

# **KSDE CHILD NUTRITION & WELLNESS: ADMINISTRATION OF CHILD NUTRITION PROGRAMS**

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# Overview

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- KSDE Child Nutrition & Wellness
- USDA Nutrition Assistance Programs
- Scope of Work
- Learning Objectives
- Activities & Projects
- Academic Application

# KSDE Child Nutrition & Wellness

# KSDE Child Nutrition & Wellness

- A division of the Kansas State Department of Education (KSDE)
- Preceptor: Ms. Cheryl Johnson, MS, RD, LD
  - Director for past 6 years



# KSDE Child Nutrition & Wellness

- “Provide leadership, information, training, & technical assistance to local agencies operating child nutrition & wellness programs.”<sup>1</sup>
- **Goal:** “Enhance each program sponsor’s ability to provide quality nutrition & wellness programs for all Kansas children.”<sup>1</sup>

1. KSDE Child Nutrition and Wellness. (2009). *Our mission*. Retrieved from [http://www.kn-eat.org/CNW/CNW\\_Menus/CNW\\_Mission.htm](http://www.kn-eat.org/CNW/CNW_Menus/CNW_Mission.htm).

# KSDE Child Nutrition & Wellness

- Funded by the United States Department of Agriculture (USDA) Food & Nutrition Service (FNS)
  - Established in 1969<sup>2</sup>
  - Partners with state departments<sup>2</sup>
  - Administers/funds nutrition assistance programs<sup>2</sup>
  - \$82.7 billion appropriated by Congress in 2010<sup>2</sup>

# USDA Nutrition Assistance Programs

# USDA Nutrition Assistance Programs

- 15 nutrition assistance programs
- “Safety net” for those at increased nutritional risk<sup>3</sup>
- Target those at risk for “food insecurity”

3. Institute of Medicine (US) Committee to Review Child and Adult Care Food Program Meal Requirements. (2011). *Child and Adult Care Food Program: Aligning dietary guidance for all*. Washington, DC: National Academies Press. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK209814/>.

# USDA Nutrition Assistance Programs

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- Food insecurity affects health, social, & academic outcomes
- Access to good nutrition early = lasting positive impact
- FNS programs aim to improve food security
  - Provide regular source of nutritious meals & snacks

# USDA Nutrition Assistance Programs

- Impact of child nutrition program in studies of low-income, food-insecure households
  - Improve diet quality<sup>4</sup>
  - Improved academic performance<sup>4</sup>
- “NSLP, SFSP, & CACFP were associated with significantly lower rates of food insecurity for households with children”<sup>4</sup>

4. Ralston, K., Treen, K., Coleman-Jensen, A., Guthrie, J. (2017, June). *Children's food security and USDA child nutrition programs*. Retrieved from [https://www.ers.usda.gov/webdocs/publications/84003/eib-174\\_summary.pdf?v=42905](https://www.ers.usda.gov/webdocs/publications/84003/eib-174_summary.pdf?v=42905).

# USDA Nutrition Assistance Programs

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- Combat & prevent undesirable outcomes of food insecurity in children
  - Decreased health
  - Decreased social outcomes
  - Decreased academic performance

# Child & Adult Care Food Program

# CACFP

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- Sites:
  - Child care centers
  - Day care homes
  - Adult day care centers
  - Afterschool care programs
  - Emergency shelters

# CACFP

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- Reimbursement based on:
  - Most sites: participant eligibility
  - Afterschool care programs: location
  - Emergency shelters: three meals/day (18 and under)

# CACFP

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- Must meet USDA meal pattern
  - Breakfast: grain, fruit or vegetable, milk
  - Lunch/Dinner: grain, meat/meat alternate, fruit, vegetable, milk
  - Snack: combination of two of the four components

# CACFP

- Seven KSDE consultants
  - Provide program guidance
  - Monitor:
    - Record keeping
    - Meal counts
    - Menus
    - Licensing
    - Production records
    - Administrative costs
    - Meals

# Summer Food Service Program

# SFSP

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- Sites:
  - Schools
  - Local government agencies
  - Camps
  - Churches
  - Parks
  - Health clinics
  - Hospitals

# SFSP

- Site eligibility:
  - Located in area with at least 50% eligible for free or reduced price school meals<sup>5</sup> OR
  - With at least ½ of children from families with incomes at or below 185% of federal poverty level<sup>5</sup>
- Reimbursed for all meals and snacks

5. USDA ERS. (2017, July 10). *Summer Food Service Program*. Retrieved from <https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/summer-food-service-program/>.

# SFSP

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- Must meet USDA meal pattern
  - Breakfast: grain, fruit or vegetable, milk
  - Lunch/Dinner: grain, meat/meat alternate, fruit or vegetable, milk
  - Snack: combination of two of the four components

# SFSP

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- Eight KSDE consultants
  - Provide program guidance
  - Monitor compliance

# Learning Objectives

# Learning Objectives

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- Gain understanding of the steps taken to manage various child nutrition programs.
  - Online & in-person trainings
  - Collaboration with CNW staff
  - Attending agency meetings
  - Researching & developing projects

# Learning Objectives

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- Become familiar with the federal & state policies & rules regulating child nutrition programs.
  - Training sessions
  - Team meetings
  - Researching & creating projects

# Learning Objectives

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- Observe & understand the responsibilities & roles of a public health administrator within a Kansas state department, including his or her collaboration with other public and private stakeholders.
  - Daily meetings with director & assistant directors
  - Agency meetings

# Learning Objectives

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- Gain an understanding of how USDA policy and regulation changes affect management of child nutrition programs, particularly with the updated CACFP meal pattern.
  - Updated CACFP meal pattern presentation

# Learning Objectives

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- Observe & understand the process of applying for grants to obtain funds for child nutrition programs.
  - Review of 2016 & 2017 Team Nutrition grants

# Activities & Projects

# CACFP and SFSP Outreach Flyers

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- Outreach to potential sponsors
- Goal – unique flyers for each type of site
  - Child care centers
  - Day care homes
  - Preschools
  - Afterschool programs
  - Adult care homes
  - All SFSP sites
- Specific details – benefits, eligibility, types of sites, requirements, reimbursement, meal patterns

# CACFP and SFSP Outreach Flyers

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- Researched each site's requirements
  - USDA CACFP & SFSP Administrative Guides
  - Online KSDE program guidance
  - Previously-used outreach materials
  - Knowledge of CACFP & SFSP administrators & consultants
- Collaborated with CNW graphic artist
  - Format, colors, photos
- Reviewed & edited by CNW staff

# Takeaways

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- Collaboration with various CNW professionals
  - Learned from their expertise
  - Obtained constructive criticism
- Better understanding of CACFP & SFSP
  - Specific regulations
  - Differences in sites
  - Program management – state AND sponsor levels

# SFSP Article for KSHSAA

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- Outreach to a specific population
- Goal – promote SFSP to KSHSAA & its associated schools/communities
  - Camps
  - Practices
  - Conditioning
- Collaborated with CNW graphic artist
  - Format, colors, photos

# Takeaways

- Better understanding of SFSP
  - Benefits & requirements for schools & communities
- Consideration of audience
  - Public vs. academic peers/colleagues



# SFSP “Lunch Across Kansas Spike Event”

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- Outreach to participants
- Goal – “spike” SFSP participation
  - Drop in SFSP participation after July 4<sup>th</sup>
- Hosted by Shawnee County SFSP Coalition
  - Topeka Shawnee County Library – SFSP site
  - Held at meal service time
  - Featured booths, games, giveaways

# SFSP “Lunch Across Kansas Spike Event”



Nutrition Education “Fishing” Activity

# SFSP “Lunch Across Kansas Spike Event”



Photo Booth – “Fuel Up for Summer Fun”

# Takeaways

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- Direct interaction with program participants
- First-hand look at importance of SFSP
  - Served ~270 children in 2 hours
  - Strengthened conviction of importance of these programs

# Updated CACFP Meal Pattern Presentation

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- Outreach to partners
- K-State Research & Extension Family & Consumer Sciences (FCS) Agents
  - Provide research-based information, resource, education to families & communities

# Updated CACFP Meal Pattern Presentation

- USDA required to make update
  - Healthy, Hunger-Free Kids Act of 2010
- Based on:
  - 2010 Dietary Guidelines for Americans
  - National Academy of Medicine recommendations
  - Stakeholder input
- Implementation deadline – October 1, 2017

# Updated CACFP Meal Pattern Presentation

- Goal – presentation to help FCS agents assist CACFP sponsors implement updated meal pattern
- Development:
  - Researched/studied updates
  - Reviewed FAQs by sponsors
  - Considered importance/relevance to FCS agents

# Takeaways

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- ❑ Strong understanding of updates
- ❑ Better understanding of audience
  - Learned about KSRE & FCS agents
- ❑ Collaboration with other professionals



**K-STATE**  
Research and Extension

# SFSP Breakfast Cycle Menus

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- Goal – cycle menus for limited resource sites
  - No access to kitchens
    - Parks
    - Libraries
    - Health clinics
    - Community centers

# SFSP Breakfast Cycle Menus

- Two-week menu
  - Requirements: 8 oz fluid milk, ½ cup fruit, 1 oz grain
  - Also: offer-versus-serve (OVS) options
    - Two additional meal components
    - Some hot options: increased variety, use by hot-prep sites
- Production records – serving sizes, total servings, amount to prepare
- Grocery shopping lists – all foods to purchase in standard purchasing amounts (lbs, cans, gallons)

# Takeaways

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- Hands-on experience in tasks necessary for program management
  - State level AND sponsor level
- Consideration of sponsor needs
  - Combinations of foods
  - Ease of preparation
  - Food safety
  - Nutritional qualities
  - Acceptance by participants

# Other Projects & Activities

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- SFSP “One More” campaign
  - Gathered data on sponsor pledges to commit “one more” – week of service, meal or snack, site, outreach event, activity, unique goal
- Team Nutrition grant review
  - Reviewed 2016 & 2017 applications
- Training sessions & meetings

# Academic Application

# Biostatistics

- Team Nutrition grant application review
  - Comprehensive evaluation plans
    - Measurement tools
    - Collection of data
    - Investigation of research questions
  - Methods for evaluation – regressions, t-test mean comparisons, Chi-squared tests

# Environmental Health

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- Creation of SFSP breakfast cycle menus
  - Considered prevention of foodborne pathogens
  - Reduce sponsor burden in ensuring food safety through reduced:
    - Washing
    - Cutting
    - Close temperature monitoring

# Epidemiology

- Understanding research behind updated CACFP meal pattern
  - 2010 Dietary Guidelines for Americans cite:
    - Research studies
    - Systematic reviews
    - Meta-analyses
    - Reports by federal agencies & scientific organizations
  - Consider associations between intake of certain foods & disease

# Health Services Administration

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- Interactions with stakeholders
  - Understood role they play in providing access to healthcare AND child nutrition programs
- Roles & responsibilities of public health administrator
  - Understood leadership & administrative skills for managing complex environments

# Social & Behavioral Sciences

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- All activities & projects
- CACFP & SFSP – help individuals overcome social & behavioral factors preventing access to healthy meals & snacks
  - Understood issues nutrition assistance programs work to alleviate
  - Could better relate to low-resource populations

# Conclusions

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- Core & emphasis area courses
  - Principles, theories, practices used
- Field experience
  - Applied these concepts in real world setting
- Grew as individual & public health professional
  - Equipped with knowledge & skills to positively impact health of my community