

# Grantmakers in Health: Healthy Eating/Active Living Series

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## Healthy Hunger-Free Kids Act: A Briefing for Funders

February 8, 2011

# Healthier Kids

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To be healthy children need access to plenty of nutritious food for growth & development

# Need to Improve Quality & Reach More Children

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- High rates of food insecurity -- 17 million children in food insecure households
- High rates of obesity -- 16.9 percent of children (2-19 years) are obese
- Child nutrition programs play key role in reducing both hunger & obesity

# Negative Consequences of Food Insecurity

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- Poor early child development outcomes
- Poor education outcomes
- Poor child health outcomes
- Higher risk of obesity

# Consequences of Overweight & Obesity

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- Diabetes, hypertension & atherosclerosis
- Mobility limitations
- Depression, anxiety & low self-esteem
- Poor academic performance

# Healthy Hunger-Free Kids Act – P.L. 111-296

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- Schools
- Child & Adult Care Food Program
- WIC Program
- Afterschool & Summer Programs

# Healthy Hunger-Free Kids Act

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## Schools

# School Meals: The Need to Reach More Children

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- Only 72 percent of children living in SNAP households are directly certified for school lunch (no paper application needed)
- Less than half who eat lunch eat breakfast at school



# Direct Certification from SNAP to School Meals

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- Requires continuous improvement plans for states that do not meet targets:
  - 80 percent school year beginning July 2011
  - 90 percent school year beginning July 2012
  - 95 percent school year beginning July 2013
- Provides \$4 million per year (2011 through 2013) for performance awards

# School Meals: Direct Certification

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- Eliminates the letter method
- New Medicaid Route for Direct Certification for Children Receiving Medicaid:
  - 2012 – in LEAs serving 2 ½ percent of students qualified for free & reduced-price meals
  - 2013 – in LEAs serving 5 percent
  - 2014 & in each subsequent year– in LEAs serving 10 percent
  - States apply to be included

# Schools Meals: Community Eligibility

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- Allows schools with 40 percent or more of students directly certified for school meals to offer meals free to all students
- No more school meal applications
- Limited to 11 states (phased in over 3 years)



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# School Meals: Community Eligibility

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Blended reimbursement rate:

- Multiply percentage of students directly certified by 1.6
- Apply it to meals served
- Additional meals reimbursed at paid rate



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# School Meals: Other Access Improvements

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- Establishes three-year demonstration project using community survey data in up to three school districts
- Establishes universal meal demonstration project in high poverty school districts using census data
- Makes foster children automatically eligible for free meals
- Authorizes School Breakfast grants

# Schools

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Creates a school environment that supports good health & reduces obesity

# Competitive Foods

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Requires USDA to establish national nutrition standards for all foods sold on the school campus throughout the school day  
 (“competitive foods”)



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# School Meal Beverages

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- Allows only lower fat milk options to be served
- Water must be readily available at meal times



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# School Lunch & Breakfast Standards

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- USDA must revise the school meal pattern to be consistent with the U.S. Dietary Guidelines
- USDA issued proposed revisions on January 14, 2011
- Revisions are based IOM's report, *School Meals: Building Blocks for Healthy Children*

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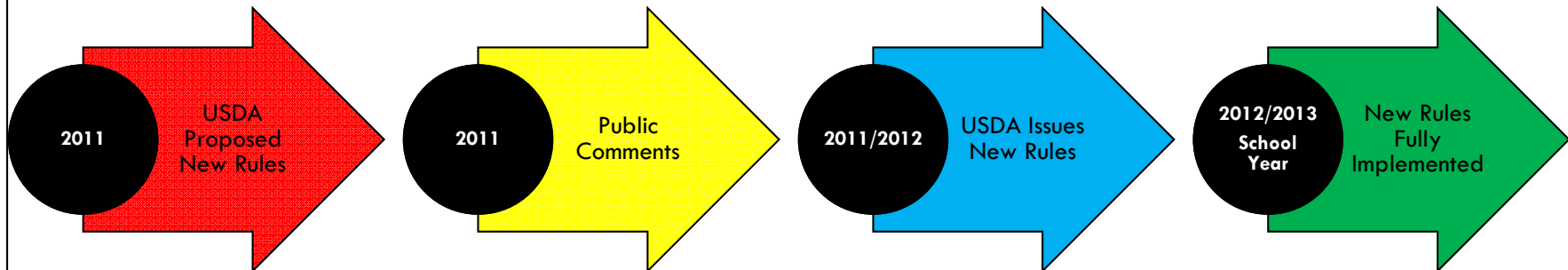
# Rewards School Meal Improvements

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- Adds six cents per child per meal performance-based increase to lunch reimbursement rate
- Creates a system to certify that both breakfast & lunch meet new standards
- Provides \$50 million to support implementation in the states

# New School Meal Rules

## New School Meal Rules Estimated Timeline



*\*Comment Deadline: April 13, 2011*

# School Wellness Policies

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Updates local school wellness policies:  
requires opportunities for public input, transparency, & implementation plan

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# School Nutrition Environment Improvements

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- School nutrition environment report cards
- Farm-to-School Program



# Healthy Hunger-Free Kids Act

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Early Childhood:  
Child & Adult Care Food Program (CACFP)  
WIC Program

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# Need for Good Nutrition in Child Care

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- Even higher rates of food insecurity in families with children under six
- Increasing prevalence of obesity in children two to five
- Good nutrition in child care supports good health, early learning & a lifetime of healthy habits

# Promoting Good Nutrition & Wellness



- Improves CACFP nutrition standards
- Requires nutrition, health & wellness education



# CACFP Meal & Snack Standards

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- USDA must revise CACFP meal pattern to be consistent with U.S. Dietary Guidelines – USDA must propose regulations by June 2012
- Revisions will be based on IOM report, *CACFP: Aligning Dietary Guidance for All* (issued November 2010)  
<http://iom.edu/Reports/2010/Child-and-Adult-Care-Food-Program-Aligning-Dietary-Guidance-for-All.aspx>
- In the interim, USDA must issue CACFP guidance by January 2012 to increase consumption of fruits & vegetables, whole grains, & lean proteins

# Child Care Beverages

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- Allows only lower fat milk options to be served to children over age two
- Water must be accessible throughout the day



# Nutrition Requirements Estimated Timeline

## 2011 Implement Beverage Requirements

*Allow only lower fat milk options to be served to children over age two.*

*Water must be accessible throughout the day.*

*USDA will issue policy soon.*

## 2011/2012 Implement Meal Guidance

*USDA will issue guidance to state agencies on increasing the consumption of fruits & vegetables, whole grains, & lean proteins by children participating in CACFP.*

*Guidance must be issued prior to January 2012.*

## 2014 Implement New Meal Regulations

*USDA must revise CACFP meal pattern to be consistent with U.S. Dietary Guidelines.*

*Regulations must be proposed for public comment by June 2012.*

*Final regulations expected in 2013.*

# CACFP Wellness & Nutrition Education

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CACFP required to promote health & wellness in child care with a focus on offering good nutrition, plenty of physical activity, & limiting screen time



# Resources

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- USDA funded to provide nutrition education resources & training (\$10 million)
- WIC nutrition education resources may be made available at no cost to distribute to child care providers participating in CACFP
- Additional flexibility to maximize reimbursements: sponsoring organizations can use a simplified method of monthly reimbursements (“homes times rates”)

# Less Paperwork for Parents, Providers & Centers

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- Parents will only need to give the last four digits of social security number
- Guardians can easily enroll foster children
- Eliminates difficult & ineffective audit procedures (block claiming)
- Eliminates annual applications & operating agreements

# Increasing Access

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Eases “area eligibility” test: allows family child care provider in area of high school or middle school (as well as, currently elementary school) to qualify to receive the maximum reimbursement for all children

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# WIC Program Improvements

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- State option for one year eligibility for children, rather than current six months
- Modernize WIC by implementing EBT nationwide by 2020
- Breastfeeding promotion resources & rewards





# Healthy Hunger-Free Kids Act

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Afterschool &  
Summer  
Programs

# Afterschool Meals: Before 10.1.10

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- Only 13 states & District of Columbia included
- Snack not enough
- Programs running longer
- Children at greater risk for overweight or obesity when moms work non-traditional hours

# Afterschool Meal Program Since 10/1/10

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- Available in all states
- Funding to serve meals in addition to snacks
- Timing flexible



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# Afterschool Meal Program

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- Schools, local government agencies & private nonprofits
- To participate:
  - be in a low-income area (50 percent F/RP)
  - provide educational & enrichment activities
  - meet licensing/health & safety standards

# Afterschool Meals in Action

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- DC Office of the State Superintendent of Education and DC Hunger Solutions
- 10,000 children participating fall 2010
- Number of children in DC Public School's Afterschool Program up by 2,000 children
- School district cites Afterschool Meal Program for increase

# Summer Food: The Need to Reach More Children

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- Serves only 1 in 7
- Food insecurity goes up
- Highest increase in states with low participation
- Demand for emergency food by families with children goes up
- Children gain more weight
- Summer learning loss



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# Summer Food Service Program

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- Allows nonprofit organizations to serve more than 25 sites (with no cap on the number of children at each site)
- Requires schools to conduct Summer Food outreach

# Healthy Hunger-Free Kids Act

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## Other Key Provisions



# State Child Nutrition & WIC Agencies

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Federally-funded jobs in state child nutrition & WIC agencies must be excluded from state layoffs & furloughs

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# Research & Demonstration Projects

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- \$40 million to develop demonstration projects to evaluate innovative strategies to end childhood hunger

# Nutrition Education & Obesity Prevention Grant Program

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- Creates a new SNAP ED nutrition education & obesity prevention grant program to carry out nutrition education for participants to promote healthy food choices
- Eliminates state match
- Allows greater flexibility in education options

# Opportunities for Action

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Funders can help to maximize the value of the positive changes in reauthorization by:

- Spreading the word to grantees & other stakeholders
- Reaching out to health providers
- Supporting information dissemination (webinars, etc.) for diverse stakeholder communities
- Supporting outreach, engagement in implementation

# Opportunities for Action

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Seed money to leverage new federal dollars & rules:

- Local groups advocating for quick & robust implementation of the new law:
  - ✓ Enhanced direct certification for school meals
  - ✓ Limitations on competitive foods
  - ✓ Improved school meals/wellness policies
  - ✓ Afterschool meals
  - ✓ One year certification for children in WIC
  - ✓ Improved access to CACFP & nutrition quality in child care
- Small grants to schools/non-profits for start-up

# Opportunities for Action

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Support monitoring of initiatives:

Are schools complying?

- ✓ On competitive foods
- ✓ On new standards for federally-funded meals

# Opportunities for Action

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Support state-level action:

- ✓ Has the state CACFP agency implemented the USDA guidance on healthier nutrition recommendations?
- ✓ Are CACFP and other healthy eating and physical activity standards reflected in the child care licensing regulations in your state?
- ✓ Is your state using its SNAP/Nutrition Education dollars effectively?
- ✓ Are your state WIC & CACFP agencies fully staffed (exempt from state hiring freezes & layoffs)?

# Opportunities for Action

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Support & potentially participate in the public comment aspect of the rulemaking for the:

- ✓ School meal regulations
- ✓ Competitive foods regulations
- ✓ CACFP health & wellness regulations
- ✓ Other rules



# CNR: Putting the Act into Action

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## ***FRAC Webinar Series***

[What You Need to Know NOW \(first Webinar\)](#) (December 17, 2010)

[What You Need to Know About CACFP](#) (January 13, 2011)

[What You Need to Know About Afterschool Meals](#) (January 19, 2011)

[What You Need to Know About Summer Food](#) (January 27, 2011)

[What You Need to Know About Improving and Streamlining Access to School Meals for Low-income Children](#) (February 3, 2011)

[What You Need to Know to Make the Most of the New School Nutrition and Wellness Improvements](#) (February 10, 2011)



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