Community of Practice Call

COVID-19 Emergency Food Service
April 1, 2021

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LunchAssist

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LunchAssist

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Program Manager
California Food for California Kids

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Program Manager
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Center for Ecoliteracy
California Food for California Kids
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 and The Collective
agenda

- district spotlights
- funding + policy
- reopening + safety
- plant-forward meal kits
- grants, events, + resources
- leadership
- discussion

usda professional standards

1110, 1130, 2430, 3240, 3450, 4130,

1 hour of professional development
two remaining calls!

may 6 & june 3

join us...
9:00-10:15 a.m. PST / 12:00-1:15 p.m. EST
STOP ASIAN HATE
aapi resources

bystander intervention training
hollaback!
[training guide]

educational resources
to learn and teach asian american history
rethinking schools
[article]

mental health resources for the aapi community
mental health musings
[web pages]

Asian American Psychological Association (AAPA)
National Asian American Pacific Islander Mental Health Association
Asian Mental Health Collective
Inclusive Therapists
Asians Do Therapy
[organization + podcast!]
then + now

a year in review
attendance over the past year
unique people and organizations participating

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<th>Category</th>
<th>People</th>
<th>Organizations</th>
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<td>University Affiliated</td>
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map of participating states
district spotlights
Stir FryDay RECIPE

Ingredients
Serving Size: 4

- 1 Box Rice noodles
- 2 medium Bell peppers
- 1 cup bell pepper
- 2 cups mushrooms
- 3 Green onions

Optional:
- 6-8 cloves Garlic
- 3-4 cup Soy Sauce
- 8 oz extra firm Tofu
- 1 Lime
- 2 tsp Oil of choice
- 3 tbsp Ginger
- 1 tsp Chilli flakes
- 1 tsp Fresh or frozen peas
- Additional protein

Recipe Instructions
(To complete Step 1: Styling (placing the cooking event at 5:00)

Step 1: Wash all produce. Evenly slice the peppers, broccoli, mushrooms, and tofu into small pieces.

Step 2: Bring a pot of water to a boil. Add rice noodles and cook at a low boil for 3-4 minutes (until firm but cooked). Alternatively, you can soak the rice noodles in a bowl of very hot water for about 3-5 minutes or until cooked.

Step 3: In a large skillet, add a small amount of oil. Toss toasted sesame oil to a large pan over medium-high heat. First add the broccoli and mushrooms, and cook for a few minutes until the mushrooms have released all of their liquid. Next, add the bell peppers, peas, garlic, ginger, and tofu, and cook for an additional few minutes.

Step 4: Season the vegetables generously with soy sauce, lime juice, ginger, and garlic powder, and chilli flakes. Give a stir and let it simmer for 5 minutes.

Step 5: Add noodles to the vegetable mix and turn off the heat. Mix to combine, taste, and then add and adjust seasonings as desired.

Step 6: Plate the noodles and garnish with chopped green onions and cilantro. Squeeze with fresh lime juice and drizzle with soy sauce (optional). Enjoy with your loved ones!

www.LakeLab.org

Follow Us: @LakeLabGarden
west contra costa, ca
WCCUSD & CONSCIOUS KITCHEN
FOOD BOX
Certified organic for the kids of WCCUSD

Thursday, March 18

Featuring ingredients for a week of balanced meals

- Organic Ground Beef (Mindful Meats)
- Organic Milk (Humboldt Creamery)
- Dinner Rolls
- Spaghetti
- Organic ZBars (Cir Bar)
- Organic Tomato Sauce (Gimnacola)
- Organic Spaghetti Squash (Coast Tropical)
- Organic Grapefruits (Pacific Rim)
- Organic Navel (Fruitworld)

GRAPEFRUIT FUN FACTS

It is widely believed that grapefruits originated in Barbados in the 1600s. As a fruit between a tangerine and a lemon, they are native to India. Grapefruits got their name because they are citrus fruits that were grown in China. Today, they are grown in many countries around the world.

- They contain vitamin C, monounsaturated, and antioxidiantins that can lower your risk of cancer and diabetes, and improve blood pressure.
- They also contain 10g of dietary fiber per serving.

Grapefruit seeds can be up to 30 times as hard as an average toothbrush tooth. It is also recommended to eat these seeds because they are packed with nutrients and antioxidants.

PROTEIN

- Organic Ground Beef (Mindful Meats)
- Organic Milk (Humboldt Creamery)

CARBS

- Dinner Rolls
- Spaghetti
- Organic ZBars (Cir Bar)

FRUITS & VEGGIES

- Organic Tomato Sauce (Gimnacola)
- Organic Spaghetti Squash (Coast Tropical)
- Organic Grapefruits (Pacific Rim)
- Organic Navel (Fruitworld)

CALABAZA DE ESPAGUETI RELLENA

PORCIONES: 4
TIEMPO: 30 MINUTOS

PREPARACIÓN

1. Cocine las zanahorias ralladas en una sartén con aceite de oliva hasta que estén doradas.
2. Rebose la cebolla rallada con mezcla de hierbas y especias, y cocine hasta que esté dorada.
3. Agregue los champiñones y cocine hasta que estén dorados.
4. Agregue los tomates pelados y cocine a fuego lento hasta que estén bien cocidos.
5. Agregue el caldo y cocine hasta que esté bien helado.
6. Sirva con espaguetis y especias.
Almost 1 in 4 children (23%) are food insecure in Houston/Harris County. HISD Nutrition Services focuses on reducing food insecurity by providing nutritious food for families in need.

**OUR MEAL DISTRIBUTION SITES:**

- School Curbside Pick-Up
- Neighborhood Supersites
- Apartment Complexes
- Campus Megasites
community + family engagement questionnaire
reopening schools
## MS & HS Grab n' Go Meal Program

### During Hybrid Learning

**Effective March 29th - May 2**

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<th>Hybrid Student Group A</th>
<th>MON</th>
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<th>WED</th>
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**hybrid learning**

**meal service scenarios**
meal service options
- bulk meal kit distribution
- in-person meals
- distance learning meals
- community meals
- home delivery

program integrity
- a detailed plan is required
  - learn more on the blog
policy reminder | california

state meal mandate

- at least one meal must be provided (on campus) each school day
  - meal: breakfast or lunch
  - school day: in-person or distance learning

- what about bulk meal kits?
  - may still be provided, however at least one meal must be provided during in-person learning
more next month from...

Brianna Dumas, MPH, RDN, LD

Centers for Disease Control and Prevention (CDC)
vaccine updates | CA

- school nutrition staff are now eligible!
- how to I sign up?
  - check with your school district to determine when & where to access your vaccine
- vaccine roll out varies by region

white house update on march 11:
all adults will be eligible for a vaccine by may 1
policy + funding
waiver updates | national

summer meal waiver extensions

- meal pattern flexibilities (sso only)
- non-congregate feeding
- parent/guardian pick-up
- area eligibility (open sites)
- meal service times
- OVS in SFSP
- area eligibility (closed sites)
- first week site visits

these extensions apply only to SSO and SFSP
waiver updates | national

waivers that still expire on June 30

- meal pattern flexibilities
- non-congregate feeding
- parent/guardian pick-up
- area eligibility for CACFP at-risk
- meal service times
- OVS for NSLP high schools
- on-site monitoring
- FSMC duration

these waivers apply to NSLP, SBP, and CACFP and still expire on 6/30
waiver updates | national

unanswered questions

- what happens on the first day of SY 21-22?
- can we continue SSO/SFSP at school until Sept 30?
- do we need to do meal applications for SY 21-22?
waiver reminders | national

paperwork to file during COVID-19

● know which waivers you have opted into
● keep copies of waiver approvals from your state agency

SSO/SFSP applications

● update state agency applications
● CA: update CNIPS
waiver updates | national

- **new!** community eligibility provision (CEP) deadlines extended
- certify your schools to receive free meals for the next 4-years!
- ISP must be > 40%

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<tr>
<th>CEP requirement</th>
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<th>new waiver deadline</th>
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<td>any point from july 1, 2020 - june 30, 2021</td>
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<td>elect CEP for SY 21-22</td>
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Select your state!
policy updates | california

SB 364: The School Meals for All Act of 2021

- make school meals free for all students
- provide $0.25/meal for California-grown food
- establish grants for up to $30,000/school site for training and equipment on freshly-prepared food
- provide low-income families with EBT during school breaks

Letters of support due to Senate Education Committee by 5pm today
Alexis Bylander
senior child nutrition policy analyst
food research & action center (FRAC)
LSWP
triennial assessment
8 LSWP Federal Requirements

In 2016, USDA FNS finalized guidelines and requirements for written wellness policies established by LEAs. LEAs must comply with the following requirements.

1. Designate an official
   The policy must identify at least 1 LEA or school official who has the authority and responsibility to ensure each school complies with the LSWP. This is often the Food Service Director, but that is not always the case. Best Practice: Include the official’s name, title, and contact information.

2. Invite all stakeholders
   All stakeholders must be invited to participate in the development, implementation, review, and update of the LSWP, including:
   - Parents
   - Students
   - Food service staff
   - Administrators
   - General public
   PDD Tip: Use the LunchAssist Sample Wellness Flyer available in the Collective!

3. Specific goals
   The policy must include specific, evidence-based goals for:
   - Nutrition education
   - Nutrition promotion
   - Physical activity

4. Policies for foods + beverages sold
   All food and beverages sold on the school campus during the school day must meet federal meal regulations and USDA Smart Snacks in School nutrition standards. "Some states may have stricter guidelines for competitive foods. Best Practice: Use a hyperlink to direct readers to the federal meal regulations and Smart Snacks standards."

5. Policies for other foods + beverages
   The LSWP must describe policies for other foods and beverages available on the school campus during the school day (e.g., classroom parties, classroom snacks brought by parents, etc.)

6. Marketing policies
   All foods marketed and advertised on campus during the school day must meet the USDA Smart Snacks in Schools nutrition standards.

7. Triennial Assessment
   LEAs must review the LSWP every 3 years, measuring:
   - The extent to which the LSWP complies with model policies
   - The extent to which each school is in compliance with the policy
   - The progress made toward achieving the goals set forth in the LSWP
   Triennial Assessments will be reviewed by the State during the NSLP A
c

8. Available to the public
   LEAs must make the LSWP available to the public and update the community about changes to and implementation of the LSWP, including results of the Triennial Assessment. Best Practice: Post the LSWP and results of the Triennial Assessment on your district website.

Downloadable Resources
8 Local School Wellness Policy Federal Requirements [Blog]
Triennial Assessment

LEAs must review the LSWP every 3 years, measuring:
- The extent to which the LSWP compares to model policies;
- The extent to which each school is in compliance with the policy; and
- The progress made toward achieving the goals set forth in the LSWP.

Triennial Assessments will be reviewed by the State during the NSLP AR.
Triennial Assessment

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Triennial Assessments will be reviewed by the State during the NSLP AR.

Due June 30, 2020
June 30, 2021*

*with waiver #18 approval
Lesson 13: Local School Wellness Policy

The WellSAT assessment includes 4 worksheets:

DUE JUNE 30, 2021
WellSAT Triennial Assessment

4 Steps:

1. **Complete the WellSAT 3.0**
2. **Complete the WellSAT-I**
3. **Identify connections between policy & practice (Worksheet #3)**
   - Compare WellSAT 3.0 and WellSAT-I scores
4. **Summarize and share your findings (Worksheet #4)**
   - Results should be made available to the public (e.g. post on website)

Add the **full** Non-Discrimination Statement, prior to sharing!!
climate-friendly school food
Our Program | Friends of the Earth

Direct Technical Assistance to School Districts in California

- 1-on-1 support linking districts to resources
- Marketing materials/strategies
- Student and community engagement

Convene regional forums and webinars, and promote practical tools and strategies

Policy Advocacy - state and federal levels
What is Climate-Friendly Foodservice?

Achieves a lower carbon and water footprint by:

- Plant-based and plant-forward menu options
- Sourcing from organic and regenerative farms
- Reducing food and packaging waste
The State of School Lunch in California

Opportunities for Improving the Health and Environmental Profile of School Food

- Recent report highlights the need to make school food healthier, climate-friendly and accessible to all.
  - Dual benefits for health and climate justice

- Policy recommendations
  - Financial incentives
  - Restructuring USDA Foods program
  - Increase meal reimbursement rates + Universal Free Meals
  - Expand and establish new grant programs
What can we do at the district level?

**SCHOOL DISTRICTS**

- Expand choices for plant-based and plant-forward (combined meat/dairy and plant protein) offerings on school food menus so that at least one plant-based entrée is featured every week (excluding PB&Js).
- Pass wellness and/or nutrition policies that eliminate or significantly reduce processed meat on school food menus and encourage serving organic and plant-based foods.
- Advocate for more plant-based sources of protein and higher quality animal products in USDA Foods.
- Expand sourcing of higher quality animal products from local and sustainable farms, with support from the California Farm to School Program and other federal programs.
- Adopt a **climate action resolution** that commits to pursue climate-friendly foodservice and set a district-wide goal for reducing the carbon footprint of school food.
- Work with NGOs and certification programs like the [Good Food Purchasing Program](https://www.healthyfoodhub.org) and [Eat Real](https://www.eatreal.org) that provide tools, standards and support for improving nutrition and sustainability sourcing.
- Take advantage of culinary training opportunities, kitchen equipment grants and farm-to-school programs to procure and serve scratch-cooked plant-based and plant-forward entrées (find [resources here](https://example.com)).
The Burger Swap!

If all school districts in California swapped out a beef burger for a black bean burger, on just one day per month, it would save 220 million lbs of CO₂-eq.

- **BEEF BURGER**
- **BLACK BEAN BURGER**

**Equivalent to:**

- 22,000 cars off the road for One year
- 1.7 million tree seedlings grown for 18 years
- 26,000 residential solar systems for One year
Please reach out!

For more information, resources, or to request support on implementing climate-friendly food strategies, email us at climatefriendlyfood@foe.org.
resources · events · grants
program integrity plan

PRO Tip: Download and edit this document to best fit your district’s needs and file it away for your next audit.

Reminder: You do not need to submit it to the State at this time. Just make sure to file it somewhere where your staff can easily access and review it!

⭐ NEW! Program Integrity blog post!
CDC resources

Safely Distributing School Meals during COVID-19

- ★ **NEW!** Meals Eaten at School (In-Person Learning)
  - Meals in the Classroom
  - Meals in the Cafeteria

- Meals Eaten Away from School (Virtual/Hybrid)
  - Drive-Through or Walk-Up Models
  - Delivery Models
    - Home Delivery
    - Mobile Route Delivery
    - Bus Route Delivery

- ★ **NEW!** Checklist for School Nutrition Professionals
  Serving Meals Eaten at School

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Checklist for School Nutrition Professionals
Serving Meals Eaten at School

- Stay home if you are sick, have tested positive for COVID-19, or are showing symptoms of COVID-19, or have recently had close contact (less than 6 feet for 15 minutes or more) with a person with COVID-19.
- Wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol before, after, and during shifts, before and after eating, after using the toilet, and after handling garbage, dirty clothes, or removing gloves.
- Wear a mask during your shift.
- Clean and disinfect frequently touched surfaces. Surfaces that come in contact with food should be washed, rinsed, and sanitized.
- Encourage students and staff to remain at least 6 feet apart in areas that can easily become crowded. For example, waiting in food service lines or in hallways.
- Maintain low occupancy in areas where outdoor ventilation cannot be increased.
- Avoid offering any self-serve food or drink options, such as hot and cold food bars, salad or condiment bars, and drink stations. Instead, serve grab-and-go items or individually paced meals. Clearly label or set aside meals for students with food allergies or dietary restrictions.
- Ensure students are not sharing food or utensils.
- Install physical barriers in areas where it is difficult for people to remain at least 6 feet apart. For example, cash registers, toilets.
- Encourage students and staff to wear masks when not eating or drinking.
- Hang posters that encourage staying home when sick and good hand hygiene practices. Place posters in highly visible locations, for example, around the school and kitchen.

[cdc.gov/coronavirus]
commodity recipes I chef ann foundation

commodity recipe resource

- the lunch box commodity resource
- scale, cost, analyze recipes feature
CACFP | 2021 national conference

- virtual
- April 19-23
- Registration rates & deadlines
  - **Standard registration:** March 1-31
    - $169 member | $299 non-member
  - **Late registration:** April 1-15
    - $199 member | $349 non-member
free + virtual events

● **april 7 | SGSO leadership institute**
  ○ strengthening equity and inclusivity

● **april 8 | alliance for a healthier generation**
  ○ mental health literacy for food & nutrition professionals

● **april 14 | SGSO leadership institute**
  ○ measuring impacts and sharing results in garden-based education
upcoming events

- **April** | Garden Month
  - USDA Team Nutrition Resource

- **April 22** | Earth Day
  - Take Action with Earth Day Tips

- **May 7** | SNA School Lunch Hero Day
  - Sample Press Release & Proclamation
  - Ways to Recognize Your School Lunch Heroes
national grant

- **USDA** | Team Nutrition Training Grant for School Meals, Cohort B
  - $4.8 million total funding to 16 states
  - for states not awarded Cohort A grant
  - awards assist schools with F2S efforts
  - **April 19** | Applications due
  - **August** | Awards will be announced
● reminder: california food for california kids + lunchassist pro
  ○ sponsored membership available to all CFCK districts
  ○ all of your SY 20-21 PD + access to exclusive tools, checklists, and resources
  ○ email krysta or mickinzie to sign up!
    - krysta@ecoliteracy.org or mickinzie@lunchassist.org
leadership
advocating for your **team**

- listen to your team’s concerns
- publicly praise your team
- seek growth opportunities
advocating for your **program**

- newsletters to families
- social media
- local news coverage
advocating politically

- social media campaigns
- letters of support or opposition
- legislator visits
discussion