

# Kick-starting Child Nutrition: How to Implement Child Nutrition Programs

Vista 6 Room



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Tom Browning  
Director,  
Childhood Nutrition and Wellness,  
Illinois Action for Children



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Mark Haller, SNS

Nutrition and Wellness Programs

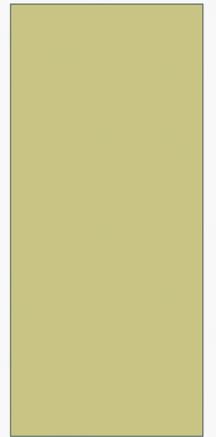
Illinois State Board of Education



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# CHILD NUTRITION PROGRAMS

MARK HALLER, S.N.S.  
ILLINOIS STATE BOARD OF EDUCATION  
NUTRITION & WELLNESS PROGRAMS DIVISION



# WHAT ARE THE CHILD NUTRITION PROGRAMS?

The Child Nutrition Programs are federally funded and administered by the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS). At the state level, the Illinois State Board of Education, Nutrition & Wellness Programs Division is the administering agency working with schools, community organizations, child care centers, child care homes and other sponsoring organizations to provide nutritious meals, snacks and/or milk to children.

The Child Nutrition Programs that we administer include:

- Child and Adult Food Care Program
- School Nutrition Programs
- Summer Food Service Program



Each Child Nutrition Program has the same general premise to provide healthy meals to children, however, each program has its own set of rules, regulations and requirements to participate.

# WHAT IS CACFP?

The Child and Adult Care Food Program (CACFP) provides reimbursement by the USDA to plan, purchase, prepare, and serve nutritious meals to eligible participants of:

1. Child care institutions
2. Family day care homes
3. Adult care institutions

(Please contact the Illinois Department on Aging at 217/782-2407 for more information on the adult portion of the program)

# CACFP: ELIGIBLE ORGANIZATIONS

- Public Entities
  - Non-profit Institutions
  - For-profit Institutions (Child Care Institutions only):  
An agency receiving subsidized childcare payments for at least 25% of its DCFS license capacity or enrollment, whichever is less – OR – an agency with at least 25% of its capacity or enrollment being eligible for free or reduced-price meals based USDA Income Eligibility Guidelines
- 
- ✓ All programs must be DCFS licensed, or license-exempt
  - ✓ Unlicensed programs not located in a public school building must submit copies of annual health and fire inspections

# CACFP CENTERS PROGRAMS

Program	Eligible Age Range
At-Risk Afterschool Meals*	School age – 18 years
Child Care Centers	Birth – 12 years
Emergency Shelters*	Birth – 18 years
Head Start Programs	Birth – 5 years
Pre-K Programs	3 – 5 years
Outside School Hours Programs*	3 – 12 years & children of migrant workers through age 15

\* Outside School Hours, At-Risk Afterschool, and Emergency Shelters may be reimbursed for disabled participants of any age when enrolled in an institution serving a majority of persons 18 years and younger

# CACFP PARTICIPATION

- Administer your own program:
  - May apply as a new institution
  - Receive 100% of reimbursement directly
- Be managed by a sponsoring organization:
  - Added as a site under an Unaffiliated Sponsoring Organization to handle your administrative paperwork
  - Receive reduced amount of reimbursement
- If you have an after-school program, meals and/or snacks may be delivered to your facility at no charge
  - Added as a site under an Unaffiliated Sponsoring Organizations to handle administrative paperwork and provide meals and or snacks
  - Your facility would not receive reimbursement

# CACFP ELIGIBLE MEALS

The number of meals eligible for reimbursement per-child, per-day vary by program:

Program	Eligible Meals
Child Care Centers	<ul style="list-style-type: none"><li>• Two Meals and One Snack</li></ul> or <ul style="list-style-type: none"><li>• One Meal and Two Snacks</li></ul>
Head Start Programs	
Pre-K Programs	
Outside School Hours Programs	
Emergency Shelters	Up to three services, any combination of meals and snacks
At-Risk Afterschool Meals	One snack and one meal

# CACFP CENTERS REIMBURSEMENT RATES

## Child and Adult Care Food Program Reimbursement Rates (U.S. dollars) Effective from July 1, 2014 - June 30, 2015

Centers	Breakfast	Lunch/Supper	Snack
<b>Paid</b>	0.28	0.28	0.07
<b>Reduced Price</b>	1.32	2.58	0.41
<b>Free</b>	1.62	2.98	0.82

These rates do not include the value of USDA foods or cash-in-lieu of USDA foods. **This cash-in-lieu commodities rate of 24.75 cents** is additional assistance for CACFP participants and is added to the reimbursement rate for every lunch and supper served under CACFP.



# CACFP HOMES REIMBURSEMENT RATES

	<u>Breakfast</u>	<u>Lunch/Supper</u>	<u>Snack</u>
Tier I	\$1.31	\$ 2.47	\$.73
Tier II	\$ .48	\$ 1.49	\$.20

Sponsoring organizations are responsible for the administration of the CACFP for day care home providers. Sponsoring organizations participating in the CACFP must be a not-for-profit or public organization and must have a signed agreement with the Illinois State Board of Education to provide reimbursement to licensed and license-exempt day care homes. The administrative payment for sponsoring organizations of day care homes effective July 1, 2014, through June 30, 2015 is as follows:

Initial first 50 day care homes	\$111.00
Next 150 day care homes	\$85.00
Next 800 day care homes	\$66.00
Any additional day care homes	\$58.00

If you have any questions please contact CACFP staff.

# CACFP: AT-RISK AFTERSCHOOL MEALS

- Must be Area Eligible – located in a low-income area, defined as an area served by a public school where at least 50 percent of enrolled students are approved for free or reduced-price meals
- Must be organized to provide care for school-aged children after school, on weekends, on school holidays or vacation periods during the school year
- May only operate during the school calendar year; may not operate during the school's summer break
- Must provide regularly scheduled educational and/or enrichment activities



# WHAT ARE THE SCHOOL NUTRITION PROGRAMS (SNP)?

## General Overview:

The School Nutrition Programs (SNP) provide federal and some state reimbursement to program operators for nutritionally balanced meals that are served to children. The meals are provided to children either for free or at a low-cost based their households eligibility. In general, sites that participate in the SNP, prepare, serve and track the number of meals that they serve each day and receive reimbursement for each meal that is served.

In the SNP, students eligibility is determined as free, reduced or paid based on income requirements and then the site receives a set reimbursement amount for each free meal served, each reduced meal served and each paid meal served. Individual student eligibility of free/reduced/paid is kept strictly confidential.

## Programs Offered:

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Special Milk Program (SMP)
- After School Snack Program
- IL Free Lunch Program
- IL Free Breakfast Program
- Food Distribution Program
- Seamless Summer Option (SSO)

# SNP: REIMBURSEMENT RATES



## School-Based Child Nutrition Programs Rates of Reimbursement

Effective July 1, 2014 - June 30, 2015

### National School Lunch Program

	Less Than 60%	Less Than 60% + 6 Cents**	60% or More*	60% or More* + 6 Cents**
Paid	\$0.28	\$0.34	\$0.30	\$0.36
Reduced-Price	\$2.58	\$2.64	\$2.60	\$2.66
Free	\$2.98	\$3.04	\$3.00	\$3.06

The maximum price a sponsor can charge for a student reduced-price lunch is \$.40.

\* The higher rate of reimbursement for lunch (60% or more) applies if 60% or more of the lunches served by an SFA during the second preceding school year were served free or at a reduced price.

\*\* Additional 6 cents requires a one-time [menu certification](#)

### School Breakfast Program

	Non-Severe Need	Severe Need *
Paid	\$0.28	\$0.28
Reduced-Price	\$1.32	\$1.63
Free	\$1.62	\$1.93

The maximum price a sponsor can charge for a student reduced-price breakfast is \$.30.

\* The higher rate of reimbursement for breakfast (Severe-Need) applies if 40% or more of the lunches served at the site in the second preceding school year were served free or at a reduced price.

### Special Milk Program

	All Milk	Paid Milk	Free Milk
Pricing Program Without Free Option and Nonpricing Programs	\$0.23		
Pricing Program With Free Option		\$0.23	Average cost per ½ pint milk

### After-School Snacks in After-School Care Programs

Paid	\$0.07
Reduced-Price	\$0.41
Free	\$0.82

The maximum price a sponsor can charge for a student reduced-price after-school snack is \$.15.

### Food Distribution Program

Planned Assistance Level (PAL) \$0.2925 per lunch

### Illinois Free Breakfast and Lunch Programs

\$0.03 per each free breakfast and/or lunch

# SNP: ELIGIBLE ORGANIZATIONS

- Public School Districts
- Non-Public School Districts that are non-for profit (Federally tax exempt) and are a registered school with the ISBE.
- Residential Child Care Institutions (RCCI) that are either state ran or have a current residential license.
- Camps (can only be in the milk program)
- Non-School sites – as a site under a school district that is currently in the NSLP (can only be in the After School Snack Program)

# SNP: FOOD DISTRIBUTION PROGRAM

- Each school year, participants of the School Nutrition Programs that are in the National School Lunch Program are eligible to receive USDA Foods.
- Basically, based on the number of lunches served the previous school year, participants receive an entitlement amount that they can use to purchase a variety of USDA foods, including fresh fruits and vegetables through the Department of Defense Fresh Fruit & Vegetable Program.
- Types of food items available through the Food Distribution Program include:
  - Fruits & vegetables
  - Meats and poultry
  - Eggs
  - Cheese
  - Pasta products
  - Flour
  - Other grain items



# SNP: SEAMLESS SUMMER OPTION (SSO)

- Every school district that has schools where at least 50% of the students are eligible for free & reduced price meals AND has a summer school program operating during the summer months must provide a summer breakfast &/or lunch program.
- The SSO combines features of the NSLP, SBP & SFSP but reduces the paperwork and administrative burden making it easier for schools to feed children during the summer months. It basically is a streamlined approach to operating a summer meal program for current SNP sponsors that will be operating during the summer and have at least 50% f/r eligibility.

# SNP: COMMUNITY ELIGIBILITY PROVISION (CEP)

- CEP is an alternative for high poverty schools in the SNP that allows for all children in that school to receive breakfast & lunch at no cost.
- CEP schools serve all students meals at no cost but they receive reimbursement based on a free claiming percentage. That free claiming percentage is based on the percentage of students that receive SNAP, TANF, income eligible Medicaid, Head Start, Foster, homeless, migrant, and runaway.
- This is a fairly new program – IL has had this program since its inception 4 years ago. Currently we have over 1000 schools in IL that utilize this provision. It has been and extremely successful program in IL!!!

# WHAT IS THE SUMMER FOOD SERVICE PROGRAM (SFSP)?

- Is a federal reimbursement program
  - Administered by IL State Board of Education
- Operates a *non-profit* food program
- Serves nutritious meals to children 18 years of age and under at an income-eligible site when school is not in session
- Combines with activities for increased participation



# WHO IS ELIGIBLE TO BE AN SFSP SPONSOR?

Types of organizations that can sponsor the Program

- A public or private non-profit school food authority
- A public or private non-profit residential private camp
- A public or private non-profit college or university participating in the National Youth Sports Program (NYSP)
- A unit of local, county, municipal, State, or Federal government
- Any other type of private non-profit organization with their 501(c)3 tax status

# SFSP: REQUIREMENTS

## Meal Service

- Open and enrolled sites may serve **up to** two meals or one meal and one snack each day (**NOT lunch and supper**)
- Camps and migrant sites may serve up to three meals each day or two meals and one snack each day

## Time Restrictions

- One hour must elapse between the end of one approved meal service and the beginning of another
- Supper must end by 8 p.m.
- Serving periods for ALL meal services do not exceed two hours
- Add flexibility to meal times in site questionnaire

# SFSP: MORE SPONSOR'S RESPONSIBILITIES

- **Create an 11-day cycle menu**
  - For each meal type served
  - That meets Federal guidelines
    - Food components
    - Portion size
- **Sites**
  - **Number**
    - New sponsors may be limited to two sites their first year
  - **Location**
    - Cannot be too close to another SFSP site
  - **Eligibility**
    - School data, census data, household income applications, certification



# SFSP: MORE SPONSOR'S RESPONSIBILITIES

- Monitoring duties
  - Pre-Operational Reviews
  - First week visits
  - Fourth week review
- Enter online Sponsor Questionnaire, Site Questionnaire(s), AND budget by June 15, 2015
- Enter field trip dates through the online system
- File monthly Claims for Reimbursement
  - Site claims
  - Sponsor claims
  - Advances

# SFSP: REIMBURSEMENT RATES

## SFSP 2015 Maximum Reimbursement Rates

	Combined (Operating and Administrative)	
	Rural or Self-Prep	Other
Breakfast	\$2.0775	\$2.0375
Lunch/Supper	\$3.6450	\$3.5875
Supplement	\$0.8650	\$0.8450

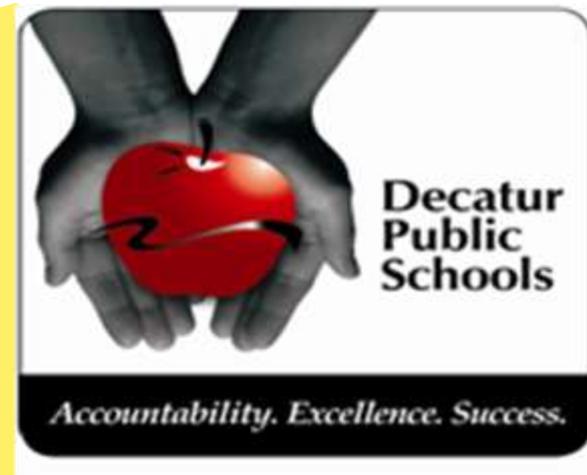
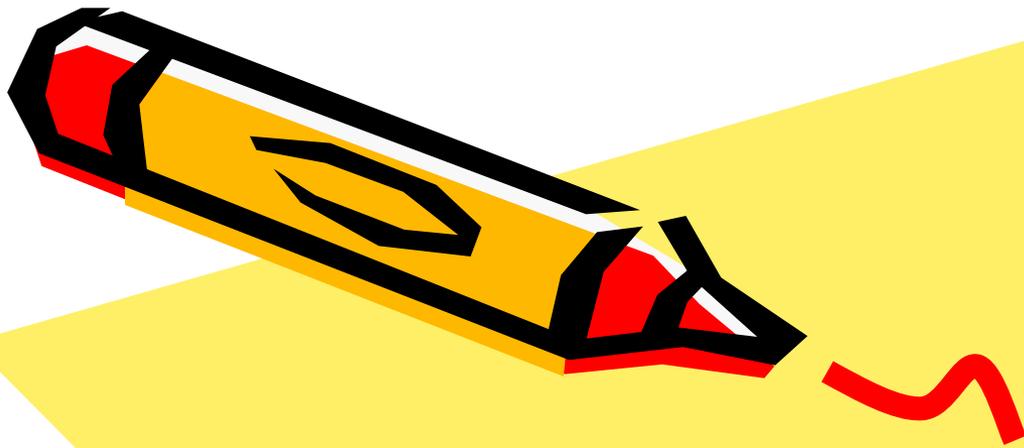
# HOW DO I APPLY?

- The application process for all of our programs is pretty similar. We recommend viewing our website for more information (links below) & recommend that you get the application started no later than 60 days before you would like to start your program.
- CACFP website:  
[http://www.isbe.net/nutrition/htmls/cacfp\\_new.htm](http://www.isbe.net/nutrition/htmls/cacfp_new.htm)
- SNP website:  
[http://www.isbe.net/nutrition/htmls/program\\_participation.htm](http://www.isbe.net/nutrition/htmls/program_participation.htm)
- SFSP website:  
[http://www.isbe.net/nutrition/htmls/sfsp\\_new\\_sponsor.htm](http://www.isbe.net/nutrition/htmls/sfsp_new_sponsor.htm)
- Contact our office at: 800/545-7892 and ask for staff with the program you are interested in or you can email us at [cnp@isbe.net](mailto:cnp@isbe.net)

Scot Gregory  
Operations Director,  
Decatur Public Schools



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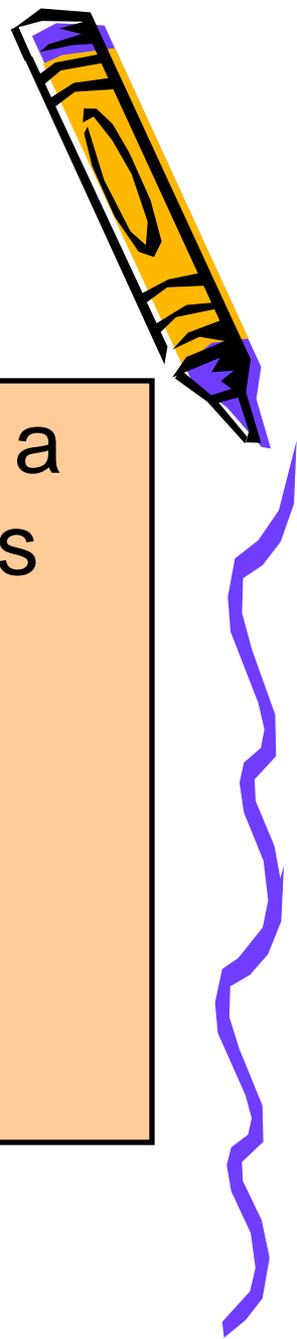


# Breakfast In The Classroom

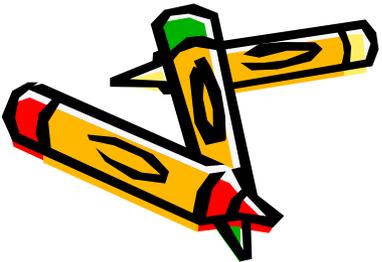
Enhancing Children's Performances  
Through Morning Meals



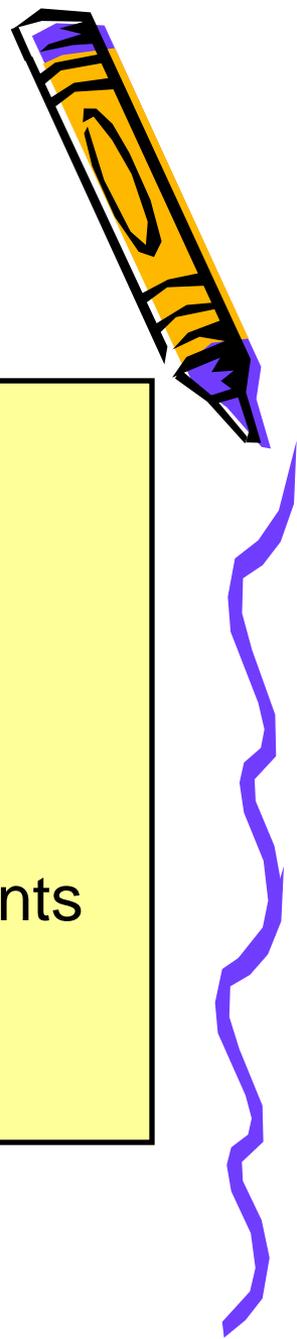
# What Is Breakfast In The Classroom?



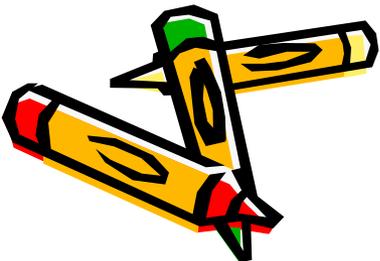
- Breakfast In The Classroom (BIC) is a U.S.D.A. program that allows schools that are members of the National School Lunch Program to offer breakfasts in class.



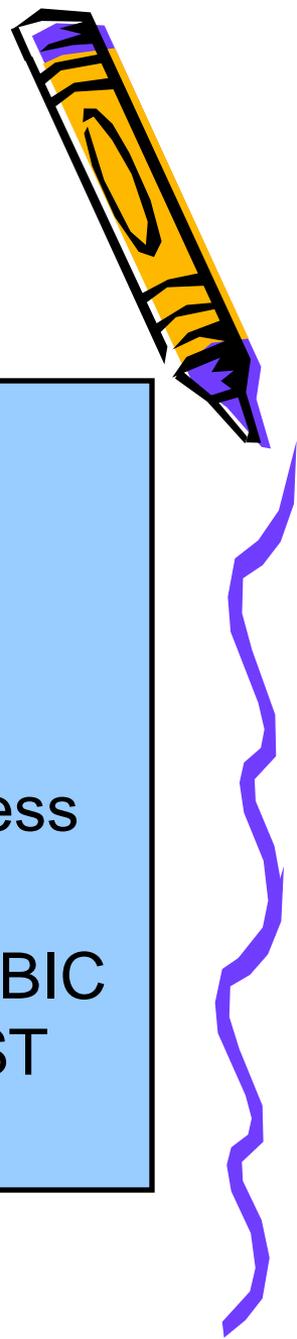
# Why Breakfast In The Classroom?



- Studies show that children who eat breakfast-
  - Have increased test scores & grades
  - Have better attendance
  - Less tardiness
  - Visit the school nurse less often, young students often mistake hunger for a “tummy ache”
  - Have better concentration and are more alert



# Why Breakfast In The Classroom?

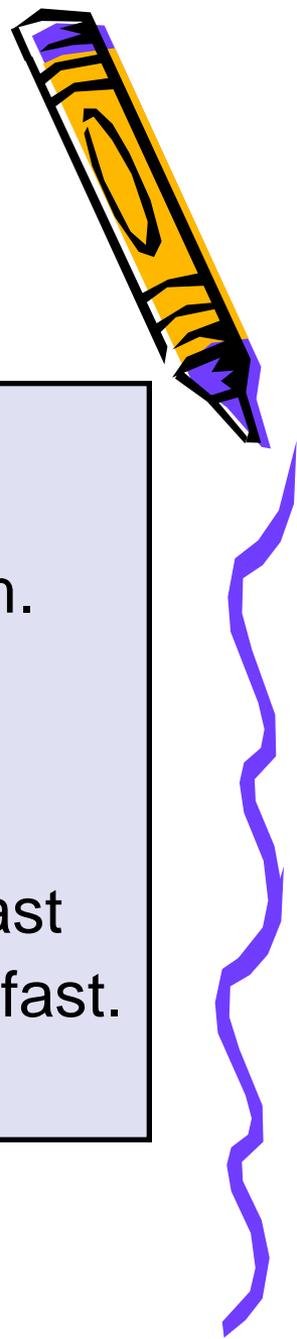


- Other benefits-

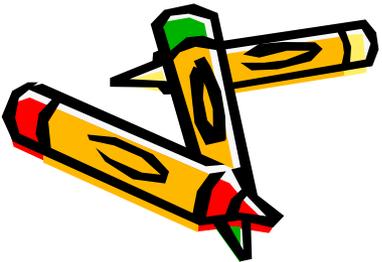
- Convenience for working & single parents
- Eliminates delays for late students
- Allows less “idle” time for students, requires less supervision in the cafeteria
- FREE BREAKFAST TO ALL STUDENTS AT BIC BUILDINGS (UNIVERSAL FREE BREAKFAST PROGRAM).



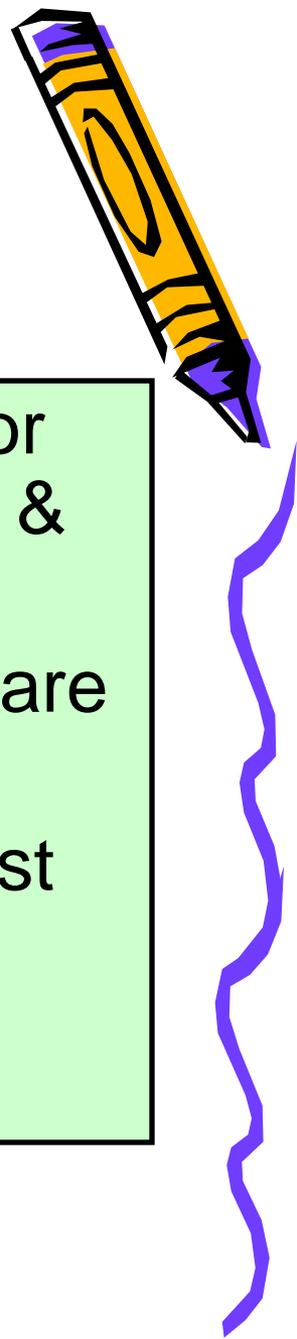
# How Does The Program Work?



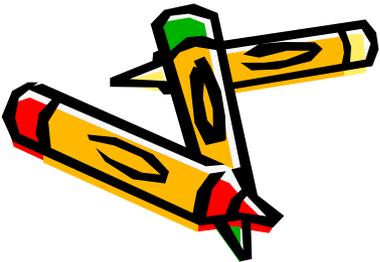
- Kitchen prepares and packages food.
- Kitchen staff delivers prepared food to classroom.
- Teachers hand out breakfast and take Roster.
- Meals handed out to students in class.
- Kitchen staff will retrieve crates and rosters of students when students are finished with breakfast
- Cafeteria staff will record students that eat breakfast.



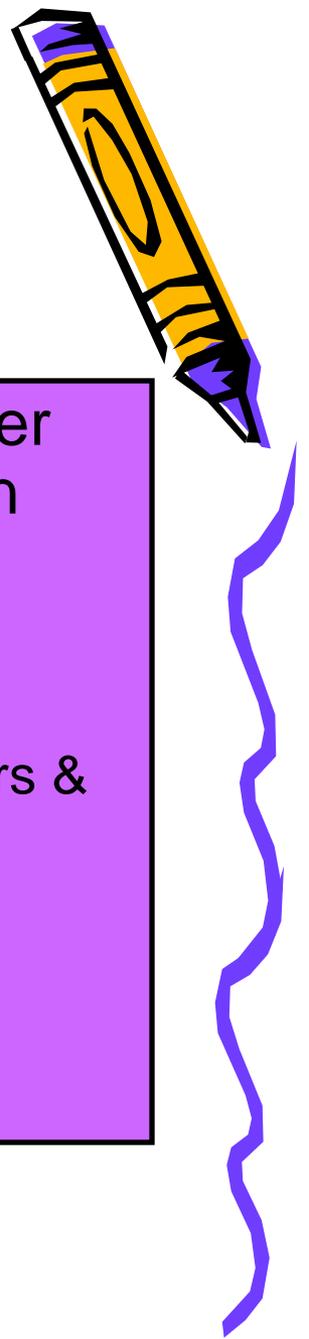
# What Can Children Eat?



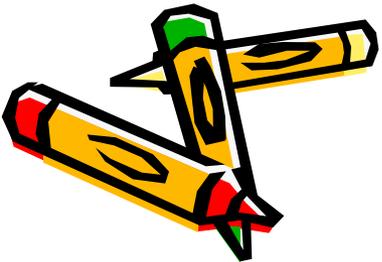
- Menus are three-week cycles that allow for USDA regulations, popularity, availability, & classroom-friendliness.
- No condiments such as ketchup or syrup are needed.
- Menu items include cinnamon French toast sticks, cereal, yogurt, fresh fruit, milk and 100% juice



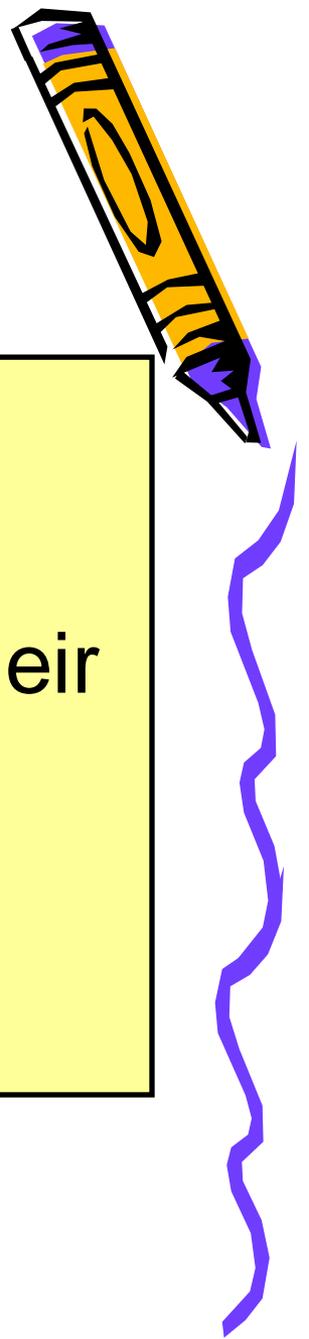
# Does It Take Away From Instruction Time?



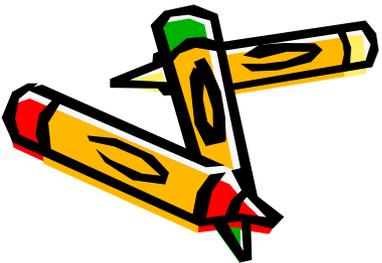
- Studies show that from entry into class until cooler return, BIC can be accomplished in no more than fifteen minutes.
  - Teachers prepare for their day.
  - Teachers take attendance.
  - Teachers take meal counts and return them with coolers & counts.
  - Students listen to announcements & class itinerary.
  - Students prepare for their day.



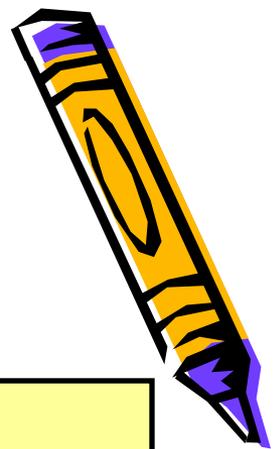
# RESULTS (cont'd)



- Better attendance.
- Decreased tardiness.
- Children are alert & are actually in their seats ready to begin the day.
- More students receive the most important meal of the day



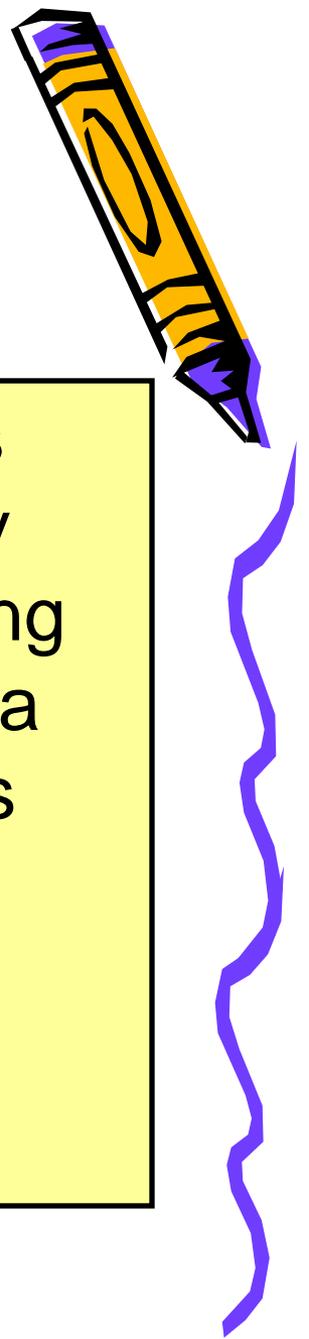
# RESULTS (cont'd)



- Feel and sense of “family dining”
- Breakfast participation increased to better than 80%.
- Increase in participation increases the financial health of the food program



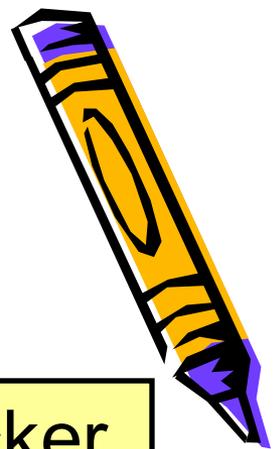
# Teacher's Testimonials



- “When Hope opened in 2005, all students had breakfast in the cafeteria. It was very chaotic, noisy and time consuming. Having breakfast in the class room brings with it, a very peaceful atmosphere where students can relax and settle down before starting their academic day.”



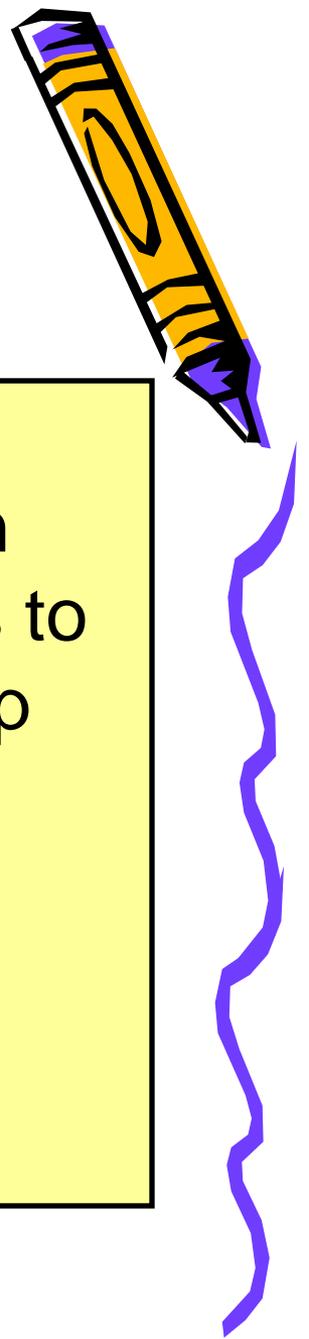
# Teacher's Testimonials



- “We are able to get started with work quicker. Also, students used to have a lot of problems with others in the cafeteria and those problems would roll over to the classroom. Those issues are now avoided (especially between other grade levels). Another big plus is the ability to form relationships with my class because we can start the morning out with a discussion time.”



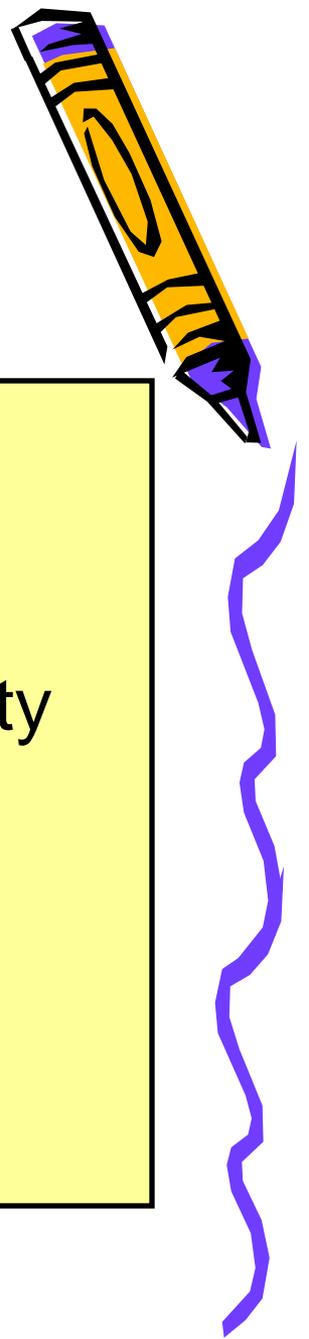
# Teacher's Testimonials



- “It gives me a chance every morning to connect with my students. I can check on those who need to touch base with me as to how their day will go, if they need any help with any subjects, and more importantly it helps me build relationships...the key to educating middle school students!”



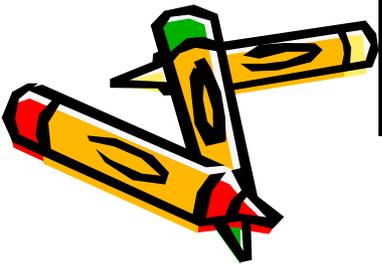
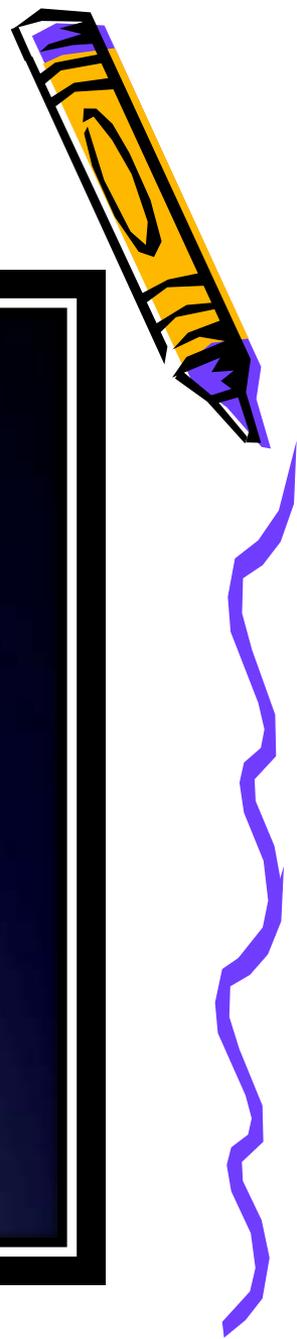
# Teacher's Testimonials



- “Students get time to interact with one another like family. I hear conversations about what they did the night before and what plans they may have. It is community building.”



ANY QUESTIONS??



Andrea Evers

Superintendent, Cairo School District No. One



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# HOW WE MADE OUR SUMMER FOOD PROGRAM WORK FOR OUR COMMUNITY...



**Andrea Evers, Superintendent**

# CAIRO SCHOOL DISTRICT BACKGROUND

- ▶ Cairo School District #1 is located at the Southernmost tip of the State of Illinois. (Exit #1 on Interstate 57)
- ▶ The school district is nestled at the confluence of two rivers- the Mississippi River and the Ohio



# IN 2011, CAIRO SCHOOL DISTRICT #1 WAS NEARLY LOST TO HISTORIC FLOODING

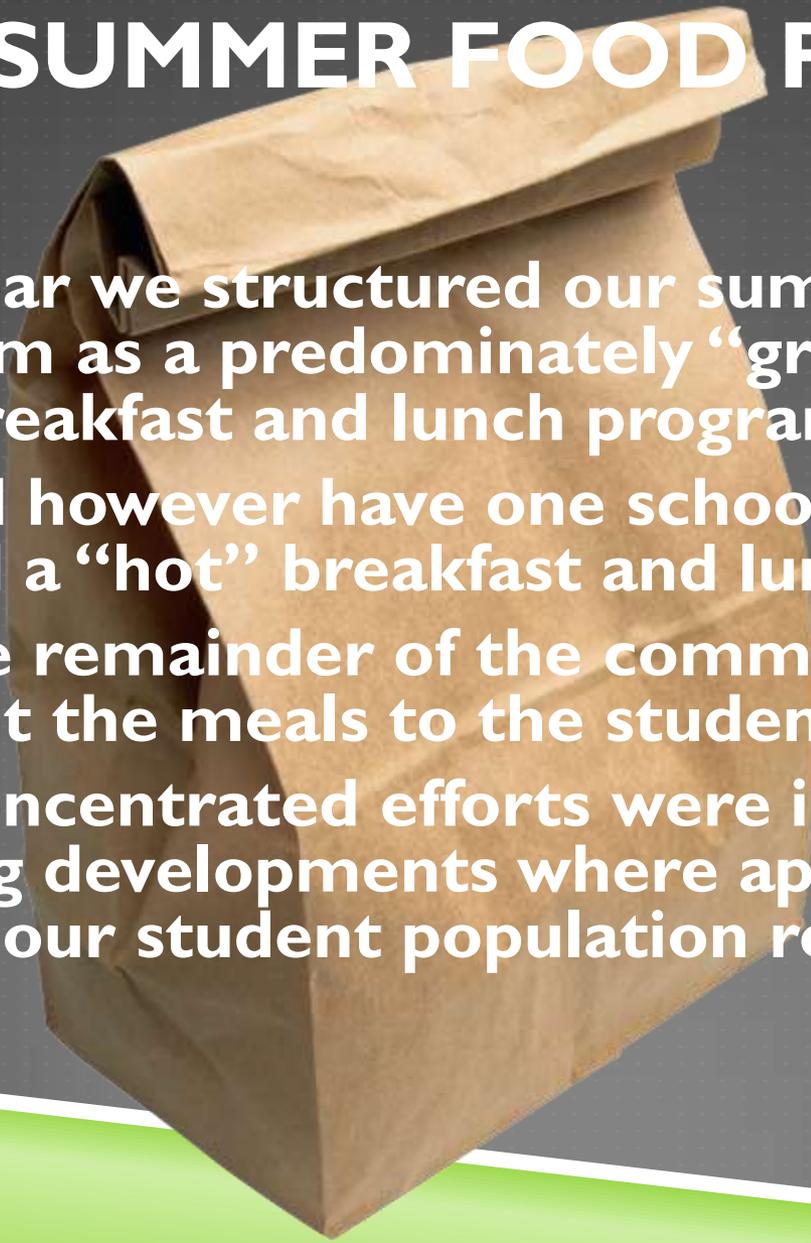
- ▶ Many community members fled the city to higher ground
- ▶ Mere days before the town was engulfed by the rivers, the Missouri levee was blown, saving the city
- ▶ FAST FORWARD FOUR YEARS



WE ARE GROWING AND WE ARE HAPPIER,  
HEALTHIER AND STRONGER THAN EVER...



# OUR SUMMER FOOD PROGRAM



- ▶ Last year we structured our summer food program as a predominately “grab and go” sack breakfast and lunch program
- ▶ We did however have one school based site that offered a “hot” breakfast and lunch option
- ▶ For the remainder of the community, we brought the meals to the students
- ▶ Our concentrated efforts were in two public housing developments where approximately 60% of our student population resides

# SUMMER FOOD

- ▶ Our student population hovers between 500-540 students Pre-Kindergarten through 12<sup>th</sup>
- ▶ Last summer we averaged 125 meals served for breakfast and 250 meals served at lunch time
- ▶ We are optimistic that our numbers will continue to grow this year
- ▶ We hope to feed at least 75% of our student body during the summer months
- ▶ Clearly, our goal would be to feed ALL of our children

# SUGGESTIONS

- ▶ If you are considering implementing a summer food program-
  - ▶ Survey your community
  - ▶ Identify where children congregate
  - ▶ Look for creative ways to affordably advertise your summer food initiative
  - ▶ Go out and SERVE the community....don't expect the community to come to you
  - ▶ Stay optimistic
  - ▶ Feed as many kids as you can 😊

# CONTACT INFORMATION

Andrea Evers, Superintendent

Cairo School District #1

4201 Sycamore Street

Cairo, Illinois 62914

Office Number- 618-734-4102

Cell Number- 618-559-6624

Email- [aegers@cairoschooldistrict1.com](mailto:aegers@cairoschooldistrict1.com)

**Time for Q&A!**



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