Food, Nutrition, and Public Policy in the United States

Katie Wilson, PhD, SNS
Eating City Summer Campus 2017
• 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 interest of farmers and 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
“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
“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

Try to include in your meals every day...

GROWING
For a growing child, 1 to 2 cups of
For an adult: 1 cup per week. 1 cup per
For a baby: 1 cup per day.

LEMONADE OR TEA (or both)

VEGETABLES, FRUITS, AND GRAIN

DRIED FRUIT

FRESH FRUIT AND VEGETABLES

FISH

MEAT

BREAD

Help your community strengthen national defense by sparing meals...

The teaching of nutrition and physical fitness at all school levels.

School lunches for all children.

Community centers for school lunches and for low-income families.

Community cooking centers.

Home food preservation.

Wides use of surplus foods.

Help on various organizations and agencies as on these listed below to help in ...
Advances in Nutrition Science
Basic Four - 1956

FOOD FOR FITNESS
A Daily Food Guide

MILK GROUP
Some milk for everyone
Children under 2 . . . 3 to 5 cups
Children 2 to 12 . . . 3 or more cups
Teens and adults . . . 4 or more cups

MEAT GROUP
2 or more servings
Beef, veal, pork, lamb, poultry, fish, eggs
As alternates—
Dried beans, dry peas, nuts

VEGETABLE FRUIT GROUP
4 or more servings
Includes—
A citrus fruit or other fruit or vegetable important for vitamin C
A dark-green or deep-yellow vegetable for vitamin A—at least every other day
Other vegetables and fruits, including potatoes

BREAD CEREAL GROUP
4 or more servings
Whole grain, enriched, or enriched

Plus other foods as needed to complete meals and to provide additional food energy and other food values.
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

Food & Nutrition Service
The Process - Senate

Draft bill

Introduced in Chamber

Committee hearings

Bill debated in Chamber

Call for a vote

Yes

Bill passed

Bill sent to House

No

Bill dies
The Process - House

- Conference committee (House and Senate)
- Write and sponsor bill
- Introduced in House
- Committee hearings
- Call for a vote
  - Yes
    - Bill passed
  - No
    - Speaker sends back to committee
    - Bill dies
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
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

Since 1974
WIC

50% of
the
population
use
WIC

2 of 3
WIC

The Foundation
of
Healthy Families

loving support
MAKES BREASTFEEDING WORK
<table>
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<tr>
<th>Item Description</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Gallon low fat (1%) or fat free (skim) Milk</td>
<td>2</td>
</tr>
<tr>
<td>18 oz or less Peanut Butter</td>
<td>1</td>
</tr>
<tr>
<td>16 oz (1 lb) or less Cheese</td>
<td>1</td>
</tr>
<tr>
<td>36 oz or less Cereal</td>
<td></td>
</tr>
<tr>
<td>11.5 or 12 oz or frozen or 46-48 oz containers Juice</td>
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<tr>
<td>Dosen Eggs</td>
<td></td>
</tr>
<tr>
<td>3-3 oz cans light Tuna OR 1-14.75 oz can pink Salmon</td>
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</tr>
<tr>
<td>16 oz (1 lb) or less Whole Wheat/Whole Grain Food</td>
<td></td>
</tr>
<tr>
<td>4-14-16 oz or cans Beans/Peas or 1 lb dried Beans/Peas</td>
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Deposit Within 45 Days From the First Date to Use
• 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...
“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
“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

<table>
<thead>
<tr>
<th></th>
<th>Free</th>
<th>Reduced</th>
<th>Full Price</th>
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<tr>
<td></td>
<td>$3.22</td>
<td>$2.82</td>
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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

42% 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
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

READ

Summer Food Summer Moves

Girl eating a sandwich
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
Juggling Issues

- Nutrition Standards
- Appealing Choices
- Food Safety
- Affordable Meals
- Health Related Concerns & Food Allergies
- Perceptions
- 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
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

Reducing Food Waste

What Schools Can Do Today

An estimated 33% (127 billion pounds) of the overall food supply is wasted at the farm and consumer levels, leading to $22 billion in losses. By reducing food waste, schools can save money and reduce their environmental impact.

Scheduling meals before the end of the school year can reduce plate waste by 20 to 30%. Educating teachers and students on portion control can help reduce waste.

Smarter Lunchroom Strategies:

- Rotate lunch menu options to keep interest.
- Use software to track food waste and improve inventory management.
- Implement a composting program to divert food waste from landfills.
- Encourage families to send tackle boxes rather than throw away food at home.
- Use leftover food from school to support community organizations.

Schools across the country are stepping up to the challenge with innovative new strategies, such as:

- Allowing students to learn from their mistakes and consumer behaviors.
- Developing partnerships with local farms and food banks to reduce waste.
- Encouraging teachers to creatively use leftover ingredients to reduce waste.
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