CAN Nutrition and Physical Activity Committee Meeting

March 10, 2015

10:00 AM – 11:30 A.M.

**Agenda**

* Welcome and Introductions
* CAN Updates
* Nutrition and Physical Activity Committee Structure and Work Plan Discussion
* Joining a Nutrition and PA Committee Work Group
* Policy Update – Food Research and Action Center, new Child and Adult Care Food Program Proposed Regulations
* Committee Inputs to CACFP Proposed Regulations
* Upcoming Meetings and Next Steps

**CAN Updates**

* The motto of the California Afterschool Network is “Of the field and for the field,” articulating the goal for developing field leadership
  + Currently housed at the UC Davis School of Education but is transitioning to a new fiscal sponsor with goal to transition by July 1, 2015
    - During this time, CAN remains committed to the various committees and it is not expected that the transition with affect the substance and progress of committee work groups
  + CAN is working with its co-chairs to increase field ownership of Committee work

**Nutrition and Physical Activity Committee Structure and Work Groups**

* Nutrition and Physical Activity Co-chairs: Arnell Hinkle and Bruno Marchesi
  + Consisting of four different work groups
    - Youth Engagement Work Group
      * Co-Chairs: Ian Keiller ([ian@worldfitforkids.org](mailto:ian@worldfitforkids.org)) and Alyson Wylie (awylie@csuchico.edu)
      * Committed to promoting youth leadership and engagement around Nutrition and Physical Activity
        + Provide resources and support to help programs empower youth to engage as leaders and decision-makers in their programs and communities
    - Afterschool and Summer Meals Work Group
      * Co-Chairs: Patrice Chamberlain (pchamberlain@ca-ilg.org) and Arnell Hinkle (ahinkle@canfit.org)
      * Work group charge is to advance the After School and Summer Food Meal programs in California
        + Proposes various strategies for achieving objectives

Maintain web page on meal programs on CAN website

Promote promising practices (e.g. improving meal quality, initiating innovative community partnerships, exploring farm to school in expanded learning)

Promote resources

Develop webinars and tip sheets

Work with multiple organizations (e.g. CDE< 21st CCLC, Summer Meal Coalition) to expand outreach

* + - Fiscal Resources/Partnerships Work Group
      * Co-Chairs: Bruno Marchesi ([BrunoMarchesi@CCSCenter.org](mailto:BrunoMarchesi@CCSCenter.org)) and Deborah Tamannaie ([DTamanna@cde.ca.gov](mailto:DTamanna@cde.ca.gov))
      * Goal is to create awareness of and expand opportunities for expanded learning partnerships and leveraging of SNAP-ED/NEOP opportunities
        + Investigate additional sources of funding including public (i.e. affordable care act), and philanthropic to advance Nutrition and PA
        + Disseminate information to the Committee and the field at large
    - Cohesive Resources and Committee Outreach Work Group
      * Co-chairs: Aleah Rosario (arosario@calsac.org ) and TBD
      * Identifies various objectives of this work group
        + Increase clarity and cohesiveness o the resource and partnership environment

Gather information on a variety of resources that relate to advancing nutrition, physical activity, and food security

Create and gather resources that build a cohesive picture for the field about a variety of initiatives

* + - * + Build and increase relevant committee membership

Identify and conduct outreach to specific programs and providers

* The participation in working groups provides various advantages
  + Every other month, our Committee meetings provide broad information regarding Nutrition and Physical Activity policy and practice
  + Working groups allow us to go deep on particular pieces of work
  + Participation in work groups allows more information for you to advance your own work, increase your leadership in the Committee, and be publicly recognized for your contribution
* Next steps for convening work groups
  + Work groups are to be established in April
  + First communication to work group members in April
  + Work group working plan creation over summer
  + Work groups begin advancing their work plans in earnest beginning August/September 2015

**Food Research and Action Center (FRAC) Presentation by Geri Henchy**

* Summary of [Child and Adult Care Food Program Meal Pattern Revision](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP-ChildandAdultMeal-PatternRevisionSummary-1-9-15.pdf): Child and Adult Meals
  + USDA is proposing to revise the CACFP Meal Programs in order to increase access to nutritious meals throughout the day based on the Dietary Guidelines for Americans with proposed changes including:
    - A new age group to address the needs of children ages 13-18
    - Emphasizing the importance of incorporating fruits and vegetables into diet through proposing a separate category to count towards snacks, lunches, and supper
    - Requiring breakfast to conform to WIC sugar limits and nutrition guidelines
    - Require at least one service a day to be whole grain-rich
    - Disallow grain-based desserts from counting towards grain thresholds
    - Allowing a meat or meat alternate to substitute up to one half of the required grains at breakfast meals
    - Identifies tofu as a meat alternate
    - Requiring unflavored whole milk to be served to children one year of age, and 1% or fat free milk to be served to children 2 years of age to adults
    - Requiring flavored milk to be fat-free only
    - Allowing non-dairy milk substitutions that are nutritionally equivalent to milk to be served if requested in by a child’s parent or guardian and adult participant
    - Allowing yogurt to be used as a fluid milk alternate up to one time per day across all eating occasions for adults only
    - Disallowing frying as a way of food preparation onsite
  + Revisions are innovative in that they include explicit requirements as well as recommended best practices
  + Questions and Answers
    - Regarding the fruit and vegetables category, are smoothies categorized as fruits and vegetables?
      * Yes, as long as the smoothies meet the criteria and satisfy the serving requirements, smoothies would count.
    - Does the proposed prohibition of frying on site allow for serving food that is pre-fried?
      * Yes, as long as the food is not fried on site, it would be allowed.
    - What is the discussion around issues that may arise with the new proposed age groups for after school programs that may serve youth K-middle school?
      * The FRAC conference highlighted age group requirements as an issue for after school programs, FRAC is working to develop adjustments that might accommodate after school programs that serve a range of age groups.
  + These new requirements have been proposed by USDA and there is a 90-day comment period, individual comments can be offered until April 15, 2015,

You can submit written comments one of two ways:

1. [Visit the Federal Register](http://www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001)

2. Mail your written comments to Tina Namian, Branch Chief, Food and Nutrition Service, Department of Agriculture, P.O. Box 66874, St. Louis, MO 63166

* + - * Docket number is FNS2011-0029

**Upcoming 2014/2015 Committee Meeting Schedules**

* All meetings are held on Tuesdays from 10:00 AM – 11:30 AM
  + May 19, 2015 (moved from the 12th due to the CalSAC Afterschool Challenge)
  + July 14, 2015
  + September 8, 2015
  + November 10, 2015