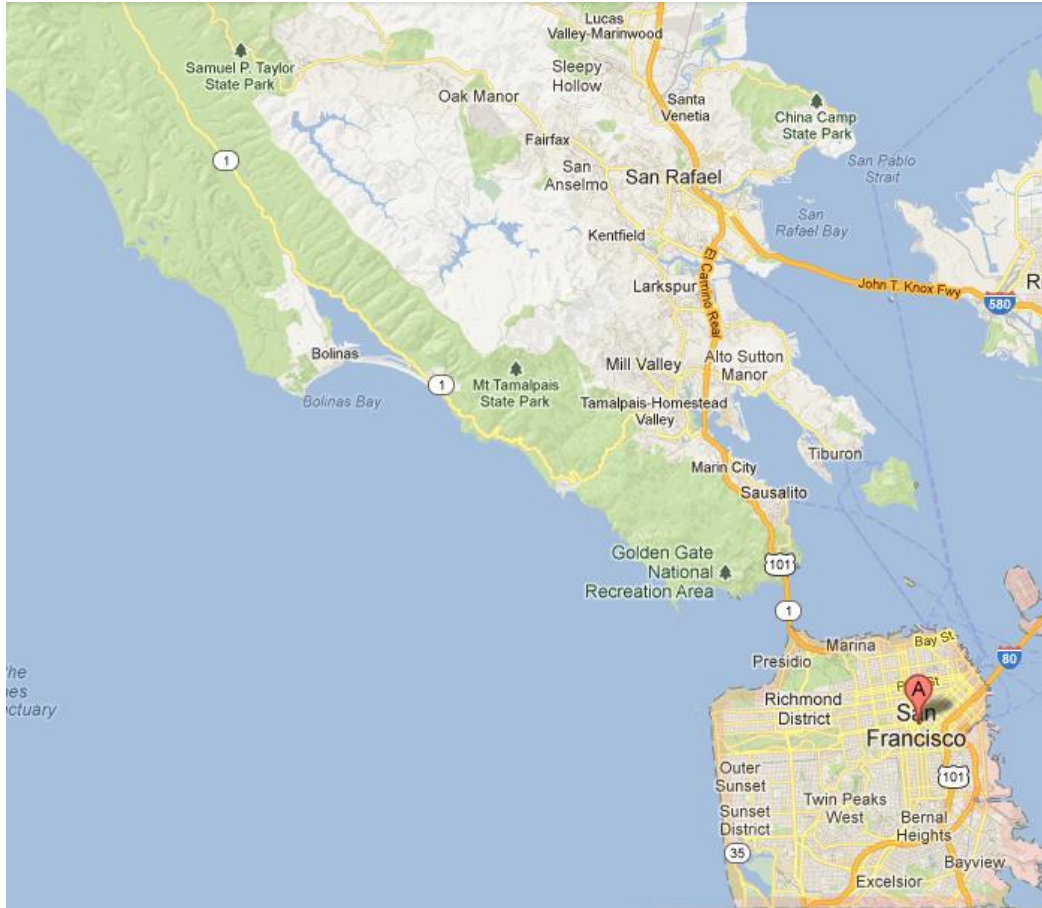
•Possible Programs

- CACFP Supper Programs
- CACFP or Seamless Summer Programs
- Backpack Programs
- Kid's Café Programs
- Mobile Pantries



- I. Hunger in San Francisco and Marin
- II. Healthy Children Pantries
- III. Morning Snack Program
- IV. Afterschool Snack Program
- V. Getting Involved

Hunger in San Francisco and Marin



1,081,932* total population

271,000 in need of food assistance

1 in 4 children:

- Lack regular access to the food they need to learn, grow, and have a healthy start in life
- Qualify for free and reduced priced breakfast and lunch

How the Food Bank Works



- We collect millions of pounds of food from growers, packers, processors, manufacturers, the USDA and grocery stores.

- We truck donated food to our warehouse.

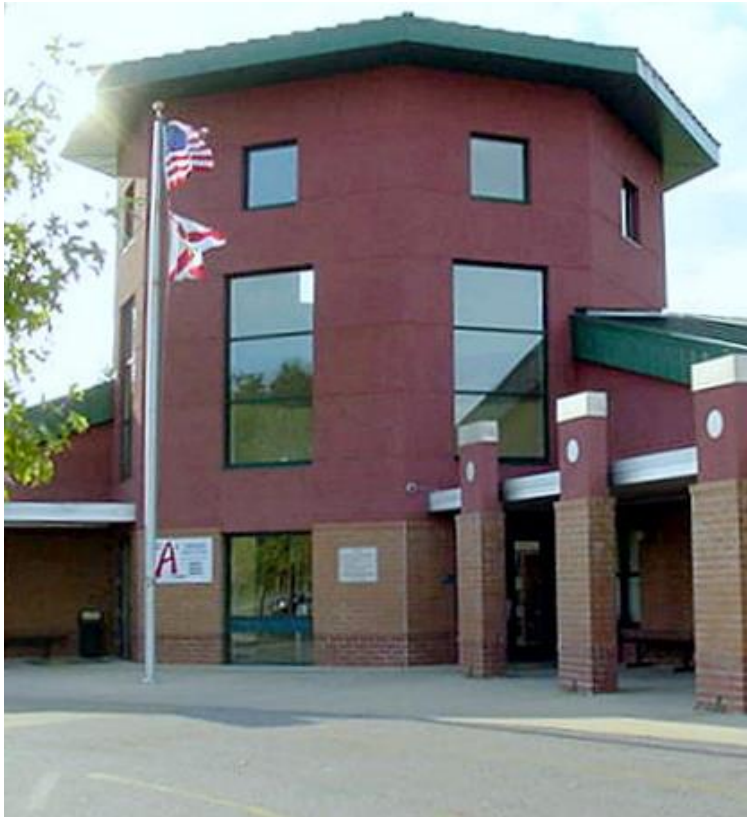
- Volunteers sort, repack, and shelve almost 350 tons of food at our warehouse every week.

- We provide food to more than 450 community food partners.

- Visitors to our 230+ neighborhood pantries select food at weekly farmer's market-style distributions.



Healthy Children Pantry Program



58 Healthy Children Pantries

- **43** Healthy Children Pantries in Public Schools
 - 39 Elementary
 - 4 Middle School

Menu designed for families with children

- Fresh fruits and vegetables
- Dairy
- Beans
- Grains
- Meat

Opening a Healthy Children's Pantry



- Outreach
- Meet with Principal & Parent Organization
- Application Process
- Identify a pantry coordinator
- Volunteer Training
- Program Coordinator attends first distribution

Successes

- Grassroots effort
- Foster sense of community
- Accessibility for working families
- Healthy food options
- Farmer's market style
- Groceries for home cooked meals
- Minimal oversight





- Parent volunteer participation
- No 501c3 Status
- Closed during summer
- Re-train volunteers at the beginning of each school year

Morning Snack Program

- Provide each child with snack 4x/week
- School district nutrition guidelines
- Usually eaten during or before recess/break
- 35 sites; ~1.3 Million lbs/yr



Sample Menu

Apples

Baby Carrots

Oranges

String Cheese

Challenges

Storage/refrigeration

Thursday/Friday
deliveries

Affordable healthy
snacks

School districts



Afternoon Snack Program

Collaboration with SF Department of Children, Youth, and their Families (DCYF)

Afterschool and summer sites that provide child and youth development programming

Food Bank provides nutritious USDA compliant snack to each child, 5 days a week

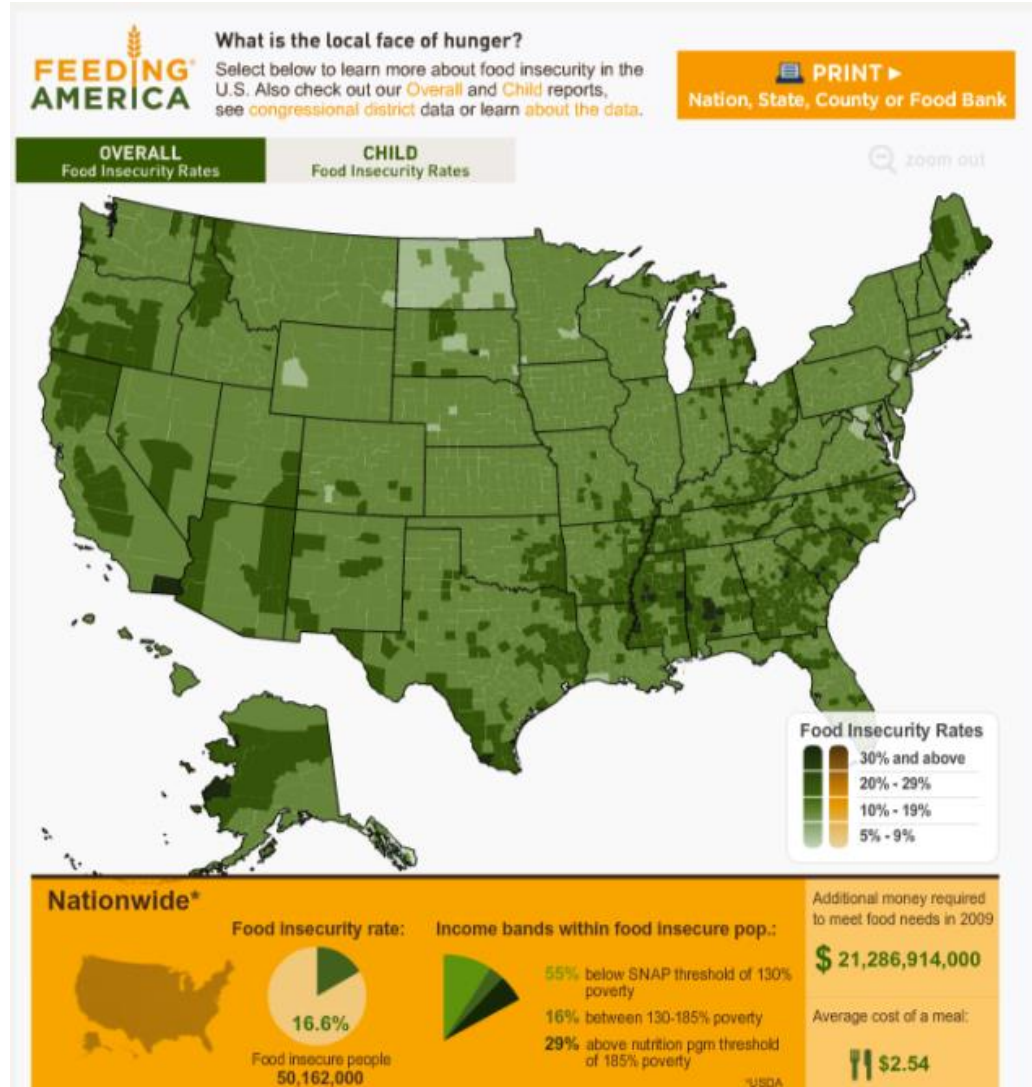
- Day 1: Milk and Cereal
- Day 2: Carrots and Animal Crackers
- Day 3: Juice and String Cheese
- Day 4: Pretzels and Fresh Fruit
- Day 5: Crackers and Fresh Fruit

On average:

- 1,617 snacks delivered **daily**
- 325,000 lbs



Hunger in your Community



www.feedingamerica.org/mapthegap

Find your Local Food Bank

FOOD BANK LOCATOR

1 in 6 Americans Face Hunger

Feeding America's network feeds over 37 million Americans every year.

Sign up. Stay informed. Make a difference.

First Name

Last Name

Email

☒ Yes, I would like to receive communications from Feeding America

Food Bank Locator

Search by Zip Code or State Select a State

[See All Food Banks.](#)

• Alabama	• Hawaii	• Michigan	• North Carolina	• Texas
• Alaska	• Idaho	• Minnesota	• North Dakota	• Utah
• Arizona	• Illinois	• Mississippi	• Ohio	• Vermont
• Arkansas	• Indiana	• Missouri	• Oklahoma	• Virginia
• California	• Iowa	• Montana	• Oregon	• Washington
• Colorado	• Kansas	• Nebraska	• Pennsylvania	• West Virginia
• Connecticut	• Kentucky	• Nevada	• Puerto Rico	• Wisconsin
• Delaware	• Louisiana	• New Hampshire	• Rhode Island	• Wyoming
• District of Columbia	• Maine	• New Jersey	• South Carolina	
• Florida	• Maryland	• New Mexico	• South Dakota	
• Georgia	• Massachusetts	• New York	• Tennessee	

www.feedingamerica.org/foodbank

Thank You!

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eat right.™

Kids Eat Right Toolkits



Healthy Breakfast. Everywhere You Go.

Presentations for elementary, middle, high school students and adults

Healthy Snacking. In a Nutshell.

Presentations for adults, adult athletes, parents, teachers/schools, coaches, elementary students, teens, teen athletes, and worksites

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Three interactive parent workshops including cooking activities. Available in English and Spanish!

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Myth Busters. For Parents.

Presentation for parents

Hunger in Our Community. What We Can Do.

Presentations for adults and teens

Join: [Kidseatright.org/volunteer](https://kidseatright.org/volunteer)

Promote: [Kidseatright.org](https://kidseatright.org)

Kids Eat Right Hunger Actions

www.kidseatright.org/volunteer

Welcome to Kids Eat Right

Take Action to Fight Hunger

Increase the awareness of hunger by educating others about what food insecurity means, how it is affecting families, and how to bridge the gap.

- Advocate for Increasing School Breakfast Participation and Summer Meal Programs »
 - Educate Parent Groups about the Magnitude and Causes of Childhood Hunger and Solutions »
 - Educate Others about Food Insecurity »
 - Volunteer at a Local Food Bank »
 - Advocate for Anti-Hunger Solutions »
 - Invite Media to Experience Hunger by Virtual Role-playing »
-

Advocate for Anti-Hunger Solutions

Work with others to end childhood hunger by promoting real solutions for families.

Resources

- **Ending Childhood Hunger by 2015: The Essential Strategies for Achieving the President's Goal**
 - **Make a Difference**
Get involved in the fight to end childhood hunger in your community.
 - **SNAP to Health Report Released by CSPC's Health and Medicine Program**
 - **Promote School Breakfast Participation**
 - **Promote Summer Meals Participation**
 - **Hunger in the Classroom: Share Our Strength Teacher Report 2012**
 - **Fighting Obesity and Hunger**
 - **Hungry and Overweight: How is it Possible?**
 - **Farm to School and School Gardens**
U.S. Department of Agriculture Clearinghouse of tools, program examples, and resources for implementing farm-to-school programs.
 - **Community Supported Agriculture Training Manual**
A thorough resource guide produced by the Michigan-based CSA Farms that explains how to develop a CSA program.
 - **Common Ground Garden Program--Los Angeles County Cooperative Extension**
Learn more about this program that increases access to fresh fruits and vegetables for lower income and traditionally underrepresented families.
 - **Cooking with Kids**
Educational materials and curricula that have been applied in [schools](#) throughout Mexico, the United States and Canada.
 - **Let's Move! Salad Bars to Schools**
-

Questions?

**School
Nutrition
Services**

eat right.
a dietetic practice group of the
American Dietetic
Association

**FEEDING
AMERICA**

View recorded webinars and
register for future webinars at
[www.eatright.org/foundation/
kidseatright](http://www.eatright.org/foundation/kidseatright)



This document was developed with an educational grant from the National Dairy Council®

References

1. U.S. Department of Agriculture, Food and Nutrition Services, Nutrient and MyPyrammid Analysis of USDA Foods in Five of Its Food and Nutrition Programs, Table 3-39. January 2012.

Resources

1. Child and Adult Food Care Program

<http://www.fns.usda.gov/cnd/care/Afterschool.htm>

2. Feeding America <http://feedingamerica.org/>

3. Backpack Program

<http://feedingamerica.org/how-we-fight-hunger/programs-and-services/child-hunger/backpack-program.aspx>

4. National School Lunch Program

<http://www.fns.usda.gov/cnd/Lunch/default.htm>

5. National School Breakfast <http://www.fns.usda.gov/cnd/breakfast/>

6. Seamless Summer Feeding Program

<http://www.fns.usda.gov/cnd/Summer/>

7. Kids Cafes

<http://feedingamerica.org/how-we-fight-hunger/programs-and-services/child-hunger/kids-cafe.aspx>

8. Mobile Food Pantries

<http://feedingamerica.org/how-we-fight-hunger/programs-and-services/network-programs/mobile-pantry-program.aspx>
