When School is Out: Feeding Hungry Kids During School Breaks

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Who we are:
• National anti-hunger organization in Washington DC
• Nonprofit and nonpartisan

What we do:
• Conduct research and policy analysis
• Serve as a clearinghouse
• Provide technical assistance
• Lobby Congress
The Need

- 15.3 million children lived in food insecure households in 2014, up from 12.4 in 2007
- Dramatic increase with the recession
- About 1 in 5 households with children were food insecure
- 13.6% of households in Colorado
What does eating have to do with academic success?
Children who are hungry cannot learn.

Hunger is linked to:

• Lower math scores
• Repeating a grade
• Being hyperactive, absent, and tardy
• Having behavioral and academic problems
• Increased school suspensions (teens)
What does hunger have to do with health?
Hunger and Health are Connected

Hunger is linked to:
• More frequent stomachaches and headaches
• More mental health problems, such as depression and anxiety
• Being in poorer health
Meeting our Children’s Nutritional Needs

Child Nutrition Programs:

- Summer Food Service Program
- Afterschool Meals and Snacks
- National School Lunch Program
- School Breakfast Program
Importance of Summer

- Children gain more weight during the summer
- Children are more likely to be food insecure during the summer
- Impact felt more in states with low Summer Food participation
- Summer Learning Slide
Meeting our Students’ Nutritional Needs

Summer Food Service Program

- Provides free, nutritious meals to low-income children 18 and under
- Operates when school is not in session
- Qualify based on area eligibility
- Less than 1 in 10 reached in CO
Summer Nutrition Programs: How Does Your State Measure Up?

- Participation decreased
- Participation grew by 0 to 10 percent
- Participation grew by 10 to 20 percent
- Participation grew by more than 20 percent
Strategies to Increase Participation

Meeting Rural Challenges:

• Transportation
• Mobile meals
• Building on existing transportation
Strategies to Increase Participation

Meeting Rural Challenges:

- Stigma
- Build community support
- Provide interesting programming
- Identify new opportunities for sites
  - WIC clinics, Farmers markets, Libraries, churches
Meeting our Children’s Nutritional Needs

Afterschool Meals and Snacks

- Provides up to a meal and a snack after school, on weekends, and school holidays
- Serves low-income areas
- Requires enrichment activity
- Available through Child and Adult Care Food Program (CACFP)
- Must meet state or local health and safety standards
Strategies to Increase Participation

Afterschool Meals and Snacks

- Call it a Super Snack
- What is enrichment?
- Get the Athletes into the program
- Build on existing transportation
Meeting our Children’s Nutritional Needs

School Breakfast Program

- Provides a morning meal, typically served before the start of the school day
- Low-income students eligible for free or reduced price meals
- Must meet USDA guidelines for healthy, nutritious meal
- 3 out of every 5 served
Barriers to Breakfast Participation

School Breakfast
• Late arrivals due school bus schedules/rushed morning schedules
• 30 cent co-payment for reduced-price breakfast burdensome
• Cafeteria too small or students want to socialize or play outside;
• Parents vaguely aware of the program
• Program is stigmatized as being “for the poor kids.”
Strategies to Increase Participation

• Offering Breakfast for Free (Community Eligibility/Provision 2)
Strategies to Increase Participation

School Breakfast:
- *Alternative Breakfast Service Models*: breakfast is served after the start of the school day and eaten in the classroom

Breakfast in the Classroom