

Community of Practice Call

COVID-19 Emergency Food Service

July 23, 2020

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ECOLITERACY

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy



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for

School Nutrition Professionals

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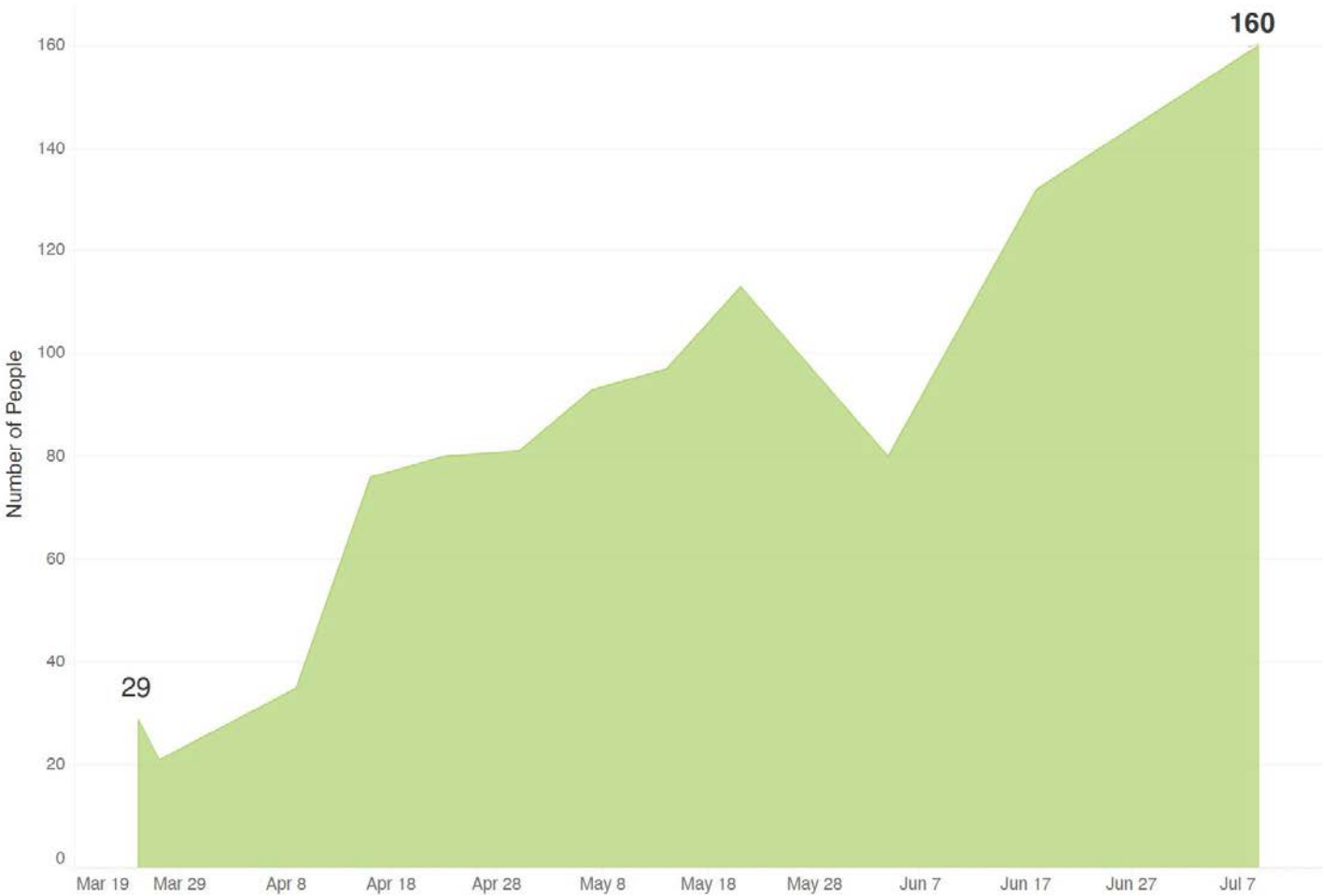
LunchAssist PRO

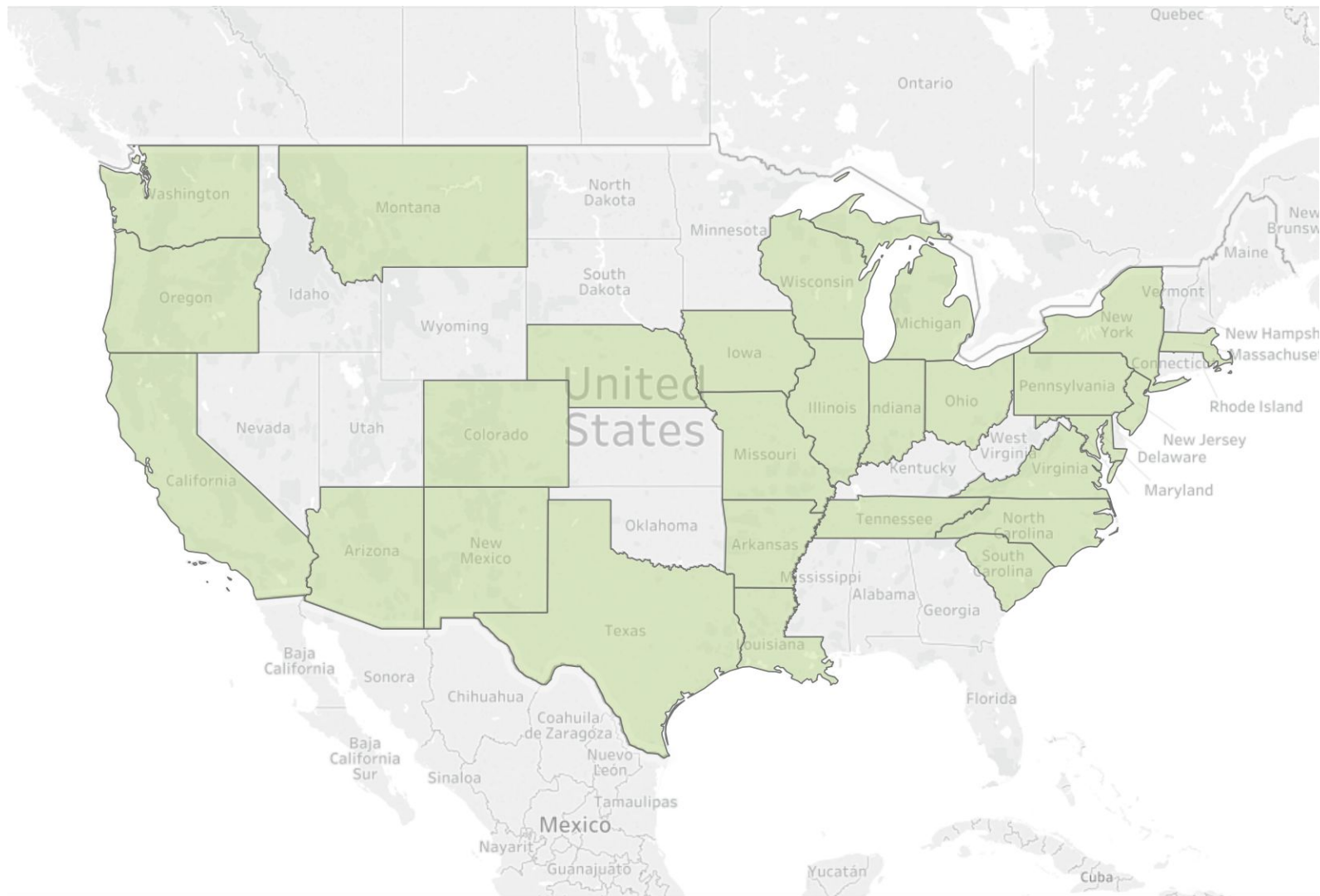
SY 20-21 Professional Development



thank you for
being part of this
community.

Community of Practice Attendance Over Time





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 SLUSD
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!

Special thanks to our partners:



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Book



Thai Basil Lentil Burger

SPACE IS LIMITED!
APPLY TODAY at
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reopening schools

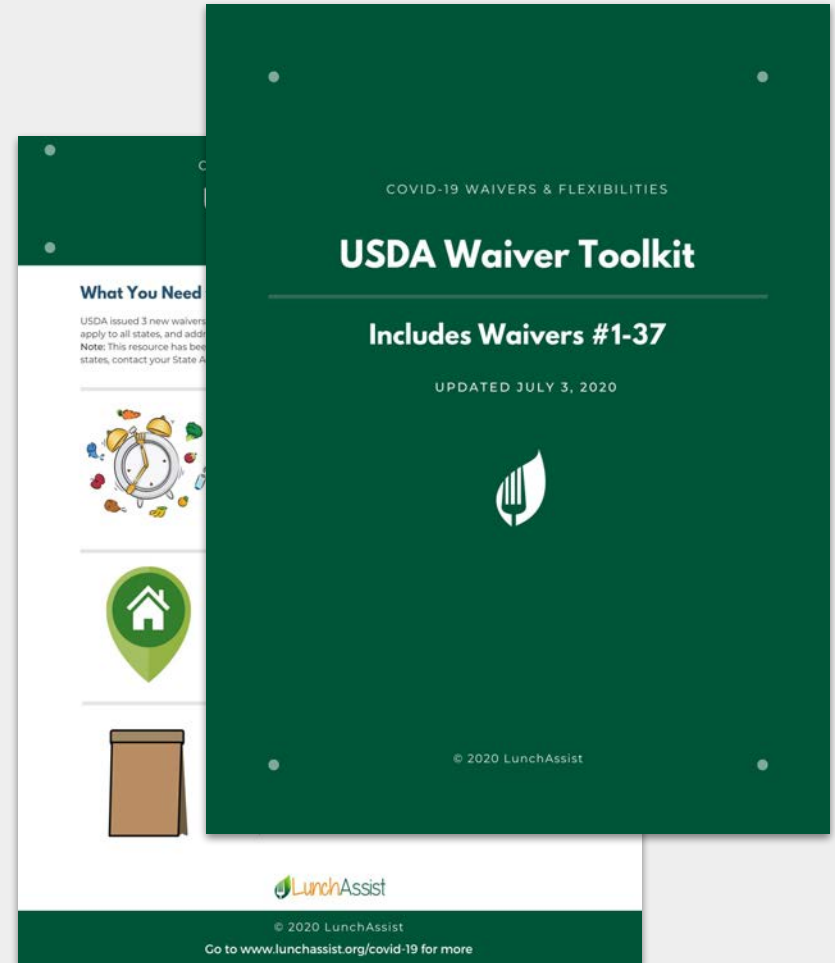


policy & advocacy

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



POLITICO

“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

EDUCATION

‘It’s insane’: Millions of kids could lose access to free meals if this program expires

Families haven’t had to prove their income in recent months, but the Trump administration hasn’t extended that flexibility.



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	<input type="text"/>
* First Name	<input type="text"/>
* Last Name	<input type="text"/>
* Address Line 1	<input type="text"/>
Address Line 2 (optional)	<input type="text"/>
* City	<input type="text"/>
* State	<input type="text" value="Choose One"/> ▾
* ZIP Code	<input type="text"/>
* Email Address	<input type="text"/>
Remember My Information	<input type="checkbox"/>
Email Opt-in	<input type="checkbox"/>

SUBMIT



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/nu/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



The Common Market Southeast delivers boxes to Enrichment Services Program Head Start

Stay Informed

Join our network:
FarmtoSchool.org

Twitter
@FarmtoSchool

Facebook
National Farm to School Network

Instagram
@FarmtoSchool



GROWING STRONGER TOGETHER
National Farm to School Network is an information, advocacy and networking hub for communities working to bring local food sourcing, school gardens and food and agriculture education into school and early care and education settings.

LOCAL FOOD IN COVID-19 RESPONSE AND RECOVERY

When the COVID-19 emergency closed schools and child care across the country, child nutrition programs heretofore responded by instantly pivoting their practices to ensure children and families continued to have access to nutritious food. Schools and early care and education (ECE) sites have always been a vital access point for meals for children. During this emergency, the role that schools and ECE sites can play as community hubs for food access have only become more apparent. As that hub for food access, schools and ECE sites can not only meet the need to feed the whole family, but also remain potential markets for local producers. Sites with existing relationships with producers have been able to continue as viable outlets for producers, even as other institutional markets shut down.

As producers continue to seek markets and child nutrition programs prepare for a different kind of feeding this summer and fall, it is an opportunity for new relationships to form. Though child nutrition programs face new and emerging challenges, including addressing to insufficient funding, managing new types of expenses (including additional labor, transportation, and packaging), and supply chain barriers, the importance and benefit of connecting with local food continues to emerge as vitally important and a key to addressing some of these potential challenges. As school nutrition providers, community partners, and state agencies come together to support producers in accessing markets while supporting families in accessing healthy food, several themes of promising practices have emerged.

Choose products that work best for modified feeding operations (e.g., grab-and-go, delivery, weekly pick-up):

- **Hand-harvested** like apples and pears, require no preparation and can hold up well to transportation.
- **Individually packaged** local products at their peak, like strawberries, snap peas, and cherry tomatoes, package well and are enjoyed by students.
- **Prepared foods from local vendors** that use local ingredients can fit well within many preparation and service styles. Traditional favorites like burritos and tamales can be frozen and sent home with families for reheating.
- **Produce bags/boxes and bulk products** can be offered to provide meals for multiple days for students. Though adult meals are not reimbursable through USDA Child Nutrition Programs, many districts have used additional funding and donations to provide supplemental food for the family. This minimizes packaging and processing requirements from producers and school nutrition staff, offers access to local foods for the whole family, and has increased meal program participation and pick up in some states.

Utilize innovative and emerging platforms for connections.

In addition to the traditional "matchmaking" platforms for local foods, state agencies, non-profits, and community partners have stepped in to develop innovative platforms to connect producers with excess product to programs and organizations in need.

NATIONAL FARM TO SCHOOL NETWORK

COVID-19 RELIEF FOOD DISTRIBUTION

THE FOOD BANK OF NORTH ALABAMA AND THE FOOD BANK OF SOUTH ALABAMA ARE TEAMING UP TO PROVIDE FREE PRODUCE FOR MOUNTAINVILLE AREA RESIDENTS AFFECTED BY THE CORONAVIRUS OUTBREAK

Distribution Details:
When: Friday, May 15 from 9 a.m. - 12 p.m.
Where: Residents can come from May 15th on the corner of Pratt Ave. & Royal St.
Who: Open to the public, please wear proper hygiene, no assembly required.
What: Fresh produce such as lettuce, spinach, tomatoes, cabbage, corn, green beans, and watermelon. Varying quality, please be flexible for donating.

FOOD BANK OF NORTH ALABAMA **FOOD BANK OF SOUTH ALABAMA** **Publix**

Seek and strengthen partnerships and connections.
Both internal and external partnerships are key to successfully supporting community access to local foods.

- **Partnerships with food banks, pantries, and other community food access points** have allowed schools and ECE sites to provide food options for the whole family. In many communities, food banks and pantries have provided schools and ECE sites with supplemental food for families to pick up along with child nutrition program meals. Food banks have also become an important outlet for donated local products, so the food families receive may increasingly be fresh and local. Find your local food bank here: <https://www.feedingamerica.org/find-your-local-foodbank>.
- **Relationships with regional distributors** not only help sites access local and regional products, but will also allow schools and ECE sites to be distribution points for the United States Department of Agriculture Farmer to Family Food Box Program. Find your participating regional distributors here: <https://www.ams.usda.gov/selling-food-to-usda/farmers-to-families-food-box>.
- **Alternative funding streams**, including resources from **local community development organizations** and **local community food banks** can help programs cover additional expenses (including packaging and transportation for delivered meals) and food for families.
- **Interscholarship relationships** have made innovative adaptation to food service programs possible during these challenging times. Partnerships between nutrition services and transportation departments have made neighborhood meal delivery successful. Working together, facilities and nutrition services have been able to safely utilize kitchen space and district buildings for meal preparation and grab and go pickups. As models and capacity continue to shift, these relationships will continue to be important to maintain consistency and flexibility in meal service.

The National Farm to School Network has compiled resources on this topic and others. Find more information and join our network: farmtoschool.org
Created May 2020

**“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



United States Department of Agriculture

Food and Nutrition Service

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 Child Nutrition agencies to provide safe and flexible meal service to children during the coronavirus (COVID-19) pandemic. During unanticipated 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 feeding and meal times waivers, State agencies may 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.^{1,2} For example, a SSO site may distribute 2 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
- Supper and snack.

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

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



<https://www.fns.usda.gov/disaster/pandemic/covid-19>

¹Nationwide Waiver To Allow Meal Service Time Flexibility in the Child Nutrition Programs, COVID-19: Child Nutrition Response #1, <https://www.fns.usda.gov/cn/covid-19/meal-times-nationwide-waiver>.

²Nationwide Waiver To Allow Non-Congregate Feeding in the Child Nutrition Programs, COVID-19: Child Nutrition Response #2, <https://www.fns.usda.gov/cn/covid-19/non-congregate-feeding-nationwide-waiver>.

FNS-871 May 2020 | USDA is an equal opportunity provider, employer, and lender.

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*State agencies may grant waivers for these and other meal pattern requirements under specific circumstances. For more information, visit <https://www.fns.usda.gov/cn/covid-19/meal-pattern-flexibility-waiver>.

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 meal components are provided and packaged in amounts for a single meal. For example, a unitized grab 'n go bagged breakfast for Kindergarten (K) through 6th grade might include: 8 fl oz (1 cup) milk, 1 oz eq cereal, 1 oz eq cheese stick, and 1 cup fruit.

Days of meals may present food quality challenges. To consider:



For sandwiches and wraps, package bread separately from sandwich fillings and provide instructions on how parents, guardians, and older children can assemble the sandwiches at mealtime.



For peanut butter and jelly sandwiches, distributing frozen sandwiches may help prevent items from being smashed or damaged during transport. Provide instructions with the meal indicating that sandwiches should be thawed in the refrigerator before eating.



For pre-made salads, package dressings separately from salad greens and provide instructions on how to dress the salad at home.



Avoid stacking meals to prevent damage. Large rolling carts can help transport meals in single layers around the distribution site.



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Meal Accommodations

Program operators must continue to provide reasonable modifications to Program meals or the meal service to accommodate children with disabilities.

Page 7

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

SWEET PEPPERS

Home | VermontHarvestoftheMonth.org



Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Kid-friendly eating tips

- Try serving different colored sweet peppers so kids can pick which variety they like the best.

Tidbit

Sweet (also known as bell) peppers are native to Central and South America. They were one of the first plants to be cultivated there. The Spanish and Portuguese explorers helped spread the cultivation of peppers across the globe. Nowadays, peppers can be found in almost all types of cuisine. The biggest growers of peppers are China, Turkey, Nigeria, Spain, Mexico, and Romania.

Selection Tip

Choose firm, glossy, plump peppers that have no blemishes or soft spots. The flesh should be brightly colored and should yield to gentle pressure.

Storage Tip

Sweet peppers can be stored unwashed in a perforated plastic bag or the vegetable drawer of the refrigerator, where they will keep for about a week. They freeze well raw, but it is better to wash them first. For maximum flavor and nutritional value, store them whole.

Cooking Tips

- Sweet peppers can be eaten raw or cooked, though their sweetness becomes more prominent when cooked. To easily remove the skin, place pepper under oven broiler and grill on all sides for 10-12 minutes or until the skin blackens and swells. Cover it with a damp cloth, wrap in a sheet of aluminum foil, and when it has cooled, peel it with a knife and rinse under running water.

Recipes

Bell Pepper Egg-in-a-Hole

Bell Pepper Egg-in-a-Hole

Yield: 4 Servings

Total Time: 10mins | Prep: 5mins | Cooking: 5 mins

Ingredients:

- 1 teaspoon olive oil
- 1 bell pepper (any color), cut into rings
- 4 large eggs
- 2 teaspoons grated parmesan cheese
- 4 slices whole grain bread
- Salt and pepper to taste

Directions:

1. In a large pan, heat one teaspoon olive oil over medium heat.
2. Add bell pepper rings, then crack one egg into the middle of each and season with salty and pepper.
3. Cook until egg whites are mostly set but yolks are still runny, 2 to 3 minutes. Carefully flip and cook for 1 minute more for over easy yolk.
4. Sprinkle with parmesan cheese and place each egg on a slice of whole grain toast.

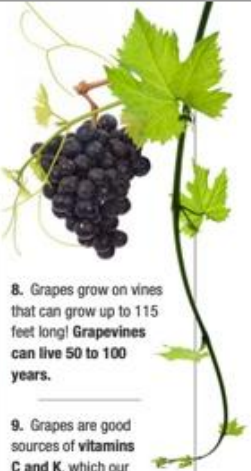
Source: Martha Stewart Living

abundant california lessons

- fact sheets
- at home taste tests

STUDENT HANDOUT

10 COOL FACTS about grapes



1. Table grapes are the **grapes we eat fresh**. They are usually different varieties than the ones people dry into raisins or crush into juice.




2. Grapes are really berries! Like other berries, they are small, juicy fruits with multiple seeds inside.

3. "Seedless" table grapes actually do have seeds. They are just **hard to see** because they don't have the hard coat that normal seeds have.

4. The average person in the United States eats about **8 pounds** of table grapes a year!

5. Grapes come in many colors, including red, green, purple, pink, and gold.



6. California produces nearly all of the table grapes grown in the United States. In fact, **99 percent of them!**



7. Grapes grow best where it's hot and dry. Most of California's table grapes are grown in the **San Joaquin Valley** and the **Coachella Valley**, where they get lots of sunshine.

8. Grapes grow on vines that can grow up to 115 feet long! **Grapevines can live 50 to 100 years.**

9. Grapes are good sources of vitamins C and K, which our bodies need to grow. They also contain lots of **antioxidants** (an-tee-OX-i-dents).



10. Table grapes were at the heart of a **farmworkers' protest** in the 1960s, the Delano Grape Strike.

TABLE GRAPES: CELEBRATING THE HARVEST

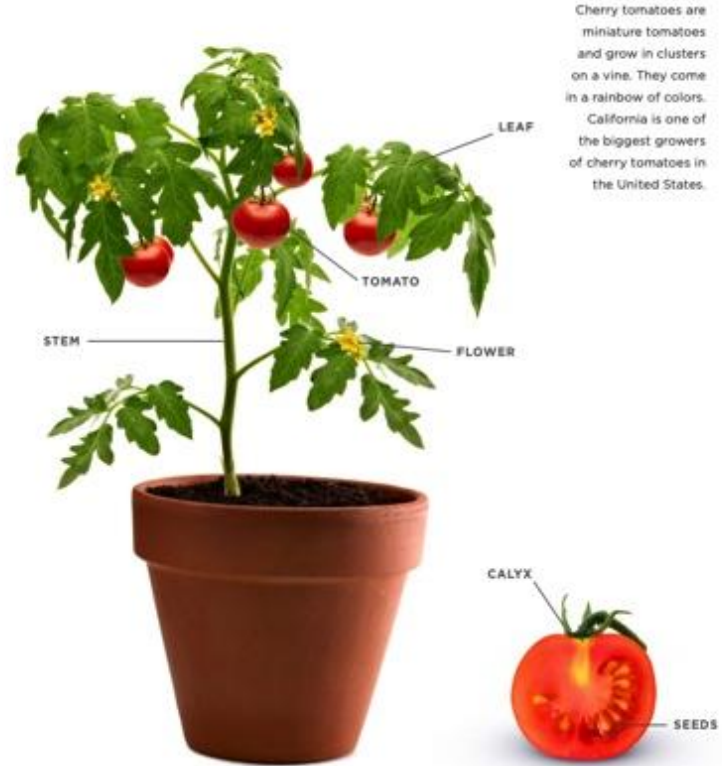
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nourishing students activities

- great for k-5
- exploration guides
- at home taste tests

ABOUT CHERRY TOMATOES



the edible schoolyard

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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.

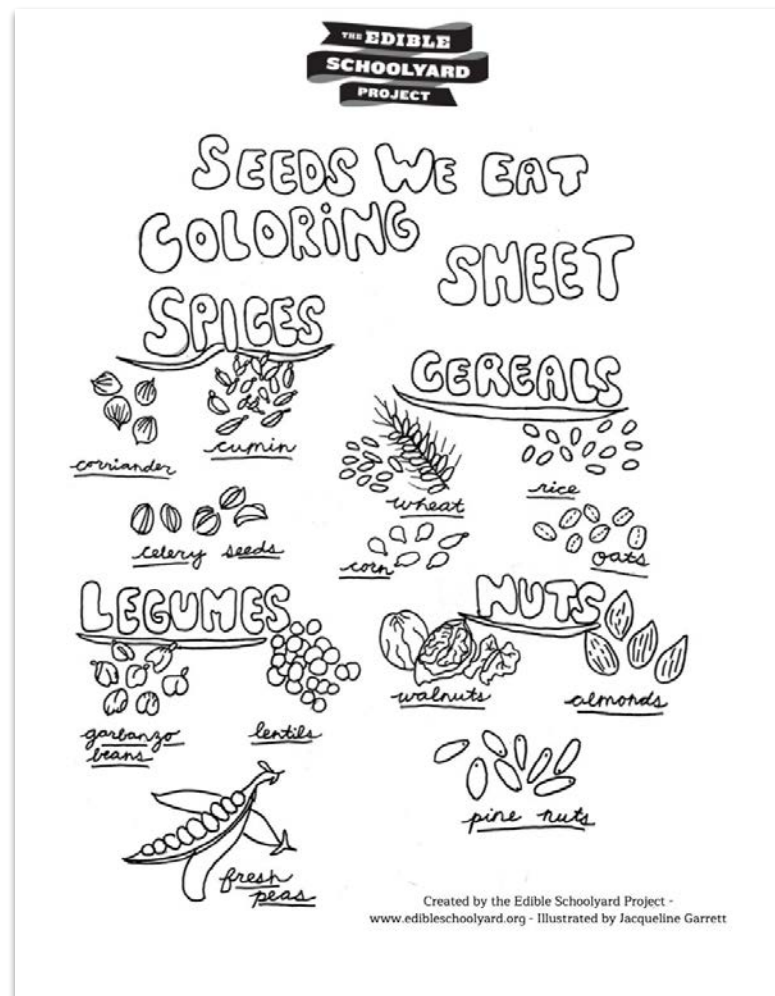
[DOWNLOAD LESSON](#)

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



lunchassist: nutrition education

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:

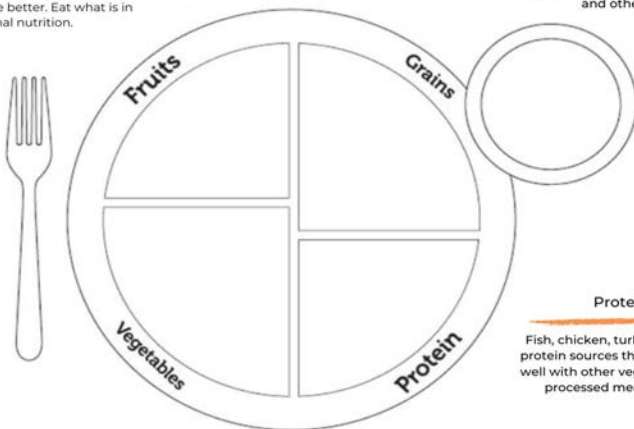
Whole grains--whole wheat, barley, quinoa, oats, brown rice, and whole wheat pasta have a lower effect on blood sugar and insulin than white bread, white rice, and other refined grains.

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 paired well with other vegetables. Limit red meat, and avoid processed meats such as bacon and sausage.



Adapted from USDA MyPlate and Canada's Food Guide. Updated January 2020.
Go to www.ChooseMyPlate.gov or food-guide.canada.ca for more information.

© 2019 LunchAssist

Go to www.lunchassist.org for more

Healthy Eating Plate

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Go to www.lunchassist.org for more

Recipes for Healthy Eating Behaviors

for
Children & Families



Jennifer McNeil, RDN, SNS
jennifer@lunchassist.org



Meal Time Environment

MAKES A BIG DIFFERENCE

INGREDIENTS

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

METHOD

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

Offer a variety of healthy foods. Place one serving utensil in each bowl. Avoid battles with children to choose which of the foods on offer they want to eat.

Model by eating healthy foods yourself. Spark conversation about the benefits of eating healthy foods. Remind children to take how much they want, but do not finish their plate. Discuss feelings of fullness and, if needed, remind children of the signals that help us know when to stop eating.

Take a positive approach about food and enjoy mealtimes together!



© 2019 LunchAssist

Supporting Picky Eaters

MAKES PARENTS CRAZY

INGREDIENTS

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

METHOD

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

Offer a variety of healthy foods. Encourage children to self select what they want to eat from the foods prepared. Allow children to eat what you have prepared until they are satisfied.

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

Repeat at the next scheduled meal or snack.

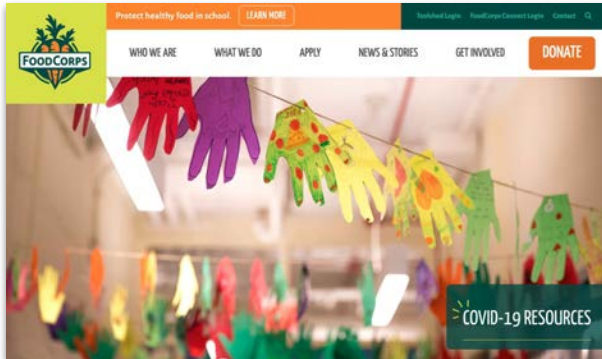
If difficulties persist, keep calm and seek the support of a Dietitian.



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digital media

- garden tours
- cooking lessons
- nutrition lessons



Rainbow Smoothies with Ms. Priyanka





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 why we're proud to introduce the **Pure Growth Project**— a 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 provide financial support to neighborhood gardens and eligible access to fresh produce and green spaces are limited. Our mi

- Grow urban areas accessibility to fresh produce
- Support green spaces in neighborhoods with limitations economic restrictions
- Increase the availability of locally grown, sustainable food 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

Applications are open until August 31!



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.

**HEALTHIER
KiDS
FOR OUR FUTURESM**

Prescott College

"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



discussion