

Making Healthy Hunger-Free Kids a Reality

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Child Nutrition Reauthorization,
Healthy Eating & Obesity Prevention
Fighting Hunger in Maryland Conference

Food Insecurity & Obesity

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- High rates of food insecurity – 21.6 percent of all children in the U.S. live in food insecure households
- High rates obesity -- 16.9 percent of children and adolescents 2-19 years are obese
- Child nutrition programs play key role in reducing both hunger & obesity

Negative Consequences of Food Insecurity

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- Poor early child development outcomes
- Poor education outcomes
- Poor child health outcomes
- Higher risk of obesity

Overweight & Obesity: Consequences

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- Diabetes, hypertension & atherosclerosis
- Mobility limitations
- Depression, anxiety & low self-esteem
- Poor academic performance

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- Schools
- Child & Adult Care Food Program & WIC Program
- Afterschool & Summer Programs

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Schools

Schools

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Creates a school environment that supports good health & reduces obesity

School Meal Beverages

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- Allows only lower fat milk options to be served
- Water must be readily available at meal times



School Lunch & Breakfast Standards

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- USDA was required to & did revise the school meal pattern to be consistent with the U.S. Dietary Guidelines
- Revisions are based on the Institute of Medicine's report, *School Meals: Building Blocks for Healthy Children*

Rewards School Meal Improvements

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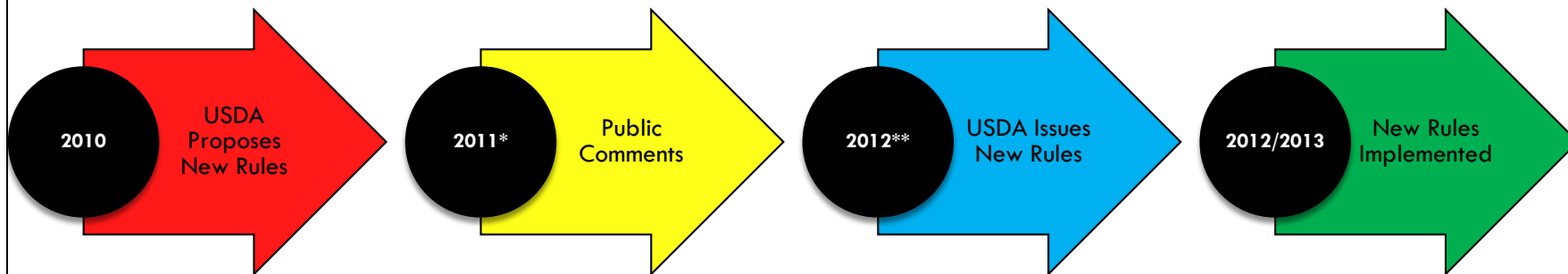


- Adds six cents per child per meal performance-based increase to lunch reimbursement rate
- Creates a system to certify that both breakfast & lunch meet new standards

New School Meal Rules

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New School Meal Rules Estimated Timeline



**Winter 2011 (January-April)*

***Winter 2012 (January – March)*

Competitive Foods

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- Requires USDA to establish national nutrition standards for all foods sold on the school campus throughout the school day
- USDA will propose new rules for public comment this December



Competitive Foods

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- The presence of competitive foods is especially harmful to children from low-income families in terms not just of nutrition quality, but peer pressure and appeal of foods leads to spending that they can not afford
- Competitive foods can create stigma around the school meal programs, driving students to purchase competitive foods instead of eating the free or reduced-price school meals

Competitive Food Pricing

- New pricing regulations were recently issued:
 - Competitive foods price must cover costs – will raise price to students
 - Will bring more money into system; will help to offset gap between the new proposed school meal regulations and reimbursement
 - Will bring more students into the federally reimbursed meal program
 - Good for finances; good for students (healthier food); good for families

School Wellness Policies

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Updates local school wellness policies:
requires opportunities for public input, transparency, & implementation plan

School Nutrition Environment Report Card

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Local educational agency report must include:

- Food safety inspections
- Local wellness policies
- Meal program participation
- Nutritional quality of meals

Farm-to-School

- Competitive Farm to School grants will be issued through USDA
- Grants can be used for training, supporting operations, planning, purchasing equipment, developing school gardens, developing partnerships and implementing Farm to School activities
- Individual grants are not to exceed \$100,000
- Funding for these grants will become available in October of 2012 (i.e., fiscal year 2013)
- \$5 million a year in mandatory funding will be available
- More information will be available later this year in the grants section of USDA's Farm to School website:

<http://www.fns.usda.gov/cnd/F2S/f2s-grants.htm>

School Meals: Financing Provisions

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- Requires a review of local policies on meal charges to parents & the provision of alternate meals
- Requires school districts to increase their “paid” lunch charge each year until it matches the “free” rate

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Early Childhood:
Child & Adult Care Food Program (CACFP)
WIC Program

Child Care Beverages

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- Allows only lower fat milk options to be served to children over age two
- Water must be accessible throughout the day



CACFP Meal & Snack Standards

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- USDA must revise CACFP meal pattern to be consistent with U.S. Dietary Guidelines – regulations must be proposed by May 2012
- Revisions will be based on IOM report, *CACFP: Aligning Dietary Guidance for All* (issued November 2010)
- In the interim, USDA must issue CACFP guidance by 2012 to increase consumption of fruits & vegetables, whole grains, & lean proteins

CACFP Wellness & Nutrition Education

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CACFP required to promote health & wellness in child care with a focus on offering good nutrition, plenty of physical activity, & limiting screen time



Less Paperwork for Parents & Providers

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- Parents can return forms directly to providers
- Parents will only need to give the last four digits of social security number
- Parents, providers & sponsors will no longer have to operate under difficult & ineffective audit procedures (“block claiming”)

WIC Program Improvements

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State option for one year eligibility for children, rather than current six months



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Afterschool &
Summer
Programs

Afterschool Meal Program

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- Now available in all states
- Funding to serve meals & snacks
- Children & teens

Afterschool Meal Program

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- Schools, local government agencies & nonprofits
- To participate:
 - be in a low-income area (50 percent F/RP)
 - provide educational & enrichment activities
 - meet licensing/health & safety standards



Summer Food Service Program

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- Allows nonprofit organizations to serve more than 25 sites (with no cap on the number of children at each site)
- Requires schools to conduct Summer Food outreach

CONTACT INFORMATION

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FRAC Healthy, Hunger Free Kids Act webpage:
<http://frac.org/leg-act-center/cnr-priorities/>

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