Designing a More Inclusive School Meals Program

April 7th 10:30-12:00pm CST
1 SNA CEU

Speakers for this session include:
Maria Anderson, Roseville School District (MN)
Grant Melendez, Immigrant Welcome Center (IN)
Frances Montoya-Gatewood, Vaughn Next Century Learning Center (CA)
Agenda

Introduction & housekeeping (5-10 min)

Speakers share their stories (10 min each)

Q&A (15 min)

Bio Break (5 mins)

Action Planning and Discussion (30 min)

Wrap up: Next steps (5 min)
No Kid Hungry is a Campaign By Share Our Strength

We’re an organization dedicated to ending hunger and poverty. Through proven, effective campaigns, we connect people who care to ideas that work.
Share Our Strength

FEEDING KIDS
by working with schools and communities to make food programs available for every kid in need.

TEACHING FAMILIES
how to make the most of their food budgets by purchasing and preparing nutritious food for their kids.

MOBILIZING THE PUBLIC AND OUR LEADERS
so that ending childhood hunger is a top priority in this nation.
1. Recall at least two strategies for designing more inclusive meals programs, based on the information and practices shared by the workshop’s speakers.

2. Explain why it’s essential to engage kids and families in designing and delivering meal programs.

3. Develop an action plan with specific next steps for working with your community to design a more inclusive meals program.
Food is an essential school supply, just like textbooks and desks and school transportation.

When kids have access to healthy meals, they have the fuel they need to grow and thrive.

However, barriers still exist to accessing school meals. Consider...

- Language of meals application
- Fears around immigration status
- Cultural and religious food preferences
- Housing insecurity
  - Access to fridge, freezer, microwave, stove?
- Schedules of essential workers
- Transportation barriers
- Comfortability with meal site location
Students and their families are the most important stakeholders in school nutrition programs.

CONVERSATION STARTERS
FOR DESIGNING MORE INCLUSIVE SCHOOL MEALS PROGRAMS

Download the Toolkit
Maria is the Nutrition Coordinator for a diverse school district within the Twin Cities metro area. While relatively new to child nutrition, she has spent the last four years soaking up information and engaging with her district community to elevate the profile of meals served at school while intentionally making decisions through an equity lens to ensure all students are benefiting from the nutrition programs. Maria’s favorite school meal is a tossup between a café-made mega meatball or orange chicken with edamame.
Roseville Area Schools
Who We Are

Programs We Operate
National School Breakfast Program
National School Lunch Program
CACFP At Risk Supper
Fresh Fruit and Vegetable Program

Educational Benefits Participation

District Ethnicity Breakdown

- White: 40.6%
- Black: 17.8%
- Hispanic: 13.9%
- Asian: 18.8%
- Multiracial: 7.9%

Languages Other Than English Spoken at Home
Inequality
Unequal access to opportunities

Equality?
Evenly distributed tools and assistance

Equity
Custom tools that identify and address inequality

Justice
Fixing the system to offer equal access to both tools and opportunities

Image Credit: Tony Ruth
HOW CAN WE SERVE ALL OUR FAMILIES?

- Varied Meal Distribution
- Menu Development
- Communication
- Community Partnerships
Menu Development
Communication

MEALS ARE AVAILABLE FOR ALL KIDDOS ALL SCHOOL YEAR AT NO COST

Your child does not need to qualify for free or reduced meals to receive meal bundles.

We can deliver meals directly to your home.

WEBSITE: https://docs.google.com/…/…/viewform

We know that making it to curbside pick-up is a challenge for many of our families. If your family is facing any barriers picking up meals, please complete the below link and we will deliver weekly meal bundles directly to your home. No questions asked.

Published by Maria Kuhlman - January 7

New curbside pick-up times started November 16th

Ramsey

Monday
RAMS and RAMS
10:00 - 11:00 am

Tuesday
RAMS and RAMS
10:00 - 11:00 am
RAMS
4:00 - 5:00 pm

Wednesday
RAMS and RAMS
10:00 - 11:00 am
RAMS
4:00 - 5:00 pm

Thursday
RAMS and RAMS
10:00 - 11:00 am
Breakfast
4:00 - 6:00 pm

Friday

Be sure to check out all Friday locations

Yuav muaj P-EBT Sai Sai
Tom Ntej No!

Tso npe kom tau su
dawb/su luv-nqi ua ntej
lub 2 Hlis tim 28 yog tias
xav tau cov nyiaj yuav
zaub mov noj ntau li ntau ntau.
Partnerships

The COVID-19 pandemic has been difficult on everyone. If your family needs food resources beyond school meals, applying for SNAP benefits can help you expand your grocery budget.
Maria Anderson
Nutrition Coordinator
maria.anderson@isd623.org
651-724-6461

@SchoolNutritionServices

@roseville_sanb_nutrition
Graham Melendez was born in Cusco, Perú. He moved to Indiana in 2007 after receiving a scholarship from the University of Evansville. Graham is involved in the Immigrant Welcome Center since October 2017. He is currently the Community Impact Coordinator; in this role, he builds relationships with community partners and the immigrant community daily so that these connections can then transform into resources for immigrants & refugees to survive and thrive as they navigate the US system.
Immigrant Welcome Center empowers immigrants by connecting them to the people, places, and resources that enable them to build successful lives and enrich our community.

Since 2006, we have served more than 13,000 immigrants and refugees.
Immigrants in Indiana

1. Mexico
2. Burma
3. India
4. China
5. El Salvador
Top 5 Zip Codes of IWC Clients

- 46222: El Salvador, Mexico, Venezuela, Ecuador, Honduras, Nicaragua
- 46214: Cameroon, Nigeria, Venezuela, Mexico
- 46221: Ethiopia, Somali, Peru, Cuba, Eritrea
- 46224: Nigeria, Nicaragua, Congo
- 46254: Nigeria, Mexico
IWC Help Line

Estamos aquí para ayudarte.
El Immigrant Welcome Center tiene una línea directa y gratuita disponible en varios idiomas para brindar asistencia durante la pandemia COVID-19.
1-866-711-1342
Para ver más información sobre la pandemia COVID-19 visita al: immigrantwelcomecenter.org

We're here to help you.
Immigrant Welcome Center has a toll free hotline available in multiple languages to provide assistance during the COVID-19 pandemic.
1-866-711-1342
To access more information about the COVID-19 pandemic visit: immigrantwelcomecenter.org
IWC Connect Database

• Resources across the state
  • Translation
  • Locations
  • Staff support
  • Share w/clients directly
• Trainings available
  • Help us help you...

Calling all community partners!
Sign-up for one of our online training sessions to learn how to navigate and access your organization’s listing on our new immigrant and refugee-friendly resource database - IWC Connect.

Visit immigrantwelcomecenter.org/resources to check out our resource database.
Contact Us

Graham Melendez
Community Impact Coordinator
317-732-8726
gmelendez@immigrantwelcomecenter.org

Find us online
www.immigrantwelcomecenter.org

Follow us on social media
facebook.com/immigrantwelcomecenter
Frances Montoya-Gatewood
Associate’s Degree, Le Cordon Bleu College of Culinary Arts

Frances started her culinary journey as a child inspired by her culture, heritage, and family. She further developed her skill and technique at Le Cordon Bleu College of Culinary Arts, where she received an AA degree. After years of working at hotels and restaurants, most notable The San Antonio Winery in Los Angeles, Frances found her true calling. She started at East Whittier City School District at an entry level position and within her 11 year career there, she was promoted multiple times to manager and then director. In 2017, Frances was lucky enough to join the Vaughn team as Director of Food Service. Vaughn gave her a new sense of pride in what she does and a bigger sense of her responsibilities to the community.
When you change the way you look at things, the things you look at change.

- Wayne Dyer
Our History

● 5 school sites
● 3,200 students
● Provision 2 → CEP
● Meals served:
  ○ Breakfast
  ○ Lunch
  ○ Afterschool Snack
# Vaughn Fruit & Vegetable menu 2019

## Vegetable Fruit ½ cup serving

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Vegetable</td>
<td>Vegetable</td>
<td>Vegetable</td>
<td>Vegetable</td>
<td>Vegetable</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Radishes</td>
<td>Black Beans</td>
<td>Garbanzo Beans</td>
<td>Pea Beans</td>
</tr>
<tr>
<td>Carrot Roots</td>
<td>Swiss Chard</td>
<td>Spinach</td>
<td>Corn</td>
<td>Potato Wedges</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Spinach</td>
<td>Carrots</td>
<td>Warm Salad</td>
<td>Apple &amp; Etc</td>
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<td></td>
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<td></td>
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<td>Golden Raisin</td>
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<table>
<thead>
<tr>
<th>Banana</th>
<th>Oranges</th>
<th>Watermelon</th>
<th>Grapes</th>
<th>Oranges</th>
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<tr>
<td>Melon</td>
<td>Pineapple</td>
<td>Apple Red V 1</td>
<td>Honeydew</td>
<td>Strawberries</td>
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</tr>
<tr>
<td>Canned Peaches</td>
<td>Canned Peaches</td>
<td>Canned Apples</td>
<td>Canned Mixed Fruit</td>
<td>Canned Apples</td>
</tr>
</tbody>
</table>

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![Fresh & Fast](image)
Collaboration & Connection

● Vaughn Family & Community Center + Providence Wellness Center
  ○ Alma Nava
  ○ Suzanne Llamas

● Homeless & Foster Liaisons
  ○ Arturo Chavez
80% of Success is Showing Up!

- Coffee with the Director
- Coffee Klatch
- Parent Forums
- Anything with parents!
People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou
Q&A

Please raise your hand or put your questions in the chat!
See you back here at:

3:00pm ET
2:00pm CT
1:00pm MT
12:00pm PT

Take a Break!
Action Planning Session

There will be 5 break out sessions
(30 minutes for action planning)
Closing and Reflections

**Thank you** for dedicating this time to thinking about

- access barriers to the school meals program,
- how you can work together with kids, teens, and families to make the program more accessible, and
- ways you can use your power and influence for positive and equitable change.
Thank You!

Download

Let Your Community Shape Your Program

Conversation Starters for Designing More Inclusive School Meals Programs

Submit Your Action Plan

Via this Google Form

OR

Email epia@strength.org

For 1 SNA CEU

Keep in touch!

Let us know what progress you’ve made! We would love to feature your work in an upcoming resource.

Email bestpractices@strength.org

Thank You!
THANK YOU

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Jeannine Rios jrios@strength.org
Ana Rivera mrivera@strength.org