



# BREAKFAST FOR SCHOOL WELLNESS LEADERS



THURSDAY

10.26.2023

7:15AM-10:00AM

**CROWNE PLAZA  
GRAND BALLROOM  
WARWICK, RI**

Tag us on social media:

**#RIHSCBreakfast**



[bcbsri.com/rising](http://bcbsri.com/rising)

# Rhode Island Rising.

**IT'S WHAT  
WE LIVE FOR™**



**Blue Cross  
Blue Shield  
of Rhode Island**

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.



## **WE ARE COMMITTED TO MAKING ALL RI SCHOOLS HEALTHY PLACES FOR CHILDREN TO LEARN, GROW AND THRIVE.**

We do this by building a community of partner organizations to support school wellness efforts. Our outreach, technical assistance and communications inform and help school stakeholders through the use of resources and tools, workshops and programs, funding opportunities, and best practices.

Contact us: [info@rihsc.org](mailto:info@rihsc.org)

### **CO-DIRECTORS**

**Kelly Swanson & Karin Wetherill**

### **STEERING COMMITTEE 2023**

**Mary Anne Roll, Co-Chair**  
School Committee Member  
Lincoln Public Schools

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Sr Dir. of Strategic Partnerships  
Mystic Aquarium

**Erin Dube**  
School Committee Member  
Pawtucket Public Schools

**Natalie Fleming**  
Director of SEL & Mental Health  
Providence Public Schools

**Heidi Hetzler**  
Program Coordinator  
URI SNAP–Ed

**Linda Mendonca, MSN, MEd**  
State School Nurse Consultant  
RI Department of Health

**Jane Vergnani, RDN, LDN, Co-Chair**  
Nutrition Specialist  
New England Dairy

**Solange Morrissette**  
District Manager  
Chartwells

**Deborah Obailil**  
President & Executive Director  
Assoc. of Ind. Colleges of Art & Design

**Deirdre ODonnell**  
Chief of Special Projects:  
Violence & Injury Prevention  
RI Department of Health

**Jessica Patroliia**  
Coordinator, Child Nutrition Programs  
RI Department of Education

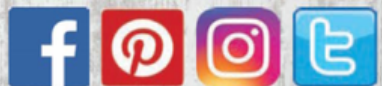


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**Smithfield Crossings West Shore Rd**  
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# EXHIBITORS

**Remember to visit and support our exhibitors –  
all have valuable information to share with you!  
There is time before and during a break in  
the speaking program.**

**Please refer to your Exhibitor Guide  
for more details.**

<b>American Heart Association</b>	<b>Recess Rocks in RI / Playworks</b>
<b>Be Real USA</b>	<b>RIAHPERD</b>
<b>BeSMART Campaign</b>	<b>RI Cert. School Nurse Teachers</b>
<b>Blue Cross &amp; Blue Sheild of RI</b>	<b>RI College Dept of Health &amp; PE</b>
<b>Bootstrap Compost</b>	<b>RIDE Child Nutrition Programs</b>
<b>Center for Mediation and Collaboration</b>	<b>RI Department of Health</b>
<b>Chris Collins Foundation</b>	<b>RI Farm to School Network</b>
<b>Day One RI</b>	<b>RI Food Policy Council</b>
<b>F.I.T. Club</b>	<b>RI Parent Information Network</b>
<b>Girls on the Run RI</b>	<b>RI PBS Education Services</b>
<b>Harvest Cycle Compost</b>	<b>RI Regional Prevention Coalitions</b>
<b>Johnson &amp; Wales University</b>	<b>RI Resource Recovery Corporation</b>
<b>Lifespan Community Health Institute</b>	<b>RI School Psychologists Association</b>
<b>Lifespan Research</b>	<b>RI Schools Recycling Project</b>
<b>Livable Learning</b>	<b>RI Student Assistance Services</b>
<b>Mental Health Association of RI</b>	<b>Taylor Hooten Foundation</b>
<b>Neighborhood Health Plan</b>	<b>Thrive Outside</b>
<b>New England Dairy</b>	<b>United Healthcare Comm Plan</b>
<b>Newport County Prevention Coalition</b>	<b>URI Comm. Nutrition Education</b>
<b>Parent Support Network of RI</b>	<b>Virgin Pulse</b>
<b>Planned Parenthood of SNE</b>	<b>YMCA Alliance of CT &amp; RI</b>
<b>Providence Comm. Health Centers</b>	<b>Yondr</b>



## Rhode Island Special Needs Emergency Registry

The Rhode Island Special Needs Emergency Registry (RISNER) is a service that tells first responders who may need help during an emergency because of their special healthcare needs. Rhode Islanders with access or functional needs can enroll in this Registry so that first responders are better prepared to respond to their needs during emergencies, like hurricanes, floods, or power outages.

For more information or to enroll, visit:

[www.health.ri.gov/emregistry](http://www.health.ri.gov/emregistry)

401-222-5960 / RI Relay 711



# VACCINATE BEFORE YOU GRADUATE

Vaccinate Before You Graduate (VBYG) is a partnership between RIDOH and The Wellness Company that provides vaccination clinics to Rhode Island middle and high school students

### PROGRAM HIGHLIGHTS

- The VBYG program is available to **all students in middle and high school** at no out of pocket cost.
- Clinics are **convenient** for families since all immunizations are administered during the school day.
- Students can **catch up on required or recommended vaccinations** that they may need for school, college or work.



Who's in control of your teen's life—  
them or vaping?  
Ask what they need and how you can help.

- ★ Teens ages 13-17 can get free, confidential help for vaping addiction.
- ★ Parents and educators can get free resources.
- ★ Learn more at [www.mylifemyquit.com](http://www.mylifemyquit.com).



## MY LIFE MY QUIT™

Brown University Department of  
Psychiatry and Human Behavior

## Parent Coach RI

### Sign UP for Parenting Tips!



Learn tips and tricks for helping to improve your child's mental health while also taking care of yourself.



Scan the QR code  
and text TIPS  
to be enrolled in  
our program!

For more information, contact  
<https://parentcoach.care/Home>



# MENU

## Fresh Fruit

**LOCAL:** apples from Cooper Farms

## Gallo Pinto Station

Rice and Beans

Salsa

Fried Plantains

Lizano Sauce

## Bagel Station

Smoked Salmon Spread

Capers

Butter and Jams

Sliced cucumber,

Cream Cheese

tomato & red onion

**LOCAL:** Narragansett Creamery

## Scrambled Eggs

**LOCAL:** Rhody Fresh

## Yogurt

**LOCAL:** Narragansett Creamery

with assorted toppings

## "Try It" Item: Chia Pudding

Vegan, made with oat milk, topped with granola

## Freshly Squeezed Orange Juice

## Coffee & Tea

**LOCAL:** cream and milk from Rhody Fresh



Rhode Island Association for  
**Health, Physical Education,  
Recreation and Dance**



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[www.riahperd.org](http://www.riahperd.org)



**RHODE ISLAND  
SCHOOL SUPERINTENDENTS  
ASSOCIATION**

*Charting the Course  
for Public Education*

**RISSA:**

taking action through leadership and  
advocacy to ensure the highest quality  
education for all children



Join #RecessRocksInRI  
and get your school in the  
game this school year.



For more information contact  
[JESSI.JASPER@PLAYWORKS.ORG](mailto:JESSI.JASPER@PLAYWORKS.ORG)



Rhode Island  
Certified School Nurse Teachers  
Association

**Nurse Specialists  
in School Health**

**We Care for  
Rhode Island's Children**





American Heart Association.  
You're the Cure

KEEP OUR KIDS  
**FED FOR  
SUCCESS**



Sign the pledge!

Thank you RIHSC for your  
commitment in making  
our public schools a healthy,  
safe place to learn & thrive!



Proud advocacy partners  
for Healthy School Meals  
for All Students

[neari.org](http://neari.org)



**Thank you, RIHSC  
for promoting health and  
wellness in schools!**



RHODE ISLAND COMMUNITY  
FOOD BANK

[www.rifoodbank.org](http://www.rifoodbank.org)



**Stay Up to date  
on the Latest  
Vaping Trends!**

Scan the QR code to review  
the updated Vaping Module  
created by the Rhode Island  
Student Assistance Services.



SCAN ME  
SCAN ME  
SCAN ME



## Office of Student, Community and Academic Supports

Please visit us at [www.ride.ri.gov](http://www.ride.ri.gov) and search "mental wellness" for up-to-date information on funding opportunities, grants efforts and resources to support your work.



[bit.ly/District-Practice-Profile](http://bit.ly/District-Practice-Profile)

**Educate401.org:** Come Work, Learn and Live in Rhode Island

**EDUCATE401 / RIDE** Rhode Island  
Department  
of Education



**Let It Out** ([www.letitoutri.com](http://www.letitoutri.com)) is a mental health awareness campaign with classroom activities, ideas and tools to help teachers, school support staff, and families cope with the challenges our students face daily.

Be on the lookout for our year-long educator wellness offerings with Pure Edge.



**COMING SOON:** Educator Wellness website

# AGENDA

**7:15 – 8:00 am**

**Registration & Exhibits**

**8:00 – 8:10 am**

**Opening Remarks & Annual Highlights**

Karin Wetherill, RI Healthy Schools Coalition Co-Director

**8:10 – 8:35 am**

**Farm Fresh School Meals for All: Lessons from Vermont**

Betsy Rosenbluth, Shelburne Farms Institute for Sustainable Schools  
Farm to School Director

**8:35 – 8:50 am**

**Smithfield's Farm to School Journey**

Sara Monaco, Smithfield Public Schools Assistant Superintendent

**8:50 – 9:15 am**

**Networking & Exhibits**

**PLEASE BE BACK IN YOUR SEAT BY 9:15 TO  
BE A RANDOMLY SELECTED PRIZE WINNER!**



**9:20 – 9:40 am**

**Reignite Teachers, Reignite Education**

Lauren Girgash, Founder & CEO, Livable Learning

**9:40 – 9:55 am**

**Help with Health Education**

- **Right to Know – Youth Sexual & Reproductive Health App**  
Jack Rusley, MD & Ava Milukas, Tiverton High School Student
- **Skills-Based Health Education PD Opportunity**

**9:55 – 10:00 am**

**Closing Remarks**



JOHNSON & WALES  
UNIVERSITY



# PREPARING THE NEXT GENERATION OF CULINARY LEADERS.

Food is linked to almost every aspect of life, from keeping us healthy to defining cultural traditions. But the world is changing, and so is the function of food in our society.

## AS A GLOBAL LEADER IN CULINARY EDUCATION,

Johnson & Wales University is committed to building upon our expertise to explore how food impacts people, communities, and economies. **Our College of Food Innovation and Technology (CFIT) takes our position as a global leader a step further — working across areas of expertise with creative methods of problem solving.**



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Est. 1973

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FOOD INNOVATION  
& TECHNOLOGY  
PROVIDENCE



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NURTURING OUR YOUTH

At the Y, we know that a successful development process fulfills children and teens' innate need to be loved, spiritually grounded, educated, competent, and healthy.



## RHODE ISLAND YMCAS

Ys throughout the state offer programming such as child care, camp, before and after school enrichment, leadership opportunities, swim, instructional and team sports, play and so much more. Call your local Y for more information.

YMCA of Greater Providence • YMCA of Pawtucket • Ocean Community YMCA  
Newport County YMCA • Smithfield YMCA



## Changing lives for good.

Proud to support the RI Healthy Schools Coalition in our pledge to Change "Young" Lives for good.



Learn more at [Virginpulse.com](http://Virginpulse.com)



CHOOSE TO EAT WELL

*sodexo*  
QUALITY OF LIFE SERVICES



## THANK YOU TO ALL OF OUR RHODE ISLAND SCHOOL PARTNERS

Nathanael Greene MS

Highlander Charter MS/HS

Roger Williams MS

Bishop McVinney ES/MS

Nathan Bishop MS

Gilbert Stuart MS Del Sesto MS

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The Hope Academy

Central Falls Public Schools

360 HS

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[OVERYONDR.COM/PHONE-FREE-SCHOOLS](http://OVERYONDR.COM/PHONE-FREE-SCHOOLS)

# THANK YOU

We would like to acknowledge the following districts that reserved a full table of attendees for this event:

- Barrington
- Bristol Warren
- Burrillville
- Central Falls
- Chariho
- Coventry
- Cranston
- Cumberland
- East Greenwich
- Exeter-WG
- Foster Glocester
- Johnston
- Lincoln
- Narragansett
- Nathanael Greene MS (Prov)
- Newport
- North Kingstown
- North Providence
- North Smithfield
- Pawtucket
- Portsmouth
- Providence
- Scituate
- Smithfield
- South Kingstown
- Tiverton
- Westerly
- West Warwick
- Woonsocket

We sincerely thank ALL school staff in attendance, with a record 32 of 36 RI districts represented today.

We applaud your commitment to serving the whole child and recognizing the benefits of comprehensive health for student learning outcomes.



1-800-459-6019  
www.nhpri.org

## Here for One Another

Neighborhood Health Plan  
of Rhode Island  
*is here for our community.*

*We are proud to support the  
RI Healthy Schools Coalition.*



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## Visit New England Dairy's Continuing Education Page for Free, On-Demand CEUs.



### Chill Out with Cold Milk

*Presented by: Lonnie Burt, MS, RD, CD-N Senior Food & Child Nutrition Director, Hartford Public Schools, Amanda Aldred RD, SNS, Becca Story MS, RD, LD, and Erin Wholey LD, LDN*

Learn where milk comes from, how it addresses gaps in key nutrients for students. This webinar also covers how to properly receive, store, and serve milk to preserve flavor and quality.



### Real Facts about Real Dairy in Schools

*Presented by: Robert Murray, MD and Doyle Hayes, MS, RD*

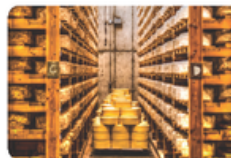
Explore the nutritional contributions of dairy foods to student's health and development as well as what is missed when dairy isn't consumed. This webinar also provides answers to common questions about dairy milk alternatives and flavored milk.



### Where Our Milk Comes From: A Conversation with a New England Dairy Farmer

*Presented by: Melissa Griffin, dairy farmer & musician, Clessons River Farm Buckland, MA and Amanda Aldred, RD, SNS*

Learn how milk is made locally in New England as well as the technology that goes into the care and safety of its production before it gets to your school.



### From Cow to Cheese: Live Virtual Farm and Cheese Production Tour

*Presented by: Jasper Hill Farm's Mateo Kehler & Zoe Brickley; New England Dairy's Hilary Walentuk, MS, RD, LDN*

Created for health professionals, this farm and cheese production tour will go behind the scenes of a farm and creamery, including the underground cheese vaults. Learn about the science of cheese including microbiology's role in the expression of flavor and food safety.



### Lactose Intolerance Considerations Across Diverse Populations

*Presented by: Constance Brown-Riggs, MEd, RDN, CDCES, CDN & Tessa Nguyen, MEd, RD*

This comprehensive webinar provides an overview of lactose intolerance, including its causes, diagnosis, and treatment. Culinary tips and recipes that focus on incorporating naturally low lactose foods and lactose intolerant-friendly, culturally relevant dishes are included.





# PARTNERS

**We are grateful for all of our community partnerships with organizations that offer services and resources that align with the mission of the RI Healthy Schools Coalition.**

American Academy of Pediatrics, RI Chapter  
Active Kids + Minds  
American Cancer Society  
American Diabetes Association  
American Heart Association  
Aramark School Nutrition Services  
Be Real USA  
BeSMART  
Blue Cross & Blue Shield of Rhode Island  
Bootstrap Compost  
Boys & Girls Clubs in Rhode Island  
Brain Injury Association of Rhode Island  
Chartwells  
Chris Collins Foundation  
City of Providence Healthy Communities Office  
Cranston Family Center/COZ  
CVS Health  
Day One RI  
Dorcas International Institute  
Empowerment Factory  
EvanLEE Organics  
Farm Fresh Rhode Island  
F.I.T. Club  
Girls on the Run Rhode Island  
Girl Scouts of Southeastern New England  
Gloria Gemma Breast Cancer Resource Foundation  
Green Circle Design  
Johnson & Wales University  
Lifespan  
Livable Learning  
Neighborhood Health Plan of RI  
New England Dairy Council  
Nonviolence Insitute  
One Meal a Day for the Planet  
Parent Support Network of RI  
Playworks New England  
Progreso Latino  
Providence Children's Museum  
RIAPERD  
RI Academy of Nutrition and Dietetics  
RI Afterschool Network  
RI Association of School Committees  
RI Association of School Principals  
RI Certified School Nurse Teachers Association  
RI Community Food Bank  
RI DEM, Ag Division  
RI Department of Education  
RI Department of Health  
RI Families in Nature  
RI Farm to School Network  
RI Food Policy Council  
RI Kids Count  
RI Middle Level Educators  
RI Parent Information Network  
RI PBS  
RI PTA  
RI Public Health Association  
RI Public Health Institute  
RI Resource Recovery Corporation  
RI Regional Prevention Coalitions  
RI Schools Recycling Project  
RI School Superintendents' Association  
RI Student Assistance Services  
Roch's Fresh Foods  
SafeBAE  
Share Our Strength/No Kid Hungry  
Shri Studio and Service Corps  
Sodexo  
Sojourner House  
Taylor Hooton Foundation  
Thundermist Health Center/Health Equity Zone  
Tri-County Head Start  
Tufts Health Plan Public Plans  
UnitedHealthcare Community Plan  
Urban Greens Food Co-op  
URI Expanded Food & Nutrition Education Program  
URI Extension Outreach Center  
URI SNAP-Ed  
Whole Foods Market  
Yale Center for Emotional Intelligence  
YMCA Alliance of CT & RI  
Yondr  
Young Voices

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Framework for Integrated Teaching



*RHODE ISLAND ASSOCIATION OF  
SCHOOL COMMITTEES*



# SKILLS-BASED HEALTH EDUCATION PROFESSIONAL DEVELOPMENT OPPORTUNITY

This **FREE K-12 Health Education Professional Development** series will include **three 3-hour virtual sessions**. Dates are TBD in early 2024 from 4:00-7:00pm.



## INTENDED AUDIENCE:

This series is for a district team of 3-5 educators working together to promote, plan, and implement skills-based health education. It is suggested that a teacher teaching health education from at least two grade spans attend, as well as a curriculum director.

## BY THE END OF THIS SERIES, YOUR DISTRICT TEAM WILL BE ABLE TO...

- Develop a scope and sequence for your district.
- Access and use no-cost health education tools & resources, including the HECAT, Performance Assessment Toolkit, and the Health Skill Guides.
- Write end-of-unit performance assessments.

REGISTER



[bit.ly/health-ed-pd-2024](https://bit.ly/health-ed-pd-2024)

## SESSION ONE

Participants will learn about:

- The Foundations of Health Education
  - Effective and Appropriate Practices in Health Education
  - The non-negotiables: what policies dictate what we teach
  - Using student health data to inform instruction
  - National and Local Health Education Standards, HECAT HBOs
- The goals of Skills-Based Health Education
- The Rhode Island Health Education Framework

## SESSION TWO

Participants will review:

- Youth Risk Behavior Survey data with the purpose of unit planning
- The skills standards to design data-informed unit plans
- The Health Education Curriculum Assessment Tool's (HECAT's) knowledge and skill expectations for unit planning
- School Health Profiles to describe system level strategies to support skills-based health education

## SESSION THREE

Participants will engage in:

- Reviewing skills-based assessments planning tools
  - Rubrics/Checklists
  - Cairn Guidance's Performance Assessment Toolkit
- Developing a well-written end of unit prompt and performance assessment aligned to Unit Plans



RIDE Rhode Island  
Department  
of Education





# Reignite Teachers, Reignite Education

90% of teachers are burned out and 55% of teachers say they are considering leaving the profession altogether (NEA). Change starts with consistently prioritizing teachers' health and happiness. Founded in 2021, **Livable Learning** provides actionable wellness tools to do just that.

Decrease Burnout

Increase Retention

Fuel Fulfillment

## Introducing Whole Teacher Cohorts

Whole Teacher Cohorts inspire a healthy & happy force of teachers who reignite their school's well-being from the inside out. This is accomplished by three tools that equip cohort members with over 200 wellness strategies: Facilitated Workshops, the Weekly Wellness Guide, and Cohort Check-ins.

RIHSC is proud to be sponsoring two 2024 Whole Teacher Cohorts in partnership with Livable Learning, at no cost to Rhode Island educators!



## Whole Teacher Cohort Important Dates

### Sign Up:

Application Deadline: Friday, November 10th

### Cohort Dates

Two separate cohorts:

**Secondary meets 3-4pm & Elementary meets 4-5pm** on Zoom

Welcome Workshop: Thursday, November 16, 2023

Start Guidebook: Monday, November 27, 2024

Extension Workshop #1: Thursday, January 18, 2024

Extension Workshop #2: Thursday, February 22, 2024

Extension Workshop #3: Thursday, March 14, 2024

Extension Workshop #4: Thursday, April 25, 2024

Check-Ins: Determined by the cohort (dates, time, & length)

To apply:



[bit.ly/whole-teacher-ri-2023](https://bit.ly/whole-teacher-ri-2023)



# NO KID HUNGRY®

## RHODE ISLAND



1 IN 8 CHILDREN  
FACE HUNGER IN  
OUR STATE IN 2023

← THE PROBLEM

THE SOLUTION →

STRENGTHEN  
NUTRITION  
PROGRAMS

### SCHOOL MEALS

**65,585**

The number of RI students eligible for free and reduced-price school meals in 2022-2023

### SUMMER MEALS

ONLY  
**8.4%**

of summer meals reached eligible RI children in 2023

### AFTERSCHOOL MEALS

In 2022-2023, the # of afterschool meals/snacks served in RI was just

**7.8%**

of free or reduced-price school lunches

Federal nutrition programs connect children to the food they need, but many are vastly underutilized. Let's eliminate barriers and maximize participation!

*How can you take action?* →



Share Our Strength's mission is to end hunger and poverty in the U.S. and abroad. How do we do that? Through our campaigns, like No Kid Hungry, which will end childhood hunger in the United States, and Cooking Matters, which helps low-income families learn to shop and cook healthier.

It's a big job, but we're not alone. We believe that everyone has a strength to share to help ensure every individual can live a healthy and productive life.



[www.ride.ri.gov/cnp](http://www.ride.ri.gov/cnp)

The RI Child Nutrition Programs are federally assisted U.S. Department of Agriculture (USDA) programs that address hunger and promote good nutrition by providing nutritionally balanced, low-cost or free meals to children, ensuring that RI youth have access to healthy meals that support their well-being and their readiness for learning.

### **SCHOOL BREAKFAST PROGRAM**

(SBP) is a federally funded meal program that provides balanced, low-cost or free breakfasts to students across the country. Over 28,000 Rhode Island students receive a nutritious breakfast each day through the program.

### **NATIONAL SCHOOL LUNCH PROGRAM**

(NSLP) makes it possible for all school children to receive a nutritious lunch every school day. Over 64,000 lunches are prepared and served in Rhode Island schools each day.

### **FARM TO SCHOOL**

Farm to School brings local or regionally produced foods into school cafeterias to enrich children's bodies and minds while supporting local economies, along with hands-on learning activities such as school gardening, farm visits, and culinary classes.

### **SUMMER FOOD SERVICE PROGRAM**

(SFSP), also known as the Summer Meals Program, was established to ensure that children continue to receive nutritious meals when school is not in session. SFSP provides free meals to kids and teens in qualifying areas.

### **CHILD AND ADULT CARE FOOD PROGRAM**

(CACFP) helps providers serve nutritious meals and snacks to the children and adults in their care. With over 1 in 5 U.S. children in a food-insecure household, CACFP plays a vital role in improving the quality of care for eligible programs.

USDA is an equal opportunity provider and employer.



# NOTES