Community of Practice Call

COVID-19 Emergency Food Service
July 23, 2020

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LunchAssist

Center for Ecoliteracy
California Food for California Kids
California Food for California Kids is an initiative of the Center for Ecoliteracy.
LunchAssist PRO
SY 20-21 Professional Development
thank you for being part of this community.
community of practice

400 individuals
259 organizations
27 states

123 educational institutions in california represent:
1.5+ million students
200+ million meals
2,500+ schools
agenda

- school food innovators
- reopening schools
- funding & policy updates
- farm to school & nutrition education
- grants & resources
- discussion

usda professional standards

1170, 1310, 1210, 1220, 1230, 3240, 4120, 4150, 4160

1 hour of professional development
upcoming calls

join us on 8/6!
9-10 a.m. PDT
school food innovators
VIRTUAL SUMMER COOKING CLASS

CALLING ALL SLCUSD HIGH SCHOOL FOODIES!
JOIN OUR FREE VIRTUAL SUMMER COOKING CLASS!
ALL INGREDIENTS AND RECIPES ARE PROVIDED AT NO COST.
3 WEEK PROGRAM MONDAYS (7/20, 7/27, 8/3) 11-12PM ON ZOOM.
APPLY NOW AS SPACE IS LIMITED!

Thai Basil Lentil Burger

SPACE IS LIMITED! APPLY TODAY at www.sleusdfood.org

Special thanks to our partners:
COUNTY OF SAN LUIS OBISPO PUBLIC LIBRARIES
BOOK P ACTION

[Image of ingredients on a table]
reopening schools
policy & advocacy
SY 20-21 waivers

confirmed: 🎉

● USDA foods entitlement
● non-congregate email
● meal service time email
● parent meal pick up policy
● meal pattern flexibility survey
● OVS for high schools
advocacy letters

requested: 😊

- area eligibility
- universal free meals
- SFSP/SSO for distance learning
- afterschool snack/supper
- FFVP flexibilities
- additional funding
“We’re going to be going from a situation where we were just providing meals to all kids, no questions asked ... to having to track by student name and status, so that you can charge families if they don’t qualify by submitting a free and reduced meal application... **Our schools are very, very concerned about how that’s going to work.**”

- Rosie Krueger, Vermont DOE
Act Now to Preserve School Meals
Reinforce SNA’s July 10th letter to USDA requesting continued SFSP/SSO and meals for all students at no cost.

We need you to make your voice heard!

Prefix
* First Name
* Last Name
* Address Line 1
Address Line 2 (optional)
* City
* State
Choose One
* ZIP Code
* Email Address
Remember My Information □
Email Opt-In □
CA funding update
California: Emergency School Meals Funding

**CARES ACT: $112 million**
- up to 75 cents for each meal served (mar-august)
- sites that were open for emergency meal distribution
- no application required

**COVID-19 Disaster Claims**
- disaster claim funds for school meals not served
- temporary closure / reduced service (mar-june)
- application required, due 8/31!

[https://www.cde.ca.gov/LS/hu/disasterreliefreimburse.asp](https://www.cde.ca.gov/LS/hu/disasterreliefreimburse.asp)
farm to school & food education
farm to school during COVID-19

- simplified procurement
- support your local economy
- increase perception
- increase participation
- increase quality & nutrition
- reduce waste
“doing what’s right is also what’s right for the bottom line. it comes down to an obligation: healthy food, successful students.”

fred espinosa
manager of acquisition and production
san diego unified school district
san diego unified school district

- california food for CA kids
- california thursdays
- meatless mondays
- plant-based meals
- farm to school, HOTM, gardens
- nutrition education
- love food, not waste
- culinary training & expanding speed-scratch
Seamless Summer Option: Providing Multiple Meals at a Time During the Coronavirus (COVID-19) Pandemic

The U.S. Department of Agriculture (USDA) is working with State CHN Nutrition agencies to provide safe and feasible meal service to children during the coronavirus (COVID-19) pandemic. During non-concurrent school closures, School Food Authorities can offer meals and/or snacks to students through the USDA National School Lunch Program’s Seamless Summer Option (SSO). Under nationwide non-congregate meal service, State agencies are allowed to allow Program operators to provide more than 1 day’s worth of meals to eligible children via a single meal pick-up (by the child or the child’s parent or guardian) or delivery. For example, a SSO site may distribute 7 days of meals on Monday morning, providing program participants with breakfast and lunch for both Monday and Tuesday.

Under the SSO, what meals and snacks can Program operators claim for reimbursement per child, per day?

- Breakfast and lunch
- Breakfast and snack
- Lunch and snack
- Breakfast and supper or dinner
- Snack and supper or dinner

What should Program operators consider when deciding how many days of meals to provide at a time?

- How long foods may be safely served before eating
- How long foods can be stored before food quality suffers
- Participants access to refrigeration and freezer space for the amounts of food and milk provided
- Food storage space at the meal distribution site and on meal delivery vehicle (such as buses or food trucks)
- Whether frozen pickup days and times will decrease access to meals for some children

CAN FROZEN BULK FOODS BE PROVIDED?

Yes. Frozen foods, which require minimal preparation other than heating, may be provided as part of meals if they meet meal pattern requirements. Providing foods in a frozen state may be a safe way to offer perishable foods for consumption later in the week (for example, 4 or 5 days after distribution).

Bulk Foods

Bulk food packages contain an amount of food that is more than what is required at a single meal under the SSO meal pattern. A bulk food item may provide food to be eaten at more than one meal. For example, a quart of milk provides four 1-cup servings.

Unitized Meals

Meals are considered unitized when meals components are provided and packaged in amounts for a single meal. For example, a frozen chicken strip (in a bagged breakfast for kindergarten) through fourth grades might include 8 oz (2 cups) milk, 1/2 oz (1/2 cup) whole grain 1 oz (1 cup) of cheese, 1/2 cup fruit.

Provisions of meals at a time. Program operators must continue to maintain production and serve the served meal components to participants for each grade group. Production records must show all meals for the week, amounts provided, and meal information. Production records must indicate the total number of meals produced as actual production records should be completed for each meal type and grade group served (p. 6, 8, 12). Program operators must keep supporting records such as labels, receipts and manufacturer specifications in accordance with

Meal Recommendations

Program operators must continue to provide reasonable modifications to Program meals or the meal service to accommodate children with disabilities.
emergency procurement
● non-competitive
● limited in duration
● allowed during COVID-19*
● more info here

*check w/your state agency!

micro-purchasing
● at or below $10,000*
● no quotes required
● single transaction, or spread equitably among qualified suppliers
● more info here
harvest of the month

- coloring sheets
- recipes
- family newsletters
abundant california lessons

- fact sheets
- at home taste tests
nourishing students activities

- great for K-5
- exploration guides
- at home taste tests
Reflecting on Food: Mindful Eating

Summary
Can you enjoy eating more just by focusing your attention? How does the experience of eating change when you eat slowly? In this short lesson, you will try a mindful eating exercise guided by an audio prompt. Mindful eating is the practice of paying close attention to your food and how you are eating it.

Before you get started
- Find a quiet place to complete this activity, where you won’t be interrupted or distracted.
- Get a strawberry, other berry, or small slice of fruit.

Vocabulary
- Mindful eating: eating while paying close attention to the
Healthy Eating Plate

Make most of your meal fruits and vegetables - 1/2 plate:
Aim for color and variety. The more veggies, and the greater the variety, the better. Eat what is in season for optimal nutrition.

Water:
Remember to hydrate with water at every meal, and in between meals, to prevent dehydration.

Go for whole grains - 1/4 of your plate:
Whole grains—whole wheat, barley, quinoa, oats, brown rice, and whole wheat pasta have a lower effect on blood sugar and insulin than white bread, white rice, and other refined grains.

Calcium-rich foods:
Milk, fortified soy milk, yogurt and cheeses are good sources of calcium. Aim for 2-3 servings per day, to support growing bones.

Protein power - 1/4 plate:
Fish, chicken, turkey, beans and nuts are all healthy protein sources that can be mixed into salads or pair well with other vegetables. Limit red meat, and avoid processed meats such as bacon and sausage.

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LunchAssist
nutritional education

Go to www.lunchassist.org for more information
Recipes for Healthy Eating Behaviors
for Children & Families

Jennifer McNeil, RDN, SMS
jennifer@lunchassist.org

Meal Time Environment

MAKES A BIG DIFFERANCE

INGREDIENTS
- Table & Chair
- Silverware, Napkins, Plates & Cups
- Healthy Foods
- Family and Friends
- Heaps of Good Conversation
- Plenty of Time to Eat
- Water

METHOD

Choose a place and where you would like to enjoy the meal. Prepare a variety of foods, involve children by assigning them with age-appropriate tasks, setting the table, pouring water, or preparing vegetables.

Healthy Foods. Place an appealing dish in each bowl. Avoid bottles or bowls to prevent children from feeling overwhelmed.

Meal Time Environment. Spark conversation about the meal. Remind children to take how much they want, but do not turn their plate. Discuss feelings of fullness and, if needed, remind children of the signals that help us know when to stop eating.

Supportive approach about food and enjoy meal times together.

Supporting Picky Eaters

MAKES PARENTS CRAZY

INGREDIENTS
- Scheduled Meals and Snacks
- A Variety of Healthy Foods
- Encouragement
- Dash of Patience

METHOD

1. Establish a predictable schedule for the timing of meals and snacks.

2. Serve a variety of healthy foods. Encourage children to select what they wish to eat from the foods prepared. Allow children to eat what you have prepared until they are satisfied.

3. Do not bargain, bribe or force children to finish their food.

4. Repeat the next scheduled meal or snack.

5. If problems persist, keep calm and seek the support of a Dietitian.
digital media

- garden tours
- cooking lessons
- nutrition lessons
support

- foodcorps
- dietetic interns
- community partners
  - after school staff
  - outdoor education
- school staff
- volunteers
grants & resources
pure farmland
pure growth project

due july 31

audience: organizations affiliated with or operated by a public agency or institution (including public schools) are eligible

$1,000 - $20,000

supports community gardens

At Pure Farmland, we believe that good things are grown from soil and why we’re proud to introduce the Pure Growth Project— supporting community gardens in neighborhoods and preserves essential America’s food is grown.

Supporting local community gardens

We believe that everyone has the right to access fresh, local produce, but access to fresh produce and green spaces are limited. Our mission is to:

- Grow urban areas accessibility to fresh produce
- Support green spaces in neighborhoods with limitations and economic restrictions
- Increase the availability of locally grown, sustainable foods such as fruits and vegetables to communities across the country.

Apply for Grant
ag in the classroom & ccof 2020 look at agriculture... organically!

due August 31

audience: educators nationwide

up to $1,000

supports the integration of organic agriculture into regular classroom instruction
cigna foundation
healthier kids for our future

due september 30

audience: districts with 70% free/reduced or higher

up to $65,000/yr for 2 yrs

boosts access to healthy meals and nutrition education

Food Insecurity Grants
We're always looking for motivated nonprofit partners to help us improve the health and well-being of children. Discover how your organization can help nourish kids and address food insecurity around the world.
"Food Systems Friday" Webinar Series

Join us on July 24th at 12:00 PM (Pacific) for Episode 12: 
Food is Racialized - Building Accountability for Justice

Drs. Kim Greeson and Emily Affolter explore the notion of food systems as fundamentally racialized. They will lead by centering and unpacking select anti-oppression concepts such as: positionality, intersectionality, equity versus equality, racism, white privilege, white saviorism, and the coloniality of power. These concepts will guide an interactive webinar on how justice can be explored, cultivated, and enacted by food system practitioners. Come prepared to unpack your own identities and role(s) with relationship to power and privilege in food systems, so you can leave with a more critical lens and toolkit to advance food justice. This webinar is free and open to the public. Please register in advance to receive the link for the webinar. For more information, please visit the Prescott College website.
discussion