

Childhood Obesity and Hunger A School Nutrition Program Perspective

The School Nutrition Association of Pennsylvania
Symposium on Childhood Obesity and Hunger Presentation
February 22, 2019



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Meet Your Presenters and Executive Committee



Nicole Melia, RD, LDN is a registered dietician and has been the Food Service Supervisor at Great Valley School since 2013. Nicole also served as the Nutrition and Garden Coordinator at Great Valley from 2009 through 2011. Nicole worked as a consultant for school food nutrition programs in Pennsylvania. Finally, Nicole served on the School Nutrition Association of Pennsylvania's Board in various positions.



Gina Giarratana has been the Director of Nutritional Services at the Pennridge School District for the past five years. Previously, she was the Foodservice Director at the Southern Lehigh School District as well as a Foodservice Director with the Archdiocese of Philadelphia. Prior to schools, she and her husband Gerry owned and operated several different restaurants. She is a graduate of the Pennsylvania State University with a degree in Hotel, Restaurant, and Institutional Management.



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Meet Your Presenters and Executive Committee



Melissa Harding, SNS is a nutritionist with seven years of K-12 School Food Service experience. She is a School Nutrition Specialist and has a graduate certificate in Marketing along with a Bachelor's Degree in Nutritional Sciences from The Pennsylvania State University. Melissa is currently the Coordinator for North Penn School District. Melissa is an active member of the Academy of Nutrition and Dietetics, the School Nutrition Association of Pennsylvania and the Pennsylvania Association of School Business Officials.



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Evora Nichole Taylor is the Director of Food Services for the Chichester School District. She has also served as the Director of Food Service for the Chester Community Charter School in Chester. At CCCS, she worked to create new policy and procedures and raised the bar for both students and staff. She administered the Wellness Program, started and oversaw the Back Pack program, and worked as the assistant teacher in the after school cooking program.

Evora earned her culinary arts degree from The Art Institute in Dallas, Texas in 2002 and her Bachelors of Science in Business Administration from Full Sail University in 2011. Currently she is set to complete her Master Degree in Business Administration with special focus on Project Management, from Southern New Hampshire University in 2017.

School Nutrition Association of Pennsylvania

- The School Nutrition Association of Pennsylvania (SNAPA) was organized in 1955
- Governed by an all-volunteer Board of Directors, elected by the membership.
- Board members range from Registered Dietitians to Certified Chefs to School Nutrition Program managers.
- Recognized as the authority on school nutrition in Pennsylvania.
- Represent some 1400 members who provide high-quality, low-cost meals to students throughout Pennsylvania.



The School Nutrition Association of Pennsylvania

Mission Statement

- SNAPA is the statewide organization of school nutrition professionals committed to advancing the quality of child nutrition programs through education and advocacy.



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What are we covering today?

- Brief overview of School Nutrition Programs – Sunday Morning Video.
- Available School Nutrition Programs. Informational Session.
- School Nutrition Programs aimed to reduce hunger.
- How School Nutrition Programs help fight childhood obesity.
- Resources for attendees.



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Feeding the Need - Sunday Morning





Working Together to

FIGHT HUNGER

Available Programs in Pennsylvania

National School Lunch Program

School Breakfast Program

Afterschool Snack Program

Special Milk Program

Fresh Fruit and Vegetable Program

Summer Feeding Programs

Child and Adult Food Care Program

Child and Adult Food Care Program- At Risk Program

Available Programs in Pennsylvania- NSLP

National School Lunch Program

- There is a strong link between child nutrition and learning in school.
- Every school day the National School Lunch Program (NSLP) serves nutritious meals to more than 29 million children nationwide.
- Pennsylvania served more than 167 million school lunches during the 2017-2018 school year.
- These healthy meals enhance our children's readiness to learn.



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Available Programs in Pennsylvania- NSLP

How Does it Work?

- Federal and state reimbursement program for each meal served that meets federal nutritional requirements.
- Any public school, intermediate unit, charter school, area vocational technical or career technology school, public residential child care institution, and tax exempt non-public school or residential child care institution may apply to be an NSLP sponsor.
- Free and Reduced Priced meals available for lower income families.



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Available Programs in Pennsylvania- SBP

School Breakfast Program

- Direct correlation between school breakfast participation and academic performance. In addition, breakfast participation has shown to improve school attendance, students' attention spans, and performance of tasks; fewer problems with irritability, anxiety and aggression were also noted.
- More than 8.5 million children nationwide participate in the SBP.
- In PA, the participation number is over 360,000

The SBP is run the same as the NSLP



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Available Programs in Pennsylvania- Snack

Afterschool Snack Program

- The Afterschool Snack Program (ASP) became an official part of the National School Lunch Program (NSLP) on October 1, 1998.
- The ASP provides snacks to children participating in eligible programs after their regular school day is completed.

The ASP is run the same as the NSLP and SBP



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Available Programs in Pennsylvania-SMP

Special Milk Program (SMP)

- Provides federal reimbursement for milk served to children in schools and child care institutions that do not participate in federal meal programs



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Available Programs in Pennsylvania- SMP

How Does it Work?

- Participating schools and institutions receive reimbursement for each half-pint of fluid milk served. The milk program must be operated on a non-profit basis. The reimbursement must be used to reduce the selling price of milk to the children.
- Any school or non-profit child care institution, including summer camps and temporary shelters, may participate in the SMP provided it does not participate in a meal service program,
- Schools that do participate in the NSLP or the SBP may participate in the SMP to provide milk to children in half-day pre-kindergarten and kindergarten programs where the children do not have access to either of the school meal programs.



Available Programs in Pennsylvania- FFVP

Fresh Fruit and Vegetable Program

- The United States Department of Agriculture Fresh Fruit and Vegetable Program (FFVP) provides students with a fresh fruit or vegetable snack at school during the school day to increase their consumption of healthy foods, exposure to a variety of fruits and vegetables and promote a healthier school environment.



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Available Programs in Pennsylvania- FFVP

How Does it Work?

- The 2008 Farm Bill expanded the program which was previously only available to 25 schools in Pennsylvania.
- The number of schools selected each year is based upon federal funding.
- Participation is limited to elementary schools that participate in the National School Lunch Program with free and reduced eligibility rates at or above 50%.
- The FFVP is administered at the state level by The Pennsylvania Department of Education (PDE).



Available Programs in Pennsylvania- CACFP

Child and Adult Care Food Program

- Child and Adult Care Food Program (CACFP) is administered at the federal level by the USDA and at the state level by the PA Department of Education, Division of Food and Nutrition.
- The CACFP provides reimbursement for meals served to enrolled participants in non-residential child or adult care facilities.
- The primary intent of the program is to improve the diets of children and adults and to develop healthful eating habits through the service of nutritious meals and the provision of nutrition education activities.



Available Programs in Pennsylvania- CACFP

How Does it Work?

- Eligibility Requirements
- Requirements for participation
- Reimbursement

Can be found at:

www.education.pa.gov

Search CACFP



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Available Programs in Pennsylvania- CACFP at Risk

Child and Adult Care Food – At Risk Program

- Ages 4 - 18 years of age for the At-Risk Afterschool Program.
- The U.S. Department of Agriculture's (USDA), Child and Adult Care Food Program (CACFP) At-Risk Afterschool Meals Component provides funding to afterschool programs that serve a meal and/or snacks to children and teens in low-income areas. There are a number of ways that local organizations can be a part of the At-Risk Afterschool Meals component of CACFP.



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Available Programs in Pennsylvania- CACFP at Risk

How Does it Work?

- USDA provides funding for the Program and sets requirements for meals and snacks. Meals and snacks must meet USDA nutrition standards in order to be reimbursed by the Program. See more at the CACFP Web site.



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Available Programs in Pennsylvania-Back Pack Feeding Programs

- More than 13 million children in the United States live in food insecure homes. —Feeding America
- Back Pack Program's are designed to meet the hunger needs of those children at times when school resources are not available, such as weekends and school vacations.
- Schools across PA are partnering with, Food Banks, Blessing in a Backpack, Feed More, or self operation to provide nutritious meals over the weekend.



Available Programs in Pennsylvania-Back Pack Feeding Programs

How Does it Work

- Backpacks are packed with food that is child-friendly, nutritious, nonperishable and easy to eat.
- Backpacks are distributed every Friday so that children have meals for the weekend.



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Available Programs in Pennsylvania-Summer

- The Summer Food Service Program (SFSP) ensures that low-income children continue to receive nutritious meals when school is not in session. Help us ensure that no child goes hungry this summer.
- Summer meals are critical in the lives of millions of our nation's youth, whose risk for food insecurity increases during the summer months when they no longer have access to the National School Lunch and School Breakfast Programs. Summer meal programs, including the SFSP and the Seamless Summer Option within the NSLP, present the opportunity to help alleviate summertime food insecurity and positively impact children's growth and development by offering nutritious meals and encouraging children to develop healthy habits at a young age.





Fighting Obesity - Federal Guidelines

- The **Hungry** and Overweight Paradox
- The reality is that **hunger** and being overweight are linked and it affects millions of children and adults.
- Food insecurity is when there is a lack of consistent access to enough healthy and wholesome food for an active, healthy lifestyle.
- Beyond **obesity**, the consequences of food insecurity are profound.

How are
school lunch
programs
helping to
fight obesity



Nutritional Guidelines



Wellness Committees



Farm to School Programs

Nutritional Guidelines



The new standards align school meals with the latest nutrition science and the real world circumstances of America's schools.



These responsible reforms do what's right for children's health in a way that's achievable in schools across the Nation.



Increase in whole grains, fruits, vegetables.



Lower in calories, fats, sodium and sugar.



Dietary Guidelines for Americans

Wellness Committees

Promotes student wellness

Helps to prevent and reduce childhood obesity

Provides assurance that school meal nutrition guidelines meet the minimum federal school meal standards

Promotes physical education and physical activity

Promotes nutrition education in schools

Farm to School Programs



Local foods are purchased, promoted and served in the cafeteria, as a snack or in classroom taste-tests.



Encourages healthy choices.



Students participate in education activities linked to agriculture, food, health and nutrition.



Students engage in hands-on, experiential learning through school gardening.