



SUMMER MEALS 101

Afterschool and Summer Meals Sponsor Conference
January 29-30, 2019
Columbia, MO

#nokidhungry



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Session Agenda

- The Need for Summer Meals
- Summer Meals: Program Basics
- Key Planning Resources for Summer 2019
- Early Planning for a Successful Summer
- Wrap-up

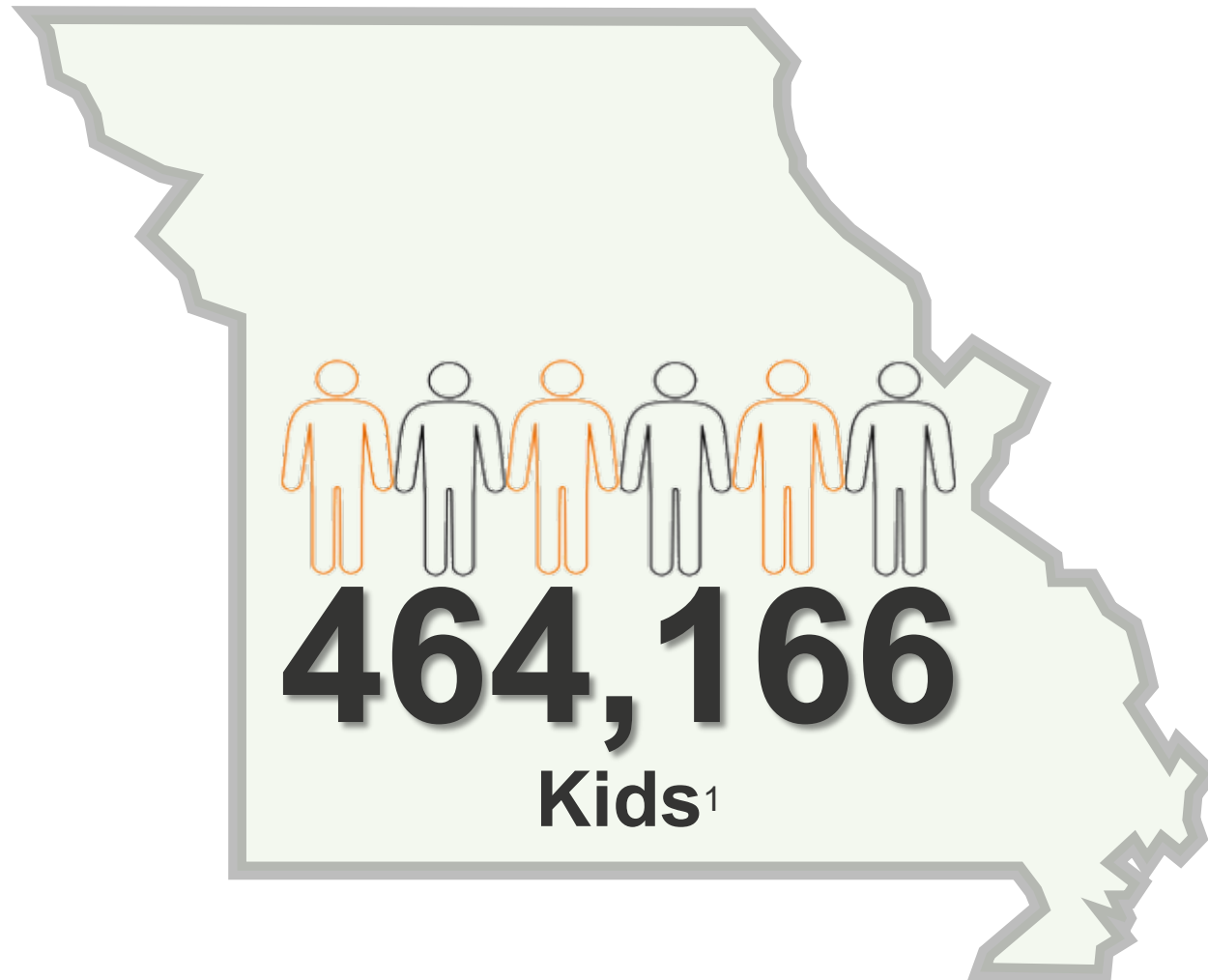


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Your guide for today's journey:

Derrick Lambert, Senior Manager
No Kid Hungry Center for Best Practices

SCHOOL MEALS IN MISSOURI



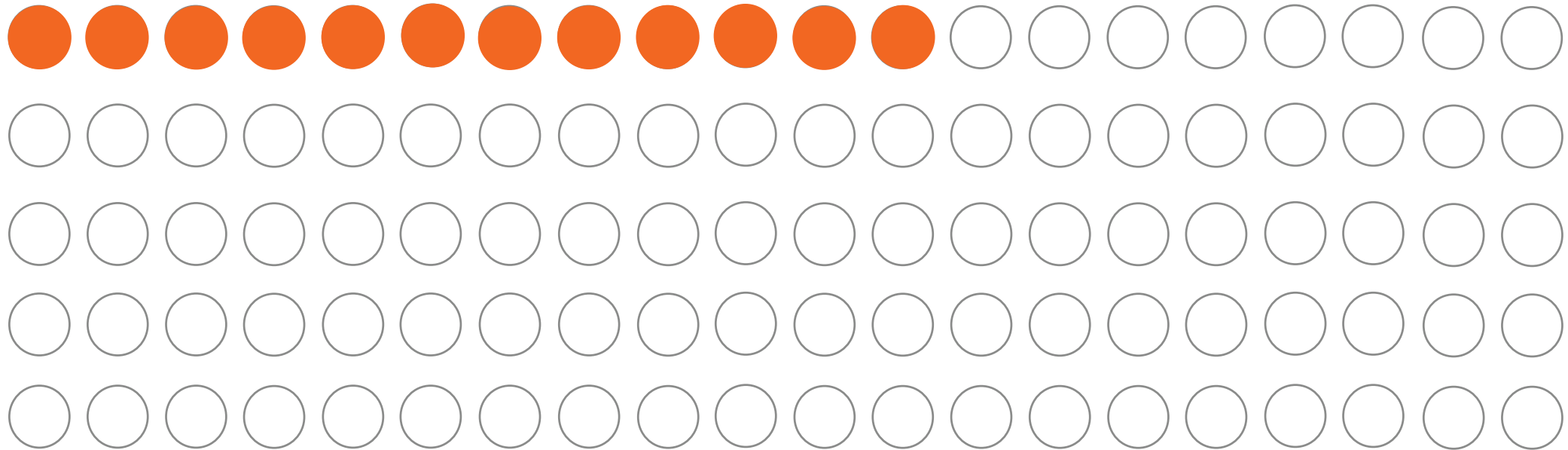
50%

Children enrolled in MO schools eligible for a free or reduced price meal



THE NEED FOR SUMMER MEALS

Nationwide, summer meals are only meeting **12 percent** of the need faced by hungry kids during the summer months.





MISSOURI'S SUMMER GAP



4,271,391

more summer meals served

37 more meals

per school per day

THE NEED FOR SUMMER MEALS

Impact on Health

Health Impacts



Weight Gain

Children may gain weight two to three times faster during the summer than during the school year²⁰



Chronic Diseases

When a child gains weight, he/she is more susceptible to chronic diseases such as iron deficiency anemia,²² asthma, type 2 diabetes, and heart disease²³



Mental Health

Children experiencing food insecurity report higher rates of mental illness²⁵

Impact on Learning

Education Impacts



Cognitive Functioning and Development

Nutritious meals protect against cognitive decline³³



Summer Learning Loss

Children from low-income families lose more than two months in reading achievement compared with their peers from higher-income families³²



Achievement Gap

About two-thirds of the ninth grade achievement gap between lower- and higher-income youth can be explained by unequal access to summer learning opportunities during the elementary school years³⁶

Impact on Family

Focus on Family



1 of 3 (32%) low-income households report not having enough food during summer⁸



\$316 increase in spending on food over the summer for low-income families⁹

Tradeoff Examples

Increased spending on food over the summer can lead to tradeoff decisions for households at risk of food insecurity served by Feeding America:¹⁰



VS.



2 of 3 (69%) had to choose between food and utilities



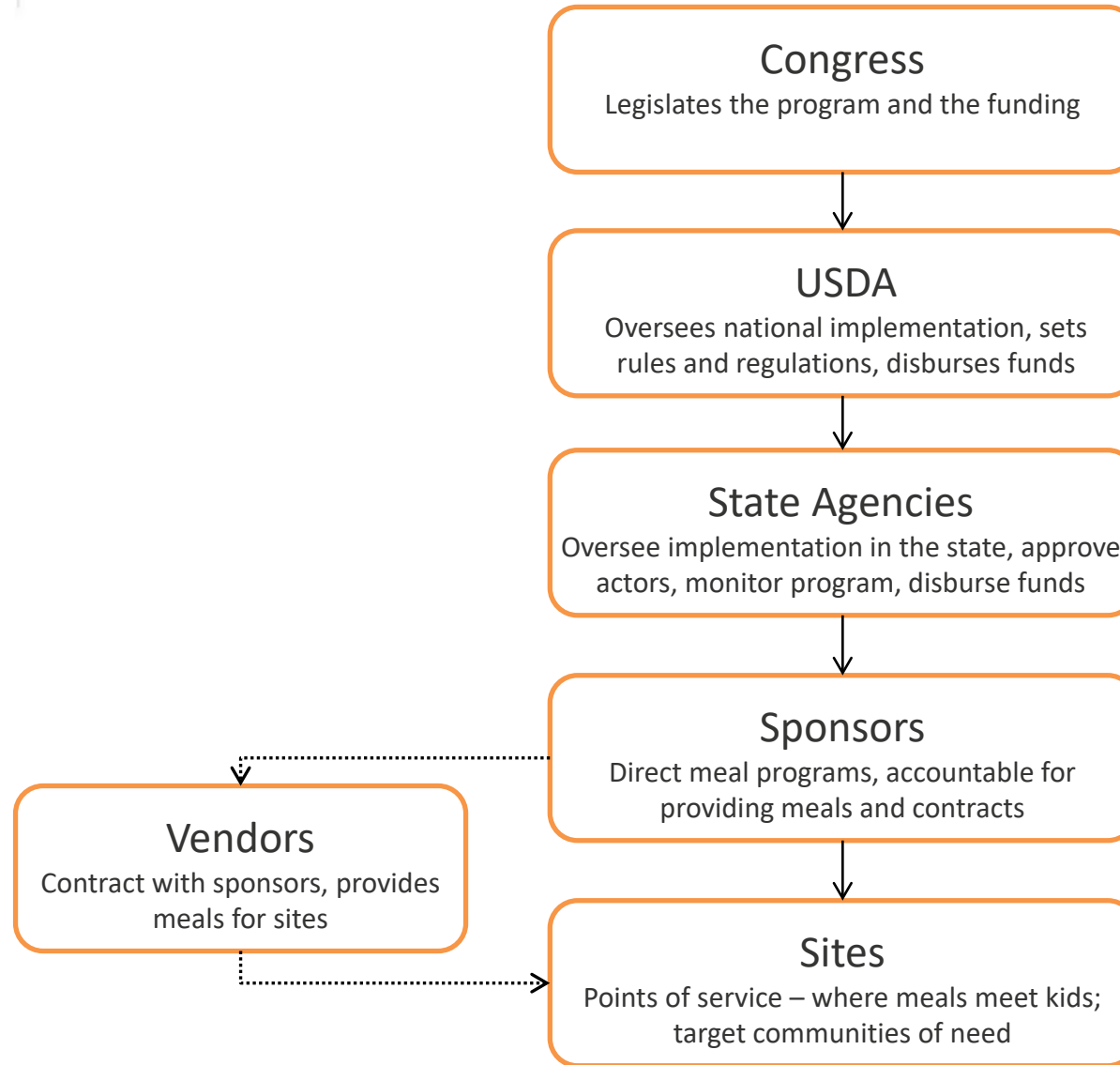
VS.



2 of 3 (66%) had to choose between food and medical care

Source: [Summer Nutrition Program Social Impact Analysis](#)

HOW SUMMER MEALS WORK



Authorizing legislation:
[Richard B. Russell National School Lunch Act](#)

SUMMER MEALS: PROGRAM BASICS

The **Summer Food Service Program** (SFSP) is a federally-funded, state-administered, and locally-sponsored program of the USDA that allows children to access nutritious meals free of charge when school is out. Schools also have the option of serving summer meals through the National School Lunch Program (NSLP) **Seamless Summer Option** (SSO).

Key program details (SFSP+SSO):

Serves children 18 and under

Congregate meal requirement

Eligibility criteria: school or census tract data

Up to two meals/day (for most sites)

KEY PROGRAM SIMILARITIES: SFSP V. SSO

Common site types: Open, closed enrolled, camps

- **Open:** All children 18 and under may participate on a drop-in basis: no need to sign up or register
- **Closed enrolled:** Serves an identified group of primarily low-income children (50% or more) who are enrolled in advance; reimbursement provided for all meals served
- **Camps:** Serve specific children within an identified group who are enrolled in advance; reimbursement provided only for meals served to participants meeting income guidelines

Participant eligibility: determined at either the community or individual level, dependent upon site type

- **Open:** determined at the community level using school or census block group data (next slide)
- **Closed enrolled:** determined at the individual level using school meals data and/or income eligibility applications. *Contact your state agency for additional guidance.*
- **Camps:** determined at the individual level using income eligibility applications

KEY PROGRAM SIMILARITIES: SFSP V. SSO

Area eligibility: used to determine community (categorical) eligibility for at open sites

- **School meals data:** At least 50 percent of enrolled children are deemed eligible for free or reduced price school meals under the NSLP or School Breakfast Program (SBP)
 - *Any summer meal site location within the school attendance area of an ‘area eligible’ school may operate as an open site.*
- **Census data:** The most recent census data available indicates that at least 50 percent of children residing in a given Census Block Group or Census Tract are eligible for free or reduced price school meals
 - *Any summer meal site location within a Census Block Group or Census Tract deemed ‘area eligible’ may operate as an open site. [Learn more.](#)*

Pro tips:

1. Once established, area eligibility for sites remains valid for five years.
2. In some cases, USDA allows averaged eligibility to qualify sites adjacent to low-income areas. [Learn more.](#)
3. If you are aware of ‘pockets of poverty’ in otherwise ineligible communities (i.e. HUD sites), contact your state agency for additional support. There may be other opportunities to establish area eligibility for these sites.

KEY PROGRAM DIFFERENCES: SFSP V. SSO

Seamless Summer Option (SSO)

- Sponsorship available only to School Food Authorities (SFAs)
- Extension of existing NSLP sponsor agreement
- NSLP/SBP rules apply for meal service
- Meals served are reimbursed at the NSLP/SBP 'free rates'

Summer Food Service Program (SFSP)

- Sponsorship available to School Food Authorities (SFAs), government entities, and nonprofit organizations
- Program sponsors enter into a signed agreement with the administering state agency to operate the SFSP
- Simplified meal pattern
- Highest per-meal reimbursement of any Child Nutrition Program

SFSP: MEAL PATTERN AND REIMBURSEMENT

Meal pattern: Simplified meal pattern with four meal components: (1) milk, (2) fruit and/or vegetable, (3) grain, and (4) meat/meat alternate.

- **Breakfast:** grain, fruit/vegetable, milk (required); meat/meat alternate (optional)
- **Lunch/Supper:** grain, fruit/vegetable (two servings), milk, meat/meat alternate (required)
- **Snack:** two of four meal components must be served

Meal reimbursement: Up to two daily meals may be reimbursed at most sites; all meals must satisfy the *congregate meal requirement*

- **Open and closed enrolled sites:** may serve up to two meals per day
- **Camps:** may serve up to three meals per day (*contact your state agency for more information*)
- **Congregate meal requirement:** meals must be consumed onsite in a supervised setting

SFSP: 2018 REIMBURSEMENT RATES

Per meal rates	Lower 48 States		Alaska		Hawai'i	
	Rural or self-prep	All other sites	Rural or self-prep	All other sites	Rural or self-prep	All other sites
Breakfast	\$2.23	\$2.19	\$3.63	\$3.56	\$2.62	\$2.57
Lunch/Supper	\$3.92	\$3.86	\$6.36	\$6.26	\$4.60	\$4.52
Snack	\$0.93	\$0.91	\$1.50	\$1.47	\$1.09	\$1.06

Note: Reimbursement is for meals served, not meals prepared.

SFSP: LEARN MORE ABOUT THE PROGRAM

USDA Program Guidance & Resources:

- Summer meals fact sheet ([English/Spanish](#))
- [Administrative Guide](#)
- [Summer Nutrition Guide](#)
- [Sponsor monitor's guide](#)
- Site supervisor's guide ([English/Spanish](#))
- [Summer meals toolkit](#)

[Identify your administering state agency.](#)

Visit the No Kid Hungry [Center for Best Practices website.](#)



SUMMER MEALS: PLANNING AHEAD FOR 2019

August/September 2018

- Assess strengths/areas requiring attention
- Review site feedback

Fall 2018

- Review previous summer participation
- Review summer financial information
- Review participation information vs. eligible areas not served
- Identify preliminary goals for summer 2019

Winter 2019

- Contact 2018 sites for continued participation
- Contact all eligible locations
- Create workgroup to increase participation

Spring 2019

- Submit SFSP application
- Finalize initial site list
- Confirm meal distribution plan/model
- Plan summer menus
- Purchase menu items
- Finalize site start/end date
- Develop training schedule



SUMMER PLANNING 2019

Key Success Factors:

Returning
Sponsors: Identify
Key Learnings from
2018

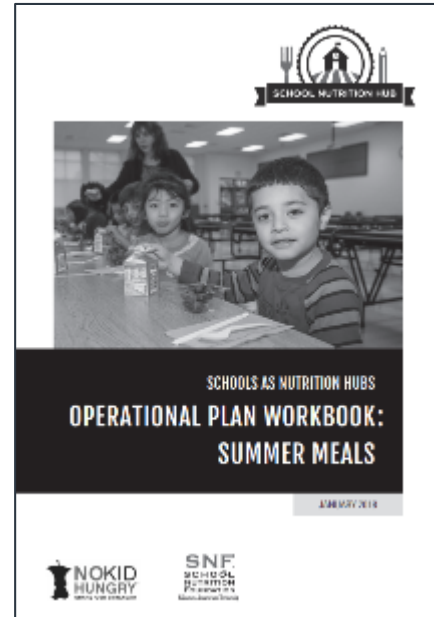
Establish Target
Areas for Program
Expansion

Determine What
Success Looks
Like

Engage in Effective
Community
Partnership

SUMMER MEALS: MOVE FROM 101 TO 201

- [Summer Action Plan](#)
- [Summer Operational Plan](#)
- [No Kid Hungry Summer Meals Calculator](#)



VISIT OUR WEBSITE FOR ADDITIONAL INFORMATION AND RESOURCES



bestpractices.nokidhungry.org

Derrick Lambert, Senior Manager

No Kid Hungry

Center for Best Practices

E: dlambert@strength.org

P: 202.478.6519

