

The Learning Connection
Food Bank of Alabama Child Hunger Summit
March 2018

THANK YOU



The Dairy Alliance logo is at the top. Below it is a navigation bar with links: Newsroom, Dairy Farming, Dairy Recipes, Schools, Dairy Nutrition, About Us. The main content area features a collage of photos of children eating breakfast. A green circle contains the text: "Children who eat breakfast at school perform better on standardized tests than those who skip or eat breakfast at home." A blue circle says: "Click to learn more about National School Breakfast Week!". At the bottom are three buttons: Dairy Farming, Schools, Dairy Nutrition. A small circular logo is in the bottom left corner of the screenshot.

#LearningConnection

Reading, Writing and the Stress of Food INSECURITY



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Dayle Hayes, MS, RD

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**What Happens When
Students are
Too Hungry to
Learn**



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**... OR
Too Worried
about Their
Next Meal**



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**EVERY
ALABAMA
CHILD
Ready to Learn**



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School
Meals
Improve
Learning
Environments



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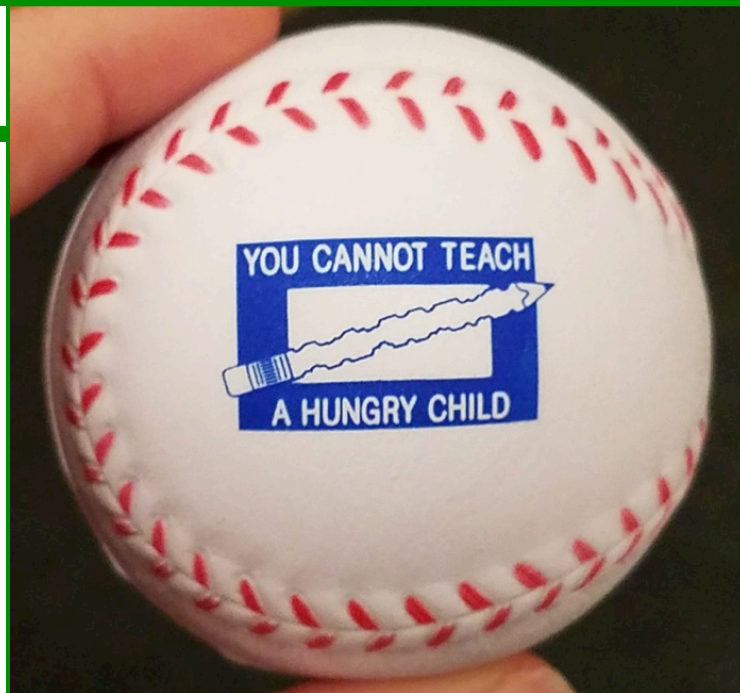
CAFETERIA (NOUN):
A Place Where Minds Are
Fed and s Are Full



Feeding Bodies.
Fueling Minds.™ 
SCHOOL
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ASSOCIATION



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“The problem of hunger leads to all these other problems. It has a snowball effect. These students fall behind and they never really catch up.”

TONY NOTARIDE
ESL TEACHER



Food Security

POLICY STATEMENT Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Promoting Food Security for All Children

COUNCIL ON COMMUNITY PEDIATRICS, COMMITTEE ON NUTRITION

Sixteen million US children (21%) live in households without consistent access to adequate food. After multiple risk factors are considered, children who live in households that are food insecure, even at the lowest levels, are likely to be sick more often, recover from illness more slowly, and be hospitalized more frequently. Lack of adequate healthy food can impair a child's ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence. Food insecurity can affect children in any community, not only traditionally underserved ones. Pediatricians can play a central role in screening and identifying children at risk for food insecurity and in connecting families with needed community resources. Pediatricians should also advocate for federal and local policies that support access to adequate healthy food for an active and healthy life for all children and their families.

abstract

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Food Insecurity

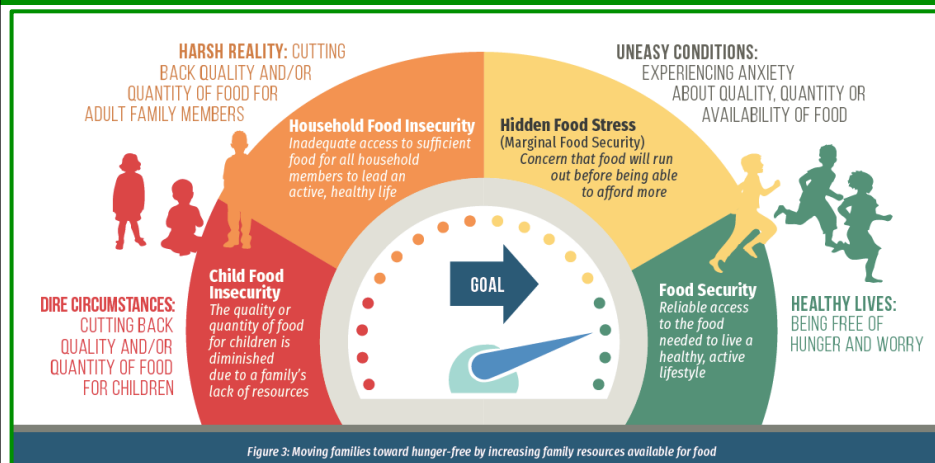


Join Act Learn Donate

What is Food Insecurity?

According to the USDA, food insecurity occurs when people lack access to sufficient, safe, nutritious food due to a lack of money or other resources. Consequences of food insecurity, which may be referred to as "hunger or at-risk of hunger," can include chronic illnesses, poorer educational outcomes, and decreased economic productivity. Although it affects children uniquely, food insecurity is a household problem.

HIDDEN FOOD STRESS



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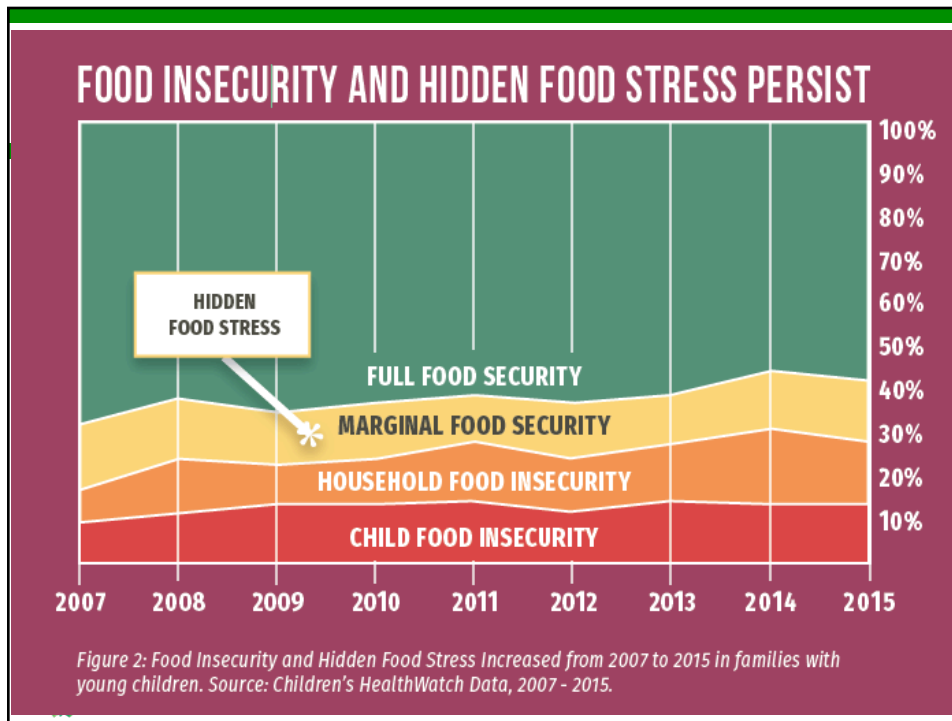
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FOOD SECURITY GAPS



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Food Provides Fuel

Hungry Child
The Mid-Brain is focused on food
 Grouchy
 Restless
 Anxious

After Eating
The Front Brain is in working mode
 Calm
 Organized
 Thoughtful
 Alert

TOO HUNGRY TO LEARN

Hungry Kids Can't Learn

TEACHERS SAY HUNGRY CHILDREN'S FUTURES ARE IMPERILED

Kids are coming to school hungry.
 Not every kid starts the day with a healthy breakfast.

59%
 of children from low-income families say they have come to school hungry.

Hungry kids can't focus in school.

46%
 of children from low-income families say hunger hurts their performance in school. 12% say that sometimes at night they're too distracted by hunger to do their homework.

Teachers see hunger in their classrooms.

3 out of 4
 educators see students who regularly come to school hungry because they are not getting enough to eat at home.

46% of these see hungry students arrive nearly every day.

92%
 of teachers are concerned about how hunger impacts their students' ability to succeed.

They recognize the toll it takes.

When their students don't get enough to eat:

80%
 of teachers see them lose the ability to concentrate.

76%
 see poor academic performance.

62%
 see behavioral and discipline problems.

47%
 see sicker and less healthy students.

They do what they can.

\$300
 is the amount of their own money that most teachers spend each year buying food for students. (about \$35 a month during the school year).

59%
 of teachers regularly buy food for students who are not getting enough to eat at home.

"My focus is different when I'm hungry. Of course I'm gonna be thinking about food. I'm gonna be thinking about which one of my classmates got food, I'm gonna be thinking about which one of them might share their food."

- DON, AGE 16

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ACHIEVEMENT GAPS



- Tardiness ??
- Absences ??
- Test scores ??
- Graduation ??



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NUTRITION GAPS

Scientific Report 2015 Dietary Guidelines Advisory Committee

SHORTFALL NUTRIENTS

VITAMINS A, C, **D**, and E,

FOLATE, MAGNESIUM,

POTASSIUM, CALCIUM,

and **DIETARY FIBER**

(**IRON** for teen girls/young women)



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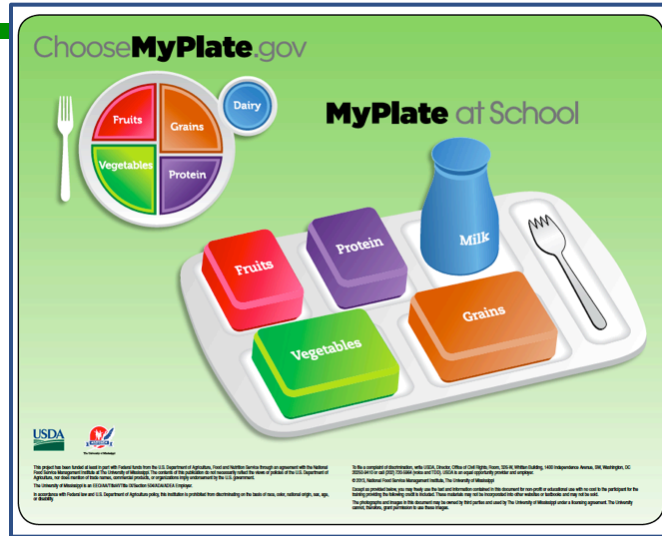
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School Meals Fill NUTRITION Gaps



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School Meals Fill FOOD Gaps

MYPLATE GUIDE TO
SCHOOL BREAKFAST
for Families

FRUITS
A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folic acid.

MILK
Kids and teens need the calcium, protein, and vitamins D found in milk for strong bones, teeth, and muscles.

VEGETABLES
Every breakfast does not include vegetables, but schools may offer them in place of fruits.

PROTEIN FOODS
Some breakfast meals may offer items such as eggs, nuts, or meats to pair with whole-grain options.

GRAINS
Starting every day the whole-grain way gives kids and teens 8 vitamins, minerals, and fiber to fuel fuller hunger so they may alert to concentrate at school.

MYPLATE GUIDE TO
SCHOOL LUNCH
for Families

VEGETABLES
A variety of vegetables helps kids get the nutrients and fiber they need for good health.

MILK
Low fat (1%) or fat free milk. Children and teens need the calcium, protein, and vitamins D found in milk for strong bones, teeth, and muscles.

GRAINS
Whole-grain gives kids 8 vitamins, minerals, and fiber to help them feel fuller longer so they may alert to concentrate at school.

PROTEIN FOODS
Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Protein foods are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meal alternate in the school lunch.

FRUITS
Every school lunch includes fruits or vegetables. Only 1/2 of the fruits offered may be 100% juice, whole-fruit, and cut-up fruits have more fiber.



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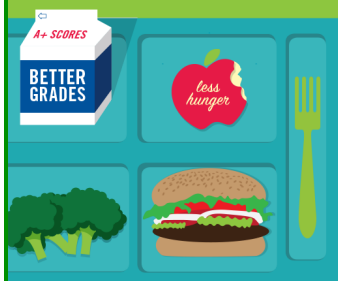
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#SchoolNutrition **BENEFITS**

STRONG BODIES,
SHARP BRAINS,
SUPER BEHAVIOR



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Fueling Kids
for Success,
ONE TRAY
at a Time



Feeding Bodies.
Fueling Minds.™



SCHOOL
NUTRITION
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#SchoolNutrition SOLUTIONS

We Can Feed Hungry Kids in America

EFFECTIVE SCHOOL-BASED PROGRAMS ARE THE ANSWER

No child should go hungry in a nation with plenty of food. The good news? There is a solution. Effective programs already exist that can reach every school-aged child.

They're funded by the federal government and run through the schools in your neighborhood. These programs are proven to work. And when we bring them to every school across the country, children will be healthier and happier.

OUR RESEARCH SHOWS THE POWERFUL EFFECTS THAT SCHOOL MEALS CAN HAVE ON KIDS FACING HUNGER:

77% of kids say school meals help them feel better, reducing headaches and upset stomachs.

74% of kids say school meals help them pay attention and behave in the classroom.

71% of kids say school meals help their grades.

NOTE: These three numbers include children who either agreed with the statement or felt neutral / did not disagree.



Breakfast After the Bell

When you make breakfast part of the regular school day – served to kids in class or from ‘grab-and-go’ kiosks – you can reach a LOT more kids. Studies show that children from low-income families who eat school breakfast are significantly more likely to do well on tests and miss less school.



Healthy Lunches

School lunch is our oldest and most effective school meals program; more than half of low-income parents (52%) say their child relies on free or reduced-price school lunch every day.



Afterschool Meals

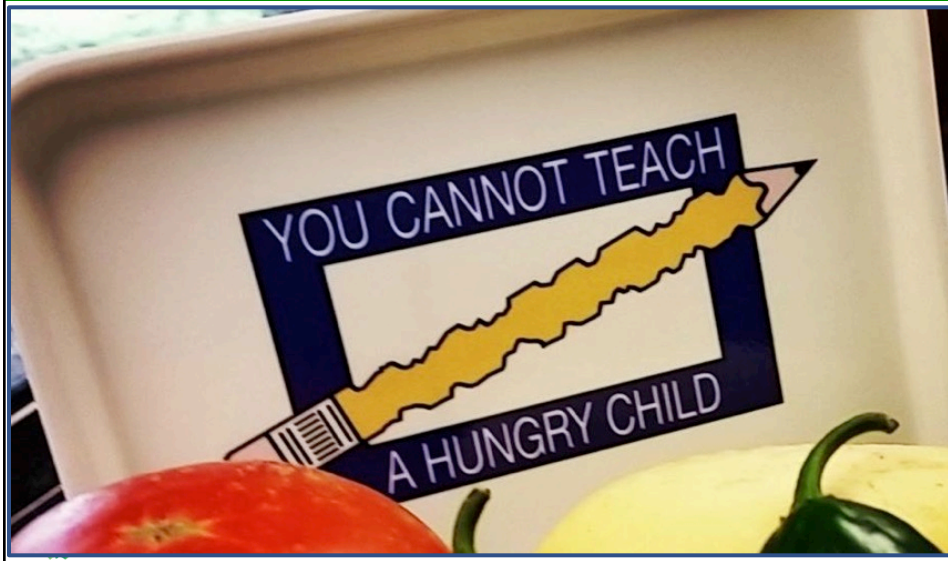
Not every child needs a meal before they go home. But many do – 83% of teachers worry that their students may not have enough to eat at home. For those kids, an afterschool meals program at school makes a huge difference.



Summer Meals

Lots of kids depend on school meals – meals that disappear during the summer. Today, just one out of seven children eligible for free summer meals are getting them. But more and more schools and community organizations are opening their doors in the summer to provide free breakfast and lunch to all who need it.

#SchoolNutrition BENEFITS



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BREAKFAST and Achievement



- **Nearly all showed a positive effect**
 - Vulnerable kids most effect
 - *School* BF most consistent effect
- Math & Memory better
- Memory, attention better
 - Late morning especially
 - Better on more demanding tests
- **High-risk children** showed better
 - Verbal skills
 - Memory
 - Matching tests



45 studies reviewed Hoyland et al. Nutr Res Rev 2009; 22:220

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BREAKFAST and Achievement

***“It can help
you with
your math.
It can help
you with
your brain,”***

1st grader
Jennifer



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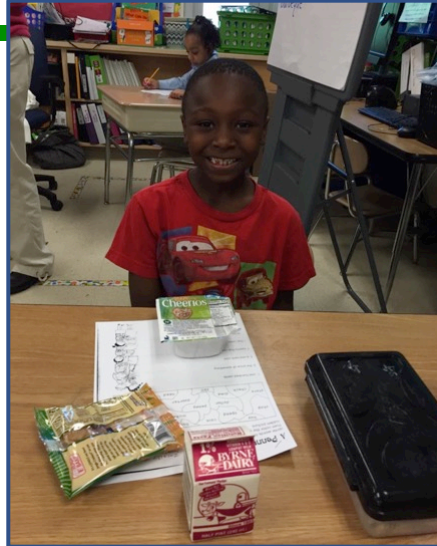
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BREAKFAST and Achievement

*“After I have
breakfast, I
feel good at
listening and
learning,”*

says 1st grader
Byron



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Breakfast. Every Child. Every Day

- **Low-income household**
 - **No regular source of breakfast food**
- **Two-parent working household**
 - **No time to make breakfast at home**
- **Slow-moving middle schooler**
 - **Leaves breakfast on table at home**
- **Busy high school athlete**
 - **Has early practice and/or classes**



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Morning and Afternoon **LEARNING**

School Breakfast

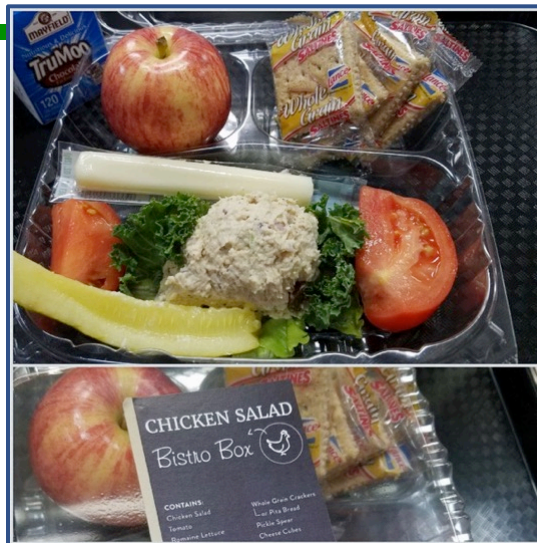


School Lunch



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SCHOOL LUNCH



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More FUEL into Kids

Less Food into Trash Cans!



**It's ONLY Nutrition WHEN
They Eat or Drink It**



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**School
Meals
Improve
Learning
Environments**



Screen for Food Insecurity.

POLICY STATEMENT Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

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Close School Breakfast Gaps.

Bradley High School



Give Time for School Lunch.



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Expand Summer Meals.

Next year we will be adding CHOW Bus #3. This will allow us to reach more children.



Tennessee Fights Child Hunger with 'CHOW Bus'

Not your average school bus, the CHOW bus of Murfreesboro, Tennessee, is used to deliver free hot meals to youths 18 and under during the summer break.

NBCNEWS.COM



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