

**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 31<sup>st</sup> 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/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.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/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/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>](#)
- [\[Free For All: Fixing School Food In America by Dr. Janet Poppendieck\]\(#\)](#)