

# Healthy Food, Healthy Economics

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# History of the Child Nutrition Program

- National School Lunch Program (NSLP) was created in 1946 as the National School Lunch Act and signed in to law by Harry Truman
  - Created because men in WWII were turned away from duty because of diet-related health problems
  - Encourage domestic consumption of agricultural products
- School Breakfast Program (SBP) authorized by Congress in 1975
- Snack reimbursement added in 1998

# How Does NSLP Work and Who Can Participate?

- Child Nutrition Programs are funded by USDA as part of the Child Nutrition Act
- In 2010 the Child Nutrition Act was reauthorized by the **Healthy, Hunger-Free Kids Act**
- Public and non-profit private schools can participate; residential child care facilities can also participate

# 2010 Changes: Healthy, Hunger-Free Kids Act

- First changes in 15 years
- Major components phased in over several years:
  - Ensuring students are offered both fruits and vegetables every day of the week;
  - Substantially increasing offerings of whole grain-rich foods;
  - Offering only fat-free or low-fat milk varieties;
  - Limiting calories based on the age of children being served to ensure proper portion size; and
  - Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium

# Across the Country

- The program is implemented by the Child Nutrition Department in each state
- Schools apply to the state to be a School Food Authority (SFA)
- States can interpret USDA rules and treat charter schools differently
  - New York recognizes that all charter schools are public schools without a 501(c)3, not all states do
  - Colorado allow a cooperative of schools to operate

# What is Healthy Food?

- Healthy food is now defined by more whole grains, low-fat dairy, less sodium and fat.
- 2010 changes from the Healthy, Hunger-free Kids Act were implemented in 2012 and were championed by [Michelle Obama](#)
- Additional 6 cents of funding was given to schools to pay for new requirements. To comply SFAs must go through 6 cent certification

# The politics of healthy food

# What is Healthy Food?

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¼ (¾)	3¼ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					



# PUC: Partnerships to Uplift Communities

<https://www.youtube.com/watch?v=m4yQeZXNgms>

# Operating an SFA

- Schools become an SFA through their state
- An RFP bid process should be performed to find vendors and secure the contract for food service -- each state has separate regulations for this process
- Three types of contracts:
  - Self-operate
  - FSMC
  - Vended
- The SFA and contracts must be approved by your state's child nutrition agency
- Contracts are annual contracts that can be renewed for up to 5 years unless there is a material change

# Operating an SFA

## **Programs available to SFAs**

- School Breakfast Program
- National School Lunch Program
- Snack
- Child and Adult Care Food Program (supper)

## **Compliance Requirements of SFA**

- Manage all free and reduced lunch form collection, processing and verification
- File all accurate claims with Child Nutrition
- Retain forms for 3 years
- Maintain health department approved production serving environment
- Prepare for review by the state and USDA audit every three years of all financial records

# Contract Models

## Major considerations:

- Facility
- Internal staff capacity
- Compliance knowledge

	Self-op	Vended model	FSMC model
Compliance risk	High	High	Medium
Internal planning costs	High	Medium	Low
Schedule control	Full	Full	Full
Serving location	Full	Full	Full
Food quality	Best	Better	Best
Staff control	Full	Own	Managed
Menu control	Best	Possible	Better
Wastage costs	Low	High	Low
Commodities credits	Likely	Possible	Likely

# Best Practices: Staffing

- Understand your needs before you implement your program
  - Set up:
    - Collect paperwork for SFA application
    - Create and manage RFP process; select vendor
  - Start up:
    - Distributing forms
    - Tracking unapplied list
    - Processing forms
    - Mailing home letters
  - On Going:
    - Reconcile vendor bills with meal participation reports
    - Submitting monthly claims
    - Auditing needs

# Best Practices: Vendor Contract

- Collaborate with nearby schools
  - Attract more vendors with healthy option
  - Competitive pricing with larger scale
- Prepare the Request for Proposal (RFP) to allow school to choose an experienced vendor with healthy food options at affordable costs
- Press your vendors to bid under the reimbursement rate

# Best Practices: Maximizing Reimbursement

- Increase your free and reduced %
  - Distribute and collect all Free/Reduced Lunch (FRL) forms **prior** to school opening
    - Parent orientations
    - Home visits
    - Mailed packets
    - Student incentives
- Accurately process all FRL forms in a timely manner
  - Create a system
- Participate in breakfast, after school snack and supper
  - Snack = \$.80; Supper = \$3.16
- Community Eligibility Program (CEP) if applicable
  - 40% or higher Direct Certification

# Best Practices: Increase Meal Participation

- Work with food service vendor to increase meal participation
  - Grab and go meals
  - Breakfast in the classroom
  - Properly space lunch shifts
  - Post weekly and monthly menus
  - Student surveys
  - Student and parent advisory groups
- Work with teachers to provide nutrition education



# Best Practices: Point of Sale

- Purchase and install Point of Sale (POS) prior to school opening
  - Capture all meals accurately
  - Claim every meal consumed
- Select POS that works with your program
  - Increase efficiency in breakfast and lunch lines
- Implement lunch payment policy and efficiently collect funds through variety of outlets
  - In school collections (cash/check/money order)
  - Online payment tied to POS

# Questions?

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