KSDE CHILD NUTRITION & WELLNESS: ADMINISTRATION OF CHILD NUTRITION PROGRAMS

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Overview

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

- **Goal:** “Enhance each program sponsor’s ability to provide quality nutrition & wellness programs for all Kansas children.”

KSDE Child Nutrition & Wellness

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

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USDA Nutrition Assistance Programs

- 15 nutrition assistance programs
- “Safety net” for those at increased nutritional risk
- Target those at risk for “food insecurity”

USDA Nutrition Assistance Programs

- 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$^4$
  - Improved academic performance$^4$
- “NSLP, SFSP, & CACFP were associated with significantly lower rates of food insecurity for households with children”$^4$

USDA Nutrition Assistance Programs

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

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

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

- 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

• Sites:
  o Schools
  o Local government agencies
  o Camps
  o Churches
  o Parks
  o Health clinics
  o Hospitals
SFSP

- Site eligibility:
  - Located in area with at least 50% eligible for free or reduced price school meals\(^5\) OR
  - With at least \(\frac{1}{2}\) of children from families with incomes at or below 185% of federal poverty level\(^5\)

- Reimbursed for all meals and snacks

SFSP

- 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

- Eight KSDE consultants
  - Provide program guidance
  - Monitor compliance
Learning Objectives
Learning Objectives

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

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

• 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.
  o Daily meetings with director & assistant directors
  o Agency meetings
Learning Objectives

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

• Observe & understand the process of applying for grants to obtain funds for child nutrition programs.
  o Review of 2016 & 2017 Team Nutrition grants
Activities & Projects
CACFP and SFSP Outreach Flyers

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

- 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

- 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

- 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”

- Outreach to participants
- Goal – “spike” SFSP participation
  - Drop in SFSP participation after July 4th
- 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

• Direct interaction with program participants
• First-hand look at importance of SFSP
  o Served ~270 children in 2 hours
  o Strengthened conviction of importance of these programs
Updated CACFP Meal Pattern Presentation

- 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
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

- Strong understanding of updates
- Better understanding of audience
  - Learned about KSRE & FCS agents
- Collaboration with other professionals
SFSP Breakfast Cycle Menus

• Goal – cycle menus for limited resource sites
  o 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

• Hands-on experience in tasks necessary for program management
  o State level AND sponsor level

• Consideration of sponsor needs
  o Combinations of foods
  o Ease of preparation
  o Food safety
  o Nutritional qualities
  o Acceptance by participants
Other Projects & Activities

- 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
Biostatistics

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

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

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

- 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

- 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

• Core & emphasis area courses
  o Principles, theories, practices used

• Field experience
  o Applied these concepts in real world setting

• Grew as individual & public health professional
  o Equipped with knowledge & skills to positively impact health of my community