

Enhance Your School Meals with the Smart Food Planner

September 29, 2016



Introductions



Summer Kriegshauser

Program Manager, No Kid Hungry Center for Best Practices

Share Our Strength

202-734-3570

skriegshauser@strength.org



Jill Turley

MS, RD/LD, SNS

Alliance for a Healthier Generation

580-747-9230

jill.turley@healthiergeneration.org

Share Our Strength

1. **INCREASING ACCESS** to and participation in federal nutrition programs currently available to children In-need, including school breakfast, summer meals and afterschool meals/snacks.

2. **EMPOWERING FAMILIES** through Cooking Matters courses and grocery tours with skills to stretch their food budgets and prepare nutritious meals on a limited budget for over 20 years.

3. **DRIVING AWARENESS OF CHILD HUNGER** and No Kid Hungry at the national, state and local levels by engaging the public around this critical issue.

ENDING CHILDHOOD HUNGER



ACCESS



EDUCATION



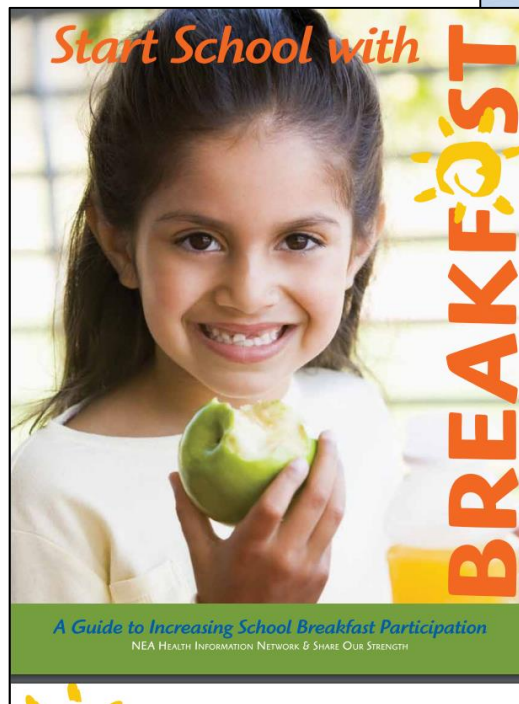
AWARENESS

No Kid Hungry Center for Best Practices



School Breakfast – Tools

bestpractices.nokidhungry.org



Tips for Implementing an Effective Grab and Go Breakfast Program

One of the most effective ways to boost school breakfast participation is to make it part of the school day. Traditional school breakfast programs often operate too early for students to participate, particularly if bus or carpool schedules do not allow them to get there on time. Other students end up skipping breakfast served in the cafeteria because they do not want to be singled out as poor. Grab and Go serving models can overcome these barriers.



WHAT IS GRAB AND GO?

With Grab and Go models, students pick up convenient pre-packaged breakfasts from mobile carts in high traffic areas, such as hallways, entryways or cafeterias. Students can eat in the classroom or elsewhere on school grounds before and after the bell has rung. On average, schools that implement this model reach 63% breakfast participation.¹

HOW CAN GRAB AND GO REACH THE MOST STUDENTS AT MY SCHOOL?

Allow students to grab and go to the Classroom. No Kid Hungry pilot schools that allowed students to take their breakfast to the classroom saw participation rates averaging 65%, compared to 44% in schools offering Grab and Go that could not be consumed in class.

Location matters. Grab and Go carts or kiosks should be placed in well-trafficked, accessible areas of the school. There is no single place to station Grab and Go breakfasts, and it will vary across schools. The key is to allow enough flexibility to move the location if needed.

Serve breakfast after the bell. It is important that students are able to consume breakfast after the official start of the school day, in their classrooms and other convenient locations. Schools that allow breakfasts to be eaten in 1st period, or as "Second Chance Breakfast" between 1st and 2nd periods experience substantially higher participation rates than schools that serve Grab and Go only before the bell.

Ensure that all school staff are aware of the program. Make sure they know when and where breakfasts will be served, and that kids will be permitted to eat in their classrooms.

Engage teachers, administrators, and other school staff. It's important to get buy-in from all school staff who could be impacted by the program. Teachers and administrators will be on board when they understand the need for the program, how it operates, and the impact breakfast has on students. They can also be powerful advocates and help promote the program to students and parents.

Solicit feedback from students. Students are your customers and their opinion matters. After implementation and periodically thereafter, ask students about their satisfaction with the program and the menu. They can help you improve the program and make it a success.

Promote your program and encourage participation. Successful schools communicate their program in a number of creative ways, from developing videos, to printing the menu in school bulletins, to providing incentives for participation. Additionally, school leaders such as principals, coaches, or others with influence can encourage students to participate when they enter the building. This simple act of reminding students about the availability of breakfast has been shown to boost program participation.

¹ Participation measured by average daily participation F/RP school breakfast / average daily participation F/RP school lunches.

In 2015, No Kid Hungry provided small incentives to 28 schools to change the timing of their Grab and Go breakfast allowing students to eat after the bell. Twenty-two (79%) schools saw an increase in participation during or after the 2-week pilot period, with an average breakfast participation increase of 17 points.

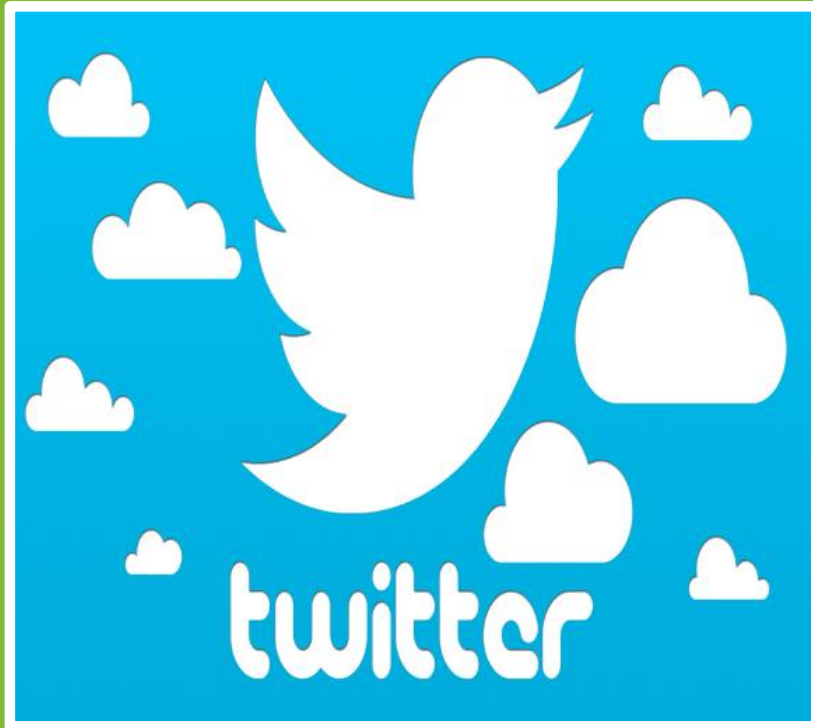


center for BEST PRACTICES



Thanks to the generous support of Sodexo Stop Hunger Foundation

Engage With Us!



**Tweet us during the
webinar using the
hashtag**

**#AllianceLearning
and tagging**

@nokidhungry

@HealthierGen

@rdjill

A low-angle, close-up shot of a person's legs and feet as they run on a lush green lawn. The person is wearing bright blue athletic shoes with neon yellow-green laces. In the background, a city skyline is visible under a bright, hazy sky, suggesting a park setting like Central Park in New York City.

One-Stop-Shop

With the Smart Food Planner

Smart Food Planner



Enhanced Product Search



Recipes



Interactive Menus



In a
NEW WINDOW

go to...

foodplanner.healthiergeneration.org





FOODPLANNER.HEALTHIERGENERATION.ORG

Send us your menus, recipes and questions at
foodtools@healthiergeneration.org

Online Training Center




Find On-Demand
Trainings from our
School Health Experts




Engage with our School
Health Experts in our
online Connect
Communities

Questions

 ALLIANCE FOR A HEALTHIER GENERATION


HELP

LOG IN/REGISTER

Search 


Smart Food Planner

Smart Snacks Menu Plans Recipes Products Calculator About Us




Products

Browse for products that fit the reimbursable meal patterns or for foods and beverages that meet the Smart Snacks In School nutrition standards.



Recipes


Freshen up your menu with these kid-friendly recipe ideas.



Menu Plans

Check out our collection of great menu ideas.


Visit often! We will be adding new products, recipes and menus regularly. As well as information on hot topics, trainings and new resources.



Product Calculator

Take the guesswork out of school nutrition.

[View Product Calculator](#)




Food for Thought

Introducing the Smart Food Planner: All You Need to Meet your School Nutrition Needs

07/07/2016 by Alliance for a Healthier Generation

Finding healthy food and beverage options that both meet students' taste preferences and your school's budget is no easy task.



Breaking Child Nutrition News!

USDA releases FY 2017 Farm to School Grant Program Request for Applications. Learn more about Farm to School, then access the application and FAQs today! Applications are due 12/8 - don't miss out on a great opportunity to build healthy habits in your school while supporting your local economy.

USDA announced four final rules implementing important provisions of the Healthy, Hunger-Free

How to Use This Tool

Browse **products** by category, ingredient, meal type and **Smart Snacks compliance**.

Find kid-friendly **recipes** for your school or site.

View **menu plans** to use as turnkey food service solutions.

3 Questions with the Los Angeles Regional Food Bank

09/19/2016 by Daniel W. Hatcher, Director, Community Partnerships

Today we're going to explore the other side of the story with 3 questions with the Los Angeles Regional Food Bank which operates Kid's Cafe, the CACFP program for Los Angeles County reaching over 320