Building Strong School Nutrition Programs in Schools

Monday, November 5, 2018
2:30 pm ET
Today’s Panelists

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Federal Child Nutrition Programs

- School Breakfast Program
- National School Lunch Program
- Summer Food Service Program
- Afterschool Meals Program
FRAC has set ambitious, but achievable goals of reaching:

- **70 low-income children** with school breakfast for every 100 participating in school lunch;

- **15 low-income children** with the Afterschool Supper Program for every 100 participating in school lunch; and

- **40 low-income children** with the Summer Nutrition Programs for every 100 participating in school lunch.
Benefits of Increasing Access to Child Nutrition Programs

- Academic, health, and behavioral benefits
- Address food insecurity
- Increase revenue and strengthen school nutrition program budget
- Improve nutrition quality
National School Lunch and School Breakfast

- Students are certified for free- or reduced-priced meals based on household income.
- High-poverty schools can offer meals \textit{at no charge to all students} through community eligibility or Provision 2.
Community Eligibility: How Does it Work?

- Allows low-income schools to offer meals to all students at no cost, without the need to collect applications.
- Schools are reimbursed based on the proportion of low-income children in the school or district.
Who Can Participate?

- Schools/districts with **40 percent ISP**
- Directly certified children in households that participate in:
  - SNAP
  - TANF
  - FDPIR
  - Medicaid, in certain states.
  - in foster care
  - in Head Start
  - homeless
  - migrant
Benefits of Community Eligibility

- Less administrative work
- Participation increases
- Facilitates implementation of breakfast after the bell
- Improves the financial viability of school nutrition department
- No unpaid meal fees
Three Ways to Participate

1). Individual school with 40% or more Identified Students

2). Group or multiple groups
   • Districts may group schools in any way

3). Entire school district can participate as a single group as long as it has 40% ISP
How are Schools Reimbursed?

Identified Student Percentage (ISP) x 1.6 = % meals reimbursed at “free” rate. The rest are reimbursed at “paid” rate.

<table>
<thead>
<tr>
<th>Percentage Identified Students</th>
<th>Percentage Free</th>
<th>Paid</th>
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<tbody>
<tr>
<td>40%</td>
<td>64%</td>
<td>36%</td>
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<td>45%</td>
<td>72%</td>
<td>28%</td>
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<td>50%</td>
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Increasing School Breakfast Participation

• Ratio of low-income students participating in breakfast compared to school lunch is **56.7 per 100**

• Make breakfast part of the school day by offering **“Breakfast After the Bell”**
  • Breakfast in the Classroom
  • Grab-N-Go
  • Second Chance
Summer and Afterschool Meals

3 million children received a summer meal in July 2017

1.1 million children received an afterschool supper in October 2017
Afterschool Meals Program through CACFP

- Provides a full meal afterschool, weekends & school holidays
  - Snack and/or meal
  - 18 years or younger
- Serves low-income areas
- Requires education or enrichment activity
- Snacks available through NSLP in low-income areas or based on individual eligibility
Summer Nutrition Programs

- Provides **free**, nutritious meals to children 18 and under
  - Up to two meals a day at most sites
- Operates during the summer break (including weekends)
- Qualify by showing at least half of kids in area/attending site are low-income
- **No enrichment activity required** – but helps participation!
Strategies for Increasing Out-of-School Time Participation

- Schools are natural fit for running the program
- Partnerships between meal providers and out-of-school time advocates
- Increasing awareness
- Reducing misconceptions and stigma
- Serving year-round
Resources

- FRAC’s [National School Lunch Program](#) page
- FRAC’s [School Breakfast Program](#) page
- FRAC’s [Breakfast for Learning, Breakfast for Health](#), and [The Connections Between Food Insecurity, the Federal Nutrition Programs, and Student Behavior](#) for information on how breakfast and student achievement and learning are connected.
- FRAC’s [How to Start a Breakfast After the Bell Program](#) guide
- FRAC’s [Community Eligibility Provision](#) page
- FRAC’s [Afterschool Nutrition Meals](#) page
- FRAC’s [Summer Nutrition Meals](#) page
Breakfast in the Classroom Implementation

- August 2017 2 Schools
- November 2017 1 Schools
- August 2018 4 Schools
- October 2018 1 School
- January 2019 1 School

Grab & Go Kiosk & Direct Delivery Menu

2017-2018 Louisiana Breakfast Challenge

- Highest increase in K-8 & 9-12 categories
TRIUMPH THROUGH TRAGEDY

The “Great Flood” in August 2016
- School closed for 21 days
- 15 schools damaged by flood waters
- Three schools damaged beyond repair
- 90% of homes and business flooded
- Many students displaced or homeless

Created Opportunity for Transition to CEP
- September 2016
- ISP of 93.34
Increased Participation
  • 80%-225% increase in participation after BIC implantation

Increased Revenue
  • Additional $500,000 in breakfast revenue from first 3 schools implanted in 2017-2018 SY

Intangible Benefits

What’s the Difference?
  • 80-90% daily participation for Breakfast in the Classroom
  • 45-60% daily participation for Breakfast to Go
  • 15-35% daily participation for Traditional Breakfast
LIMA CITY SCHOOLS FOOD SERVICE

Carrie Woodruff, SNS
BREAKFAST IN THE CLASSROOM

- 2000 Started Provision 2 (Free for ALL Breakfast)
- 2003 Mandatory Breakfast in the Classroom (BIC)
- 2009 BIC instituted in ALL buildings including High School
- 2014 – High School went back to serving breakfast in the Cafeteria.
- Lima City Schools has since 2005, (except for the high school) served as many Breakfasts as Lunches.
BREAKFAST IN THE CLASSROOM PROVEN TRICKS

• Start with a Pilot

• Get your support team together; school nurse, teachers, social workers, principals

• Get the janitors on board...”What can we do to support your position with BIC?” We purchased “yellow” BIC trash cans and still buy the BIC liners

• 40% less Nurse visits...less hungry, healthier children.

• Meal pattern that works: ONLY serve 2 component Breakfast items: ex. Pancake on a Stick, 2 GR Mini WG Cinnamon Buns, Sausage Biscuit

• We try to have a hot item 2 times a week
LCS’ OHIO SCHOOL BREAKFAST CHAMPION & CHALLENGE AWARD

Breakfast All-Stars

Platinum: 80% or higher total ADP
Gold: 70 - 79% total ADP
Silver: 60 - 69% total ADP
Bronze: 50 - 59% total ADP
Rising Star: 30% increase from previous school year ADP

District Silver award Fall of 2017!
Platinum awarded to 6 schools,
Gold awarded to 2 schools
(the high school did not qualify, they have approximately 270 students out of 800 enjoying breakfast each day,) Spring of 2018!
BREAKFAST IN THE CLASSROOM
STUDENTS “GRAB AND GO”
TO EAT IN THEIR CLASSROOM
BREAKFAST IN THE CLASSROOM
STUDENTS GRAB AND GO
BREAKFAST IN THE CLASSROOM
STUDENTS “GRAB AND GO”
COMMUNITY ELIGIBILITY PROVISION

“CEP”

First Year – 2013-2014
Renewal Year – 2017-2018
COMMUNITY ELIGIBILITY PROGRAM

• Free Breakfast and Lunch for ALL
• Based on Direct Certification (D/C) %
• To be 100% Free Status... D/C % needs to be 62.5%
• Only have to have 40% Free and Reduced % but must be able to pay for the difference from an outside source
• Our Free and Reduced status 2013 was 86.4%
• Reduced paper work
• Base year good for 4 years, then need to renew
SPARTY OUR MASCOT EATING A HEALTHY SCHOOL LUNCH
LIMA CITY SCHOOLS
SUMMER LUNCH PROGRAM

• Been Serving since the 70’s

• Use the USDA Summer Lunch Meal Pattern vs. Seamless Summer
  – Reimbursements Breakfast - .20 and Lunch .37 per meal

• Reimbursement rates are better

• Pay extra for current cafeteria staff to work the program

• Use a local university to have dietetic intern to be the Summer Coordinator of the Summer Lunch Program WIN-WIN
LIMA CITY SCHOOLS
SUMMER LUNCH PROGRAM
AFTER SCHOOL SNACK PROGRAM

- *Must have an academic purpose to provide a Snack.
- *Reimbursement not high enough for Paid Meals, only $.08
- Free Rate - $.91
- Components for reimbursement ODD – 2 components but fruit or vegetable component ¾ cup
FINAL THOUGHTS

- ADMINISTRATIVE SUPPORT IS IMPARATIVE
- MUST HAVE A CONVERSATION WITH YOUR TREASURER
- CAFETERIA STAFF NEEDS TO BE ENGAGED AND SUPPORTIVE
  - BIC WILL INCREASE THE NUMBER OF STUDENTS EATING BREAKFAST
  - BIC AND/OR CEP WILL INCREASE YOUR BOTTOM LINE
  - BIC CREATES POSITIVE EATING HABITS FOR A LIFE TIME
  - NURSES SUPPORT BIC, THEY SEE FEWER HUNGRY STUDENTS
  - TEACHERS SUPPORT BIC, THEY SEE INCREASED ATTENTION SPAN,
    LESS TIME OUT OF THE CLASSROOM AND BETTER TEST RESULTS
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LIMA CITY SCHOOLS
Thank you for joining us today!

Please reach out!
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