

**HER NOPREN Summer Speaker Series for Students
Series Overview from CDC, NOPREN, HER, and COVID-19 School Nutrition
Implications Working Group
Recorded June 3, 2020**

[Call Recording Link](#)
[Link to Slide Deck](#)

Moderator: [Sheila Fleischhacker, PhD, JD](#)

Panelists:

[Heidi Blanck, PhD](#), CDC Division of Nutrition, Physical Activity and Obesity, Obesity Prevention and Control Branch Chief

[Amy Lowry Warnock, MPA](#), CDC Division of Nutrition, Physical Activity and Obesity, Public Health Policy Analyst

[Hilary Seligman, MD, MAS](#), Professor of Medicine at the University of California at San Francisco and the Nutrition and Obesity Policy Research and Evaluation Network Director

[Kirsten Arm, MPH, RD](#), Research Analyst, Healthy Eating Research, a national program of the Robert Wood Johnson Foundation at Duke Global Health Institute

[Caroline Dunn, PhD, RD](#), Research Associate, Harvard T.H. Chan School of Public Health and HER NOPREN COVID-19 School Nutrition Implications Working Group Fellow

[Amanda Samuels Sharfman](#), MS, MPH, Project Manager for National Collaborative on Childhood Obesity Research, FHI 360

Suggested Readings & Resources:

HER has created a [shareable google spreadsheet](#) that lists funded research/projects, publications, and resources related to food insecurity or diet quality/nutritional adequacy and COVID-19

[HER Research Brief – The impact of increasing SNAP benefits on stabilizing the economy, reducing poverty and food insecurity amid COVID-19 pandemic](#)

[Dunn CD, et al. Feeding low-income children during the COVID-19 pandemic. *NEJM*. 2020;382:e40.](#)

[National Collaborative on Childhood Obesity Research \(NCCOR\) Student Hub](#)

HER NOPREN Summer Speaker Series for Students
[USDA Supplemental Nutrition Assistance Program \(SNAP\) Overview](#)

Recorded June 17, 2020

[Link to Call Recording](#)

[Link to Slides](#)

About Our SNAP Panelists

Sara Bleich is a Professor of Public Health Policy at the Harvard Chan School of Public Health in the Department of Health Policy and Management. She is also the Carol K. Pforzheimer Professor at the Radcliffe Institute for Advanced Study and a member of the faculty at the Harvard Kennedy School of Government. Her research provides evidence to support policies to prevent obesity and diet-related diseases, particularly among populations at higher risk. Sara is the past recipient of several awards including one for excellence in public interest communication. Sara was recently appointed as a White House Fellow (2015-2016) where she was a Senior Policy Advisor to the U.S. Department of Agriculture and the First Lady's *Let's Move* initiative. She is currently an appointed member of the National Academies of Sciences, Engineering, and Medicine's Roundtable on Obesity Solutions. She holds degrees from Columbia (BA, Psychology) and Harvard (PhD, Health Policy).

Wesley Dean is a Senior Analyst at the USDA Food and Nutrition Service. He is a sociologist who focuses on the public health dimensions of the food and nutrition system. He has more than 14 years of experience in examining the human dimensions of food safety, animal agriculture, nutrition policy, household and community food security, and evaluation of work force development programs.

Tracy Fox has over 30 years of experience working at the federal, state and local/community levels and the private sector on food and nutrition policy, strategic planning, legislative and regulatory processes, consensus building, collaboration, and advocacy. Ms. Fox provides strategic advice and counsel to clients on childhood and adult obesity prevention, early care and education, food insecurity, child nutrition and health, rural health, and transparency in the food system. Past and present clients include Centers for Disease Control and Prevention, [Robert Wood Johnson Foundation](#) (RWJF), American Heart Association, American Cancer Society, The Food Trust, [Share Our Strength](#), [Partnership for a Healthier America](#), National Head Start and public relations firms. Ms. Fox has been appointed to or led expert advisory groups and initiatives to build consensus and develop recommendations on local and state policies to prevent obesity, rural hunger, healthy school foods, labeling and marketing, sugary beverage intake, and nutrition standards. She has worked with the RWJF for over 10 years as part of their \$1 billion childhood obesity investment and has actively engaged and strategized with leadership and other stakeholders to ensure their investment is driving real and lasting change. Since moving to Culver, Indiana in 2014, Ms. Fox has developed an expertise in rural health and wellness issues and challenges facing rural communities. In addition to policy consulting activities across the country, she serves on the boards of [Feed the Truth](#), [Healthy Eating Research](#) Advisory Committee, Marshall

County Board of Health, as well as the boards of Culver Boys and Girls Club, United Way of Marshall County, Garden Court Senior Living Inc., Culver Main Street Corporation, Culver Visitors Center, Purdue Extension, Marshall County Food Council. She is also co-manager of the Culver Farmers' Market. Ms. Fox a retired Commander in the US Navy.

Angela Odoms-Young is an associate professor in the Department of Kinesiology and Nutrition in the UIC College of Applied Health Sciences and an IHRP Fellow. Dr. Odoms-Young's research is focused on understanding social, cultural, and environmental determinants of dietary behaviors and diet-related diseases in low-income and minority populations. Her current projects include studies to evaluate the impact of the new WIC food package on dietary intake, weight status, and chronic disease risk in 2-3 year old low-income children and vendor participation; identify strategies to improve program participation and retention among WIC eligible children; evaluate the efficacy of a community-based participatory weight loss intervention in African American women; and examine community engagement approaches to promote food justice. She has contributed to several Institute of Medicine reports, including the Review of WIC Food Packages: Proposed Framework for Revisions: Interim Report, published in November 2015. Dr. Odoms-Young serves on the executive committee of the Consortium to Lower Obesity in Chicago Children (CLOCC), which awarded her the 2015 Katherine Kaufer Christoffel Founder's Award. Prior to joining UIC, Dr. Odoms-Young served on the faculty of Northern Illinois University in Public Health and Health Education. She completed a Family Research Consortium Postdoctoral Fellowship examining family processes in diverse populations at the Pennsylvania State University and the University of Illinois at Urbana-Champaign and a Community Health Scholars Fellowship in community-based participatory research at the University of Michigan School of Public Health.

Maya Sandalow is a Policy Associate at the Center for Science in the Public Interest (CSPI), where she works on SNAP access and health equity. Prior to joining CSPI, Maya was a Research Associate for the Georgetown University Health Justice Alliance and interned with the food assistance team at the Center on Budget and Policy Priorities. She also served for two years as an AmeriCorps member at a San Francisco Department of Public Health primary care clinic, where she led produce prescription programs and connected patients to public benefits. Maya holds a Master of Public Health from the Johns Hopkins Bloomberg School of Public Health and a bachelor's degree from Claremont McKenna College.

Angie Tagtow is an entrepreneur, systems thinker, leadership developer, solution-based innovator, and a change maker. She is the Founder and Chief Strategist of Äkta Strategies, a consulting firm that designs authentic solutions for systems change. She has more than 25 years of experience working at local, state, federal, and international levels in agriculture, food, and nutrition policy; public health; and food and water systems. In 2014, she was appointed by President Barack Obama to serve as the Executive Director for the USDA Center for Nutrition Policy and Promotion in which she co-led the development and launch of the *2015-2020 Dietary Guidelines for Americans*. Angie is a registered dietitian and served as a Senior Fellow and Endowed Chair at the

Minnesota Institute for Sustainable Agriculture, University of Minnesota College of Food, Agricultural and Natural Resource Sciences, and as a Food and Society Policy Fellow with the Institute for Agriculture and Trade Policy. She was the founder and CEO of a successful consulting firm that provided program and policy development, strategic planning, capacity building, communication, and education services to diverse clients that worked toward advancing sustainable, resilient, and healthy food and water systems. She co-founded a non-profit focused on health and food systems in addition to forming a statewide community of practice that promoted evidence-based strategies to increase access to healthful food. Angie has worked with the Iowa Department of Public Health in several capacities including as a Nutrition Consultant in the Special Supplemental Nutrition Program for Women, Infants and Children Program, a food systems consultant with the Iowa Community Transformation Initiative, and strategic advisor with the SNAP-Ed Program. Angie has served in professional leadership positions within the Academy of Nutrition and Dietetics, Iowa Academy of Nutrition and Dietetics, Society for Nutrition Education and Behavior, and the American Public Health Association. In addition to launching the *Journal of Hunger & Environmental Nutrition* in 2005 in which she served as the managing editor for 11 years, she has published numerous peer-reviewed articles, book chapters, and reports. Angie has been honored by many organizations for her leadership and professional contributions to nutrition, public health, and food systems. Angie is a graduate of the University of Northern Iowa and Iowa State University and resides on a reconstructed tallgrass prairie in central Iowa.

QA During the Session via Chat

Q - Is the Thrifty Food Plan adequate to base SNAP benefits off of? For TFP (Thrifty Food Plan)

A - Learn more here - <https://healthyeatingresearch.org/wp-content/uploads/2020/04/HER-SNAP-Brief-042220.pdf>.

Q - Are there restrictions on purchasing on SNAP (tobacco was mentioned, but are there others?) and do these vary by state?

A - SNAP stores are authorized by the federal government. WIC stores are authorized by the state. WIC has a prescribed food package - <https://www.fns.usda.gov/wic/background-revisions-wic-food-package> and <https://wicbreastfeeding.fns.usda.gov/whats-your-wic-food-package>. Learn more about what you can buy with SNAP at the USDA site - What can SNAP buy? - <https://www.fns.usda.gov/snap/eligible-food-items#:~:text=Households%20CANNOT%20use%20SNAP%20benefits%20to%20buy%203A&text=Any%20nonfood%20items%20such%20as,Hygiene%20items%2C%20cosmetics>. The products you can buy with SNAP do not vary by state. They could vary if FNS were to approve a waiver request from a state, but these requests have not been granted in the past. Here is a historical article discussing the NYC attempt to restrict

soda - explaining USDA's rejection of this waiver

- <https://www.nytimes.com/2011/08/20/nyregion/ban-on-using-food-stamps-to-buy-soda-rejected-by-usda.html>

Q - Is there any information on how COVID-19 has impacted the enrollment and qualification requirements for college students?

A - COVID related legislation has not changed the College SNAP rule - which is generally restrictive for college students but there are bills introduced trying to address this - The Emergency EATS Act <<https://www.congress.gov/bill/116th-congress/house-bill/6565/text>> and the End Pandemic Hunger For College Students Act <<https://edlabor.house.gov/imo/media/doc/End%20Pandemic%20Hunger%20for%20College%20Students%20Act%20of%202020.pdf>> have been recently introduced to ensure low-income college students who meet all other eligibility standards not denied this vital federal nutrition assistance during this pandemic. Here is a report from Urban Institute regarding college food insecurity

- https://www.urban.org/sites/default/files/publication/92331/assessing_food_insecurity_on_campus_0.pdf.

Q - Can someone briefly talk about the USDA's harvest boxes? Are they part of the SNAP program? Are they a good thing, bad thing, neutral?

A - During COVID, the USDA has used this program through the Agricultural Market Service (AMS) to distribute food from farms to families using a box medium

- <https://www.ams.usda.gov/selling-food-to-usda/farmers-to-families-food-box#:~:text=Through%20this%20program%2C%20USDA's%20Agricultural,produce%2C%20dairy%20and%20meat%20products.> There is also this public - private partnership

- <https://www.usda.gov/media/press-releases/2020/03/17/usda-announces-feeding-program-partnership-response-covid-19>. And - more on meals to you

- [https://www.usda.gov/media/press-releases/2020/05/05/meals-you-serve-5-million-meals-week-rural-](https://www.usda.gov/media/press-releases/2020/05/05/meals-you-serve-5-million-meals-week-rural-children#:~:text=Meals%20to%20You%20boxes%20contain,school%20over%20two%20school%20weeks.)

[children#:~:text=Meals%20to%20You%20boxes%20contain,school%20over%20two%20school%20weeks.](https://www.usda.gov/media/press-releases/2020/05/05/meals-you-serve-5-million-meals-week-rural-children#:~:text=Meals%20to%20You%20boxes%20contain,school%20over%20two%20school%20weeks.) This is dated but discusses the initial reactions to the proposed American Harvest Box - <https://scholarworks.uark.edu/jflp/vol15/iss1/5/> and Tracy has an op-ed on this - <https://www.inquirer.com/philly/opinion/commentary/white-house-harvest-boxes-food-stamps-philly-20180219.html>

Suggested SNAP Readings & Resources

- [USDA SNAP](#)
- [USDA FNS Research & Analysis](#)
- [USDA SNAP ERS](#)
- [USDA CNPP](#)
- [USDA SNAP-Ed](#)
- [USDA SNAP-Ed Toolkit](#)

- [HER SNAP Brief](#)
- [FRAC SNAP Resources](#)
- [CBPP SNAP Basics](#)
- [CBPP Food Assistance](#)
- [Bread for the World – Racial Equity for US Federal Nutrition Assistance Programs](#)
- [CSPI SNAP Resources](#)
- [Bleich SN, et al. Strengthening the public health impacts of the Supplemental Nutrition Assistance program through policy](#)
- [Fleischhacker S, Moran A, Bleich SN. Legislative and executive branch developments affecting the USDA Supplemental Nutrition Assistance Program](#)
- [Poppendieck J. *Breadlines Knee-Deep in Wheat.*](#)
- [Urban Institute. Evidence-based Strategies to End Childhood Food Insecurity and Hunger in Vermont.](#)
- Suggested SNAP-Ed online examples - <https://www.canr.msu.edu/news/msu-extension-launches-online-nutrition-program>;
and <https://www.irontribune.com/2020/06/16/healthy-family-2020-teaching-the-basics-snap-ed-classes-go-online-to-continue-healthy-cooking-classes/>

HER NOPREN Summer Speaker Series for Students
**USDA [National School Lunch Program \(NSLP\)](#), [School Breakfast Program \(SBP\)](#),
[Summer Meals Program \(SMP\)](#) Overview**
Recorded July 1, 2020
[Link to Call Recording](#)
[Link to Slides](#)

About Our USDA Child Nutrition Program (NSLP, SBP, SMP) Panelists:

[Erin Hager, PhD](#) is an Associate Professor of Pediatrics at the University of Maryland Department of Pediatrics. She is Co-Chair of the HER NOPREN COVID-19 School Nutrition Implications Working Group. She is a nutritional epidemiologist with additional training in assessment of physical activity. Her research focuses on programs and policies to promote health and prevent obesity among pediatric populations and her work falls into the following five categories: School/Child Care Wellness Policy Implementation; Pediatric Obesity Prevention Intervention Studies; Environmental Influences on Health Promoting Behaviors of Children; Physical Activity Assessment via continuous wear ankle accelerometry; and Measures development for obesity/nutrition-related constructs. She earned an B.S. in Biology from Loyola College in Maryland and a PhD in Human Nutrition from Johns Hopkins Bloomberg School of Public Health.

[Christina Hecht, PhD](#) is a Senior Policy Advisor at University of California's Nutrition Policy Institute. Dr. Hecht's primary focus is on healthy beverages and she leads NPI's work in drinking water safety, access and promotion. She is a co-investigator in current research on drinking water and is active in multiple collaborative projects. She coordinates the National Drinking Water Alliance, a network of individuals and organizations across the United States working to ensure that all children in the U.S. can drink water in the places where they live, learn and play. During the COVID-19 pandemic, Christina pivoted to work on the role of the federal child nutrition programs in the pandemic response, with particular attention to meal provision during vacation periods and in SY 20-21. She coordinates the policy advocacy, instructional break meal service and school re-opening sub-committees of the CDC-sponsored [Nutrition and Obesity Policy Research and Evaluation Network COVID-19 Response ad hoc Working Group](#). Dr. Hecht graduated from Stanford University with a BA in Human Biology, and from the Johns Hopkins School of Hygiene and Public Health with a PhD in Population Dynamics.

[Donna S. Martin, EdS, RDN, LD, SNS, FAND](#) is the Director of the Burke County (GA) school nutrition program, which has 4,500 students in five schools, serving breakfast, lunch, after-school snacks, supper and the summer feeding program. She served as the Academy's treasurer from 2013-2015. Martin served as the Academy's President in 2017-2018. Donna was the first School Nutrition Director to be President of the Academy. Martin is a graduate of the University of Georgia and earned a master's degree from the University of Alabama – Birmingham and an education specialist degree from Augusta University. In 2016, Donna's work in the Burke County Public Schools nutrition program gained national attention when Michelle Obama and Al Roker visited Burke Middle School to help plant a school garden. Donna was then invited to speak at the White House for Michelle Obama's capstone event celebrating all the work

that had occurred in changing how children eat. Donna was also awarded the 2016 Golden Radish Award for the state of Georgia because of her efforts in the Farm to School Movement. Donna has been involved in numerous public policy initiatives including testifying before Congress about the new School Nutrition Standards and to the House of Representatives Staff on the Farm to School Bill.

[Ashley Powell, PhD](#) is a registered and licensed dietitian practicing for almost 20 years in the nutrition and health. She is passionate about school nutrition and has been in her current position as Auburn City Schools Child Nutrition Director for 13 years. She is actively involved with the Alabama School Nutrition Association, most recently as Alabama Past President. She is currently serving as the Professional Development Chair for the School Nutrition Association. She resides in Auburn, Alabama and has three children that eat school lunch everyday of the school year!

[Katie Wilson, PhD](#) is the Executive Director of the Urban School Food Alliance. Dr. Wilson has a passion for child nutrition and has dedicated her career to improving access to healthy food for all children and their families. She has spent 23 years as a school nutrition director in three public school districts in Wisconsin, 5 years as the Executive Director for the Institute of Child Nutrition, 2 years as the Deputy Under Secretary of Food, Nutrition, and Consumer Services at the United States Department of Agriculture, appointed by President Obama. Katie has shared her expertise throughout the United States and around the world as an invited speaker, and an academic guest lecturer for numerous government and private organizations. She also served on the 31st Standing Committee on Nutrition at the United Nations and is on the Board of Directors for the international group, Eating City. Dr. Wilson holds a bachelor's of science degree in dietetics, a master's degree in food science and nutrition from the University of WI – Stout, and a doctoral degree in foodservice and lodging management from Iowa State University. She is credentialed as a School Nutrition Specialist. She has received many peer nominated awards throughout her career and is considered one of the top experts in the field of child nutrition.

QA during the session via chat

Q: It's my understanding that the school breakfast program was largely pushed by the Black Panther Organization. Can you explain how that fits in?

A: Yes, the Black Panther Organization has an important School Breakfast Program history. Learn more reading these selected resources:

- <https://www.history.com/news/free-school-breakfast-black-panther-party>
- <https://www.eater.com/2016/2/16/11002842/free-breakfast-schools-black-panthers>
- <https://www.blackpast.org/african-american-history/black-panther-party-free-breakfast-program-1969-1980/>
- <https://www.nationalgeographic.com/culture/food/the-plate/2015/11/04/the-black-panthers-revolutionaries-free-breakfast-pioneers/>

- <https://communityfoodinitiatives.org/news-events/blog.html/article/2018/02/23/the-black-panthers-and-the-breakfast-for-children-program>
- <https://www.pbs.org/independentlens/films/the-black-panthers-vanguard-of-the-revolution/>
- <https://www.foodandwine.com/news/black-communities-food-as-protest>

Q: Is regulating sugar a part of the Breakfast Meal Pattern?

A: Yes, the nutrition standards updated through HHFKA aimed to reduced refined sugars served at SBP - <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>. Learn more reading these selected resources:

- <https://files.eric.ed.gov/fulltext/EJ1188504.pdf>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4888955/>

With added sugar now included on the Nutrition Facts Label, we can better address sugar in school meal programs. Learn more about the NFL – added sugars here - <https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label#:~:text=Labels%20for%20foods%20and%20beverages,total%20sugars%20in%20the%20product.>

Q: Dr. Hager mentioned that implementation of wellness policies were not necessarily required. How does the triennial assessment fit in with that? Does it assess implementation?

A: Learn more about the triennial assessment here - <https://www.fns.usda.gov/cn/nationwide-waiver-local-school-wellness-policy-triennial-assessments-nlsp-sfsp>

Pursuant to the Families First Coronavirus Response Act (the FFCRA) (PL 116-127) and based on the exceptional circumstances of this public health emergency related to the novel coronavirus (COVID-19), the Food and Nutrition Service (FNS) is **establishing a nationwide waiver to support schools unable to complete a triennial assessment of the local school wellness policies by June 30, 2020, due to school closures as a result of COVID–19. This waiver applies to state agencies that have local educational agencies (LEAs) administering the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP).**

Based on the July 1, 2017, implementation of the local school wellness policy regulations, the first triennial assessments are due June 30, 2020. However, FNS recognizes that in light of the current public health emergency, providing a revised deadline for completion of these requirements is vital to ensure LEAs can continue to focus on providing meals and meal supplements safely to children. Therefore, pursuant to the FFCRA authority cited above, FNS waives, for each state that elects to be subject to it, the above referenced statutory and regulatory

requirements and provides a new first triennial assessment deadline of June 30, 2021. Accordingly, LEAs required to complete a triennial assessment by June 30, 2020, may choose to accept the new regulatory deadline and instead complete their first assessment by June 30, 2021. These LEAs then would submit a second triennial assessment by June 30, 2024. FNS recognizes that some LEAs may be prepared to complete their triennial assessment by June 30, 2020, and encourages those that are prepared to do so to complete their assessments on time.

Q: When you say "universal meal" does this mean every student would have a free meal if they applied?

A: Yes - universal meal means EVERY student regardless of income status receives a meal. A true universal program means no one applies - it is part of the school day just like your bus ride or text book. The administrative burden to do free/reduced is very expensive and we could use those resources for more quality food and nutrition education. Learn more about universal school meals and the Community Eligibility Provision reading these selected resources:

- [https://jandonline.org/article/S2212-2672\(20\)30240-9/fulltext?dqcid=raven_jbs_etoc_email](https://jandonline.org/article/S2212-2672(20)30240-9/fulltext?dqcid=raven_jbs_etoc_email)
- http://bestpractices.nokidhungry.org/sites/default/files/providing-universal-free-school-meals_0.pdf
- <http://bestpractices.nokidhungry.org/programs/school-breakfast/community-eligibility-provision>
- <https://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.2020.305743>
- <https://www.nycfoodpolicy.org/new-york-city-public-schools-offer-free-lunch-to-all-students/>

Q: Which are examples of funding agencies that support school programs evaluation and/or NSLP research?

A: NSLP supported research - NIH, CDC, USDA, NGOs like RWJF. Selected examples:

- HER COVID-19 Rapid-Response Funding Opportunity Focused on the Federal Nutrition Assistance Programs: <https://healthyeatingresearch.org/funding/>
- NCCOR - <https://www.nccor.org/>
- USDA FNS OPS - <https://www.fns.usda.gov/data-research?f%5B0%5D=program%3A39>
- <https://www.fns.usda.gov/cfs#:~:text=The%20Office%20of%20Community%20Food,and%20Adult%20Care%20Food%20Program>
- <https://www.fns.usda.gov/cfs/farm-school-grant-program>

For funding, Dr. Hager's team has had to rely on local and foundation funds for our COVID work, but our LWP work has been funded by the USDA, CDC, and MOUs with our state departments of health and education.

Q: What K-12 nutrition education standards can teachers utilize in their classrooms?

A: We have no standard K-12 nutrition education for teachers. A lot of school nutrition directors look for short, easy to set up nutrition education to take into the classroom or set up in the cafeteria. Learn more about nutrition education standards and nutrition education in K-12 reading these selected resources:

- https://www.cdc.gov/healthyschools/nutrition/school_nutrition_education.htm
- <https://www.ncbi.nlm.nih.gov/books/NBK202136/>
- <https://asphn.org/wp-content/uploads/2017/10/2016-Nutrition-Education-in-Americas-Schools.pdf>
- <https://healthy-food-choices-in-schools.extension.org/three-new-reports-from-the-tisch-food-center-reveal-the-state-of-nutrition-education-in-new-york-including-an-in-depth-study-of-nyc-schools/>
- https://www.sneb.org/clientuploads/directory/Documents/state_of_nutrition_ed_FINAL.pdf
- https://www.sneb.org/clientuploads/directory/Documents/comprehensive_school_health_position_FINAL.pdf
- <https://www.sneb.org/clientuploads/directory/Documents/PIIS1499404610004562.pdf>
- <https://nces.ed.gov/surveys/frss/publications/96852/index.asp?sectionid=3>
- <https://files.eric.ed.gov/fulltext/EJ1081364.pdf>

Q: Are there other countries that have excellent K12 nutrition education curriculum that you know of?

A: One commenter mentioned Scotland. Explore this resource regarding nutrition guidelines and standards for school meals from 33 low and middle-income countries - <http://www.fao.org/3/CA2773EN/ca2773en.pdf>. And other resources available on the FAO site, such as - <http://www.fao.org/school-food/areas-work/based-food-nutrition-education/en/> and <http://www.fao.org/3/CA3063EN/ca3063en.pdf>.

Other resources discussed/shared during the session:

- <https://www.dietaryguidelines.gov/work-under-way/get-involved/attend-meeting-get-involved>

Updated Suggested Readings About NSL, SBP & SMP

- [Dunn CD, et al. Feeding low-income children during the COVID-19 pandemic. *NEJM*. 2020;382:e40.](#)
- [\[https://journals.lww.com/nutritiontodayonline/Fulltext/2020/05000/US_Department_of_Agriculture_Summer_Meals_Program_.5.aspx\]\(https://journals.lww.com/nutritiontodayonline/Fulltext/2020/05000/US_Department_of_Agriculture_Summer_Meals_Program_.5.aspx\)](#)
- [\[https://jandonline.org/article/S2212-2672\\(20\\)30240-9/fulltext?dgcid=raven_jbs_etoc_email\]\(https://jandonline.org/article/S2212-2672\(20\)30240-9/fulltext?dgcid=raven_jbs_etoc_email\)](#)
- [<https://www.fns.usda.gov/nsfp>](#)
- [<https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/national-school-lunch-program/#:~:text=National%20School%20Lunch%20Program,food%20and%20nutrition%20assistance%20program.&text=Eligible%20students%20can%20receive%20free,below%20130%20percent%20of%20poverty.>](#)
- [<https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/school-breakfast-program/>](#)
- [<https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/summer-food-service-program/>](#)
- [<https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/after-school-snacks-and-suppers/>](#)
- [<https://www.fns.usda.gov/sfsp/summer-food-service-program>](#)
- [\[Free For All: Fixing School Food In America by Dr. Janet Poppendieck\]\(#\)](#)

HER NOPREN Summer Speaker Series for Students
USDA [Child and Adult Care Food Program \(CACFP\) Overview](#)

Recorded July 15, 2020

[Call Recording Link](#)

[Link to Slides](#)

About Our USDA CACFP Panelists

[Alison Tover, PhD](#) is an Assistant Professor in the Department of Nutrition and Food Sciences at the University of Rhode Island. Originally from Bogota, Colombia, she received her B.S. in Psychology from Northeastern University in 2001, a Masters in Public Health from Tufts University School of Medicine in 2005, and her Ph.D. from the Friedman School of Nutrition Science and Policy in 2009. She has established a research group that works toward preventing childhood obesity early in life. Specifically, as a way to prevent childhood obesity, Dr. Tovar is interested in further understanding the influence of feeding practices of multiple caregivers including parents and child-care providers on a child's dietary intake and weight in order to inform interventions among minority populations. Although some of her work is dedicated to understanding possible risk factors for obesity early in life, she is also involved with interventions that address these risk factors.

[Geraldine Henchy, MPH, RD](#) is the Director of Nutrition Policy and Early Childhood Programs at the Food Research and Action Center (FRAC). FRAC is a research, policy, public education, and advocacy center working for more effective public and private policies to eradicate domestic hunger and improve the nutrition and health of low-income individuals and families. Ms. Henchy was a member of the Institute of Medicine's Committee to Review the Child and Adult Care Food Program Meal Requirements. Ms. Henchy is the current chair of the policy committee of the American Public Health Association's Food and Nutrition Section and is a member of USDA's CACFP Paperwork Reduction Work Group. She has been honored to receive recognition for her work on the Child and Adult Care Food Program from the National Professionals Association, National Sponsors Forum, Sponsors Association, California Roundtable and the National Association of Family Child Care. In addition, the American Public Health Association's Food and Nutrition Section honored Ms. Henchy with the Sarah Samuels award recognizing outstanding contributions in public health nutrition.

[Tatiana Andreyeva, PhD](#) is an Associate Professor, Dept Agricultural and Resource Economics and Director of Economic Initiatives at the Rudd Center for Food Policy & Obesity at the University of Connecticut. Her research focuses on the role of economic incentives in food choices and diet, including food prices and taxation. She is an expert in quantifying the potential impact of sugar-sweetened beverage taxes on consumption and tax revenue, including work on the widely-cited Rudd Center Revenue calculator for sugar-sweetened beverage taxes. Dr. Andreyeva is also leading the Rudd Center's evaluation work on the effects of the federal food assistance programs on food insecurity, diet quality and access to healthy food in at-risk communities. She has

served as the PI on grants from NIH, the Robert Wood Johnson Foundation, and USDA Economic Research Service. Before joining the Rudd Center, Dr. Andreyeva worked at the RAND Corporation on a variety of health policy issues, including health promotion, retirement behavior, health care systems, obesity, and mental health. Dr. Andreyeva completed her Ph.D. at the Pardee RAND Graduate School.

Jamie Chriqui (pronounced Shree-Key), PhD is a Professor of Health Policy and Administration in the School of Public Health at the University of Illinois Chicago and Co-Director of the Health Policy Center within UIC's Institute for Health Research and Policy. She has over 30 years' experience conducting public health policy research, evaluation, and analysis. For the past 15 years' her work has heavily focused on studying the adoption, implementation, and impact of nutrition and physical activity-related policies nationwide related to schools, early care and education, the built environment, and beverage taxation.

Erica Kenney, ScD, MPH is an Assistant Professor of Public Health Nutrition in the Department of Nutrition at the Harvard T.H. Chan School of Public Health. Trained in social epidemiology and planned behavior change, Dr. Kenney's research focuses on identifying successful, efficient, and cost-effective strategies to modify children's environments to make the healthiest choice the easiest choice and to help children form healthy habits for life. Her work investigates how children's environments can be feasibly changed to promote healthy eating habits through policy change and community action.

QA during the session via chat

Q: Are child-care centers that use a family-style dining model (where all the food is set out and children take what they want) still in compliance with these guidelines? How does that work?

A: Yes - Head Start encourages family-style and they need to make sure what is offered in the big bowls, etc. and the serving size of the spoons used and the providers help/model portions to self-serve in line with CACFP portion sizes. There are many health and fine motor skill benefits to family style. See study of interest here - <https://pubmed.ncbi.nlm.nih.gov/26280874/>.

Q: Could you speak to the verbiage used and how that was adopted "meat" "meat alternative" vs "protein"?

A: All federal nutrition assistance programs follow the latest *Dietary Guidelines for Americans* so the verbiage evolves as the guidelines evolve and the meat/meat alternative/protein category.

Relevant resources regarding USDA CACFP - meat / meat alternative / protein include:

- https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdfhttps://www.cacfp.org/files/9914/4240/2457/CACFP_creditinghandbook.pdf
- <https://www.fns.usda.gov/cacfp/meals-and-snacks>

- <https://www.govinfo.gov/content/pkg/FR-2016-04-25/pdf/2016-09412.pdf> (includes history regarding the evolution of the standards for this category)

Q: Any income eligibility requirements to participate in CACFP?

A: Yes – Learn more here - <https://www.fns.usda.gov/cnp/fr-032019>

Q: Do participants need to be citizens? Participants meaning the children, not the day care providers?

A: No - Learn more about federal nutrition assistance benefits and immigration status here - <https://www.fns.usda.gov/snap/nutrition-benefits-and-public-charge-effect-immigration-status>. SNAP is now considered in public charge rule considerations - <https://www.uscis.gov/archive/archive-news/final-rule-public-charge-ground-inadmissibility>. Commentary during rule making stage about implications - <https://pubmed.ncbi.nlm.nih.gov/30819655/>.

Updated Suggested USDA CACFP Readings & Resources

- [Dunn CD, et al. Feeding low-income children during the COVID-19 pandemic. *NEJM*. 2020;382:e40.](#)
- [USDA About CACFP - https://www.fns.usda.gov/cacfp](https://www.fns.usda.gov/cacfp)
- [USDA ERS CACFP - https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/child-and-adult-care-food-program/](https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/child-and-adult-care-food-program/)
- [Andreyeva T, Kennedy EL, et al. Predictors of nutrition quality in early child education settings in Connecticut. *J Nutr Educ Behav*. 2018;50\(5\):458-467.](#)
- [Liu ST, et al. Obesity prevention practices and policies in child care settings enrolled and not enrolled in the Child and Adult Care Food Program. *Matern Child Health*. 2016;20\(9\):1933-1939.](#)
- [Hasnin S, Dev DA, Tovar A. Participation in the CACFP ensures availability but not intake of nutritious foods at lunch in preschool children in child-care centers. *J Acad Nutr Diet*. 2020;Jun 22:S2212\(20\):30299-9.](#)
- [Zaltz DA, Hecht AA, Pate RR, Neelon B, O'Neill JR, Benjamin-Neelon SE. Participation in the Child and Adult Care Food Program is associated with fewer barriers to serving healthier foods in early care and education. *BMC Public Health*. 2020;20\(1\):856.](#)
- [Child Care Relief](#)
- [Children's HealthWatch. Access to High-Quality, Affordable Child Care: Strategies to Improve Health.](#)

HER NOPREN Summer Speaker Series for Students
[Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#)

[Overview](#)

Recorded July 29, 2020

[Link to Call Recording](#)

[Link to Slides](#)

About Our WIC Panelists

[Caroline G. Dunn, PhD, RDN](#), Research Associate, Department of Health Policy and Management, Harvard TH Chan School of Public Health – Caroline’s research largely focuses on examining the adoption and implementation of federal, state, local, and organizational policies aimed at improving child nutrition. Caroline completed her master’s in human nutrition and a coordinated program in dietetics at the University of Alabama and received her doctorate in Public Health from the University of South Carolina Arnold School of Public Health. Caroline also serves as the fellow for the NOPREN/HER Ad hoc Joint Working Group on COVID-19 School Nutrition Implications.

[Elisabet Eppes, MPH](#), Program Innovation Director, National WIC Association - Elisabet currently serves as Program Innovation Director at the National WIC Association (NWA). During her five years at NWA, Elisabet has worked on several different teams, including Community Partnerships, Government Affairs, and Research and Innovation. In her current role, Elisabet is responsible for directing NWA’s activities related to WIC program innovation, focusing on those aimed at improving the WIC participant experience. Elisabet’s background includes a Bachelor of Science in Biobehavioral Health from the Pennsylvania State University and a Master of Public Health with a concentration in Nutrition from the University of Washington.

[Ruth Morgan, MPH](#), Social Science Research Analyst, USDA Food and Nutrition Service Office of Policy Support, Special Nutrition Evaluation Branch – Ruth manages a portfolio of WIC research and evaluation contracts and has been with FNS for four years. Before joining USDA, Ruth was a Senior Policy Associate at the Altarum Institute, where she provided technical research and evaluation support to several FNS WIC and SNAP studies and other nutrition program evaluations, including Share Our Strength’s Cooking Matters program. Prior to Altarum, she worked on health food access projects for The Food Trust of Philadelphia as program evaluator, farmers’ market manager, and nutrition educator. Ruth holds a Master’s degree in public health from Drexel University and a Bachelor’s degree in biology and society from Cornell University. She currently resides in Washington, DC with her husband, Kosal, and daughter, Madeline.

[Courtney Paolicelli, DrPH, RDN, LD, CDE, CHES](#), Team Lead for WIC Evaluation Research, USDA Food and Nutrition Service Office of Policy Support, Special Nutrition Evaluation Branch - Courtney started her career as a WIC dietitian in San Diego, CA, and worked in a variety of other public health and clinical settings before beginning her tenure with USDA in 2014. She is also a commissioned Officer in the US Army Reserve,

and is currently assigned to the US Military-Baylor University Graduate Program in Nutrition as an Assistant Professor. She received her Doctorate of Public Health from the University of Texas-Health Science Center in 2012, and her Master of Public Health in Nutrition from UNC-Chapel Hill in 2004. She currently resides in Alexandria, VA, with her husband, Lt Col Mark Paolicelli, US Marine Corps, their daughter, Molly, and their goldendoodle, Winston.

Elizabeth Racine, DrPH, RDN, Professor of Public Health Sciences, University of North Carolina at Charlotte, Department of Public Health Sciences – Elizabeth is interested in understanding the incentives and barriers to healthy eating and physical activity among different populations in the Charlotte region, the US, and in other countries. Locally, she has evaluated a number of programs such as the Latino Food and Fun Program, Achieve 225—a purposeful play intervention in Charlotte-Mecklenburg Schools, and Building Healthy Lifestyles in All Directions—a nutrition and physical activity intervention in Cabarrus County Childcare Centers. Nationally, she has evaluated the impact of food assistance programs on diet quality and food security. She has evaluated elements of the WIC program, the Farmers' Market Nutrition Program, the Supplemental Nutrition Assistance Program, and SOS—a home delivered feeding program similar to Meals on Wheels. Internationally, she partners with colleagues in India to study the impact of economic development on food security, infant feeding practices, and obesity. She earned her BS in Economics at Boston University, MS in Nutrition at California State University at Los Angeles, MPH in Maternal and Child Health (MCH) at Johns Hopkins School of Public Health, and DrPH in MCH & Health Economics and Finance at Johns Hopkins Bloomberg School of Public Health

QA during the session via chat

Q: Are the WIC purchase data reflecting monthly purchases?

A: Yes monthly – <https://www.fns.usda.gov/wic/wic-food-packages-maximum-monthly-allowances>

Q: Is the waiver for remote approval permanent or temporary?

A: Temporary - <https://www.fns.usda.gov/disaster/pandemic/covid-19#:~:text=Extended%20Benefits%20Issuance%20Waivers%3A%20FNS,during%20the%20COVID%2D19%20pandemic.&text=WIC%20agencies%20must%20still%20conduct,local%20agency%20at%20least%20biennially>.

Extensions of Approved Waivers - FNS is extending all currently active waivers through September 30, 2020 for all WIC state agencies that choose to continue operations under such waivers.

Extensions of Approved Waivers - FNS is extending waiver approvals through June 30, 2020 for all WIC state agencies that choose to continue operations under their approved waivers

Additional Funding for WIC: FNS is providing up to \$500 million in additional funding to cover increases in program participation.

Physical Presence Waivers: FNS is allowing participants to enroll or re-enroll in WIC without visiting a clinic in person and postpone certain medical tests.

Remote Benefit Issuance Waivers: FNS is allowing WIC agencies to issue benefits remotely so participants don't have to pick up their WIC benefits in person.

Food Package Substitution Waivers: FNS is allowing WIC agencies to substitute certain food package items when availability is limited. Agencies can also change their approved-foods lists as needed.

Minimum Stocking Requirements Waivers: FNS is working with states to address supply challenges for stores that accept WIC.

Extended Benefits Issuance Waivers: FNS is allowing WIC state agencies to issue up to four months of benefits on EBT cards at one time, to reduce the need for contact with WIC staff during the COVID-19 pandemic.

WIC and Food Distribution Q&As: Information on the WIC and food distribution programs in response to COVID-19, including authorities as provided through FFCRA.

Treatment of Funds Received Under the Coronavirus Aid, Relief, and Economic Security Act (CARES Act): An overview of the treatment of rebates and additional unemployment benefits provided by the CARES Act when conducting a WIC income eligibility determination.

Benefit Issuance 4 Month Offline – FNS is allowing WIC agencies to issue up to four months of WIC benefits on EBT cards at one time for those State agencies with offline systems.

Food Package Medical Documentation – FNS is allowing state agencies to waive medical documentation for existing participants that are unable to contact their health care provider. Existing benefits may be extended for up to two months.

Local Agency Monitoring – FNS is allowing WIC agencies to conduct local agency monitoring reviewing virtually instead of onsite. WIC agencies must still conduct monitoring reviews of each local agency at least biennially.

Separation of Duties – FNS is allowing single employees to determine eligibility for all certification criteria and issuing food instruments, cash-value vouchers, or supplemental food for the same participant at WIC agencies to promote social distancing at time of certification.

Vendor Pre-authorization –FNS is removing the requirement for onsite pre-authorization visits and allowing these visits to be done onsite after the public health emergency and applicable state and local social distancing orders are lifted.

Compliance Investigations – FNS is allowing WIC agencies to waive conducting compliance investigations of a minimum of five percent of the number of vendors authorized.

Non-Retail 2 Month Issuance –FNS is allowing those state agencies using a home delivery and/or direct distribution systems to issue two months of exempt infant formula at one time.

FMNP Training –FNS is allowing FMNP state agencies to conduct initial training remotely.

FMNP Agreement – FNS is allowing FMNP state agencies to extend currently expiring agreements with authorized farmers, roadside stands, and/or farmers' markets by one year.

Vendor Agreement Extension – FNS is allowing state agencies to postpone some vendor reauthorization actions by extending expiring vendor agreements by one year.

Transaction without Presence of Cashier – FNS working with state agencies to find new ways to allow WIC transactions.

Direct Distribution – FNS is allowing WIC agencies that currently operate direct distribution models to issue two months of benefits to participants at one time due to closures and need for social distancing.

Q: Were there requests for any of these waivers or policy changes before COVID?

A: Yes, some of these requests have been things WIC stakeholders have wanted pre COVID and hope some of these get extended post pandemic - see this recent Issue Brief - <https://healthyeatingresearch.org/research/strengthening-wics-impact-during-and-after-the-covid-19-pandemic/>. NWIC also noted they have been asking for more remote service provision in WIC for many years! So that was a silver lining with the pandemic, that we had the impetus to quickly switch to remote services.

Q: Is there any talk of updating the food packages any time soon since the last update was in 2009?

A: We are waiting on USDA to implement the recommendations of the NASEM expert committee, who published their review of the WIC food packages in 2017

<https://www.fns.usda.gov/wic/wic-food-packages> -

<https://www.nap.edu/catalog/23655/review-of-wic-food-packages-improving-balance-and-choice-final>

<https://pubmed.ncbi.nlm.nih.gov/28689558/>

<https://pubmed.ncbi.nlm.nih.gov/26276067/>

<https://pubmed.ncbi.nlm.nih.gov/32452523/>

Q: Is WIC as fluid as SNAP in response to the state of the economy?

A: Yes, as noted in the recent HER Issue Brief, we expect an increase in enrollment during the pandemic and economic recovery.

<https://healthyeatingresearch.org/research/strengthening-wics-impact-during-and-after-the-covid-19-pandemic/>

Updated Suggested USDA WIC Readings & Resources:

- <https://www.nwica.org/overview-and-history>
- www.thewichub.org

- <https://www.ers.usda.gov/publications/pub-details/?pubid=43927>
- <https://www.nap.edu/resource/23655/WIC-timeline.pdf>
- <https://www.nap.edu/catalog/21832/review-of-wic-food-packages-proposed-framework-for-revisions-interim>
- <https://www.fns.usda.gov/wic/wic-ebt-activities>
- <https://healthyeatingresearch.org/research/strengthening-wics-impact-during-and-after-the-covid-19-pandemic/>

Additional NWA Remarks

Elisabet – What do you hear from folks on the Hill, state administrative agencies, retailers, food manufacturers, participants, health professionals, or other stakeholders about the benefits of WIC? 2 minutes.

- I think all of these stakeholders would largely echo what Caroline described in terms of the impacts of WIC on health and developmental outcomes.
- WIC is generally supported by policymakers on both sides of the aisle. However, we tend to highlight different WIC benefits to different audiences. When we message WIC to more conservative policymakers, we do tend to focus on the cost savings as mentioned by Caroline. We stress that fully funding WIC will lead to dramatic healthcare and other cost savings in the future.
- To explore the latest research related to the benefits of WIC participation, I encourage you to check out the WIC Hub, at www.thewichub.org.

Elisabet – Can you please explain what the public charge rule is and how it intersects with the WIC population?

- Certain federal programs limit eligibility for noncitizens. Many immigrants must wait at least five years before obtaining eligibility for SNAP benefits, for example. One of the great things about WIC is that it is one of the few programs that Congress elected not to limit eligibility on the basis of citizenship or immigration status. With the exception of one state (Indiana), WIC agencies do not ask for information about a client's (or potential client's) immigration status.
- However, beginning in early 2017, the Trump administration has been engaged in harmful rhetoric and policy proposals to expand the definition of "public charge," an arcane element of immigration law that allows federal authorities to deny legal status to individuals who are determined to rely on government assistance. Individuals determined to be a "public charge" can be denied a visa or green card. Historically, an individual could be found to be a public charge if they had accessed a limited range of federal benefits – specifically cash assistance (i.e., the Temporary Assistance for Needy Families, or TANF, program) and long-term institutional care under certain Medicaid plans.

- In response to these policy proposals, WIC clinics across the country have reported a heightened level of fear among immigrant and mixed-status families participating in WIC services, prompting eligible families to refuse to access vital nutrition and breastfeeding support. Due to this fear, families have sought to withdraw from WIC services, returning food benefits and breast pumps to clinic sites. Hispanic coverage rates declined nationally by 10% in 2017, signaling that fewer eligible Hispanic families are accessing WIC services. Participation has decreased significantly at clinics in high-immigrant communities, with local agencies in at least 18 states reporting a decline of at least 20% of their caseload. This trend is consistent across all immigrant communities, and immigrant parents of U.S. citizen children have also sought to withdraw their US citizen children from WIC services.
- In August 2019, the department of Homeland Security (DHS) issued a final rule that expanded the federal programs that could be used in public charge determinations. This new rule went into effect nationwide on February 24, 2020. The rule allows the consideration of Medicaid, SNAP, and housing subsidies use – marking a significant expansion of what types of benefits could constitute a public charge finding. WIC is not included in the final public charge rule and is expressly excluded from consideration in public charge determinations, which we are grateful for (and is the result of a lot of hard work by NWA and our advocacy partners).
- However, although WIC is explicitly excluded from the final rule, WIC agencies continue to report challenges with reaching immigrant families, as many families are opting to not participate in any federal programs out of an abundance of caution,

Elisabet - Please share what city, state, tribal, and federal decision makers are most interested in considering for ways to strengthen the public health impacts of WIC.

- I'm going to focus on some priorities we have for the next Child Nutrition Reauthorization process, which we expect to be taken up by the next Congress. Our legislative asks are developed in partnership with our state and local agency members through our Legislative Committee, and our Board of Directors also has a chance to weigh in. Here are some policy changes we are pushing for:
 - Extension of eligibility for postpartum women and young children, to address existing nutrition gaps and improve health outcomes;
 - Establishing an online purchasing solution for WIC transactions;
 - Relaxing statutory physical presence requirements to enable ongoing remote services for WIC participants;
- Ultimately we would like to see WIC become a universal program, with services either being provided through USDA funding or through insurance coverage.

- Turning to regulatory changes, we are hoping that USDA revises the WIC food package in the near term to reflect the recommendations of the NASEM expert committee.
- Now, let's discuss the historical and contemporary role of states in strengthening the public health impacts of WIC, including WIC Vendor Authorization. And, please explain the role of research in developing, implementing, evaluating, disseminating, and sustaining intervening strategies to strengthen the public health impacts of nutrition and physical activity within the first 1,000 days. (2 minutes)
 - Because WIC is administered by state agencies, states have a lot of power to advance policies and procedures that have the potential to improve WIC's public health impact. We generally encourage states to adopt policies that promote choice and flexibility in WIC and make WIC as easy to access as possible. We also encourage states to build strong partnerships with key stakeholders such as Medicaid and SNAP offices for targeted outreach as well as WIC vendors and technology providers to ensure a positive WIC shopping experience.
 - Turning to the importance of research, methodologically rigorous qualitative and quantitative research studies are essential in order to document WIC's impact and identify areas for improvement. WIC has a strong history of rigorous program evaluation and using data to inform both policy and program management decisions. NWA strongly encourages collaboration between researchers and WIC practitioners, including state and local WIC agencies. In conjunction with our Evaluation Committee, NWA publishes a Research Needs Assessment once every two years that describes gaps in WIC research. We encourage researchers to consult our Research Needs Assessment as well as our Guidance for Planning Conducting, & Communicating a WIC Research Project, when embarking on a WIC research project. Both of these can be found on our website, www.nwica.org under WIC Research Activities.

To conclude today and help students understand the key needs for WIC during this time, please share some of your elevator speech to your Congressional members, among others, about the importance of investing in this program, particularly during this pandemic and going forward during our economic recovery and efforts to ensure food justice is a part of racial justice. (1 minute)

- WIC is a comprehensive public health program, providing both a monthly financial benefit and robust nutrition education and breastfeeding support for participating families. WIC's monthly benefit averages only \$41 per month and is limited to specific healthy foods tailored to the unique nutritional needs of the participant's developmental stage. This nutrition intervention is proven to improve birth outcomes and reduce healthcare expenditures by mitigating preterm birth and low birthweight, increasing breastfeeding rates among participating mothers, and reducing the prevalence of childhood obesity among participating toddlers.

- Despite these proven benefits, WIC is only serving 51% of eligible individuals, as both programmatic (annual in-person certification requirements) and societal barriers (i.e., transportation, child care, etc.) deter participation, especially by toddlers. WIC is embracing various innovations to modernize the program experience and reach new participants, most notably by phasing out paper checks and introducing electronic-benefit transfer (EBT) cards throughout the 2010s.
- WIC services adapted significantly during the COVID-19 public health crisis. Under the Families First Coronavirus Response Act, WIC agencies were granted waivers of physical presence requirements and able to deliver all services – including onboarding new families – by remote means, including telephone appointments and video conferencing. As WIC normalizes operations, we hope to continue to modernize WIC services to more efficiently deliver nutrition counseling and breastfeeding support.

**HER NOPREN Summer Speaker Series for Students
US Food System Overview
Recorded August 12, 2020**

[Link to Call Recording](#)
[Link to Slides](#)

About Our US Food System Panelists

[Heidi Blanck, PhD](#), Obesity Prevention and Control Branch Chief, CDC Division of Nutrition, Physical Activity and Obesity. She has more than 15 years of CDC experience as a United States Public Health Service Officer and has authored over 90 epidemiologic papers and reports in the areas of nutrition, physical activity, obesity and environmental exposures. Dr. Blanck is the creator and Senior Advisor to the agency's Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) and an active member of the National Collaborative on Childhood Obesity Research (NCCOR).

[Emily Engelhard, MA](#), Managing Director of Thought Leadership in the Research Department at Feeding America, the nation's largest domestic hunger-relief organization. In this role, Emily sets the strategic direction and vision for translating and disseminating research insights to drive action and guide evidence-based solutions. She is also responsible for Feeding America's external research partnerships and thought leadership investments to guide and advance research on food insecurity, poverty, and related social and public health matters more broadly. Emily holds a master's degree in the Social Sciences from the University of Chicago where she specialized in urban sociology and poverty studies.

[Beth Racine, DrPH, RDN](#), Professor, Department of Public Health Sciences, University of North Carolina at Charlotte and HER NOPREN WIC Learning Collaborative Co-Chair. Elizabeth is interested in understanding the incentives and barriers to healthy eating and physical activity among different populations in the Charlotte region, the US, and in other countries. Locally, she has evaluated a number of programs such as the Latino Food and Fun Program, Achieve 225—a purposeful play intervention in Charlotte-Mecklenburg Schools, and Building Healthy Lifestyles in All Directions—a nutrition and physical activity intervention in Cabarrus County Childcare Centers. Nationally, she has evaluated the impact of food assistance programs on diet quality and food security. She has evaluated elements of the WIC program, the Farmers' Market Nutrition Program, the Supplemental Nutrition Assistance Program, and SOS—a home delivered feeding program similar to Meals on Wheels. Internationally, she partners with colleagues in India to study the impact of economic development on food security, infant feeding practices, and obesity. She earned her BS in Economics at Boston University, MS in Nutrition at California State University at Los Angeles, MPH in Maternal and Child Health (MCH) at Johns Hopkins School of Public Health, and DrPH in MCH & Health Economics and Finance at Johns Hopkins Bloomberg School of Public Health

[Francesca Weaks, MS, MCHES, DrPH \(c\)](#), Health Policy and Research Manager, National Association for the Advancement of Colored People (NAACP), She has been a Community Health Researcher and Health Policy Practitioner for over 10 years focusing

on social determinants of health polices in communities of color. Her areas of research examine the intersection of racism and health in civil rights law & policy, health care reform, and racial bias in community health development. She is currently finishing her Doctorate in Public Health with a focus in Health Policy & Management. As a researcher by training and an advocate & policy practitioner by experience her work at the NAACP is focused on advocating for equitable community health policies by addresses systematic racism and health disparities.

[Amy Yaroch, PhD](#), Executive Director of the Gretchen Swanson Center for Nutrition (GSCN). She also holds a Special Dean's appointment as Professor in the Department of Health Promotion, Social and Behavioral Health at the University of Nebraska Medical Center, as well as an appointment as Adjunct Professor in the Department of Nutrition and Health Sciences at the University of Nebraska-Lincoln. Dr. Yaroch has over 20 years of experience in leading implementation of public health nutrition programs and evaluation efforts. Prior to joining GSCN, Dr. Yaroch was a Program Director and Behavioral Scientist at the National Cancer Institute where she worked across the areas of nutrition, dietary assessment, survey development, obesity prevention, and skin cancer prevention. Since joining GSCN in 2009, Dr. Yaroch has been leading efforts in childhood obesity prevention, food insecurity, food systems, and program and process evaluation. She is currently the Principal Investigator on a 4-year cooperative agreement with USDA NIFA to lead the GusNIP National Technical Assistance and Evaluation Center, also known as the Nutrition Incentive Hub (www.nutritonincentivehub.org). Dr. Yaroch has authored more than 160 papers, four book chapters, and has been awarded grants and contracts from federal and non-federal sources across a broad range of areas.

Suggested US Food Systems Readings and Resources

Feeding America Resources: Charitable Food Assistance and Food Insecurity during the COVID-19 Pandemic

The Impact of Coronavirus on Food Insecurity

Projections of food insecurity based on expert consensus about unemployment rates and poverty rates for 2020.

- [Reports](#) on the impact at the national, state and local level
- [Interactive map](#)
- [Blog](#)

Feeding America [website](#)

Overarching website with details on what we do and how. Also includes overview of our [research initiatives](#).

Feeding America Action [website](#)

A space for our partners to find resources related to federal nutrition programs and learn more about issues that are critical to helping us ensure families have access to food during this pandemic.

Hunger + Health

Feeding America site focused on the intersection of Hunger and Health with numerous resources, many focused on COVID-19.

- Understanding the [intersection of food insecurity and health](#)
- Resources: <https://hungerandhealth.feedingamerica.org/resources/>
- Blogs: <https://hungerandhealth.feedingamerica.org/blog/>
 - [Our COVID-19 Response: May Update](#)

Additional suggestions:

- [GusNIP](#)
- [Gretchen Swanson Center for Nutrition – What We Do](#)
- [CDC Public Health Law Training and Educational Resources](#)
- [CDC Food and Food System Resources During COVID-19 Pandemic](#)
- [CDC Healthy Food Service Guidelines](#)
- [NAACP – Health](#)
- [Scientific Report of the 2020 Dietary Guidelines Advisory Committee](#)
- [iPES Food – COVID-10 and the crisis in food systems: Symptoms, causes and potential solutions \(April 2020\)](#)
- [CAST Commentary: Economic impacts of COVID-19 on food and agricultural markets \(July 2020\)](#)
- [Rockefeller Foundation. Reset the Table: Meeting the Moment to Transform the U.S. Food System. \(July 28, 2020\)](#)
- [Pollan M. The sickness in our food supply. *New York Review of Books*. June 11, 2020.](#)
- [USDA ERS. COVID-19 Economic Implications for Agriculture, Food & Rural American. August 2020.](#)
- [LitCovid – NCBI – NLM - NIH](#)