

School Meals in Nevada

Update-Summer 2014

Nevada Department of Agriculture
Food and Nutrition Division



School Lunch and Breakfast

The basics

- Provides nutritionally balanced, low cost or free lunches and breakfasts to eligible children each school day
- The programs are offered in public schools, non profit private schools and residential childcare institutions
- 1946- Richard B Russell National School Lunch Act
 - Passed due to national concerns over nutrient related diseases, 30-40% of young men were too malnourished to serve in the armed forces
- 2010-Healthy, Hunger Free Kids Act
 - Passed due to national concern over nutrient related diseases, citizens not fit for military service due to obesity, diabetes, other chronic health issues
 - Purpose of legislation-Provide healthy nutritious meals, create healthy eating environments, provide nutrition education



Nevada School Lunch and Breakfast Overview

- School Districts participating – 17
- Residential Child Care Institutions participating – 12
- Bureau of Indian Education schools participating – 2
- State Sponsored Charter Schools participating – 2 (one more in the approval process)
- Total number of school sites participating statewide - 565



School Lunch and Breakfast

Free and Reduced Price Meal Eligibility

Nevada's 2013-2014 Free and Reduced Price Meal Eligibility **54.70%**

Nevada's 2012-2013 Free and Reduced Price Meal Eligibility **53.58%**

Nevada's FRL rate has steadily increased over the past 6 years

- **Eligibility** = number of kids ELIGIBLE for a free or reduced price meal
- **Participation** = number of kids who take a meal



Nevada School Breakfast

The basics on meal claiming and pricing options

- Typically, school districts collect paper applications and lists of students currently participating in assistance programs to establish a student's status as eligible for FREE, REDUCED or FULL PAY
- They are then required to record who each meal is served to, every day for every meal
- The number of meals served is then submitted to NDA and schools are reimbursed based on the number of meals served to FREE, REDUCED or FULL PAY status students



Nevada School Breakfast

Other Options Can Be Pursued

- Provision II – all children receive free meals, student applications are only taken during the first year of the 4 year cycle
- Community Eligibility Provision (CEP)– all children receive free lunch and breakfast, reimbursement is based on the percentage of children at that schools that participate in SNAP or TANF



School Breakfast



School Breakfast

Meal Basics

- Must offer students a fruit, grain and milk
- Proteins can also be offered
- Huge variety of possibilities
 - Hot or cold breakfast
- Reimbursement rate for free status students: \$1.62-\$1.93



School Breakfast

A few more changes in the coming year...

- All grains must be whole grain rich
- First sodium target applies to both lunch and breakfast
- Breakfast must include a cup of fruit offered to students



Nevada School Breakfast

	School Districts Participating	Total Schools
Provision II	3 – Carson City, Clark, Washoe	51
Community Eligibility Provision	2 – Clark, Nye	12
Universal Breakfast	1 -- Clark	76
No Charge for Reduced Price Breakfast	9 – Churchill, Clark, Elko, Lincoln, Storey, Washoe, White Pine, (2) Charter Schools	438
Breakfast After the Bell	3 – Carson, Clark, Lincoln	73
Breakfast in the Classroom	7 – Carson, Churchill, Clark, Esmeralda, Lyon, Washoe, White Pine	32
Traditional Breakfast in the Cafeteria	15 – Carson, Churchill, Clark, Douglas, Elko, Esmeralda, Eureka, Lyon, Mineral, Nye, Pershing, Storey, Washoe, White Pine	293



**See handouts for details



District	Total Schools w/ SBP Participation below the 2012/2013 National Average
Carson City School District	5
Churchill County School District	1
Clark County School District	148
Douglas County School District	2
Elko County School District	9
Esmeralda County School District	0
Eureka County School District	0
Humboldt County School District	2
Lander County School District	0
Lincoln County School District	1
Lyon County School District	5
Mineral County School District	1
Nye County School District	6
Pershing County School District	2
Storey County School District	0
Washoe County School District	20
White Pine County School District	0
Statewide Total	202

Nevada School Breakfast - Participation

Breakfast Participation	National Average	State Average	Rank
2009-2010	24.91	14.09	53
2010-2011	25.67	13.11	53
2011-2012	27.20	20.65	45
2012-2013	27.34	21.79	41



School Breakfast Participation-NDA Activities

Increasing Breakfast Participation Meeting

- June 5th, 2012
- School Foodservice Directors, School Administrators and Community Advocacy groups attended
- Day long meeting which featured guest speakers, best practices and resource sharing
- All Districts submitted Breakfast Participation Expansion Plans



School Breakfast Participation-NDA Activities

School Breakfast Program Expansion Grant

- \$18,000 per district was available over a two year period
- Non-competitive grant, wide variety of activities eligible for grant funding
- Eligible Districts were encouraged to utilize the expansion plan developed previous
- Grant eligibility based on schools that had high F/R eligibility and low breakfast participation
 - Eligible Districts:
Carson City, Clark, Elko, Humboldt, Lyon, Mineral, Nye, Washoe
 - Districts that applied and received the grant:
Carson, Lyon and Washoe



School Breakfast Participation-NDA Activities

Meal Pattern Training

- May 2013 - SBP specific webinar
- Breakfast has been part of the meal pattern trainings conducted in 2012, 2013, 2014
- Breakfast has been included in one-on-one technical assistance visits
- Main changes to breakfast implemented in SY 2013



School Breakfast Participation

Common barriers

- Logistics/Transportation
- Disapproval of menu options
- Social stigma
- Timing/not hungry in the morning



School Breakfast Participation

What's been successful in increasing participation?

Pricing/Meal Claiming Options

- Universal free school breakfast
- Community Eligibility Provision

Meal Service Options

- Breakfast after the bell
- Breakfast in the classroom
- Second chance breakfast
- Grab and Go
- Innovative Menu offerings
 - Smoothies, breakfast sandwiches, yogurt parfaits, breakfast cereals



School Lunch



School Lunch

National Picture

- Reimbursement per meal for free status students: \$2.98 to \$3.06
- Tail end of implementing new meal pattern
- Big changes to lunch
 - Changes rolled out over three years, sodium targets over 10 years
 - Increased the amount of fruit, vegetables and whole grains
 - Implemented calorie cap on meals
- Some districts have encountered more challenges than others
 - Districts that were progressive in meeting the new meal pattern have not seen as many challenges
 - Nationally, districts with a higher percentage of paid status children have seen more negative impacts



School Lunch

A few more changes in the coming year...

- All grains must be whole grain rich
- First sodium target applies to lunch



Nevada School Lunch Overview

	School Districts Participating	Total Schools
Provision II	3 - Carson City, Clark, Washoe	51
CEP- As of July 25th	2 - Clark, Nye	12
No Charge for Reduced Lunch Meals	4 – Churchill, Clark, Washoe, (1) Charter School	420
Districts Certified	13 – Carson, Clark, Elko, Humboldt, Lander, Lyon, Mineral, Nye, Pershing, Washoe, White Pine, (1) Charter, (1) BIE School	532





District	Total Schools Participation below the 2012/2013 National Average
Carson City School District	2
Churchill County School District	3
Clark County School District	86
Douglas County School District	2
Elko County School District	4
Esmeralda County School District	-
Eureka County School District	0
Humboldt County School District	2
Lander County School District	0
Lincoln County School District	1
Lyon County School District	2
Mineral County School District	1
Nye County School District	2
Pershing County School District	2
Storey County School District	0
Washoe County School District	13
White Pine County School District	0
Statewide Total	120

Nevada School Lunch - Participation

Lunch Participation	National Average	State Average	Rank
2009-2010	62.08	43.44	54
2010-2011	62.92	41.54	53
2011-2012	61.57	48.60	51
2012-2013	59.42	47.71	53



School Lunch

NDA support for implementing the new meal pattern

Extensive training has been offered-

- May 2012 - Regional 4 hour long trainings were held on the new meal pattern
- June 2012- Meal Pattern Certification Webinar
- August 2012 – Day long training at Nevada School Nutrition Association Conference
- May 2013- Webinar on Breakfast Meal Pattern
- August 2013- Day long training at Nevada School Nutrition Association Conference
- July 2014- Day long training at Nevada School Nutrition Association Conference
- One-on-one Technical Assistance- **18** in SY 13, **10** in SY 14

****In the coming school year, NDA will be required to provide 18 hours of training for Child Nutrition Directors**



School Lunch - PSA



<http://www.youtube.com/user/nevadaagriculture>

Nevada School Lunch

Merger Results

- Reorganizing Child Nutrition and Commodity Staff
- Created School Nutrition Team
 - Merged together Child Nutrition and Commodity staff
 - Catrina Peters, Team Lead
- Goal-provide seamless support for school nutrition programs to drive program improvement



Nevada School Lunch

Barriers to Lunch Participation

- Social stigma
 - “School lunch is not cool”
- Competitive foods
 - Vending machines, school stores, a la carte sales
- Disapproval of menu items offered
- Open Campus
- Long lines to get a meal



Nevada School Lunch

What's been successful in increasing participation?

- Increased variety of menu options
- Innovative marketing techniques
 - Creative naming of foods
 - Positioning of foods in the cafeteria
 - Attractive displays- Fruit bowls, attractive packaging, mimicking current food trends
- Increased training for Food Service workers
- Closing campus
- Decreasing/eliminating competitive foods – Wellness Policy Implementation



Questions?

