Mission Possible: Tackling Food Insecurity

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Learning Objectives:

1. Explain 3 effects of food insecurity related to learning, child development, and obesity;
2. Identify 1-2 ways that school nutrition professionals can become involved in food insecurity solutions in their community;
3. Identify resources available through the Future of Food partnership that will be helpful to school nutrition professionals in tackling food insecurity.
Join:
www.kidseatright.org/volunteer
Future of Food Partnership

Improving Food Security: Dietitians Bring Nutrition Expertise to the Table

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Ethan Bergman, President of the Academy of Nutrition and Dietetics, addresses the Future of Food Conference in Washington, D.C. Photo courtesy of Washington Post Live.

By Ethan A. Bergman, PhD, RD, FADA, CD
President
Academy of Nutrition and Dietetics

FEEDING AMERICA

eat right. Academy of Nutrition and Dietetics

NATIONAL DAIRY COUNCIL
Future of Food Partnership Goals

- Raise awareness of food insecurity as a public health issue
- Increase access to healthy foods for food insecure people
- Promote nutrition education focused on healthy foods
- Educate all stakeholders about strategies to eliminate hunger and promote healthy food choices
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tr>
<td>Low food security (old label=Food insecurity without hunger)</td>
<td>Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake</td>
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<tr>
<td>Very low food security (old label=Food insecurity with hunger)</td>
<td>Reports of multiple indications of disrupted eating patterns and reduced food intake</td>
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USDA report:
2011 Rates of Food Insecurity\textsuperscript{2,3}

- Very low food security (hunger) doubled since 2000
- 21.9\% of children (16.1 million) lived in poverty
- 22.4\% of children (16.6 million) lived in food insecure households
Disparities in Food Insecurity Rates

- White: 10.8%
- Black: 25.1%
- Hispanic: 26.2%

Disparities in Food Insecurity Rates:
Percent of households with children experiencing food insecurity \(^3\)

Regional Disparities

- West: 15.8%
- South: 16.0%
- Midwest: 13.5%
- Northeast: 13.5%

Trends in Food Insecurity

Trends in the prevalence of food insecurity and very low food security in U.S. households, 1995-2011

Percent of households

Food insecurity

Very low food security

1995 97 99 2001 03 05 07 09 11
Undernourished

– Nutrients of concern: potassium, fiber, calcium, and vitamin D.

– The majority of children and adolescents also have inadequate consumption of vitamins A, C, and E.

– These are critical for normal growth, development, learning, cognition, and prevention of certain chronic diseases.
Risk Factors for Food Insecurity & Obesity

People at risk for food insecurity are also often at the highest risk for obesity and associated health problems.

Income/Poverty
Poor Education
Martial Status
Race/Ethnicity
Food
Deprivation/Overconsumption
Limited access/affordability
Low cost of energy dense food

Your Zip Code
How can hunger and overweight coexist?
Lack of Access

Limited availability of healthy foods

– Thrifty Food Plan doesn’t meet families’ needs

– High exposure to unhealthy foods

– Home food environment
Disrupted Meal Patterns

Inconsistent access to food may result in overeating

- Parental modeling/normalization of overeating behavior

- Swing in caloric intake $\rightarrow$ fat storage
Family Stress

- Food
- Secure housing/utilities
- Employment
- Health care
- Finances
- Unsafe neighborhoods
- Stigma
How do food insecurity and obesity affect children?
Health and Development Issues

- Food insecurity
  - Iron deficiency
  - Asthma
  - Delayed cognitive development
  - Stomach aches, headaches, and colds
  - Increased fatigue
  - Psychosocial issues and stigma
Health and Development Issues 11-22

- Childhood obesity
  - Type II diabetes
  - High blood pressure
  - Asthma
  - Some cancers
  - Stigma
  - Adult obesity
Poor Academic Performance

Food insecure youth have poorer:

- Brain/cognitive development
- School readiness
- Learning, academic performance and educational attainment
Mental health

- Irritability and anxiety
- Difficulty getting along with others
- Fights and school suspensions
Societal Issues

• Higher healthcare expenses
• Lower productivity and a workforce unprepared for global competition
• Fewer military recruits ready to serve
• Lost productivity
Summary

- There are nearly 50 million people, including 17 million Children that are food insecure in the US.
- Food insecurity & obesity both have negative impacts on health and wellbeing.
- Food insecurity & obesity share many of the underlying risk factors and often affect the same people.
Engagement, Leadership, and Action
Individuals, Families, Communities, and Society

- Message Environments
- School Environments
- Physical Activity Environments
- Food and Beverage Environments
- Health Care and Work Environments

Assess Progress
Solutions: School Meal Programs

USDA foods in NSLP=77.2 HEI

Average American child’s diet=55.0

School breakfast
School lunch
Afterschool snacks
Supper programs
Summer meals
Back pack program
Mobile Pantry
Kids Café
School food pantries
The Wellness Project

“Serving school breakfast, especially through alternative options such as breakfast in the classroom and grab ‘n’ go, is possibly the easiest, most cost-effective and most directly helpful step schools can take to improve school and student wellness.” 26
31 million kids served!
- 59% free
- 9% reduced price
- 33% paid
Donna S. Martin, EdS, RD, LD, SNS
Director School Nutrition Program
Burke County Board of Education

• Supper program
• Weekend meals
• Summer meals
Supper Programs

Healthy Hunger-Free Kids Act of 2010

- Child and Adult Care Food Program (CACFP)
  - aka afterschool at-risk snack program
- Expanded Supper Program to all states
- Areas with at least 50% free reduced
- Children up to 18 years old
CACFP Program

Operates during school year on:

- School days
- Weekends
- Holidays
Supper Meal Pattern

4 components

1. Meat/meat alternate
2. Fruits and vegetables
3. Grains
4. Milk
Supper Programs
Supper Program Benefits

• Students are hungry after school
• Offering snack just wasn’t enough
• The meal program benefits families
• Offering meals is cost effective
• Meals attract kids to other school programs
• The meal helps kids focus and decreases behavioral problems
Summer Feeding Program

**USDA Programs**

- Summer Food Service Program (SFSP)
- Seamless Summer Feeding Program
School Bus Meals

3,000 meals a day
15 bus routes
Over 100 bus stops
Sack Meal

- Sandwich
- Fresh fruit
- Juice
- Milk
Community Partners Serving Kids
Feeding America: Who We Are

Feeding America is the nation's leading domestic hunger-relief charity.

Our **mission** is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.
Feeding America: How We Work

37 MILLION AMERICANS served annually, including 14 million children and 3 million seniors.

3 BILLION MEALS distributed annually.

202 FOOD BANKS in our network.

8 MEALS supplied for each dollar donated.

549 MILLION POUNDS of fresh produce sourced by our network in FY12.

650,000 VOLUNTEERS help carry out our vision for a hunger-free America.
Food Bank ≠ Food Pantry
Feeding America: How We Work

- **Traditional “Emergency” Food Distribution:** Food pantries, soup kitchens, shelters
- **Targeted Programs:** Mobile Pantries, Kids Cafes, BackPack Program, Summer Feeding Programs, Senior Programs
- **SNAP & Benefit Outreach**
- **Nutrition Initiatives and Community Food Projects**
- **Research:** Hunger In America, Map the Meal Gap
PROGRAMS: REACHING VULNERABLE POPULATIONS

Our programs reach children and seniors at the places where they are and at the times when they are most in need.
Feeding America Programs: Feeding Children

Child hunger programming augments our services for children who access our network. We focus on reaching children at the times when they are most vulnerable.

**Goal:** By 2015, increase access to meals for children in need by 20% through integration and expansion of emergency and programmatic services.
National Child Hunger Programs

BACKPACK: REACHING KIDS ON WEEKENDS
On Fridays, children receive bags at school filled with shelf-stable, nutritious food to take home for the weekends and school vacations.

KIDS CAFE & AFTERSCHOOL SNACK:
REACHING KIDS AFTER SCHOOL
Low-income children receive meals and snacks through a variety of existing community locations where children congregate, such as Boys and Girls Clubs, churches or public schools.
National Child Hunger Programs

SUMMER FOOD SERVICE: REACHING KIDS DURING SUMMER

SCHOOL PANTRY: REACHING KIDS AT HOME
Parents pick up groceries while dropping off or picking up their children from school.
BackPack Program

This program provides backpacks/bags filled with food that is child-friendly, non-perishable, and easily-consumed. Backpacks are discreetly distributed to children on the last day before the weekend or holiday vacation.
Common items found in BackPacks:

– Peanut Butter (12 ounce jar) and a sleeve of crackers
– Beans and Franks (pop-top can)
– Beef Jerky (1 ounce, donated by Oklahoma Beef Council)
– Cereal (1 ounce bowl or box)
– Fruit cups (peaches, applesauce, etc.)
– Raisins (snack size boxes)
– Pudding cups
– Juice boxes (apple, orange, or other juices)
– Milk (aseptic pack boxes that do not require refrigeration)
– Cereal bars or granola bars
Figure 1: Total HEI Score by Site (out of 100 total possible points)

BackPackMenus Analyzed

Mean 67.4
Kids Cafe Program

Kids Cafe and Afterschool Snack Programs provide free meals and snacks to low-income children through a variety of existing community locations where children congregate such as Boys and Girls Clubs, churches or public schools.
Kids Cafe Program

In addition to a meal or snack Kids Café programs also provide:

• Nutrition Education

• A safe place to play when school’s out

Many food banks are also CACFP and SFSFP sponsors!
Mobile Pantries

Mobile pantries are trucks that can carry shelf-stable and refrigerated and frozen items such as produce, milk and lean meats straight to where hungry Americans live and work.
MOBILE PANTRIES

- Allows for increased distribution of food in communities that are underserved by bricks and mortar feeding agencies
- Critical for both urban neighborhoods underserved by full-service grocery stores as well as rural communities where clients must travel miles to reach the nearest feeding agency
- Increases the efficiency of food banks by helping them quickly distribute excess inventory and makes room on their shelves for newly available items
- Can be the catalyst for new community services to take root
School Pantries

School Based Pantries are located on the grounds of a school intended to provide a more readily accessible source of food assistance to low-income students and their families.

http://vimeo.com/30105177 (School Pantry Video)
Summary

Readily Available Programs

– National School Lunch Program
– National School Breakfast Program
– Afterschool Snack Program
– Summer Food Service Program

Other Partnerships and Programs

– CACFP Supper Programs
– CACFP or Seamless Summer Programs
– BackPack Programs
– Kids Cafe Programs
– Mobile Pantries
– School Pantries
Sheila Kopf, MPH, Masters in Nutrition Sciences
Associate Director of Programs
San Francisco Food Bank
Healthy Children Pantry Program:
San Francisco Food Bank

58 Healthy Children Pantries
43 Healthy Children Pantries in Public Schools

Menu designed for families with children:

- Fresh fruits and vegetables
- Dairy
- Beans
- Grains
- Meat
Opening a Healthy Children’s Pantry

- Outreach
- Meet with Principal & Parent Organization
- Application Process
- Identify a pantry coordinator
- Volunteer Training
- Program Coordinator attends first distribution
Successes

- Grassroots level
- Healthy food options
- Groceries for home cooked meals
- Farmer’s market style
- Accessibility for working families
- Minimal oversight
- Foster sense of community
Challenges

- Parent volunteer participation
- No 501c3 Status
- Closed during summer
- Re-train volunteers at the beginning of each school year
Academy of Nutrition & Dietetics Resources

KER member website:
www.kidseatright.org/volunteer
– Hunger Actions and Resources
– Tip Sheet: “Hungry and Overweight: How is It Possible?”
– **NEW** toolkit: Hunger in Our Community. What We Can Do.
– Webinars:
www.eatright.org/foundation/kidseatright
Fighting Hunger, Promoting Health

“The single most important thing we can do to promote health, wellness & reverse the trend on childhood obesity is to find solutions and work together to fight poverty and food insecurity”

-Cylvia Hayes, First Lady of Oregon, 
*Gen Youth Summit 2012*
Find your Local Food Bank
Educate Yourself and Others

Learn about Hunger in Your County
www.feedingamerica.org/mapthemealgap

Educate other Health Professionals about the impacts of Food Insecurity and how to Screen for it, Oregon Hunger Coalition
http://www.childhoodhunger.org/

Explore and Share Hunger 101 and put yourself in the shoes of one of the millions of people struggling with hunger in the US:
http://www.safoodbank.org/hunger101/

Visit http://www.eatright.org/foundation/kidseatright/ to access our food insecurity & health webinars; visit www.kidseatright.org/volunteer for suggested actions, resources, and presentations.

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Everyone has a role to play!

• Visit www.feedingamerica.org to find your local food bank, learn about the issues
• Volunteer
  o Educate
  o Donate time, skills, and resources
• Advocate (Join the Hunger Action Center)
• Donate $
References

1. Food Security Categories:  


3. USDA Economic Research Service Report:  


References, continued


References, continued


References, continued


References, continued

Resources

• 1. Child and Adult Food Care Program
   http://www.fns.usda.gov/cnd/care/Afterschool.htm
2. Feeding America  http://feedingamerica.org/
3. Backpack Program
   • 7. Kids Cafes
7. Mobile Food Pantries