



# Child Nutrition Action Planning: CACFP, SFSP, SSO – Alphabet Soup!



Katie  
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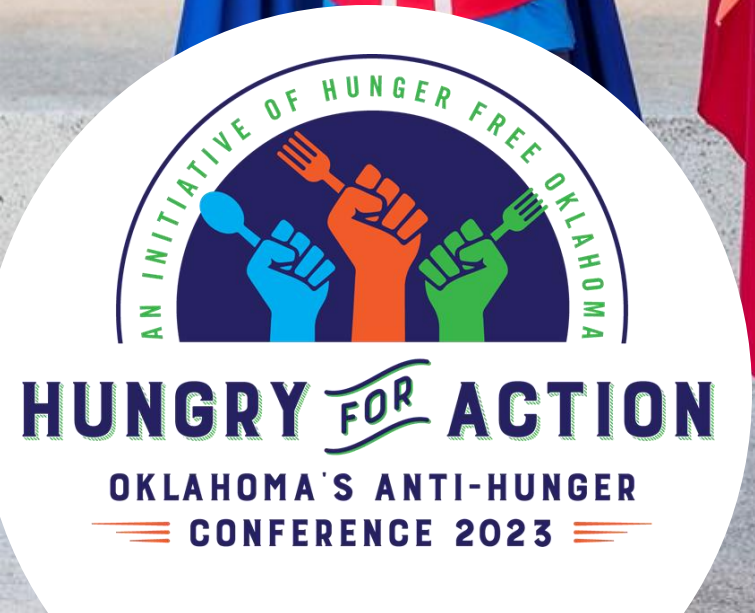
Treasure  
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**HUNGRY FOR ACTION**

OKLAHOMA'S ANTI-HUNGER  
CONFERENCE 2023

#HungryForActionOK



# Child Nutrition Action Planning

Programs Overview & Ways to Act

meet your presenter

**Hello, I'm...**

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# Today's Agenda

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## **1:45-2:30pm Presentation**

- Why CN is Important
- CN Programs & Their History
- HFO's CN Work
- Way to Take Action
- Q&A

## **2:30-2:45pm Break**

## **2:45-3:30pm Action Planning**



# Why are Child Nutrition Programs important?

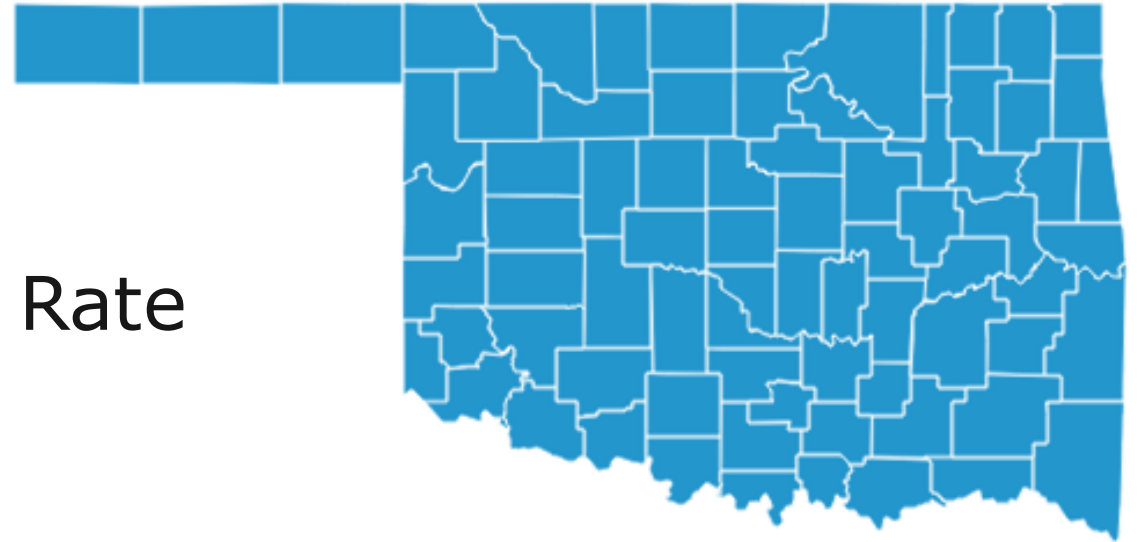
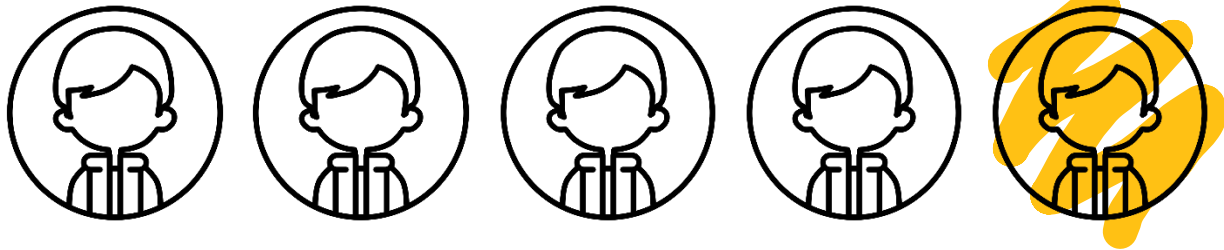


# Oklahoma Landscape

**14.1% Overall** Food Insecurity Rate

**12.1% Rural & 10.3% Urban**

**19.1% Children** (<18 years)



**1 in 7 Households** and

**1 in 5 Children** face hunger

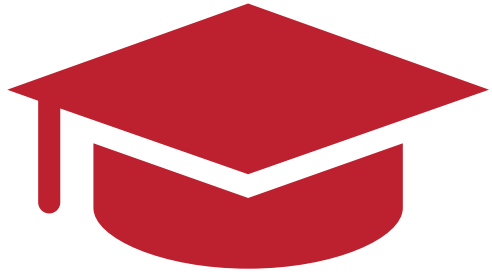
# Hunger Costs

**Health:** Exacerbates chronic issues and increases healthcare costs

**Academics:** Contributes to lower scores and graduation rates, and greater behavior and social problems

**Children:** Lowers birth-weights, delays development, and decreases language acquisition

**Workforce:** Weakens labor force, increases anxiety and stress, and decreases household stability



# Effects of Childhood Hunger



Adverse childhood  
experiences (ACEs)

Behavioral  
challenges

Developmental issues

Decreased academic achievement



# Community Programs Diagram

Long Term, Sustainable

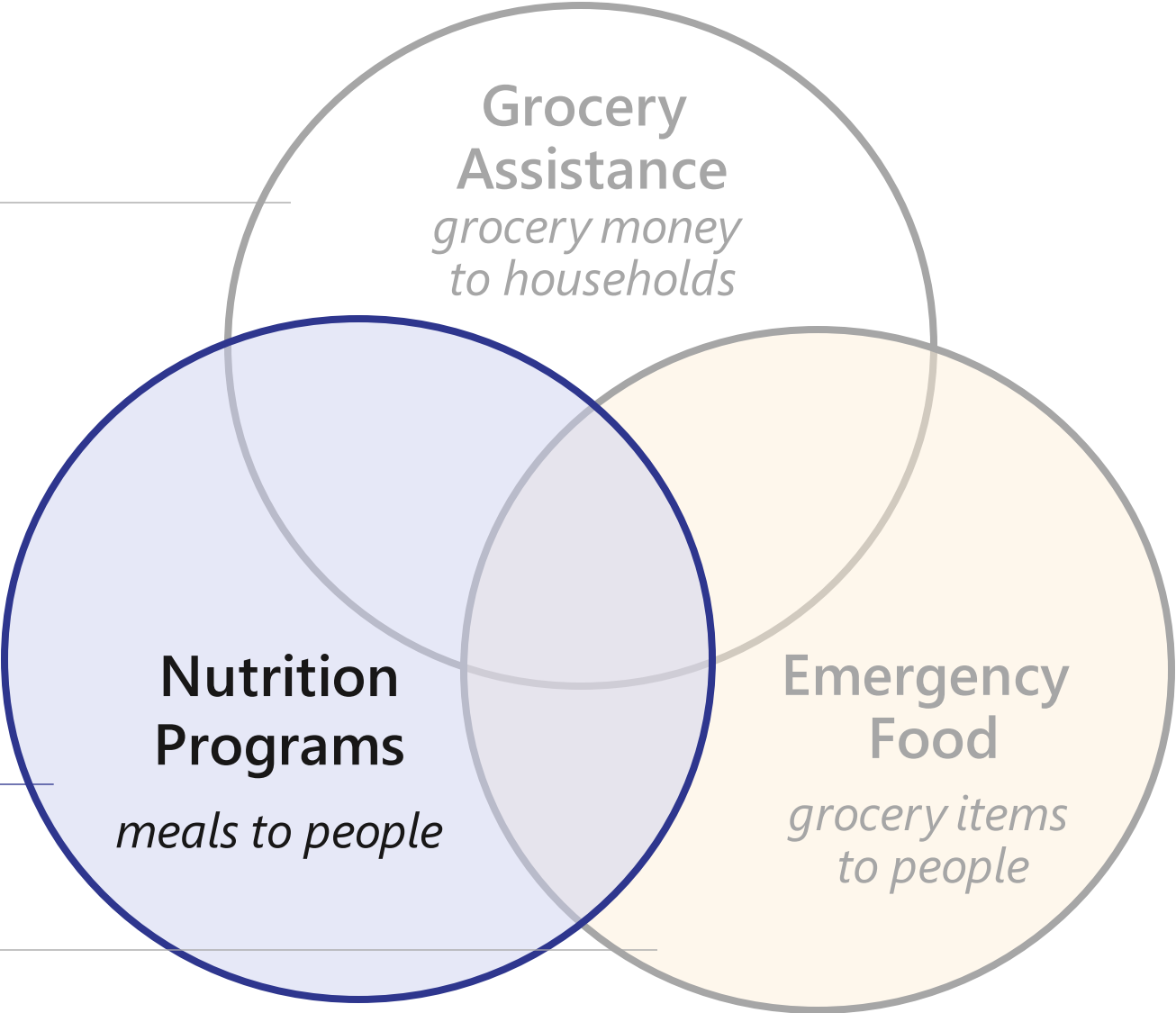
**Grocery Assistance**  
*grocery money to households*

Social Programming,  
Structural

**Nutrition Programs**  
*meals to people*

**Emergency Food**  
*grocery items to people*

Urgent Needs, Stop-Gap



A close-up photograph of three young girls of African descent with curly hair, smiling warmly. The girl in the center is wearing a purple and white plaid shirt. The background is a soft, out-of-focus light blue.

# Child Nutrition

Connects kids and teens to meals

Improves health outcomes

Helps fill the gap in and out of school

Better academic performance

**What are  
the programs  
and how  
did they  
start?**

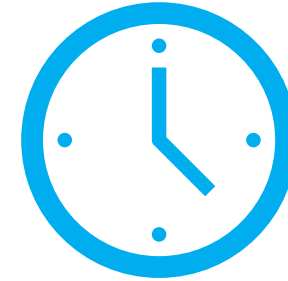


# Child Nutrition Programs



## School Meals

School Breakfast Program (SBP)  
National School Lunch Program (NSLP)

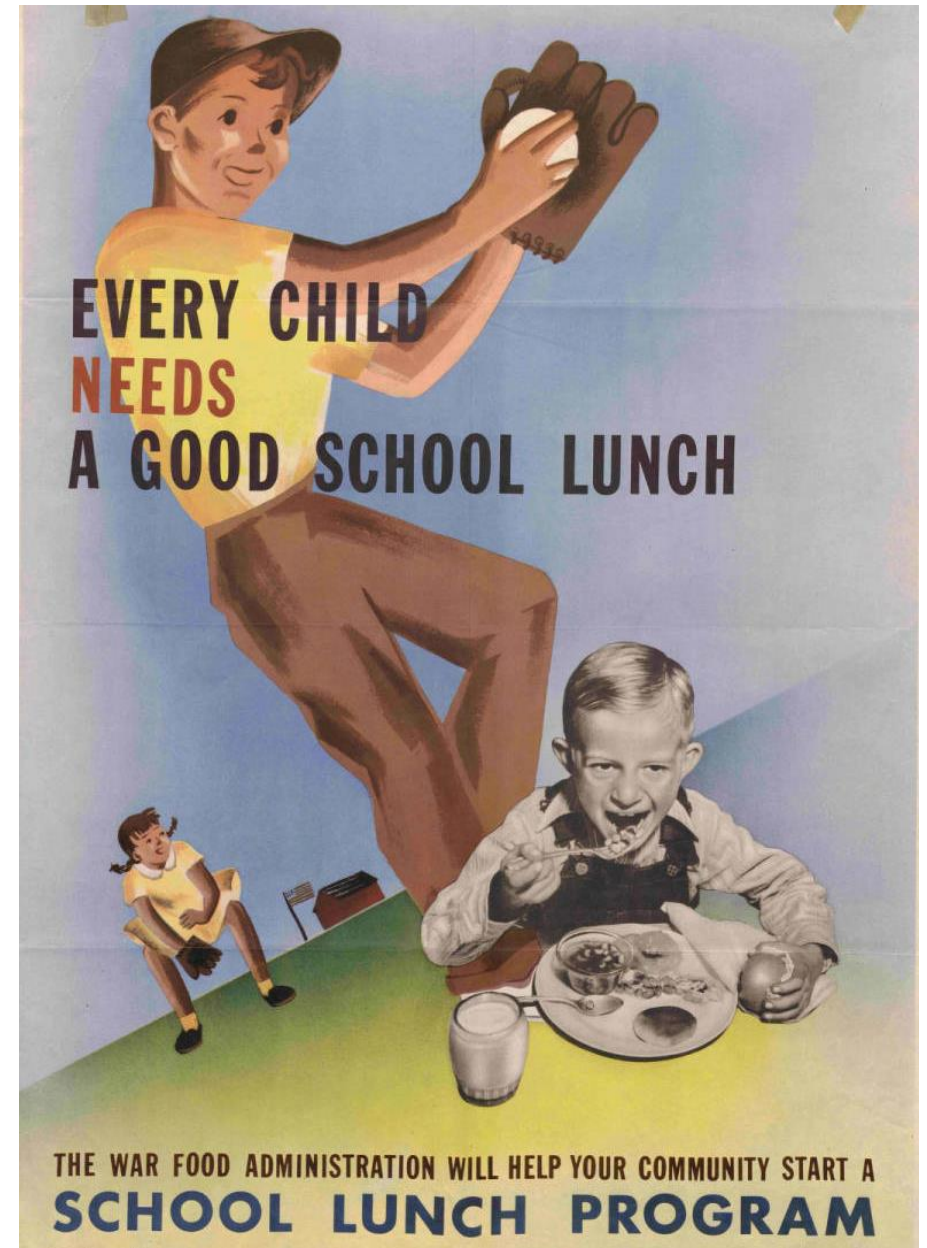


## Out-of-School-Time Meals

Afterschool Meals and Snacks (CACFP)  
Summer Meals (SFSP)  
Seamless Summer (SSO)

# National School Lunch Program

- National School Lunch Act passed in 1946
- Safeguard the health and well-being of the nation's children and encourage the consumption of agricultural abundance ([source](#))
- Born out of the concern that much of America's youth was too malnourished to serve in the military ([source](#))



# — Free and Reduced-Price School Meals



All students can apply throughout the school year



Meal forms determine eligibility for free or reduced-price school meals & other benefits



Apply through the child's school










# School Breakfast Program

- Established by federal legislation in 1966
- Permanently authorized in 1975
- Made breakfast available in schools for students who, for various reasons, come to school without an adequate breakfast ([source](#))
- Black Panther Party in Oakland, CA pioneered the Free Breakfast for Children Program in 1969 ([source](#))

# Breakfast After the Bell

Increases participation and ensures students are ready to learn

## Models include:

-  Breakfast in the Classroom
-  Grab and Go
-  Second Chance Breakfast
-  Breakfast on the Bus
-  Hybrid





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# Child & Adult Care Food Program

- First legislation in 1968
- Program took shape, as we know it now, in 1989
- The At-Risk portion gives children a safe place to get nutritious food and join their friends in physical, educational, and social activities ([source](#))



# Afterschool Meals

Schools in eligible areas can serve a 3<sup>rd</sup> meal or snack

Other community orgs can also participate

Must offer with enrichment activities



# Summer Food Service Program

- Started in 1968
- Fill the nutrition gap and make sure children can get the nutritious meals they need when school is out ([source](#))
- 2020-2022 COVID waivers for non-congregate service model ([source](#))
- Rural non-congregate option become permanent as part of the Consolidated Appropriations Act, 2023 ([source](#))



# Summer Meals



All kids ages 18 and under can participate



Sites can offer up to two meals a day



Helps prevent summer learning loss



Can be located at schools, parks, libraries, community centers, etc.



SSO

&

SFSP

Find locations at [Meals4KidsOK.org](https://Meals4KidsOK.org)



# How does HFO work with Child Nutrition?

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# What HFO does for...



Universal Meals

Breakfast After  
the Bell



Afterschool  
Meals



Summer Meals



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Expand Eligibility

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Increase Participation

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Conduct Outreach

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Collaborate and Problem Solve

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Implement Pilots

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Publish Reports

---

Ensure Access

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Provide Assistance

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Facilitate Learning

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Share Best Practices

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Connect Partners

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Collect and Visualize Data

# Current Projects

- School Breakfast Report (published January 2023)
- Afterschool Meals Report (currently writing)
- School Meal Forms Webinar
- Summer Meals Kickoff 2024
- SNAP in Schools 2.0 & 3.0
- Rural Non-congregate Summer Meals Outreach





# How can I take action?

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# Watch & Share the School Meal Form Webinar!

Learn how to increase your  
School Meal Form return rate!



# Explore Afterschool Meals

## Verify eligibility

- 50%+ students eligible for free or reduced-priced school meals in attendance area
- Program offers regular enrichment activities afterschool
- Program meets state and local health and safety requirements

## Encourage schools to operate

- Check with the Child Nutrition department

## Partner with a sponsor

- Sponsors will handle most of the paperwork and reporting and may be able to provide the meals
- Contact OSDE for a list of sponsors



# Connect with Summer Meals



Share outreach information



Help families locate sites



Offer programming



Serve as a meal site



Help vet info on [Meals4KidsOK.org](https://Meals4KidsOK.org)



Explore rural non-congregate





## Monthly virtual meetings | 3 action groups | Establishing steering committee

**CHILDHOOD**  
FOOD SECURITY  
COALITION

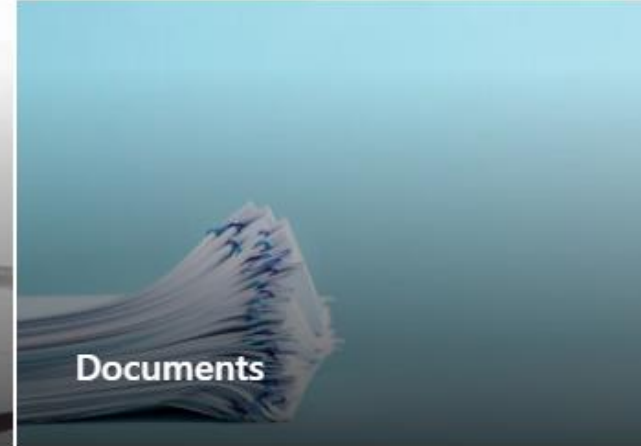


Summer Meals Kickoff 2023

Learn more →



Meetings & Events



Documents



Member Directory



Mission & Vision

Become an **Oklahoma Childhood Food Security Coalition (CFSC)** member!  
Visit [hungerfreeok.org/ok-cfsc](https://hungerfreeok.org/ok-cfsc) for more information or to join.



**Questions?**



# Collaborative Learning in ACTION!

Don't forget to visit the  
debrief boards between sessions!

Share what you learned and  
resources that might help others.



# Scan to Give Session Feedback

...and find lots of other resources!



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