

Food, Nutrition, and Public Policy in the United States

Katie Wilson, PhD, SNS
Eating City Summer Campus
2017



Agenda

- United States Department of Agriculture (USDA)
- History of government policy and food and nutrition
- National Nutrition Safety Nets
- Partnerships for Healthier Populations
- School Meals

United States Department of Agriculture

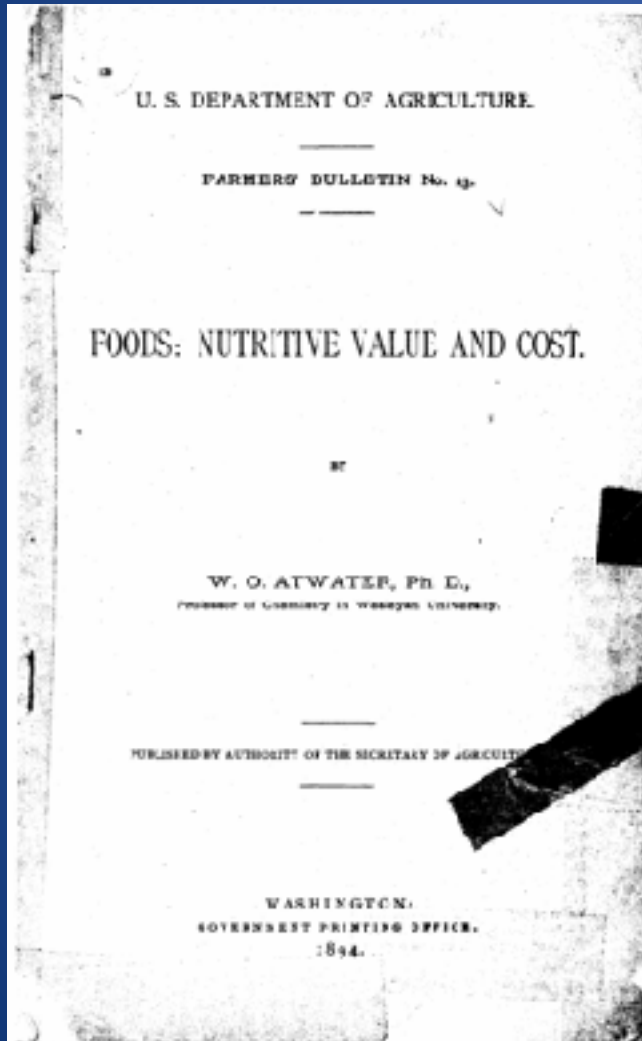
- 1862 President Lincoln established the USDA
- Advance the realm of land cultivation, conservation, and economic development.
- Set to follow the inter farming communities



- 1914 the Smith-Lever Act added teaching agriculture and home economics to the general public
- 1933 Farm Bill - a complicated set of legislative rules developed every 5 years by Congress. Industry influence through lobbyists



Evolving Dietary Guidance - 1894



“The nutrients are of several kinds. They are commonly divided into four classes called protein, fats, carbohydrates and mineral matters”

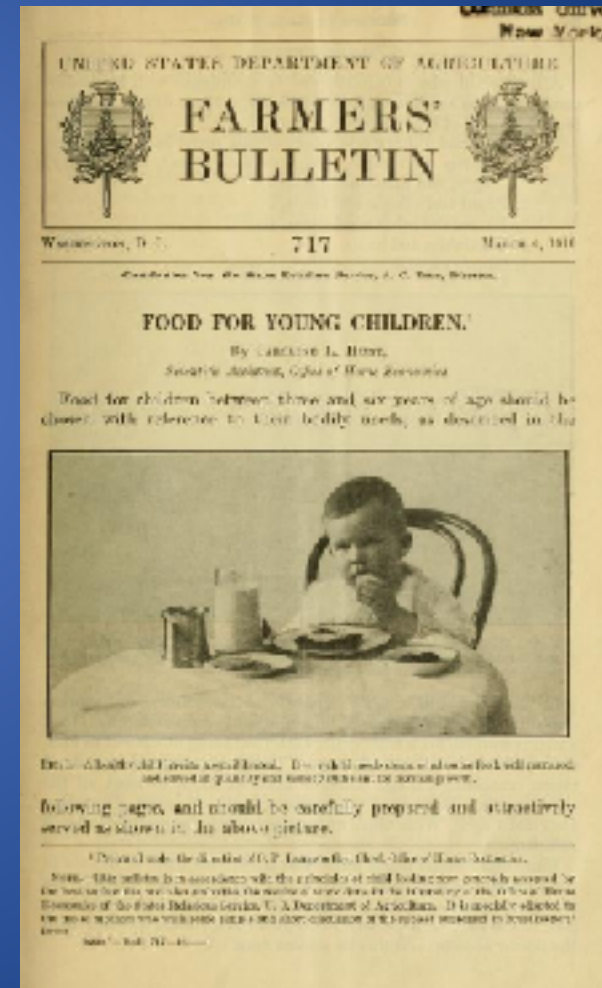
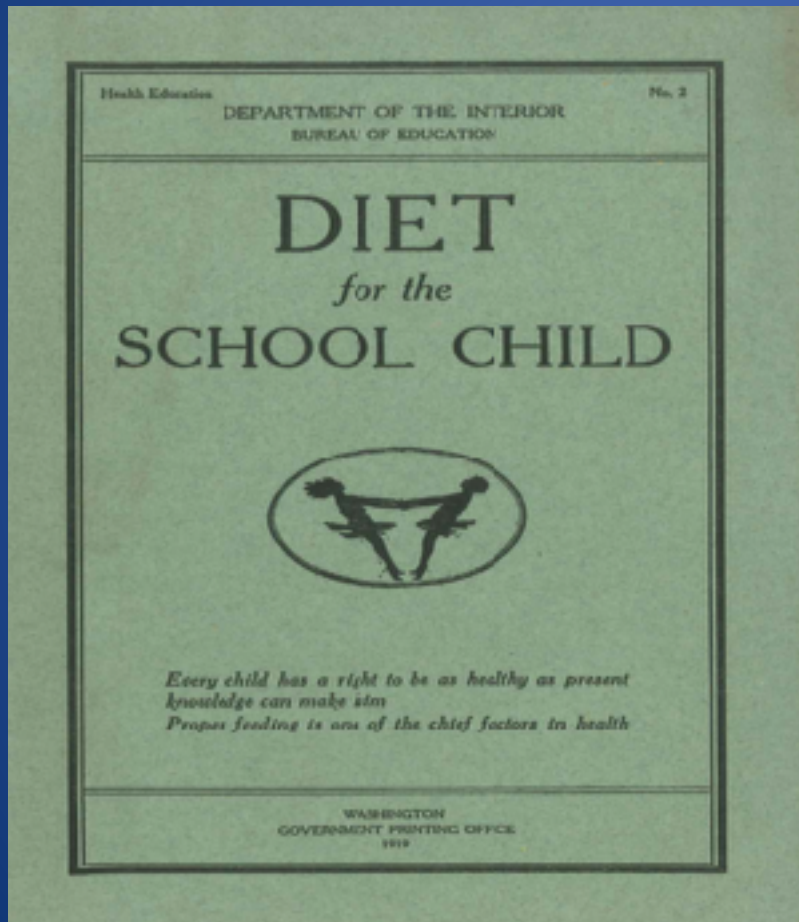
“The body is more than a machine...we have sensibilities and the higher intellectual and spiritual faculties, and the right exercise of these depends upon the right nutrition of the body.”

Dr. Atwater's Conclusion

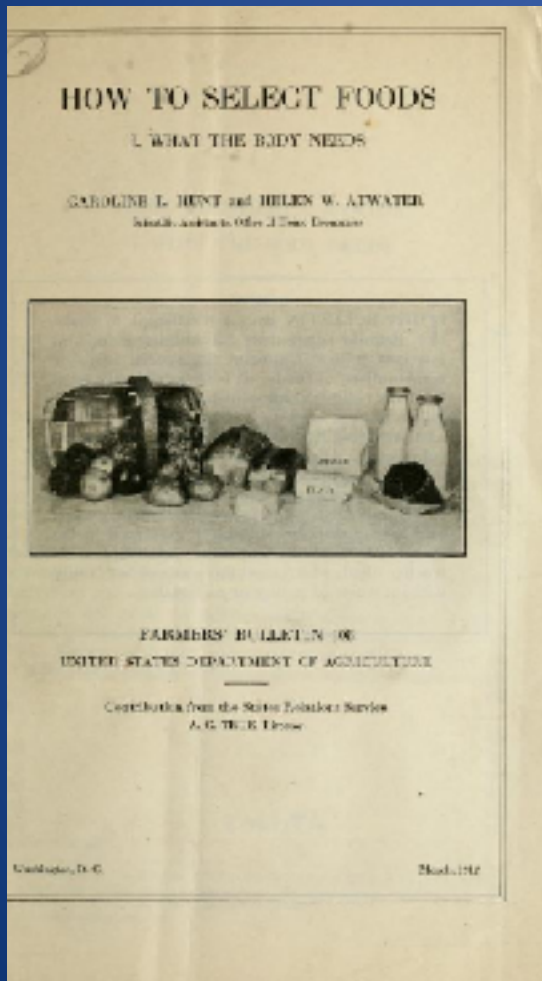
Although the studies are sparse, the general agreement is that “*we eat too much,*” including “*too much fat, starch and sugar.*”

“*How much harm is done to health by our one-sided and excessive diet no one can say. Physicians tell us that it is very great.*”

Evolving Dietary Guidance - 1915-1916



Evolving Dietary Guidance - 1917



“Appetite is not always a safe guide. A child’s appetite might be satisfied with a diet of nothing but sugar, but this certainly would not be good for him. Neither can hunger and its satisfaction always be relied upon.”

Evolving Dietary Guidance - 1941

1175 1/2
1940

Eat the RIGHT Food

Help keep
you fit

1/2 CUP OF MILK
1/2 CUP OF BUTTER
1/2 CUP OF EGGS
1/2 CUP OF MEAT
1/2 CUP OF VEGETABLES
1/2 CUP OF FRUIT

Try to include in your meals
every day . . .

MILK
For a growing child, 1 to 1 quart.
For an expectant or nursing mother, 1 quart.
Try other family members, 1 pint or more.

LEAFY GREENS OR TUBERLEGS VEGETABLES
1 or more servings.

**TOMATOES, CHAMPAGNE, CUCUMBERS, . . . ANY HARD
FRUIT OR VEGETABLE HIGH IN VITAMIN C**
1 or more servings.

POTATOES, OTHER VEGETABLES, OR FRUIT
2 or more servings.

EGGS
1 (or at least 2 or 4 a week).

LEAN MEAT, POULTRY, FISH
1 or more servings.

CHEESE AND NUTS
At least 4 servings of whole-grain products.

WATER
Plenty.
As needed to satisfy the appetite.

WINE
6 or more glasses.

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**Help your community strengthen
national defense by sponsoring:**

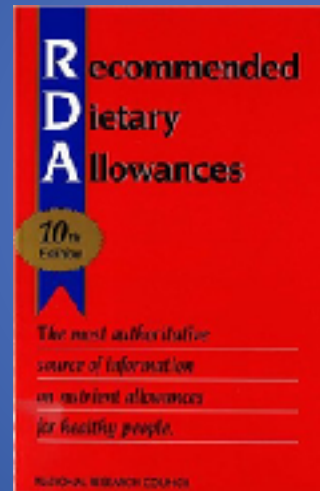
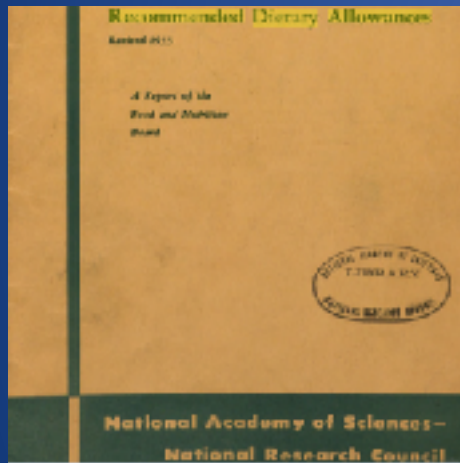
- The teaching of nutrition and physical fitness at all school levels.
- Adult education in nutrition and food buying and preparation.
- Education of infant and child health employees.
- School lunches for all children.
- Community centers for school lunches and for low-income families.
- Community cooking centers.
- Home food production.
- Wides use of surplus foods.

Call on various organizations and agencies such as those listed below to take part in nutrition programs to further national defense:

- School administrators, classroom teachers and school nurses in home economics and English.
- Extension Service, Farm Security, Public Health, Social Welfare, Work Projects Administration, and National Youth Administration workers.
- Trade-union health committees, women's organizations, home owners' groups, chambers of commerce, men's club clubs, and other organizations and agencies.

U. S. GOVERNMENT PRINTING OFFICE: 1941
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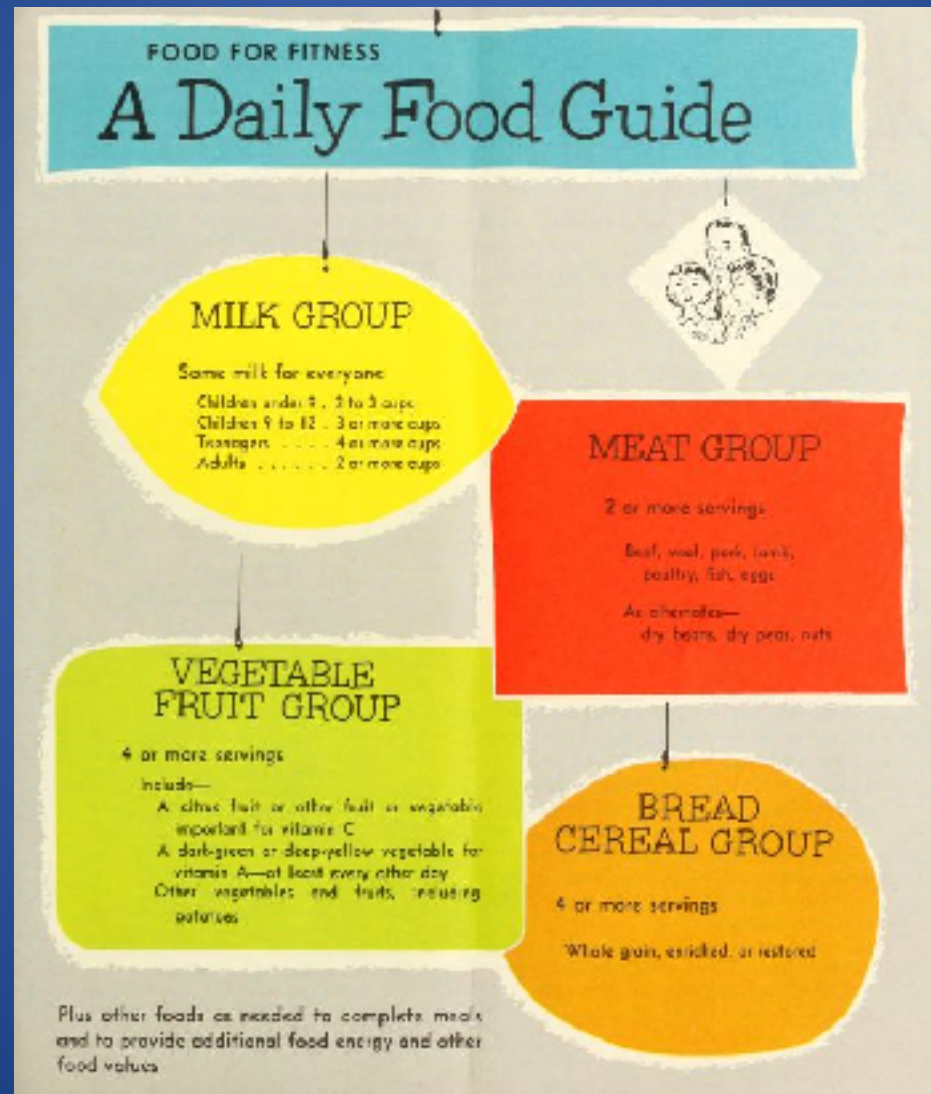
Advances in Nutrition Science



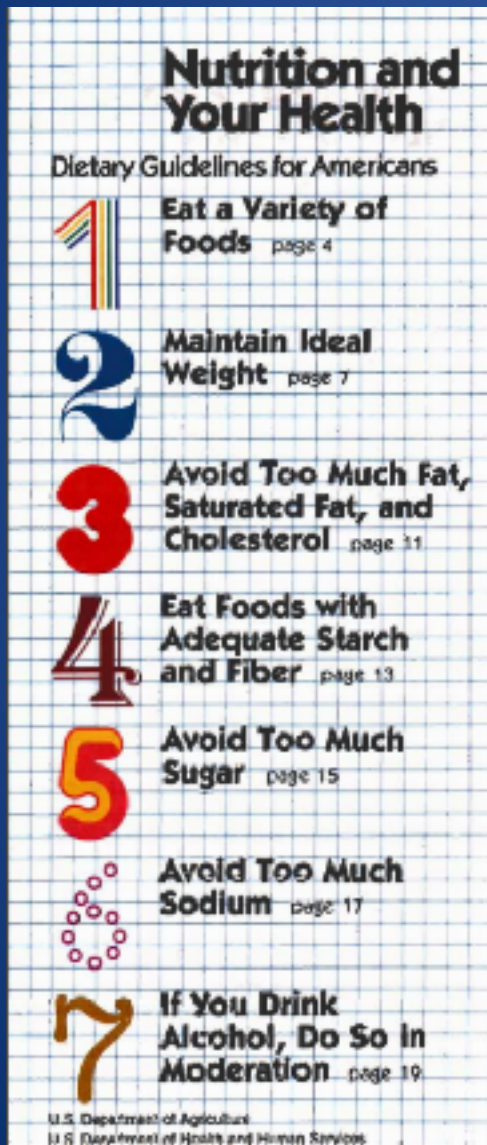
The Basic Seven - 1943



Basic Four - 1956



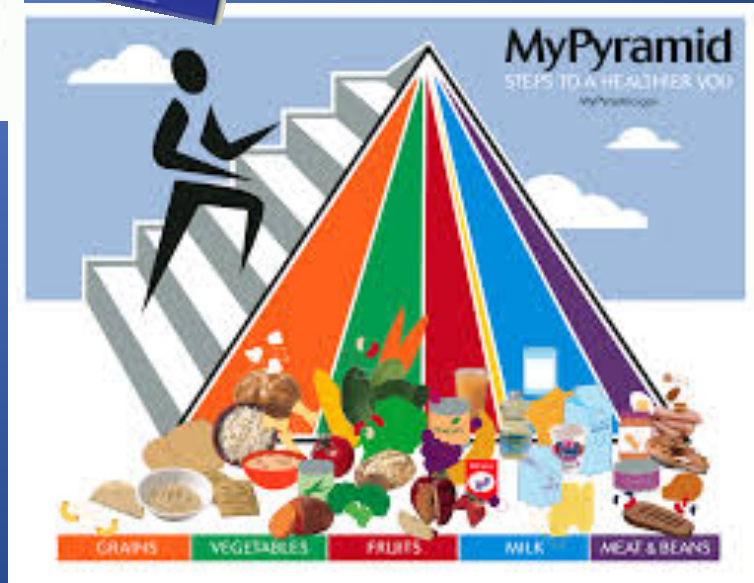
Evolving Dietary Guidance - 1970s-1980s



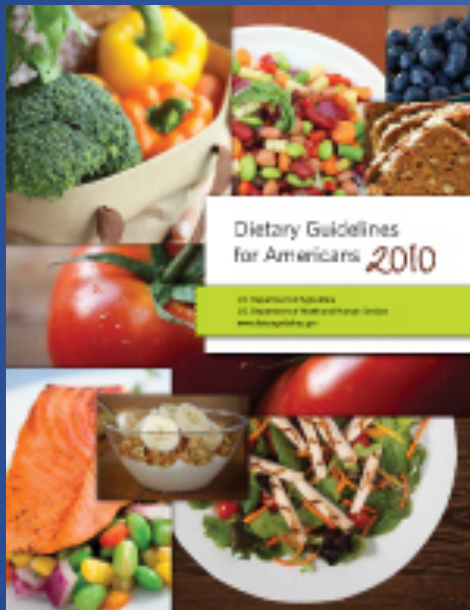
“Food alone cannot make you healthy. But good eating habits based on moderation and variety can help keep you healthy or even improve your health.”

“If you are too fat, your chances of developing some chronic disorders are increased.”

Evolving Dietary Guidance - 1990s-2000s



Evolving Dietary Guidance - 2010 to present



choosemyplate.gov



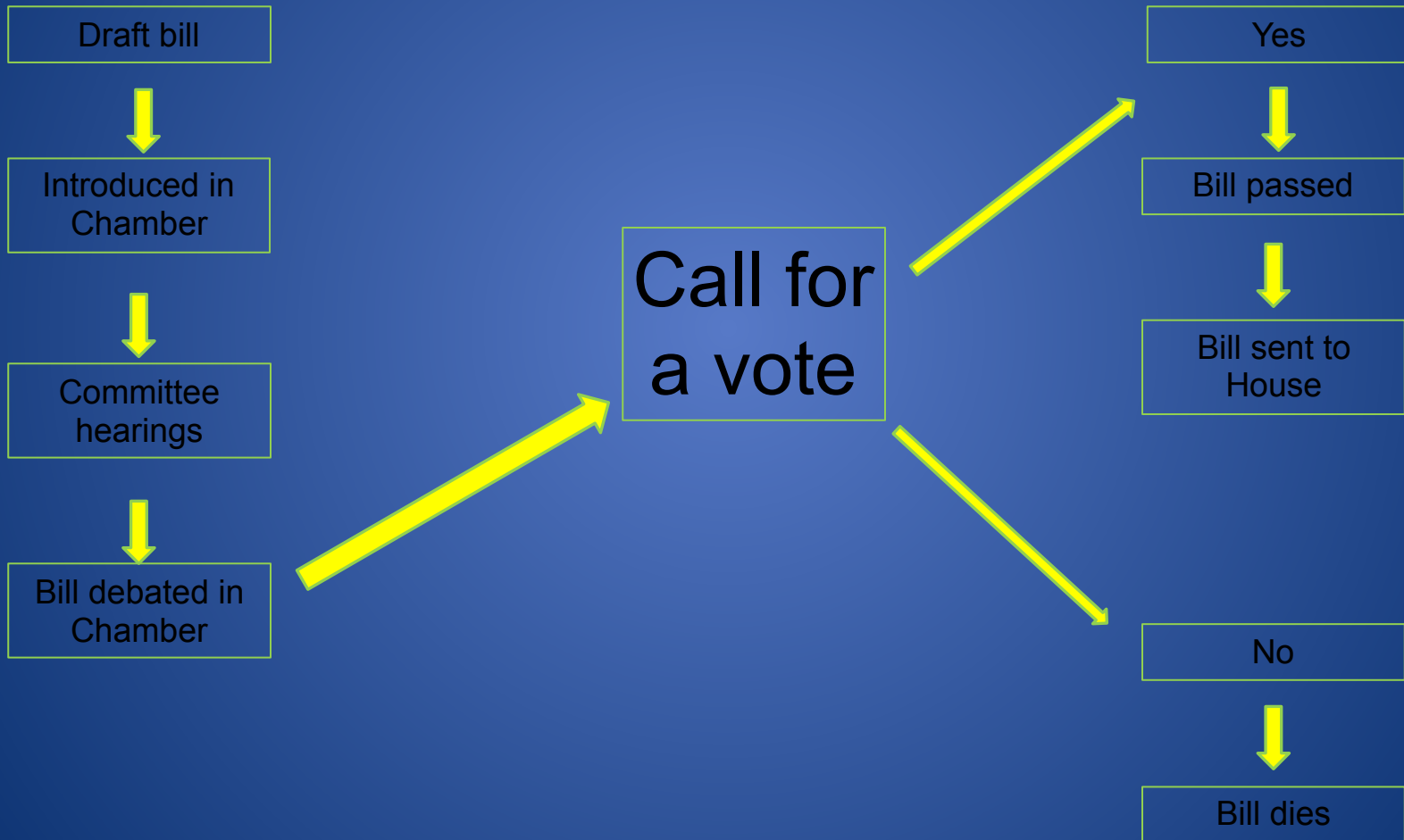
Food, Nutrition, and Consumer Services



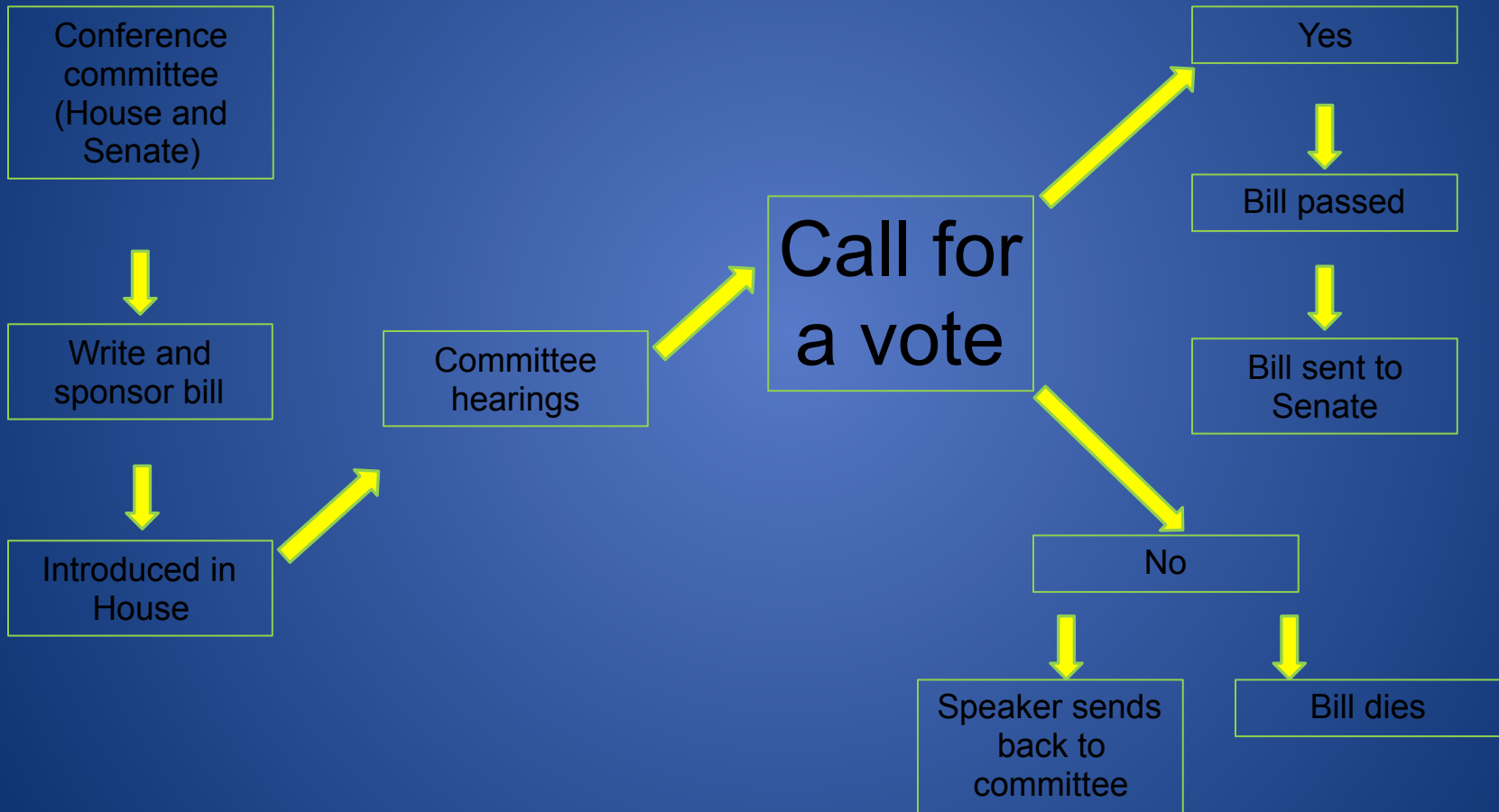
Overview



The Process - Senate



The Process - House



Nutrition Safety Nets

- Supplemental Nutrition Assistance Program
SNAP
- Special Supplemental Nutrition Assistance Program for Women, Infant, and Children
WIC
- Food Insecurity and Nutrition Incentive Grant Program

FINI



Addressing the Challenges

- About 1 in 10 households with children are food insecure
- More than 1 in 3 children are overweight or obese

Factors:

- Poverty
- Access to health care
- Access to high quality foods
- Lack of proper food education
- Levels of physical activity



SNAP



Summer EBT

- Summer EBT seeks to bridge the food security gap for children in low income households when school is out.
- A \$30 or a \$60 per month per child benefit improved food security among children during the summer by one-third.



WIC



WIC

PARTICIPANT NAME: Jane N. Doe		FAMILY ID / PARTICIPANT ID: 134013/268627		CHECK # 23036652	FIRST DATE TO USE Aug 23, 2010
WISCONSIN WIC PROGRAM 53-632 Nce Care WIC		Measure of checks is subject to state or federal prosecution. Void if altered.		73-1240 919 Payable through FSMC, Lake Union, MN Acct # 002732	DATE OF USE LAST DATE TO USE Sep 21, 2010
Valid For These Items Only - No Substitutions				Actual \$ Amounts	
<ul style="list-style-type: none"> 2 * Gallon low fat (1%) or fat free (skin) Milk 1 * 18 oz or less Peanut Butter 1 * 16 oz (1 lb) or less Cheese * 36 oz or less Cereal 1 * 11.5 or 12 oz frozen or 46-48 oz containers Juice 1 * Dozen Eggs 3*5 oz cans Light Tuna OR 1*14.75 oz can pink Salmon 1 * 16 oz (1 lb) or less Whole Wheat/Whole Grain Food 4*14-16 oz cans Beans/Peas OR 1 lb dried Beans/Peas 				\$ Correction Only	Cashier's Initials
				\$	Pay to the Order of WIC Vendor No.
Deposit Within 45 Days From the First Date to Use				Not Payable Without Authorized Stamp	
				Participant: Do Not Sign Until Time of Purchase	
				Cashier: Do Not Accept if Already Signed - Must Match Signature ID	

⑈ 23036652⑈ ⑆091912482⑆ 802732⑈

FINI

- New \$100 million grant program
- Intended to help SNAP participants increase fruit and vegetable intake through point of purchase incentives



Future of FINI

- 2017 and 2018 grant awards
- Impact evaluations



Farmer' Markets

- 8,669 around the country
- National Farmers Market Directory



Partnerships for Better Health

Fair Food Network
Fairfoodnetwork.org

Mission: To increase access to healthy food for families who need it most, while creating opportunities for American farmers and stimulating local economies.



White House Garden



School Meals

- Safety net ensured to meet the needs of children
- Breakfast, lunch, at risk supper, after school snack, special milk program, summer meals, fresh fruit and vegetable program

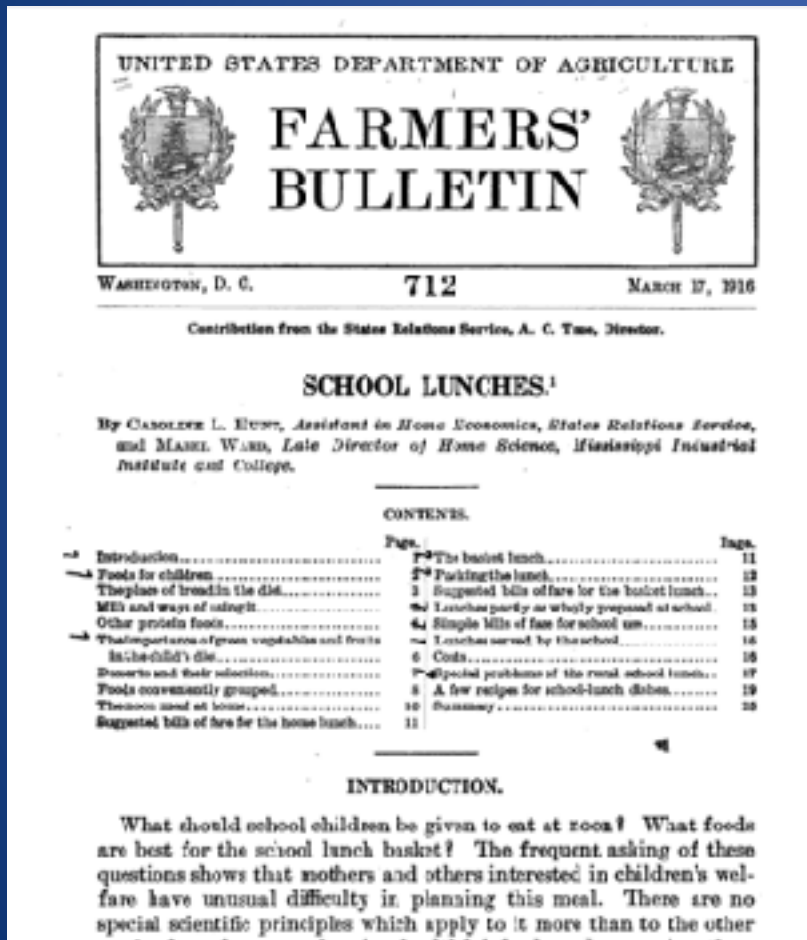


School Meals - 1894-1915

- Philadelphia
 - Penny lunches
 - The Herrick program
- Boston
 - Central kitchen
 - Home Economics classes
- Milwaukee, New York, St. Louis, Chicago, Cleveland, Los Angeles...



School Meals - 1916



“An adequately supervised lunch at school, whether prepared there or at home, or partly in one place and partly in the other, is conceded to contribute to the child’s health and to his readiness to learn.”

School Meals - 1930s



School Meals - 1940s



“It is hereby declared to be the policy of Congress, as a measure of national security, to safeguard the health and well-being of the Nation's children and to encourage the domestic consumption of nutritious agricultural commodities and other food, by assisting the States, through grants-in aid and other means, in providing an adequate supply of food and other facilities for the establishment, maintenance, operation and expansion of nonprofit school lunch programs.”

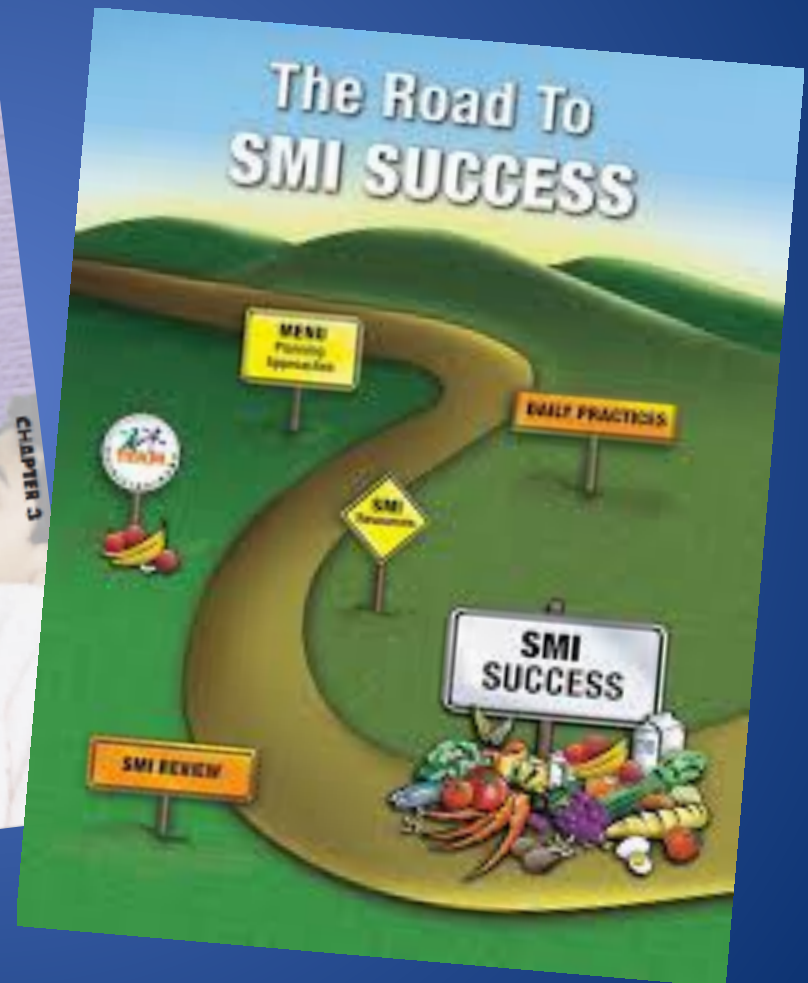
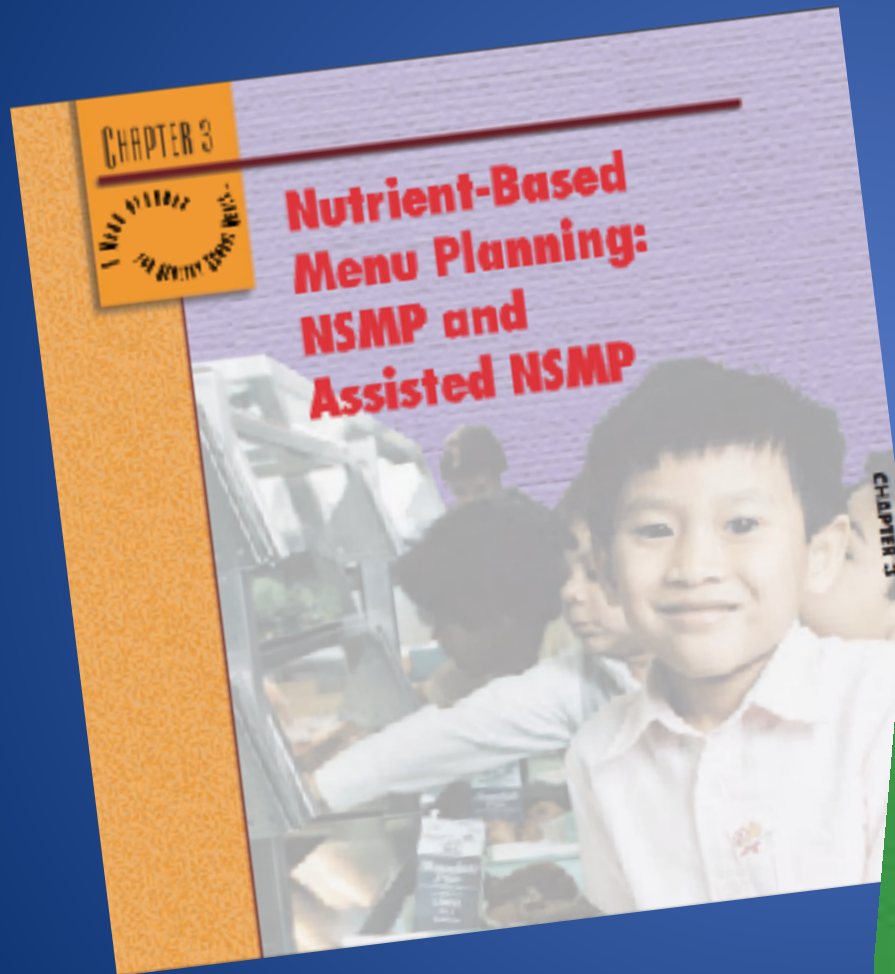
School Meals - 1960s

- Special Milk Program extended to 1970
- Pilot Breakfast Program was authorized
- Special Food Service Program was piloted for childcare and summer
- All federal school foodservice work was consolidated into one department (USDA)

School Meals - 1970s-1980s

- Special Milk Program
- School Breakfast Program
- Child Care Food Program
- Offer Versus Serve Introduced
- Large federal funding cuts under President Reagan

School Meals, 1990-2010



Healthy, Hunger-Free Kids Act of 2010

- Reauthorized the Child Nutrition Programs and WIC
- Sweeping changes to the school nutrition environment



Nutrition & Wellness in Schools



NSLP & NSB Standards

- Based on most recent nutrition science
- Food (vs. nutrient) focused
- Step-wise implementation over three years



Federal Funding

- Per meal reimbursement ONLY for reimbursable meals (must meet regulations) and ONLY for students
- USDA Food Value per meal given as lump sum next school year
- Only one meal per day per student per segment

Free	Reduced	Full Price
\$3.22	\$2.82	\$0.36

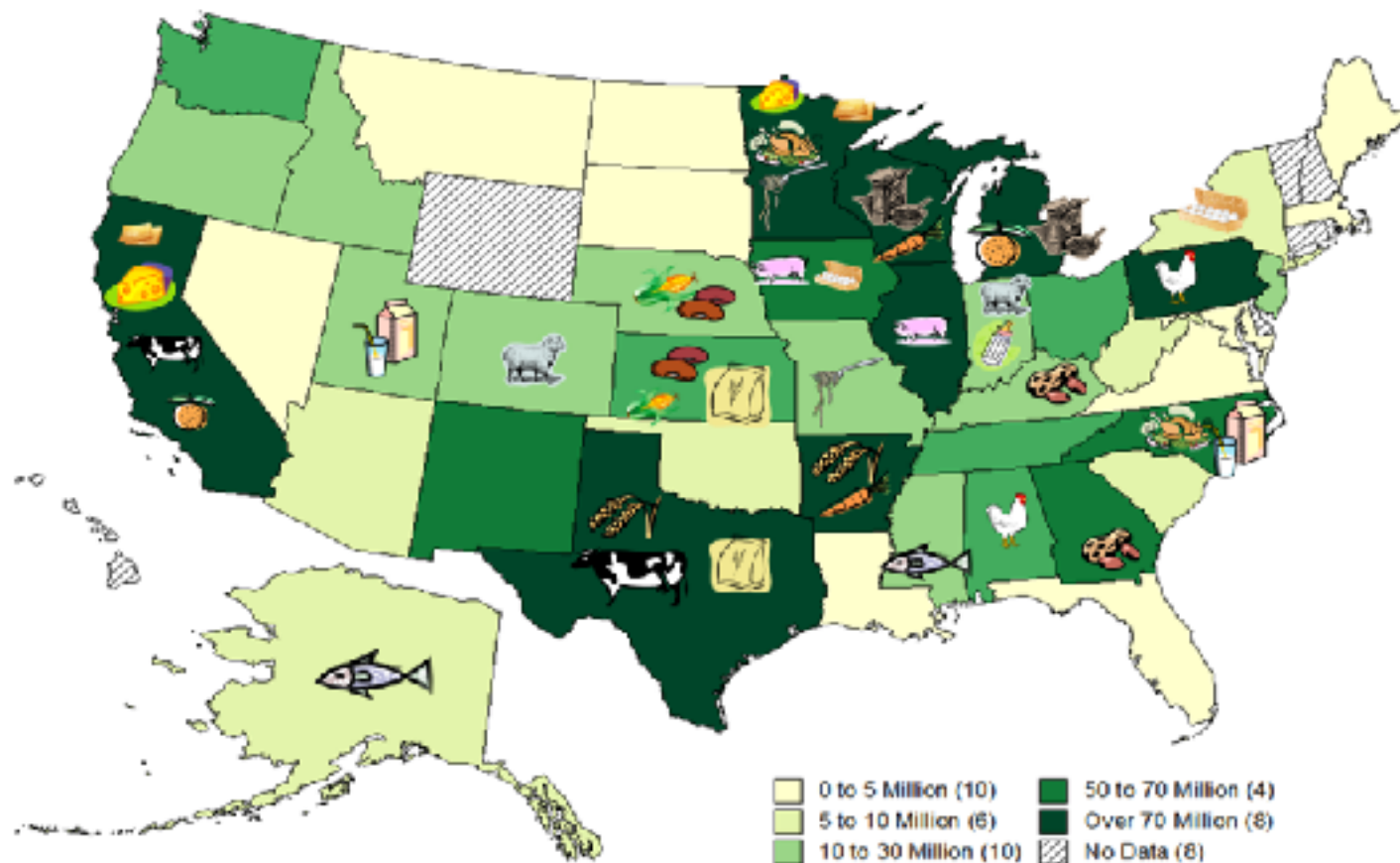
State Funding

- Required match established in 1983
- Can be administered as a per meal reimbursement or can be used for training, etc.
- Not required to change the match



USDA Foods

- Total value based on total number of meals served in prior year (about 20% of budget)
- Purchased off the US Agricultural Market
- USDA Foods belong to the state. State can decide how the program works, what products to offer, product specifications, and charge transportation, handling, and storage costs



“Buy American” Provision

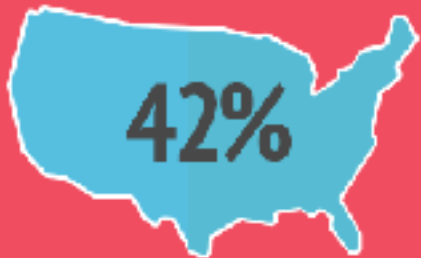
- Requires schools to purchase domestically grown and processed foods, to the maximum extent practicable



- USDA Foods support this provision, while adding value to meals



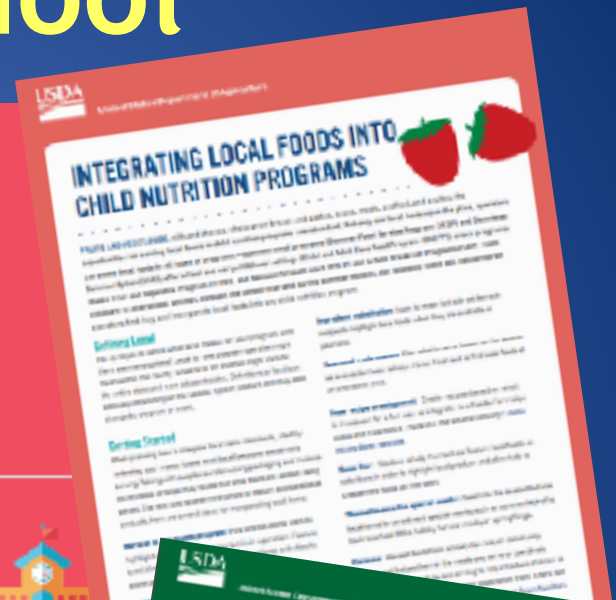
Farm to School



of districts surveyed by USDA say they participate in farm to school activities.

That's **5,254** districts  and **42,587** schools  bringing the farm to school.

As a result, 23.6 million students are developing healthy eating habits and learning where their food comes from. Another 16% of school districts surveyed plan to start farm to school activities in the future.



Farm to School



Local School Wellness Policy



- ❖ Requires LEAs to develop local school wellness policies
- ❖ Fosters community engagement, responsibility, and buy-in
- ❖ Empowers key members of the communities to take an active role in the health of their children

Smart Snacks Rule



- ❖ More than a quarter of kids' daily calories may come from snacks
- ❖ Smart snacks make the healthy choice the easy choice

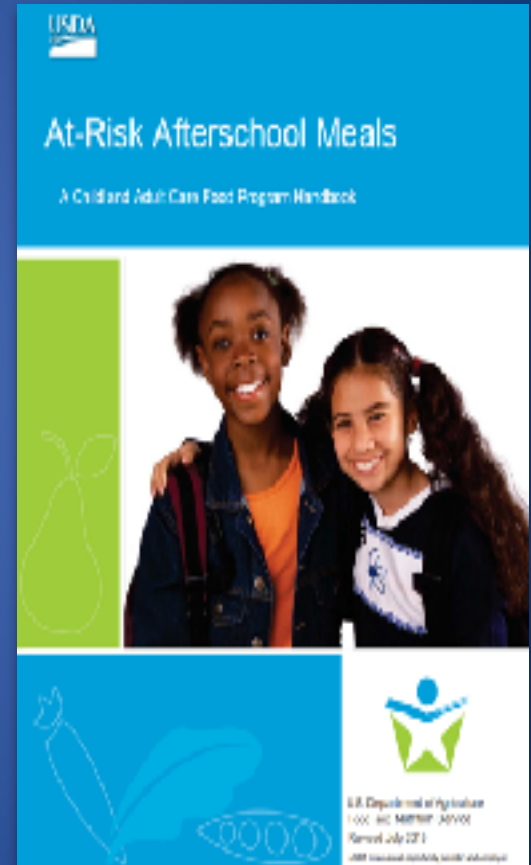
Community Eligibility Provision (CEP)



- CEP allows schools in high poverty areas to serve meals to all students at no out-of-pocket cost to the students
- Partnership between the Federal government and local school districts

At-Risk Afterschool Meals/Snacks

- Provides funding to afterschool programs that serve a meal and/or snacks to students in low income areas
- To participate, these programs must:
 - Provide care for children after school or on weekends, holidays, or breaks
 - Provide organized, regularly scheduled activities
 - Include educational or enrichment activities
 - Be located in an eligible area



Summer Food Service Program



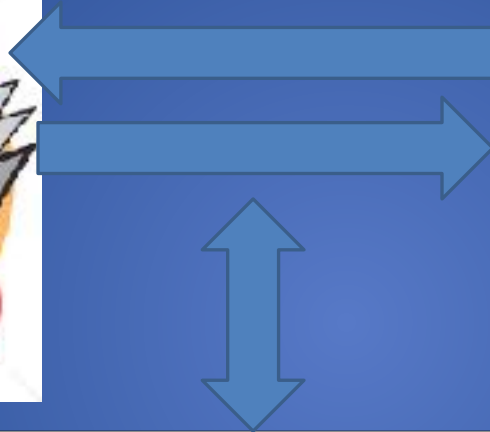
Find summer meals in your community: <http://www.fns.usda.gov/summerfoodrocks>

SFSP: Rural Access and Transportation



Mobile Meals Route Finder helps mobile sites determine the best route for traveling as they serve meals on the go: <http://www.fns.usda.gov/mobile-route-maker>

Summer Partnerships



USDA Child Nutrition: Access & Impact



Nat. School Lunch Program:
30.5 million students

School Breakfast Program:
14.5 million students

Community Eligibility Provision:
8.5 million students

Summer Food Program:
3.8 million children

At-Risk Supper:
131 million meals

Special Milk Program:
46.9 million servings





Nutrition Standards



Appealing Choices



Food Safety



Affordable Meals



Perceptions

Juggling Issues



Health Related Concerns & Food Allergies



Cultural Diversity



Commercial Influences



Student Preferences

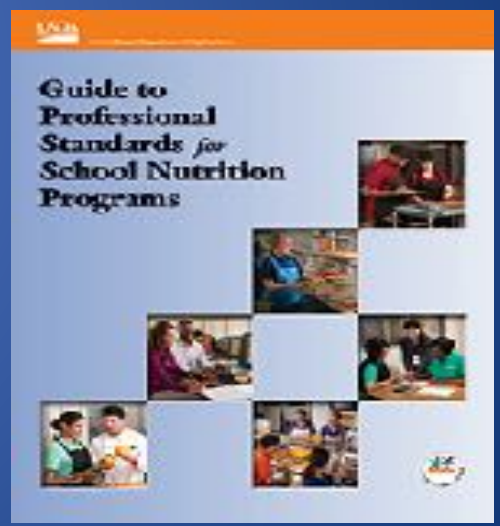


Professional Standards

Flyer

Brochure

Guide **NEW**



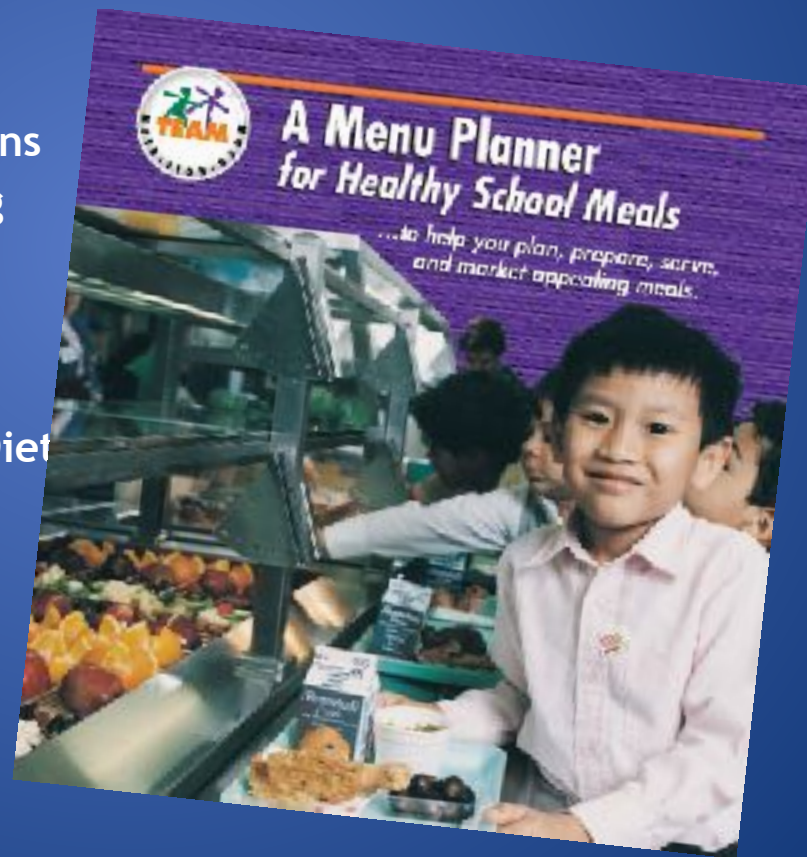
School Nutrition Resources



Menu Planner for Healthy School Meals

• Chapters on:

- Nutrition Science & Patterns
- Food-Based Menu Planning
- Planning Menus
- Recordkeeping
- Procurement
- Disabilities Affecting the Diet
- Marketing



Team Nutrition Cooks!

- Afterschool cooking curriculum
- Five cooking-based lessons, each based on a kid-friendly recipe
- Each lesson consists of:
 - Activity Guide
 - Family Handout
 - Cooking Video that teaches basic cooking skills





United States Department of Agriculture



WHAT YOU SHOULD KNOW...

The school cafeteria is where children learn about healthy eating. It's also where they get the most of their daily food. It's important to get the most of their daily food to stay healthy.

WHAT'S SHAKING?

...and ways to
BOOST FLAVOR & LESS SODIUM



TOP SOURCES OF SODIUM FOR CHILDREN

- Bread
- Pasta
- Cheese
- Canned soups
- Pickles

Lowering sodium in children's diets can help reduce the risk of heart disease and stroke.



SCHOOLS ARE MAKING A DIFFERENCE!

Before 2012 Average Sodium: 7,400 mg

After 2012

• 20% fewer sodium calories
• 20% fewer sodium calories per serving
• 20% fewer sodium calories per serving



90%

of children in the United States consume too much sodium.

HOW YOU CAN REDUCE SODIUM *in* SCHOOL MEALS



1 USE HERBS & SPICES

Replace "flavor boosters" (sodium chloride) with herbs and spices. Use fresh herbs and spices. <http://www.nchfp.org/publications/>



2 EXPLORE NEW RECIPES

Find large quantity recipes for school food service. Browse recipe websites: <http://www.nchfp.org/publications/>, <http://www.nchfp.org/publications/>



3 ORDER USDA FOODS

Check your budget and compare prices. USDA Foods are available in bulk. <http://www.usda.gov/>



4 CONTACT VENDORS

What do you need? Contact vendors. They can provide information on products and prices. <http://www.usda.gov/>



Download a free e-book: <http://www.usda.gov/> "What's Shaking?" Website: <http://www.usda.gov/>



Photos: <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>, <http://www.usda.gov/>

U.S. Department of Agriculture
Food and Nutrition Service
FNS-14-001
July 2014

www.usda.gov/

Challenges

- Student Acceptability
- Time to Eat
- Food Waste

Partnerships for Acceptability

- Greenbronxmachine.org
- Kitchengardenlaboratory.org



Not Enough Time to Eat



- Harvard study shows shorter lunch periods lead to more food waste in schools
- Less likely to consume entrees, vegetables and milk
- Less likely to take fruit

Food Waste

USDA
United States Department of Agriculture

REDUCING FOOD WASTE

WHAT SCHOOLS CAN DO TODAY



An estimated **33%** (132 billion pounds) of the overall food supply is wasted at the retail and consumer level in the U.S. in 2010.



PLATE WASTE NOW = **PLATE WASTE ZERO**
Update nutrition standards.

Scheduling menus before lunch can reduce plate waste by **AS MUCH AS 30%**.



Extending lunch periods from **20 TO 30** minutes encourages students to eat more food.



SMARTER LUNCHROOM STRATEGIES, such as better foodware choices and where they are placed in the cafeteria, can facilitate healthy choices and improve fruit and vegetable consumption by **UP TO 70%**.



SCHOOLS ACROSS THE COUNTRY ARE STEPPING UP TO THE CHALLENGE WITH INNOVATIVE NEW STRATEGIES, SUCH AS:

- Allowing students to keep a lunch or breakfast item from the previous lunch to eat the next day
- Using techniques inspired by **Smarter Lunchrooms**, **Full-Service Schools**, and **Let's Move!** to help reduce food waste
- Using paper tablecloths to place items they are not going to consume (plates or paper-covered items)
- Letting kids set the pace
- Composting food waste in school gardens
- Collaborating with local farmers to donate surplus produce
- Collecting excess whole-school after mealtime to donate to charitable organizations
- Joining the **U.S. Food Waste Challenge** to work within expert techniques and reduce food waste



Choose**MyPlate**.gov

United States Department of Agriculture



Let's talk
trash.



LET'S TALK TRASH

Role of Public Policy



A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.

Rosalynn Carter



For More Information:

www.teamnutrition.gov

www.cnpp.usda.gov

www.choosemyplate.gov

www.dietaryguidelines.gov

www.congress.gov/publiclaws

www.fns.usda.gov