



Federal Nutrition Programs

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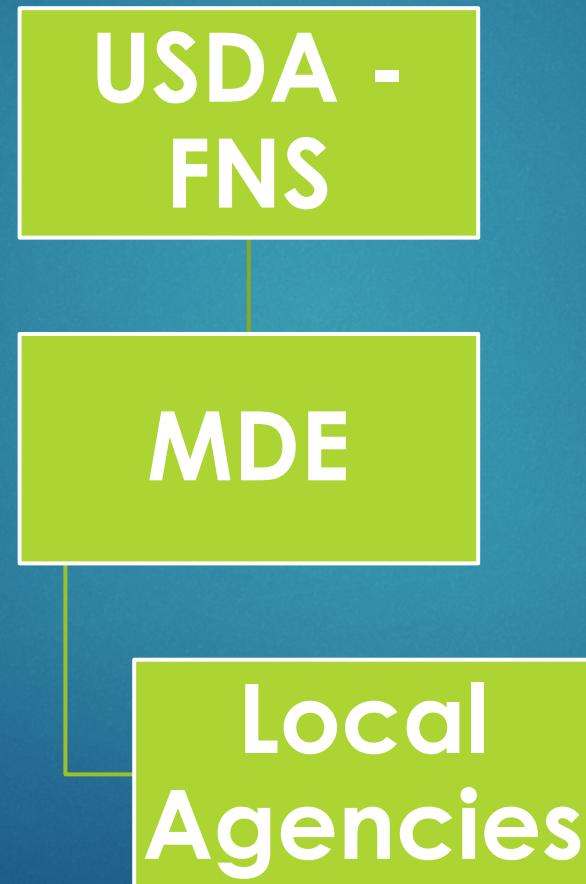
MICHIGAN DEPARTMENT OF EDUCATION, CHILD NUTRITION PROGRAMS

Today's Outline

- ▶ The Michigan Department of Education
- ▶ Hunger in Michigan Schools
- ▶ Federal Nutrition Program Overview
 - ▶ The Emergency Food Assistance Program
 - ▶ Commodity Supplemental Food Program
 - ▶ School Nutrition Programs
 - ▶ Child and Adult Food Program



Flow of Funds



- **Expand early childhood learning opportunities**
- **Improve early literacy achievement**
- **Improve the health, safety, and wellness of all learners**
- **Expand secondary learning opportunities for all students**
- **Increase the percentage of all students who graduate from high school**
- **Increase the percentage of adults with a post-secondary credential**
- **Increase the numbers of certified teachers in areas of shortage**
- **Provide adequate and equitable school funding**



Goals



“When you’re hungry, it’s the only problem you have.”

PHIL KNIGHT, FOOD BANK COUNCIL OF MICHIGAN

Food Insecurity is POWERFUL



Poor academic performance



Life-long risk for chronic disease



Poor ability to calm self



**Lifelong emotional
stress:**

**Social loneliness
Anxiety
Depression
Suicide**



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The Vision



- ▶ All students – regardless of race, place, or class – enjoy 3 high quality meals each day at school, free from stigma and barriers to access.
- ▶ Weekend and school break meals are a normal part of a child's experience, including meals provided through EBT where access to meals onsite is limited.
- ▶ The food is delicious, appealing, seasonally and culturally relevant, and is made from whole, nourishing ingredients.
- ▶ Nutrition education is coordinated with meals and provided to both children and adults.

Values Based Procurement



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- ▶ **The food we buy & serve to our children is:**
 - ▶ **Equitable**
 - ▶ **Fair**
 - ▶ **Fresh**
 - ▶ **Local**
 - ▶ **Nutritious**

School Meals have twice the importance

Meals at school address food
insecurity

AND

School meals build lifelong diet
quality

Federal Nutrition Programs - Families

84% of client households with children report purchasing the cheapest food available, even if they knew it wasn't the healthiest option, in an effort to provide enough food for their household

- ▶ Supplemental Nutrition Assistance Program (SNAP)
 - ▶ Michigan Department of Health and Human Services
- ▶ The Emergency Food Assistance Program (TEFAP)
 - ▶ Michigan Department of Education



Federal Nutrition Programs – Special Populations

- ▶ Food Distribution Program on Indian Reservations (FDPIR)
 - ▶ USDA MWRO
- ▶ Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
 - ▶ WIC Farmers' Market Nutrition Program
 - ▶ MDHHS
- ▶ Commodity Supplemental Food Program (CSFP)
 - ▶ MDE



Federal Child Nutrition Programs - Children

- ▶ School Meals Programs
 - ▶ National School Lunch Program (NSLP)
 - ▶ School Breakfast Program (SBP)
 - ▶ Fresh Fruit and Vegetable Program (FFVP)
 - ▶ Special Milk Program (SMP)
- ▶ Summer Food Service Program (SFSP)
- ▶ Child and Adult Care Food Program (CACFP)





School Meals

SCHOOL BREAKFAST PROGRAM, NATIONAL SCHOOL LUNCH PROGRAM

Federal Laws for School Meals



- ▶ **Sec. 9**
 - ▶ National School Lunch Act
 - ▶ **Meals must reflect the Dietary Guidelines**
- ▶ **Sec. 201**
 - ▶ Healthy, Hunger-Free Kids Act of 2010
 - ▶ **Regulations based on recommendations from the Institute of Medicine (IOM)**

Menu Planning Approaches

- ▶ **Food-Based Menu Planning approach for all grade groups**
 - ▶ Used at lunch and breakfast
- ▶ **Offer versus Serve (OVS)**
 - ▶ Student has to select a fruit or vegetable component
 - ▶ Must select at least $\frac{1}{2}$ cup serving

Four Dietary Specifications

- ▶ **Weekly average requirements**
 - ▶ Calories
 - ▶ Sodium
 - ▶ Saturated fat
- ▶ **Daily requirement**
 - ▶ Trans fat

Calorie Ranges

- ▶ **Minimum and maximum calorie (kcal) levels**
- ▶ **Average over course of the week**

Grade Level:

K-5 (ages 5-10)

Calorie Ranges:

Breakfast: 350-500

Lunch: 550-650



Grade Level:

6-8 (Ages 11-13)

Calorie Ranges:

Breakfast: 400-550

Lunch: 600-700



Grade Level:

9-12 (Ages 14-18)

Calorie Ranges:

Breakfast: 450-600

Lunch: 750-850





Breakfast Meal Pattern

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	0	0	0
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq)	0	0	0
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

Lunch Meal Components

Must offer 5 components

- **Fruits**
- **Vegetables**
- **Grains**
- **Meat/Meat Alternates**
- **Milk**



Lunch Meal Pattern Chart

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)
Dark green	½	½	½
Red/orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Addl Veg to Reach Total	1	1	1½
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)



Vegetables

► Vegetable subgroup weekly requirements

- Dark Green (e.g., broccoli, collard greens)
- Red/Orange (e.g., carrots, sweet potatoes)
- Beans/Peas (Legumes) (e.g., kidney beans, lentils, chickpeas)
- Starchy (e.g., corn, green peas, white potatoes)
- Other (e.g., onions, green beans, cucumbers)
- Additional vegetables to meet the weekly total

Nutritional Value of Meals

Lunches eaten at school achieved a higher HEI than those who did not
(80.1 vs 65.1)



Lunches consumed by NSLP participants had:



- Higher concentrations of vegetables, whole grains, and dairy
- Lower concentrations of refined grains and empty calories

CACFP – Child and Adult Care Food Program

►CACFP ensures young children:

- Receive a nutritious diet
- Better eating habits through nutrition education
- **Receive improved quality of childcare**
- Receive affordable day care



CACFP: A History

The Child Care Food Program (CACFP):

- Began as a pilot in 1968 - became permanent in 1975
- Provides cash assistance to assist child & adult care institutions & family or group day care homes in providing nutritious foods that contribute to the wellness, healthy growth, & development of children, & the health and wellness of older adults/functionally impaired adults

CACFP provides for vulnerable populations:

- Children birth - 18 years
- Adults 60 years +
- Functionally impaired adults 18+

CACFP HEALTHIER NEW MEAL PATTERN

The USDA revised the CACFP meal patterns to ensure children & adults have access to healthy, balanced meals while in care

- ▶ Under new meal pattern, meals served will have:
 - ▶ Greater variety of vegetables & fruits
 - ▶ More whole grains
 - ▶ Less added sugar & dietary fat
- ▶ The meal patterns are based on the most current Dietary Guidelines for Americans, scientific recommendations from the Institute of Medicine (IOM) & from stakeholder input
- ▶ USDA made changes with an eye to keeping costs low



The CACFP Meal Pattern revisions

Revisions include:

- ▶ A new age group for older children ages 13 -18 (after school programming)
- ▶ Dividing the vegetable & fruit component into separate vegetable & fruit components for lunch/supper & snack
- ▶ Requiring cereals to conform to WIC limits & other nutrient requirements
- ▶ Requiring *at least* 1 serving per day of grains be whole-grain rich
- ▶ Disallowing grain based desserts for the grain component
- ▶ Allowing a meat/meat alternate to substitute *for up to ½ the grain requirement* at breakfast
- ▶ Requiring unflavored whole milk to be served to children 1 year of age
- ▶ Requiring unflavored 1% or skim milk for children/adults 2+
- ▶ Requiring flavored milk to be fat-free only
- ▶ Frying foods on-site disallowed

Grain Based Desserts



We survived
COVID-19!

- Served over one-quarter of a **billion** meals since March 16, 2020.
- In March 2021 alone, meal counts **INCREASED** by 22.19%.
- **6,836,053 more breakfasts were served in 2021 than in 2020.**
- Traditional SFSP served 120,409 more suppers and 39,290 more snacks in July 2021 than July 2020.
- CACFP served more of every type of meal in July 2021 than in July 2020.
- Since November, CACFP's total meal counts have increased each month despite an estimate of 40% of childcare closures.

National School Lunch Program Seamless Summer Option (SSO)

- SSO is part of the National School Lunch Program, with all the same regulations and meal pattern
- Standard SSO is meant to operate during school breaks, summer break, breaks for year-round schools
- **Sponsors can choose to serve up to 2 meals under SSO**
 - **Breakfast, lunch, snack, supper**
- Meals for all students/children (18 and under – 26 and under for Special Education programs)



► **But will there be food?**

What Questions Do You Have?



“When you’re hungry, it’s the only problem you have.”



Thank You!!

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