Nutrition and Physical Activity Meeting Summary

May 28th 10am – 11:30am

**Attendees:**

Co-Chairs

* Arnell Hinkle, CANFIT
* Bruno Marchesi, CCS

Committee Members

* Steve Fowler, Fowler Hoffman
* Sarah Hiedel, Sacramento Chinese Community Service Center
* Ian Kieller, A World Fit For Kids
* Theresa Milavich, Fresno Park and Rec
* Normandie Nigh, A World Fit For Kids
* Tracy Patterson, California Food Policy Advocates
* Aleah Rosario, CalSAC
* Deborah Tamannaie, CDE Nutrition Services Division
* Amy Worley, High Desert Leapin’ Lizards After School Program

CAN Staff

* Jeff Davis, CAN

**Introductions / Promising practices:**

* Bruno - Agreement in Mt. Diablo to have a chicken coop on site
* Ian - Sharing physical activity trainings outside of an organizational bounds, training others to help move quality physical activity
* Deborah – TCHAS final ceremony
* Sarah – bringing healthy cost effective foods such as smoothies and looking at My Plate and look at how many food groups are hit in one smoothie.
* Theresa – Received a grant through the Ntl. Rec and Park Association. They are implementing the meal program along with a nutrition education curriculum.
* Amy – Committed to 30 minutes of PA every single day
* Tracy – Developing case studies for high quality after school meals currently in review, best practices and policy suggestions
* Normandie – Evaluation verifying positive impacts for kids and the teens / adults who work with them, writing a manuscript for NIOST for their Journal about their practices.
* Arnell – Just released a policy brief on farm to school in out of school time – how to extend farm to school to expanded learning programs.

**Updates:**

**State of the State provides overview of Expanded Learning in CA**

* Outlines data on expanded learning programs, surfaces that CA makes a large investment in Expanded Learning that serves California’s highest need schools and high percentages of English Learners. Also outlines that Expanded Learning Programs in California are well positioned to advance new educational and budget priority goals including Common Core, Next Generation Science Standards, and Local Control Budget Priorities.
* Outlines that expanded learning programs in California are working diligently to address food security and health issues for the high need communities they serve.
* [Access the State of the State of Expanded Learning in CA 2013-2014](http://www.afterschoolnetwork.org/post/state-state-expanded-learning-california-2014)

**Quality Standards for Expanded Learning in CA:**

* Quality standards are being created by a field based group that includes the California Department of Education After School Division. This process has sought public input at the onset, as well as public input to the first draft of the Standards in Action.
* The standards are currently being updated based on field input, however the first draft of the standards was shared with the group.
* The Standards in Action, as well as a Crosswalk of assessment tools and how well they are linked to the new Quality Standards and Standards in Action will be submitted to the California Department of Education After School Division.
* The goal of a crosswalk of assessment tools is so that programs can utilize the Quality Standards for a vision of quality, and they can use a variety of tools based on their own needs and context to plan, assess, and improve quality in their program.

**New Resource Available from CANFIT**

* *Healthy Snack and Meal Guide for your After School Program*
* Designed to increase meal quality for ASES and Community-Based programs, not only how to speak with food service directors, but also utilize resources such as local farmers and big package stores to stay under budget and offer quality healthy meals.
* [Access the Healthy Snack and Meal Guide](http://canfit.org/downloads/)

**CACFP – After School Meal Program Discussion – “traveling apple” policy**

* Summer Food Program has a policy that youth are able to take items like an apple home in conjunction with their meal.
* Recently, the USDA has clarified that this policy is not permissible under the After School Meals Program.
* It was shared that one program shares snack-bags with their participants. However not all youth like each component. Also, the youth will trade and eat items during the program, however they are not able to take the food home. This creates a good amount of waste.
* **Next steps:** Explore this a bit more to see if there is anything else that can be done to address this policy and allow for a traveling apple. Tracy from Food Policy Advocates shared that the “traveling apple” policy has been extended to national school lunch and breakfast policies. This language and structure can likely be lifted from that policy and the USDA can be encouraged to incorporate this policy.
* **Next Steps:** Tracy is going to send language, we will share with Nutrition Services Division, and see whether USDA finds it reasonable to update this policy as it pertains to the after school meal program.

**Youth Engagement Strategies - CANFIT**

* CANFIT shared their promising national, statewide, and local/regional strategies to engage youth in meaningful ways to increase health, wellness, food, and the built environment to support community health. They also reviewed some youth engagement indicators that have been adopted by the Kellogg Foundation in their work on youth engagement around health.
* [Access this brief presentation](http://www.afterschoolnetwork.org/post/nutrition-and-physical-activity-committee-may-28th-meeting-summary)
* Additional resources shared include the following:
  + Kellogg Foundation healthy youth resources - <http://www.wkkf.org/what-we-do/healthy-kids/food-and-community>
  + FEEST - **feestseattle**.wordpress.com/about/
  + Video created by RYSE Youth – 4/5/13 Blog: <http://canfit.org/blog>
  + Youth E-Advocates Manual <http://canfit.org/pdf/CANFIT_ADVOCACY_DRAFT_FINAL(LORES).pdf>

**Policy Updates**

[Access the Policy Updates Presentation](http://www.afterschoolnetwork.org/post/nutrition-and-physical-activity-committee-may-28th-meeting-summary)

**Federal Legislative Updates:**

* The House and Senate Appropriations Committees are voting on the Agriculture budgets (including the school meal program). The House is outlining a provision to waive the need to comply with school lunch regulations when there is a loss of revenue, and the Senate Appropriations outlines some flexibility items (such as allowing for enriched pasta as opposed to whole grain enriched). This illustrates that the legislature is much more involved in meal specifics.
* The House will be voting on this tomorrow, and Representative Farr has an amendment that allows USDA to be more flexible, while maintaining the current standards.
* Those interested can contact your representative.
* Congress is also currently budgeting for the 21st CCLC program. Those interested in outlining a desire for increased funding can also contact their federal legislators (or Afterschool Alliance).

**California Legislative Update**

* [SB 1000](http://www.leginfo.ca.gov/cgi-bin/postquery?bill_number=sb_1000&sess=CUR&house=B&author=monning_%3Cmonning%3E) – would require a warning label for sweetened beverages that exceed a specific amount of calories. Passed Appropriations
* [SB 1221](http://www.leginfo.ca.gov/cgi-bin/postquery?bill_number=sb_1221&sess=CUR&house=B&author=hancock_%3Chancock%3E) (Hancock) – Read third time on 5/28, passed the Senate and ordered to the Assembly. This bill, sponsored by the CDE and the Partnership for Children and Youth, would require programs to report on attendance and their implementation of a continuous quality improvement process, prioritize summer learning programs, and reduce the reporting around academic outcomes.
* [SB 949](http://www.leginfo.ca.gov/cgi-bin/postquery?bill_number=sb_949&sess=CUR&house=B&author=jackson_%3Cjackson%3E) (Jackson) – Creating a self-assessment and recognition program out of health departments. Those that follow HEPA standards can earn special distinction as healthy after school programs. This bill has passed in the Senate and has gone to Assembly.

**Connecting to local health departments**

* Nutrition Education and Obesity Prevention (NEOP) priorities, increase access to and consumption of healthy foods, decrease consumption of less healthy foods and beverage and increase water consumption, increase daily PA activities for youth.
* These goals are strongly aligned with expanded learning program goals, and are supported by the new CA Expanded Learning Quality Standards.
* Ways to begin such a partnership include attending County Nutrition Action Plan (CNAP) meetings, and/or contact Jeff Davis at CAN to connect with local health departments ([jefdavis@ucdavis.edu](mailto:jefdavis@ucdavis.edu))
* Connect to CAN web page for more information on this strategy - <http://www.afterschoolnetwork.org/neop>

**Save and attend upcoming meetings** (all meetings from 10am – 11:30am)

* July 8th
* September 9th
* November 12th