



Serving Afterschool & Summer Meals Makes Cent\$

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Hawaii Child Nutrition Programs**

**Hawaii Afterschool Summit
October 19, 2018**

Hawaii Child Nutrition Program (HCNP)

- HCNP is the State Agency established within HIDOE in November 2002
- 99% federally funded (\$60 million annually)
- Pass through entity for federal funds
- Provides administrative oversight (monitoring, training and review) of all Child Nutrition Programs funded by the USDA in Hawaii.





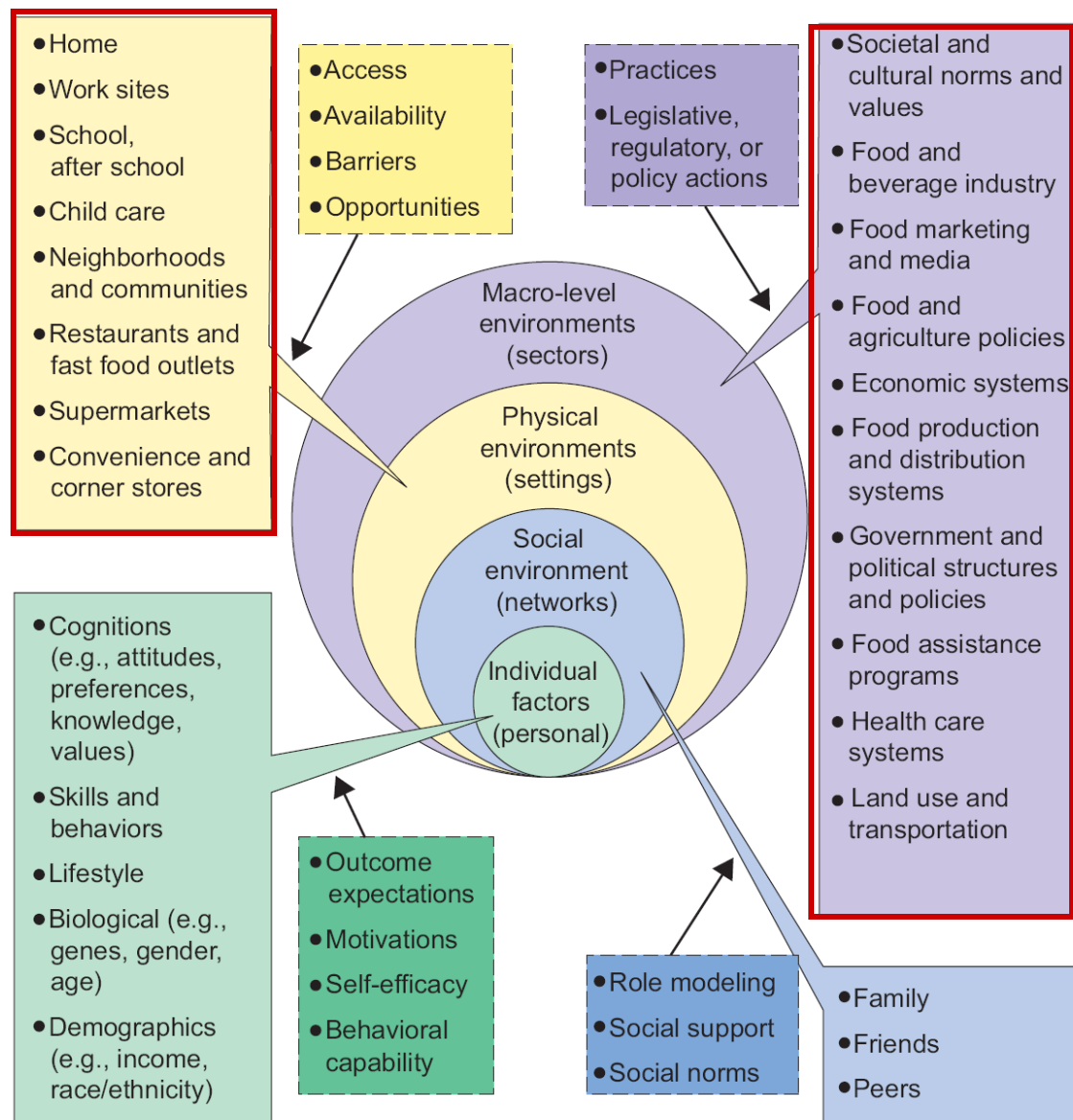
CNP | Child Nutrition Programs

- Six Food Assistance Programs established:
 - NSLP – National School Lunch Program
 - ASP – Afterschool Snack Program
 - SSO – Seamless Summer Option
 - SBP – School Breakfast Program
 - SMP – Special Milk Program
 - FFVP – Fresh Fruit and Vegetable Program
 - SFSP – Summer Food Service Program
 - CACFP – Child and Adult Care Food Program
 - At-Risk Afterschool Meals

CNP | Child Nutrition Programs History

- 1930: Great Depression – Agriculture Act of 1933
- 1946: National School Lunch Act signed by president Harry Truman to “safeguard the health and well-being of the Nation’s children and to encourage the domestic consumption of nutritious agriculture commodities and other food...”
- 1966: The Child Nutrition Act established
- 1969: Food and Nutrition Service (FNS) established
- 2013: FNS reorganized to include SNAP, WIC, Food Distribution, Disaster Assistance and CNP – Child Nutrition Programs

Approaches for Improving the Food Environment

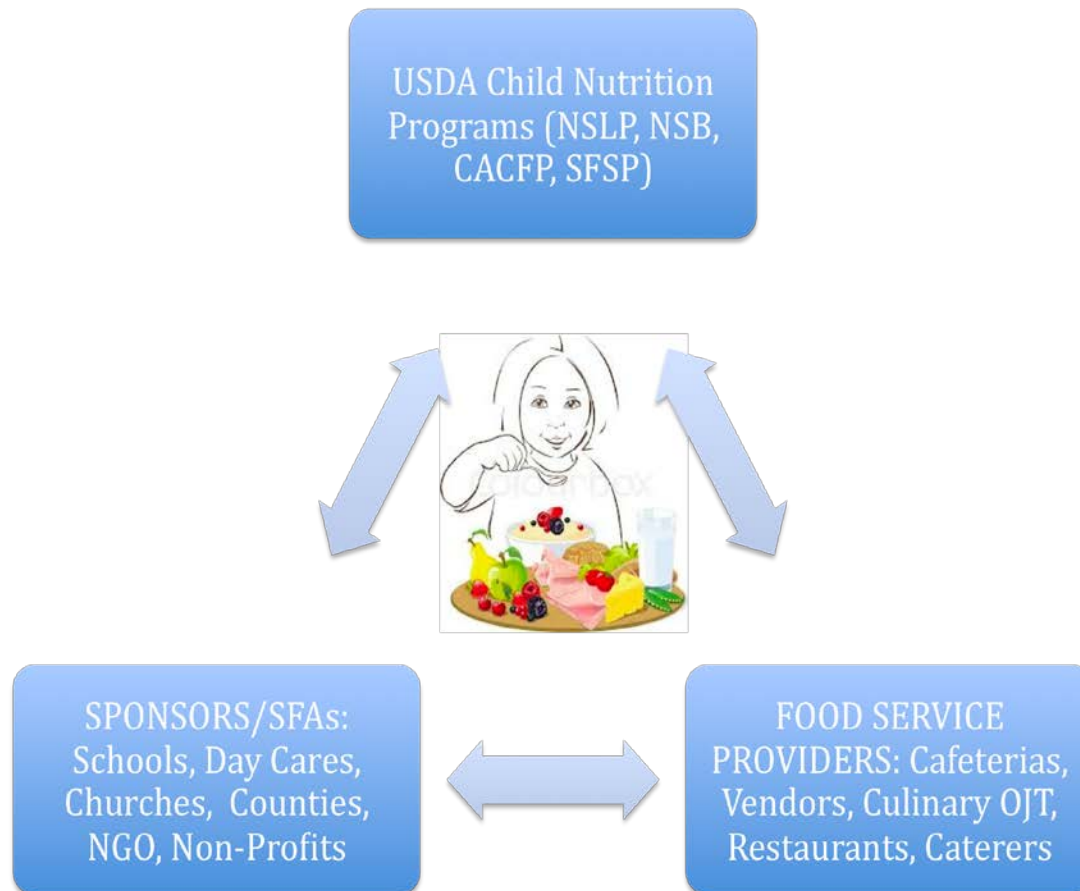


Socio-ecological (SE) Model

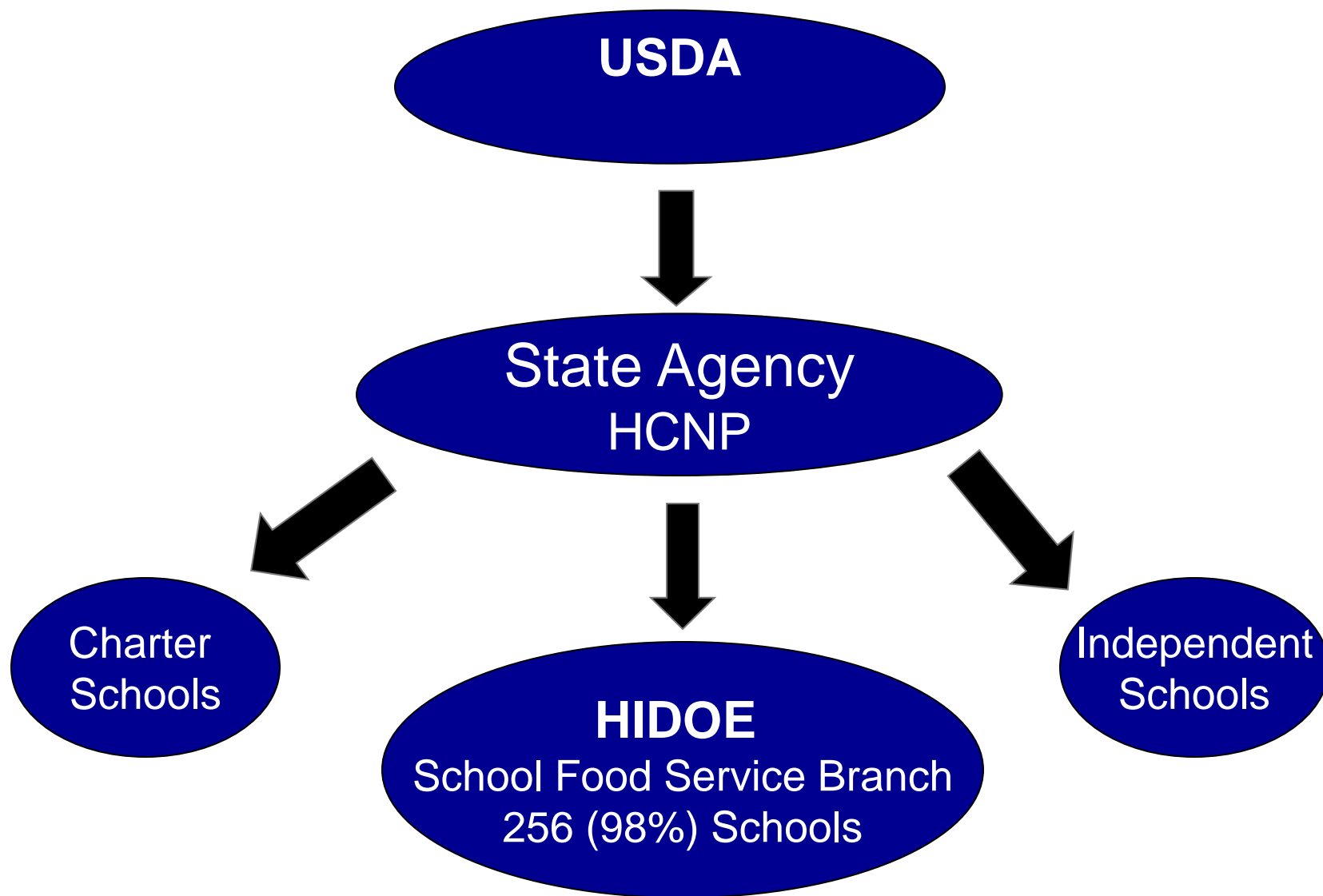
- Physical environment
 - Child care facilities
 - Schools
 - Communities
- Macro-level environments
 - Policy actions
 - Food marketing/media

Story, M., K. M. Kaphingst, et al. (2008). "Creating healthy food and eating environments: policy and environmental approaches." Annual Rev Public Health 29: 253-72, Figure 1.

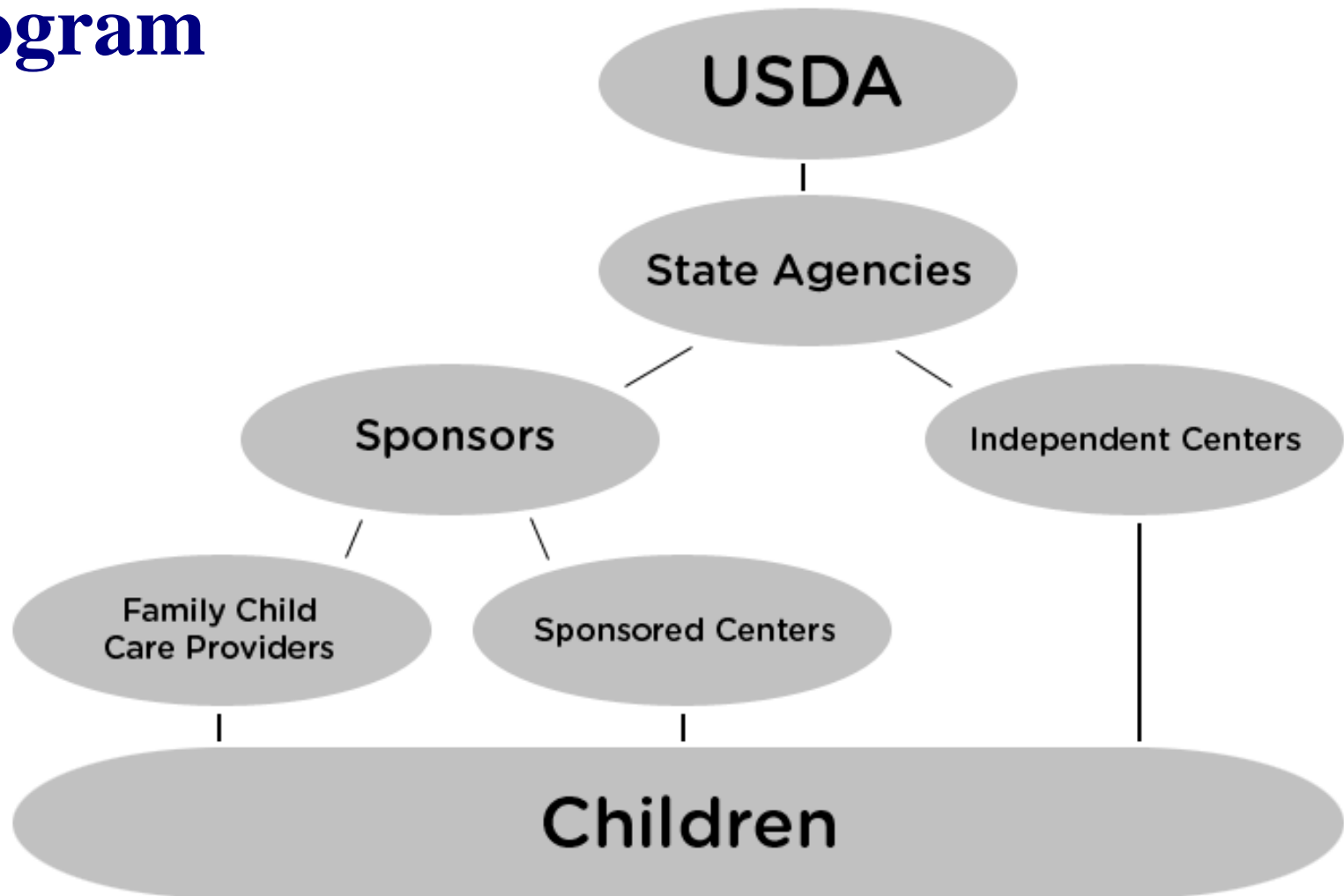
Partnerships provide healthy meals to Hawaii keiki to reduce childhood obesity and prevent the incidence of child hunger in school and during out-of-school time.



National School Lunch Program (NSLP)



CACFP | Child & Adult Care Food Program





Afterschool Meals in Child Nutrition Programs

US Congress

USDA Food & Nutrition Service

State Agency (HCNP)

National
School
Lunch
Program

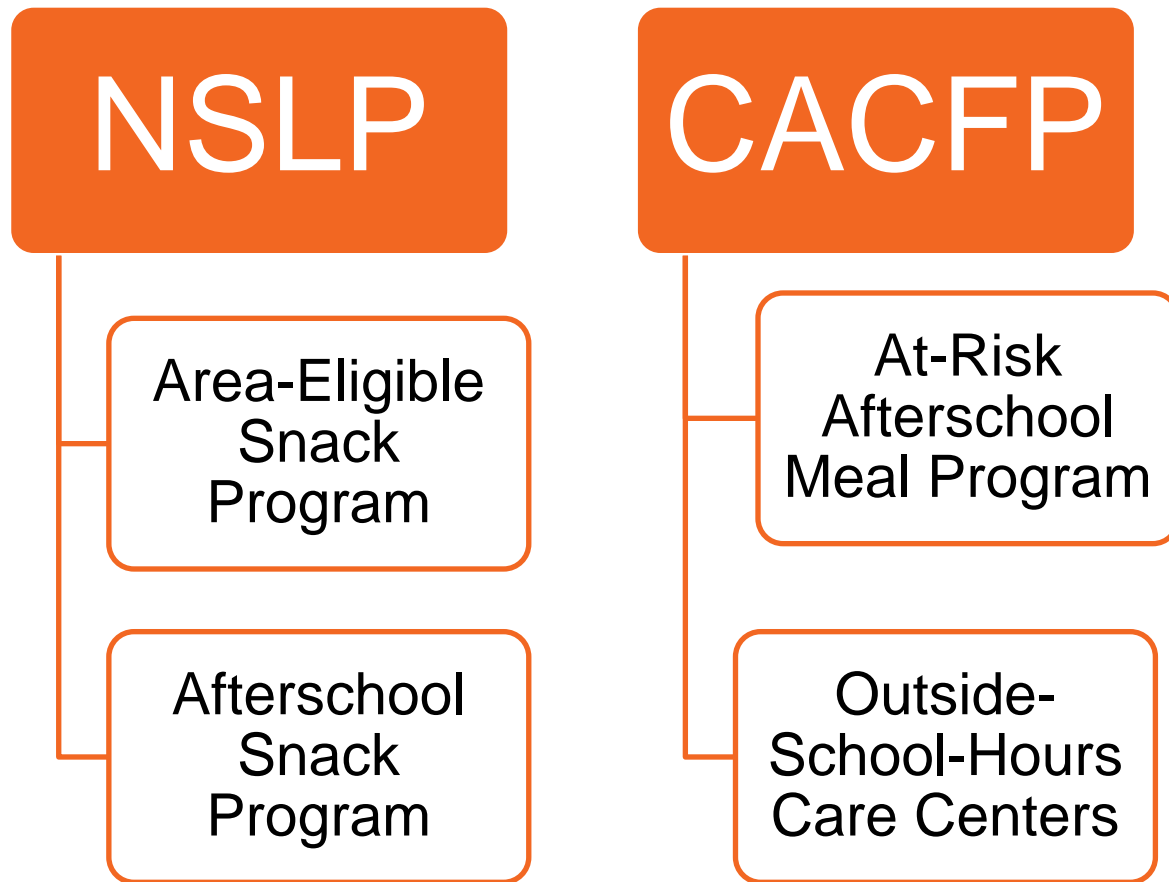
School
Breakfast

CACFP

Summer
Food Service
Program

WIC

Both NSLP & CACFP offer Afterschool Meals





CACFP At-Risk Afterschool Meals Program Eligibility

Meets applicable licensing or health and safety standards – waived for schools

Located in attendance zone of school where $\geq 50\%$ are eligible for free or reduced-price meals

Provides regularly scheduled educational or enrichment activities in a supervised setting



CACFP At-Risk Afterschool Meals

Child Eligibility

- Eligible if age 18 or under at the beginning of the school year
- No enrollment or eligibility documentation required
- All meals are free of charge
- Receive up to one meal and one snack per day
 - Supper and snack on school days
 - Any meal and snack on weekends, holidays, breaks, or other school closures

Significant Gains Made in Afterschool Supper Participation, but Demand for Quality Afterschool Programs Still Outstrips Supply

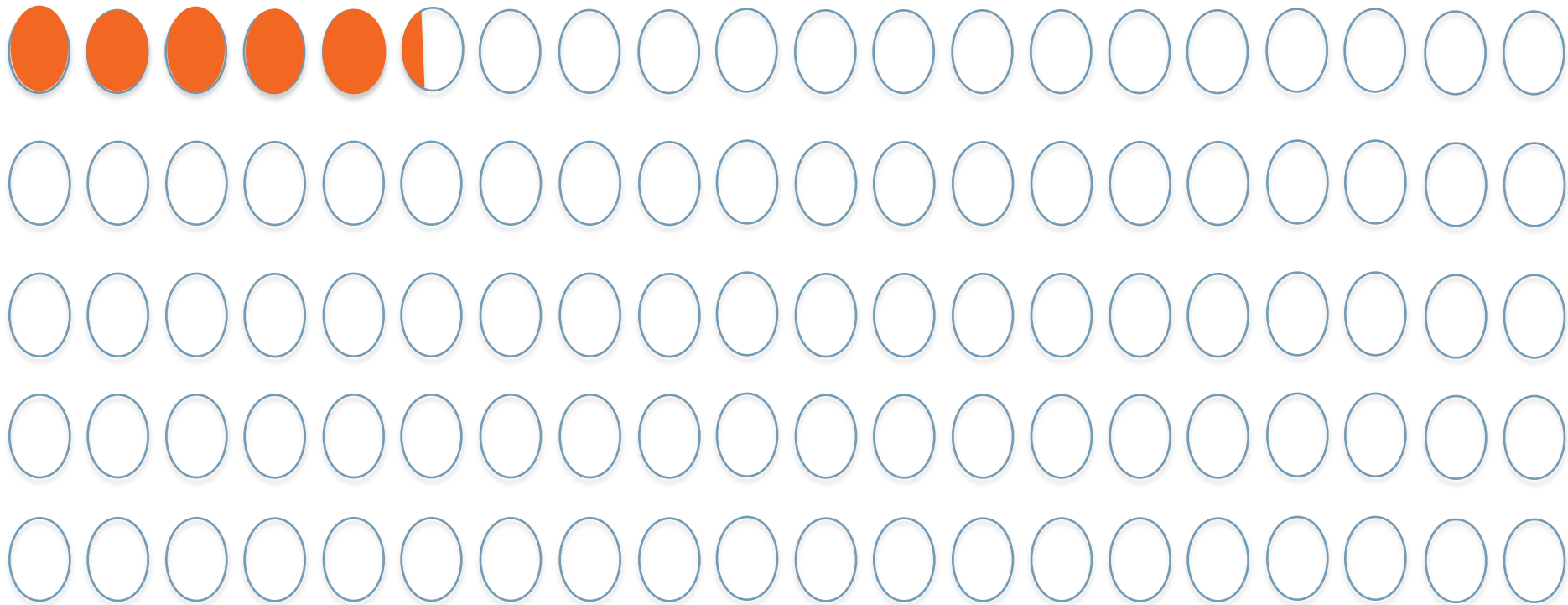
WASHINGTON, October 10, 2018 — More than 1.2 million low-income children benefited from afterschool suppers on an average weekday in October 2017, an 11 percent increase from the previous year, according to the annual *Afterschool suppers: A Snapshot of Participation report*, released today by the Food Research & Action Center (FRAC). The report analyzes participation data in the federal Afterschool Supper Program and Afterschool Snack Program, nationally and by state.

One barrier to better performance is the shortage of afterschool programs: demand for quality afterschool programming far outstrips the supply in low-income communities across the country.

“To increase participation, we need to invest more in afterschool programs in low-income communities, and ensure that both new and existing programs serve afterschool suppers,” said Weill. **“Programs serving just snacks should switch to serving suppers, or both snacks and suppers; more school districts need to serve afterschool suppers. States, districts and schools need to more aggressively adopt these and other successful strategies to increase participation in afterschool suppers.”**

Fiscal Year 2017 Program Data

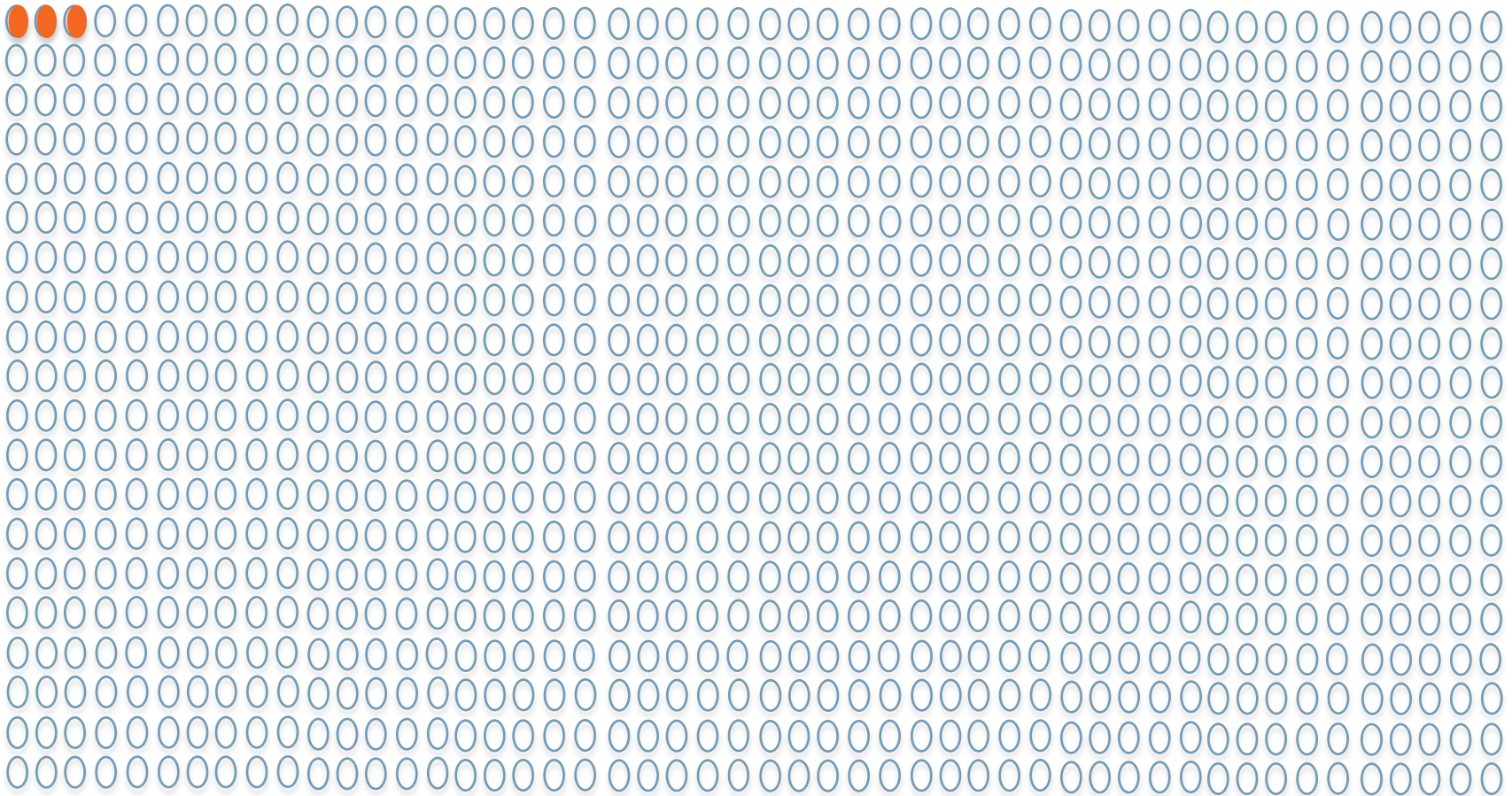
Nationwide, for every 100 free or reduced-price school lunches served...



There were just 5.2 afterschool suppers served.

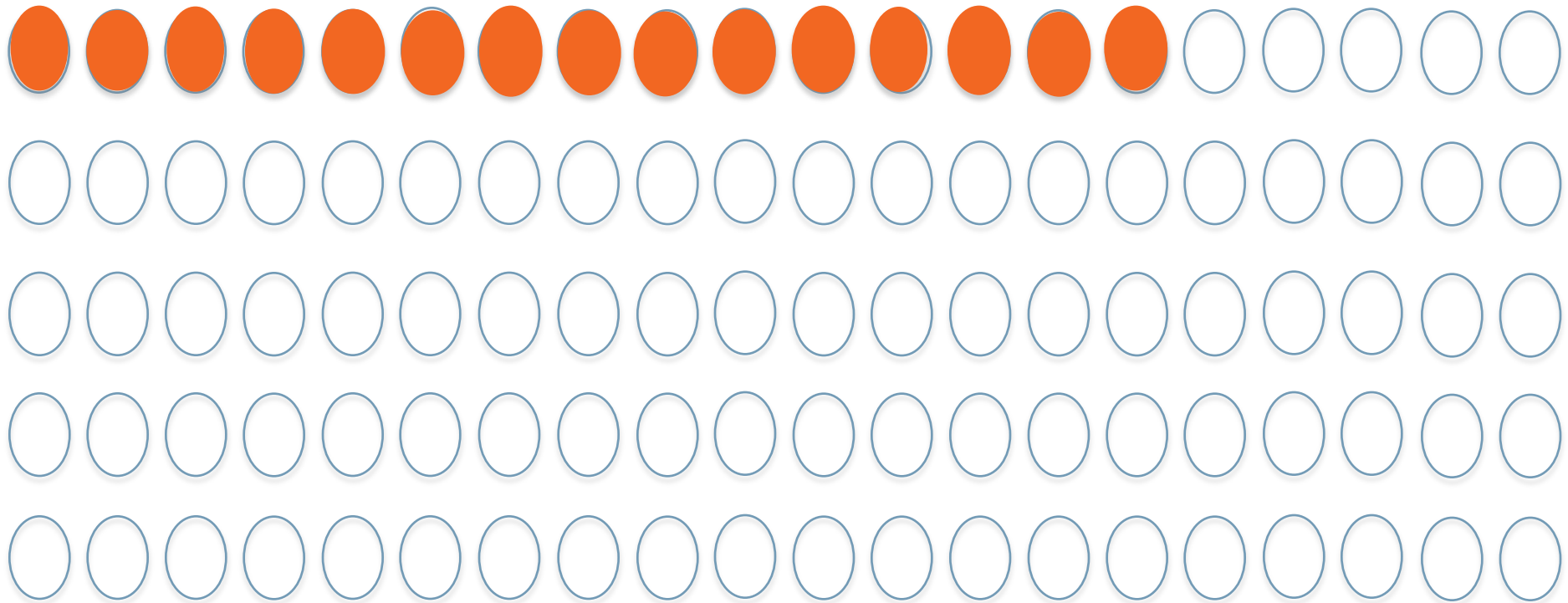
Fiscal Year 2017 Program Data for Hawaii

There were just 3 afterschool suppers served for every 1,000 free or reduced-price school lunches



If Hawaii achieves FRAC's goal of

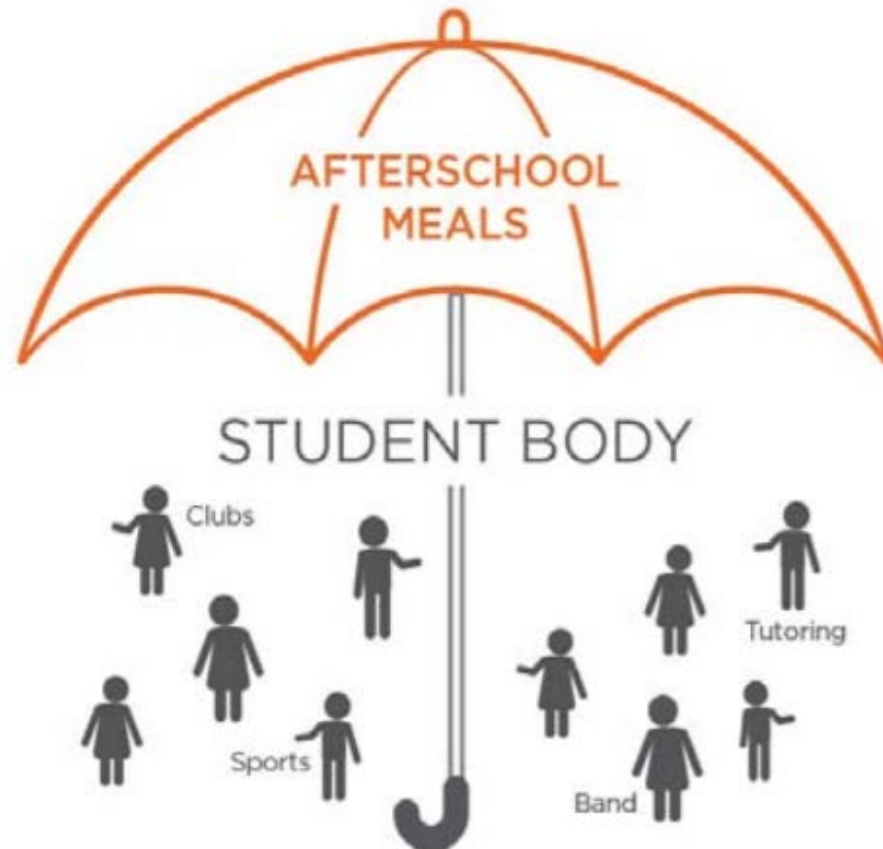
15 for every 100, 9,727 more kids eat



and \$591,635 in additional federal funds earned

For School-based Programs: The Umbrella Model – Opening the Meal to All – Works!

A MODEL THAT WORKS



Tailoring the Program: Areas of Flexibility

■ When meals are served

- ☐ Must be after the final school bell*
- ☐ Must occur during regular hours of operation
- ☐ No Federal requirements regarding meal time, order, or spacing

■ Where meals are served

- ☐ Does *not* have to be in cafeteria
- ☐ Groups may eat separately

■ Who receives meals

- ☐ Athletes may eat through a broader program
- ☐ No requirement to *participate* in activities as long as something is offered to all

*Except for extended day or expanded learning time schools.

School Success: An Administrative Champion

- Address staff concerns (e.g., supervision and discipline)
- Ensure coordination of effort among appropriate staff members
- Ensure the message is delivered in a way that reaches the most kids



School Success: Promoting the Program

When students were asked how they heard about the meal (n=1,680):

- 61% said PA announcements



- 53% said a friend



- 51% said a teacher, coach, or other staff member





School Success: Promoting the Program

- Other promotion options:
 - ☐ Posting afterschool meal menu
 - ☐ Posters and flyers
 - ☐ Digital display boards
 - ☐ School website
 - ☐ School social media
 - ☐ Letters home to parents
 - ☐ Announcements during open house or parent night

School Success: Serve Meal Right After the Bell



Programs can serve “Super Snacks”

“Super Snacks” is a way of branding afterschool meals

“Super snacks”

- Meet the meal pattern requirements for supper
- Include the minimum required portion, rather than more generous portions, for some or all components

Consider super snacks for:

- Programs that do not have the capacity for hot meals
Super Snack - more accurate branding & manages expectations
- Small children with small appetites
- Older children going to sports practice after the meal
- Communities that think “supper” is too much food or takes away from an evening meal at home



Potential Partners

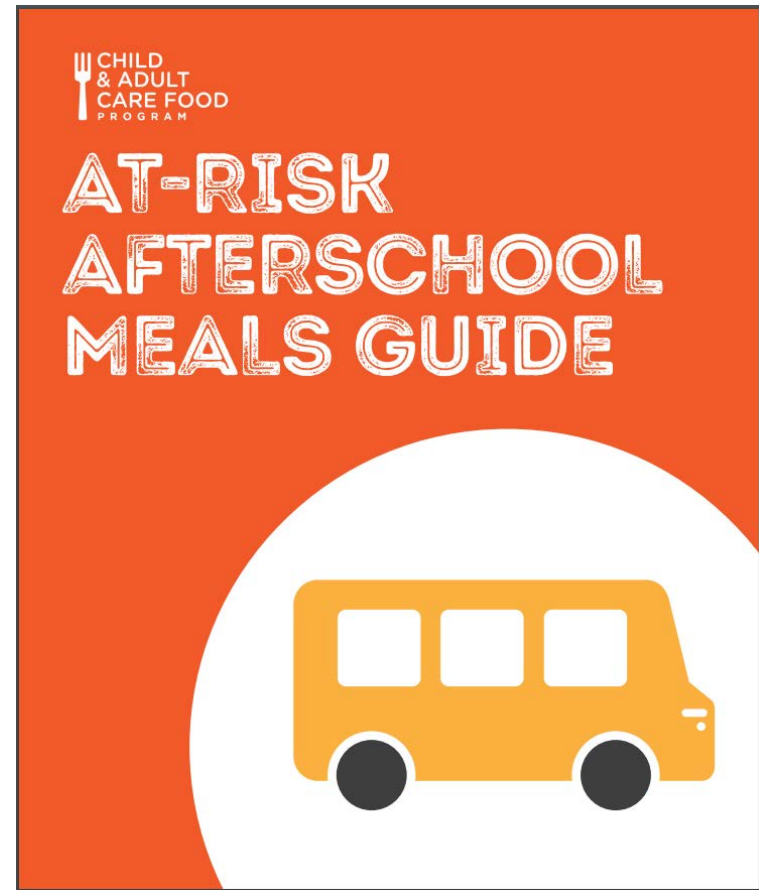
Afterschool Alliance
21st Century Community
Learning Centers
School-based activities
Food banks
Boys & Girls Clubs
YMCA
United Way
Parks & Recreation Department
Libraries
Housing communities

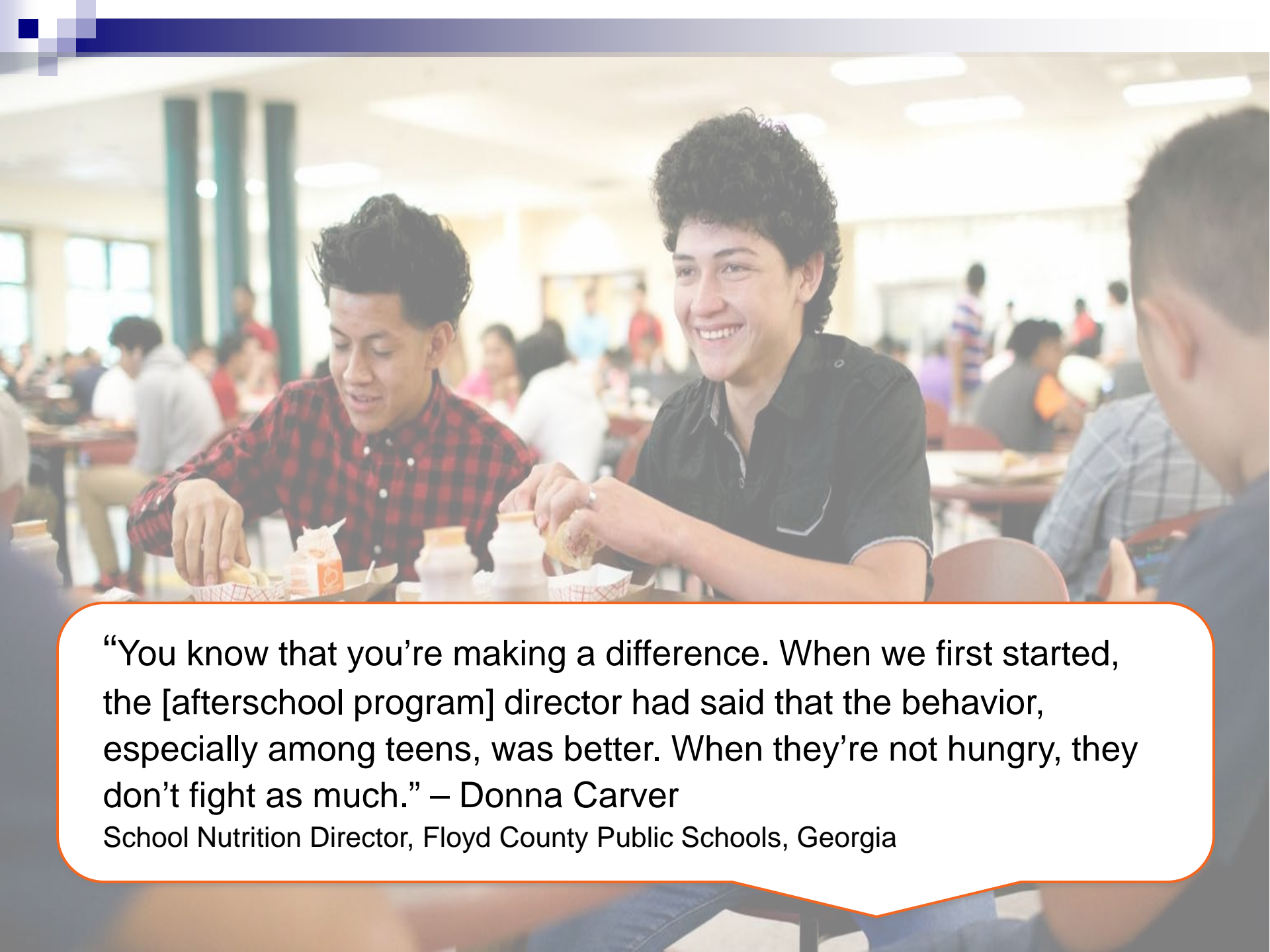


Starting Afterschool Meals in Schools

Learn the Basics

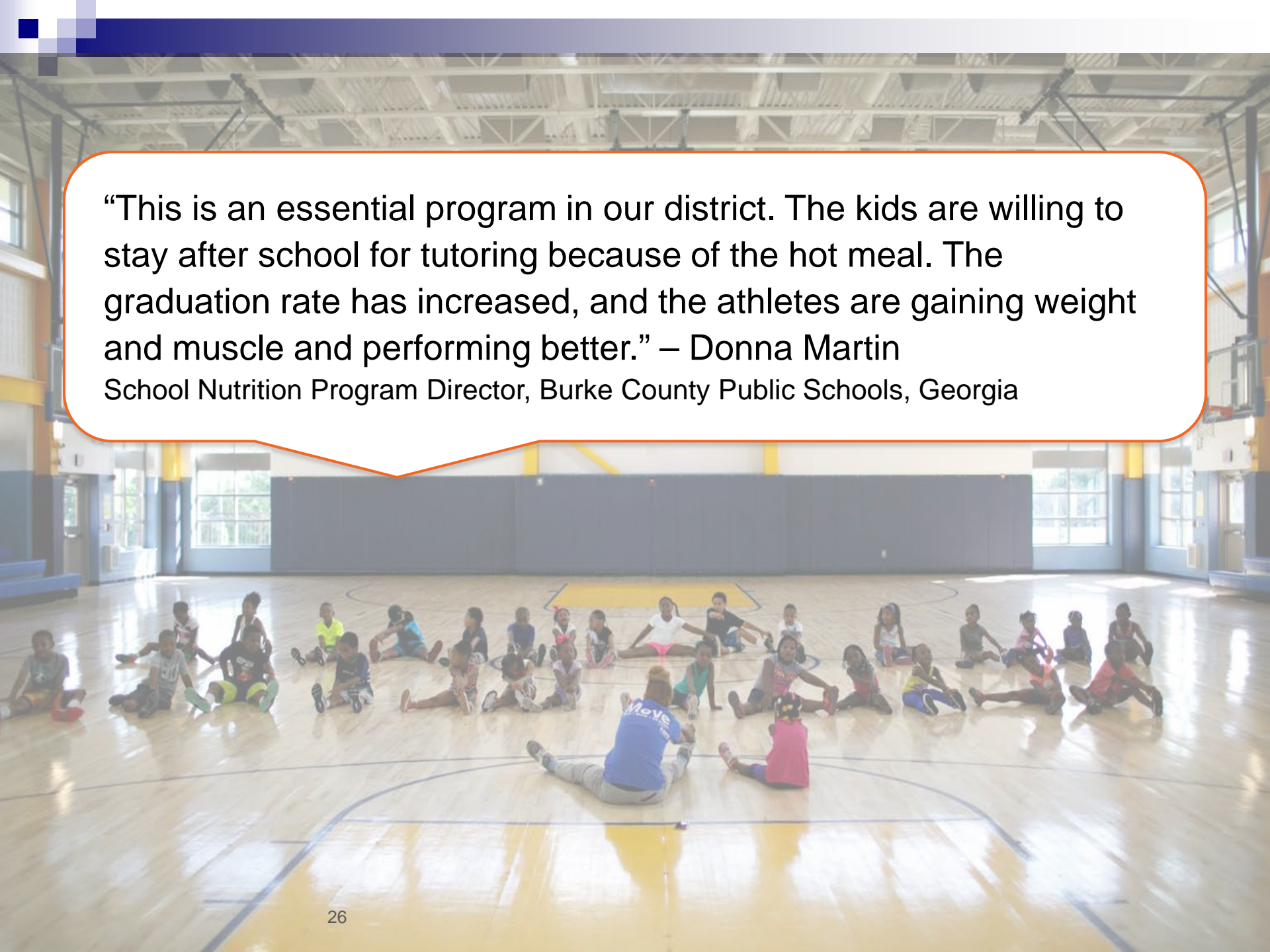
- Call your State Agency
- Learn the requirements
- Contact a successful district



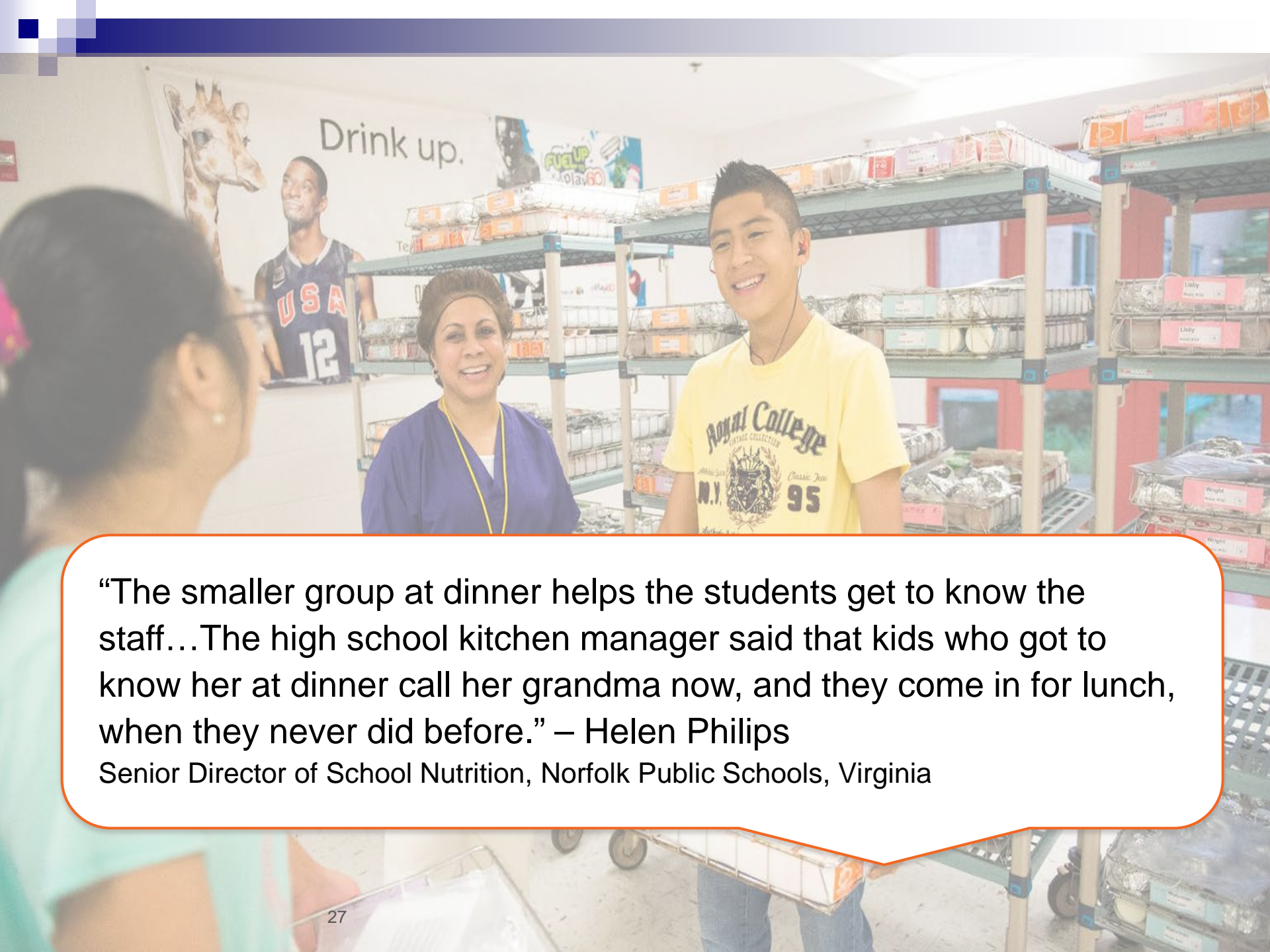


“You know that you’re making a difference. When we first started, the [afterschool program] director had said that the behavior, especially among teens, was better. When they’re not hungry, they don’t fight as much.” – Donna Carver

School Nutrition Director, Floyd County Public Schools, Georgia

A group of approximately 25 children and one adult are sitting in a circle on a polished wooden basketball court floor. The children are of various ages and are wearing casual clothing. The adult, wearing a blue shirt with the word "Move" on the back, is sitting in the center of the circle, facing the children. The background shows the high ceiling of the gymnasium with exposed beams and large windows on the sides. A speech bubble with an orange border is overlaid on the upper left portion of the image, containing a quote.

“This is an essential program in our district. The kids are willing to stay after school for tutoring because of the hot meal. The graduation rate has increased, and the athletes are gaining weight and muscle and performing better.” – Donna Martin
School Nutrition Program Director, Burke County Public Schools, Georgia



“The smaller group at dinner helps the students get to know the staff...The high school kitchen manager said that kids who got to know her at dinner call her grandma now, and they come in for lunch, when they never did before.” – Helen Philips
Senior Director of School Nutrition, Norfolk Public Schools, Virginia

Summer and Out-of-School Time Meals



365 Days of Meal Service

School Days
During School Year



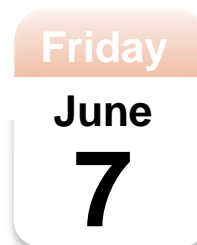
SBP*: **Breakfast**
NSLP*: **Lunch**
NSLP** or CACFP At-Risk:
Afterschool Snack
CACFP At-Risk:
Afterschool Supper

Weekends, Holidays,
Breaks During
School Year



CACFP At-Risk:
Breakfast, Lunch, or
Supper
and **Snack**

Weeklong During
Summer Break



SFSP or SSO**:
Breakfast or Snack
and **Lunch or Supper**

*Only schools

**Only sites sponsored by school districts/school
food authorities

Unanticipated Closures
During School Year



CACFP At-Risk:
Breakfast, Lunch, or
Supper
and **Snack**
-OR-
SFSP or SSO**:
Breakfast or Snack
and **Lunch or Supper**

SFSP | Summer Food Services Program

- Promotes access to meals in summer activity programs in geographical areas with 50% of students receiving free or reduced price meals.
- Local organizations such as schools, low-moderate income housing, City & County Parks & Recreation (Summer Fun), camps and nonprofit organizations (YMCA, Boys & Girls Club) provide **free meals** to groups of children
- In 2018, 20 sponsors served in 90 sites



In the Summer Food Services Program, mobile feeding occurs in some communities on Oahu and Kona. Vans deliver meals to kids where they are.



On Oahu, hot lunches are made daily at Kapiolani Community College's kitchen.



KCC delivers meals to EAH at Kukui Gardens,
PACT at Kuhio Park Terrace, Hawaii Literacy at
Mayor Wright Housing, Palama Settlement and
Kalihi YMCA.



| Time of Year | Type of Day | SFSP or SSO | CACFP At-Risk | NSLP Afterschool Snacks |
|-------------------------------------------------------------------|----------------------------------------------------|-------------|---------------|-----------------------------------------------------------------------|
| School Year (or School Sessions for Year-Round Schools) | School Day (Afterschool) | | X | X |
| | Weekend | | X | |
| | Federal Holiday | | X | |
| | Break (Winter or Spring Break) | | X | |
| | Other Non-School Day (teacher in-service day) | | X | |
| | Unanticipated Closure (snow, heat, teacher strike) | X | X | |
| Summer Vacation (or Intercession Breaks for Year-Round School) | Weekday | X | | |
| | Weekend | X | | |
| | Federal Holiday | X | | |
| | Summer School Day | X | | Only if operating NSLP (not SSO) and providing afterschool activities |

Mahalo for all that you do for our keiki!



**HAWAII
CHILD
NUTRITION
PROGRAMS**