



How State Legislators can Take Action to End Child Hunger

Presented by Julie Pittman,
No Kid Hungry
Educator Outreach Manager



NORTH CAROLINA



Agenda

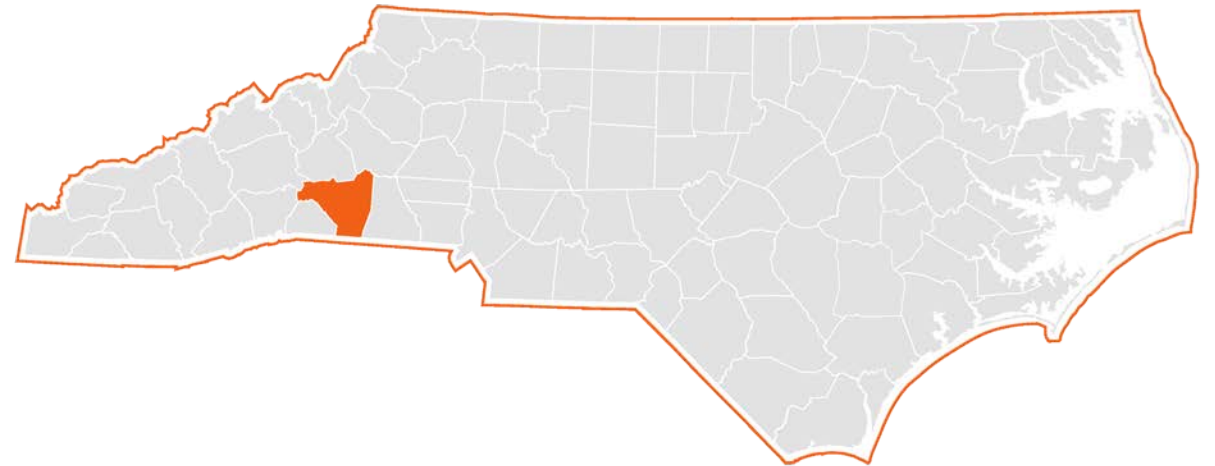
- About No Kid Hungry
- Hunger is an Education Issue
- Why School Breakfast Matters
- The Role of Legislators
- Questions & Discussion

Julie Pittman

Educator Outreach Manager

No Kid Hungry NC

- 2018 NC Western Region Teacher of the Year
- 23 years in Education
- English Teacher in Rutherford County Schools
- 2018-2019 "Friend of School Nutrition" Award



No Kid Hungry Increases Access to the Federal Nutrition Programs

BREAKFAST



AFTERSCHOOL



NUTRITION
PROGRAMS
ALREADY EXIST
TO FEED KIDS.

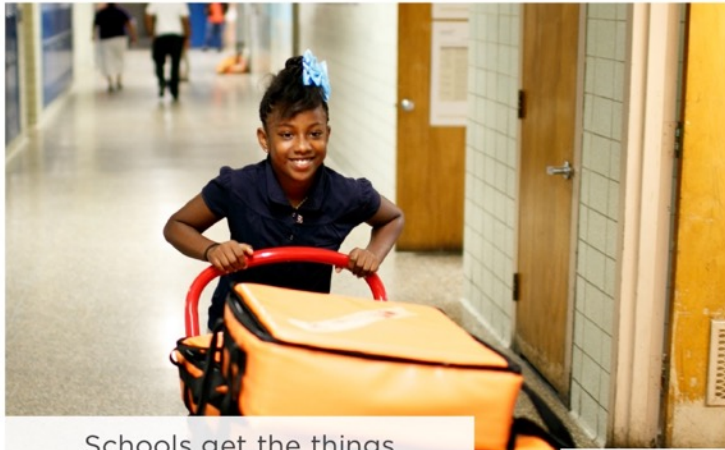


SUMMER MEALS



NUTRITION EDUCATION

NO KID HUNGRY GENERATES
THE WILL AND SKILL TO MAKE
SURE THESE PROGRAMS REACH
EVERY CHILD WITH HEALTHY
FOOD, EVERY DAY.



Schools get the things they need—like carts and equipment— to make breakfast a part of the school day and serve afterschool meals



Lawmakers pass legislation to feed children



Research uncovers better ways to reach hungry kids with food

HOW WE'RE ENDING CHILDHOOD HUNGER



Local community groups receive the tools and resources to end childhood hunger in their own communities



Summer meals sites can feed kids with help from items small and large—like coolers and mobile meals trucks



Low-income families learn how to purchase and prepare healthy food on a budget

No Kid Hungry Resources & Support



Webinars



Technical Assistance



Resources & Toolkits



Grants



THE IMPORTANCE OF SCHOOL BREAKFAST AND SUMMER MEALS



20%

of kids in North Carolina are
growing up in a family that
struggles with hunger

Hunger is an Education Issue



3 out of 4 public school teachers say that students regularly come to school hungry.



Standardized math scores increase by 17.5% on average when students regularly start the day with a healthy breakfast.



9 out of 10 teachers say they are concerned about the long-term effects hunger has on children's education.

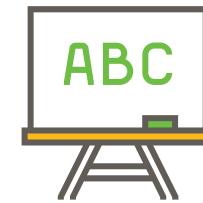
Hunger is an Economic Issue



Research puts hunger's cost to the U.S. economy per year at \$167.5 billion



Children struggling with hunger are more likely to drop out of high school.



Summer hunger is linked to learning loss for children.

Hunger is a Health Issue



Hungry children are sick more, recover more slowly & are hospitalized more frequently.



Food insecurity can damage a child's developing brain.



66% of low-income families will choose between buying food and paying for medicine in one year.

Breakfast After The Bell and Chronic Absenteeism

- Nearly eight million students in America (16%) are considered “chronically absent,” meaning they miss 3 weeks or more of school in a year.
- In 2019, No Kid Hungry commissioned a study from leading education researchers at the University of California Santa Barbara to look into whether Breakfast After the Bell has the potential to reduce chronic absenteeism rates.
- The study found that **breakfast served after the bell can significantly reduce chronic absenteeism rates, with schools on average seeing a rate reduction of 6 percentage points.**
- In addition, exploratory analysis also found that breakfast served in the classroom can improve reading test scores and internalizing behaviors such as anxiety, loneliness, low self-esteem, and sadness in early elementary school students.



Serving breakfast after the bell can **reduce absenteeism by an average of**

6 percentage points

Kids Come to School Hungry, Teachers Say



3 out of 4

educators **see students who regularly come to school hungry** because they are not getting enough to eat at home.



57%

of teachers regularly buy food for students who come to school hungry.



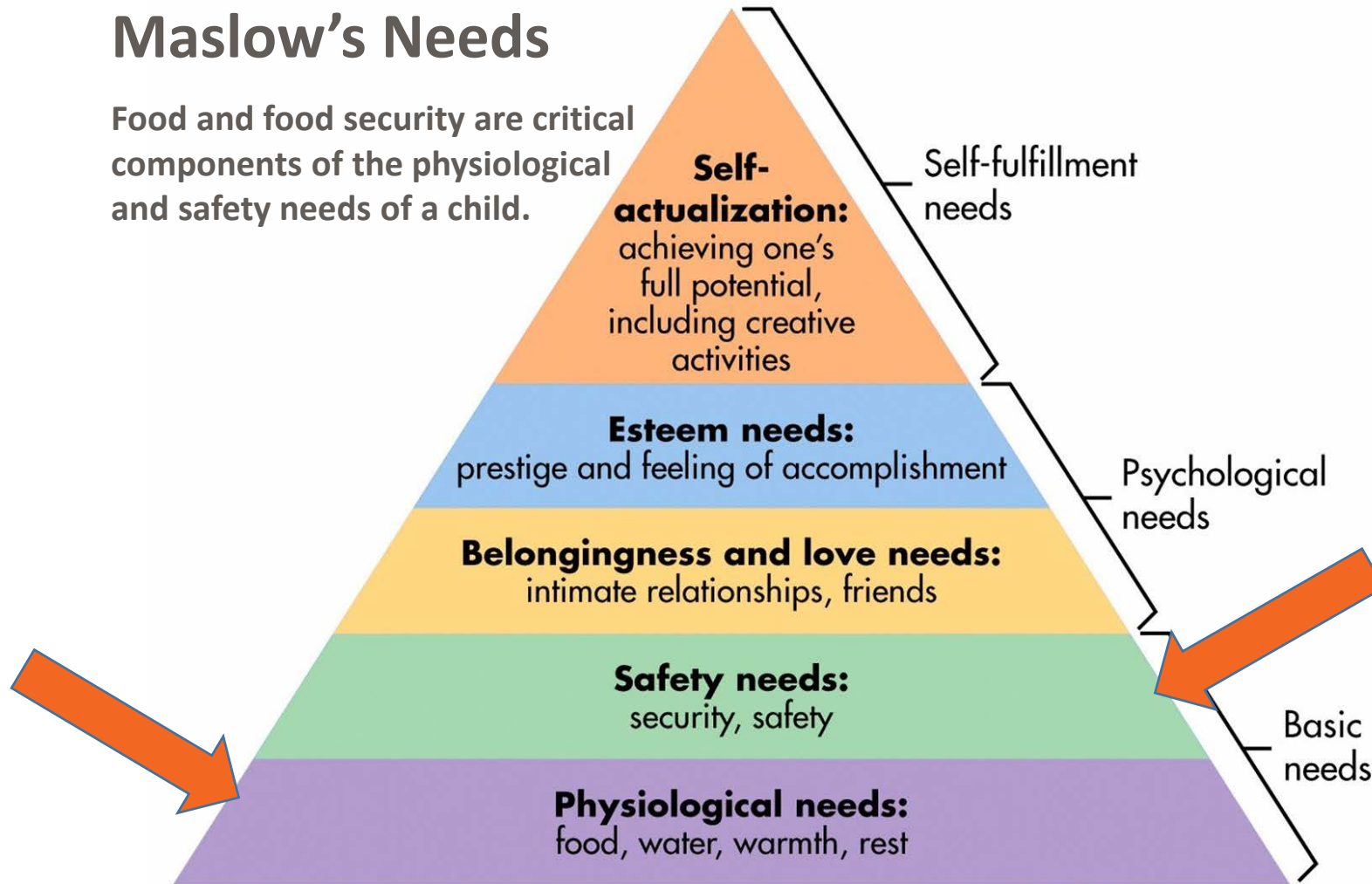
\$300

is the amount of their own money that most **teachers spend each year buying food for students.**

Access to Breakfast is an Education Issue

Maslow's Needs

Food and food security are critical components of the physiological and safety needs of a child.



“Kids need to know that they’re safe, they’re loved, and they’re going to be supported. That means being fed...”

I can't see academic increases if my students are hungry.”


-Principal Thyais Maxwell,
formerly at Hampton Elementary University
Partnership Magnet in Greensboro, NC



THE PROBLEM: TRADITIONAL BREAKFAST IN THE CAFETERIA ISN'T ALWAYS BEST

Common barriers that prevent students from accessing school breakfast when it's served in the cafeteria before the start of the school day:

- Students do not arrive in time to eat before school
- Stigma that school breakfast is for low-income students
- Middle and high school students may not be hungry first thing in the morning
- Cafeteria is not convenient for students
- Not enough time for students to eat in the morning before class starts
- Students would rather socialize with their friends



THE SOLUTION: BREAKFAST AFTER THE BELL

Breakfast After the Bell:

- Shifts the time that breakfast is served so that it's part of the school day and moves breakfast from the cafeteria to where students are, like classrooms and common areas
- Addresses the common barriers of the traditional cafeteria breakfast model
- Ensures more students are able to start the day with a healthy meal
- Sets an equitable playing field by ensuring every child can access a nutritious meal

THREE INNOVATIVE MODELS*

These BAB models have proven to be the most effective at meeting the needs of students, and therefore result in higher breakfast participation rates.



BREAKFAST IN THE CLASSROOM

Breakfast is served in the classroom and eaten in the classroom. The process usually takes 10-15 minutes.

88%
PARTICIPATION



GRAB AND GO

Breakfast is served from one or more central locations and consumed in the classroom or a common area.

59%
PARTICIPATION



SECOND CHANCE BREAKFAST

Breakfast is served between 1st and 2nd periods, usually via Grab and Go to the classroom or common area, or by reopening the cafeteria and allowing students time to eat before they return to class.

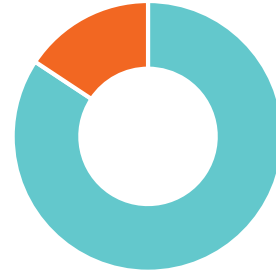
58%
PARTICIPATION

* This analysis includes 2,201 schools from 14 states: CA, FL, IL, MA, MD, MI, MT, NC, NE, NV, PA, TX, VA, and WA. The percentages indicate the average breakfast participation among free and reduced lunch eaters.

North Carolina Meal Participation Rates



School breakfast is
only reaching
58% of kids who
might need it



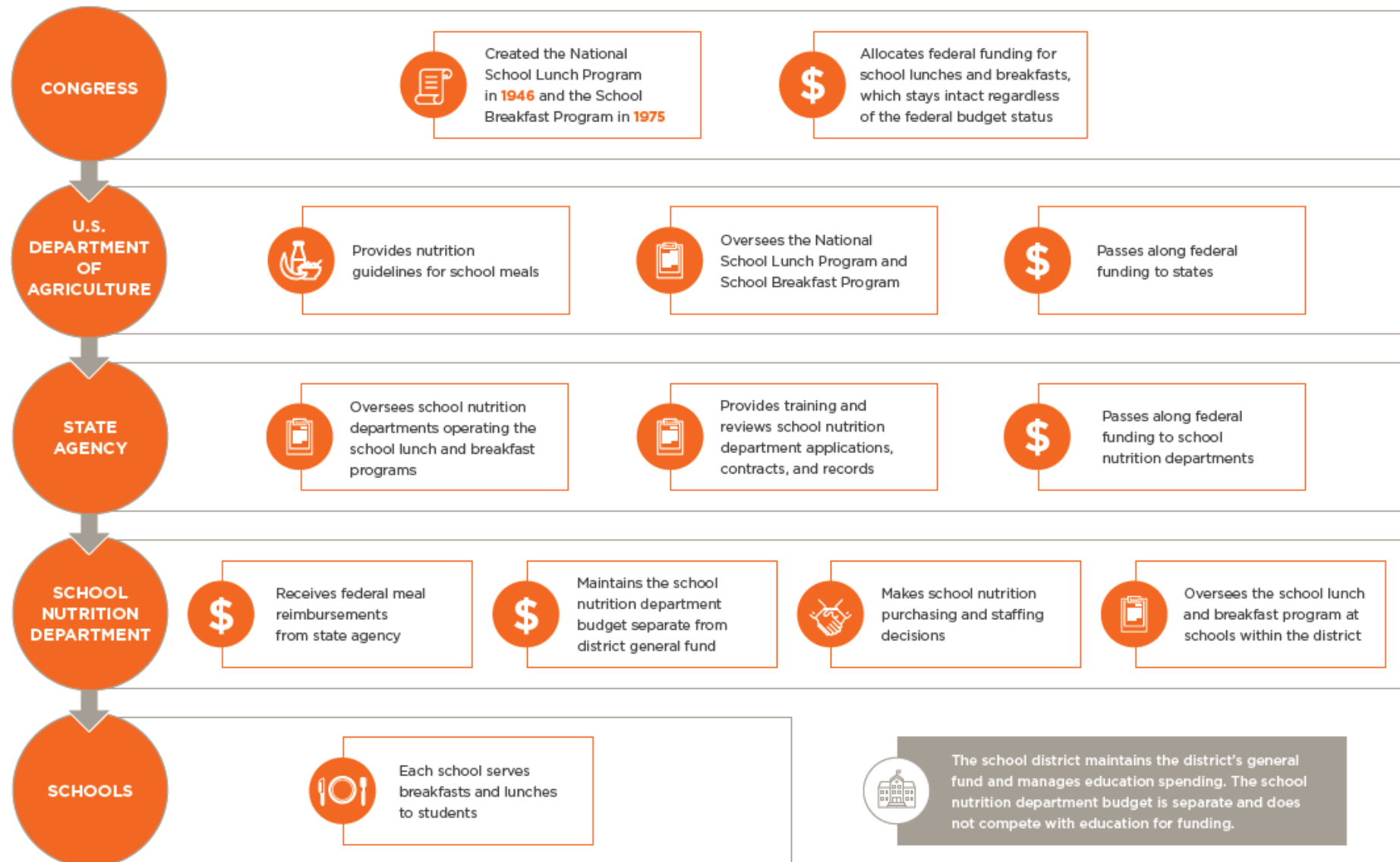
Summer meals are
only reaching **14%**
of kids who might
need them



State Legislators can End Child Hunger



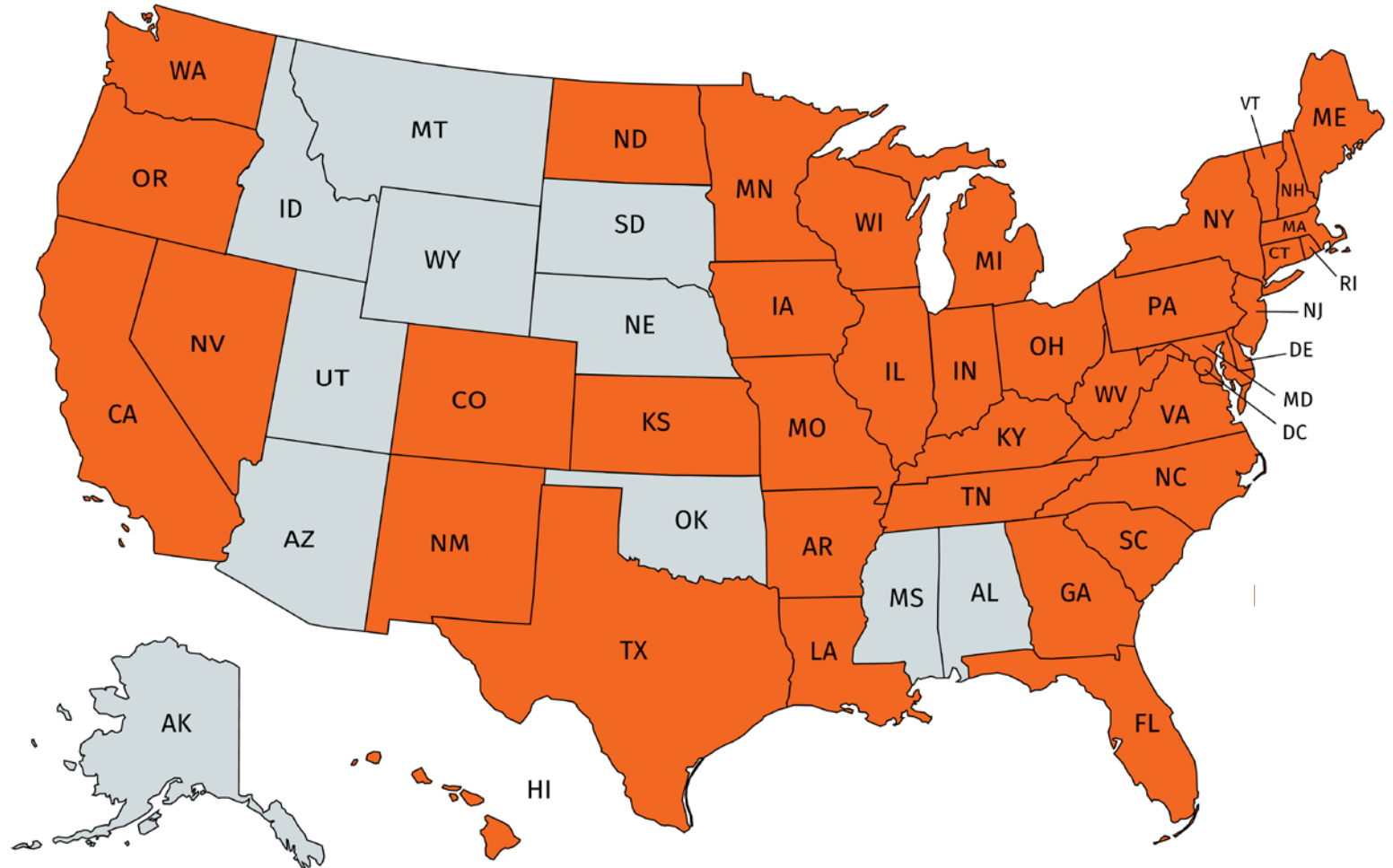
How School Meals Reach Kids



School Breakfast Policies from Across the Country

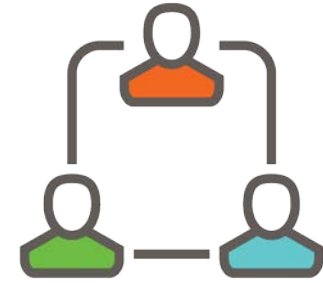
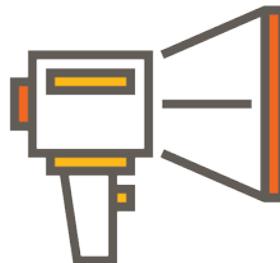
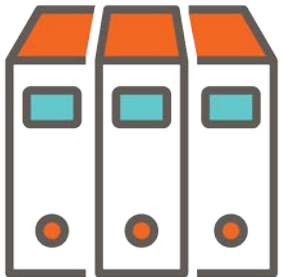
Commonly Enacted School Breakfast Policies Include:

- Requiring school breakfast
- Requiring school Breakfast After the Bell
- Clarifying that school breakfast can be used as instructional time
- Providing grants to support Breakfast After the Bell implementation needs
- Providing additional per-meal reimbursements to support school breakfast programs
- Funding free breakfast for all students in high-need schools



How You Can Get Involved

1. Learn more about child hunger in your district at **BestPractices.NoKidHungry.org**
2. Schedule a classroom visit to see a successful school breakfast program firsthand. **We can help you find a school serving Breakfast After the Bell in your community.**
3. Use your platform to celebrate the champions in your district who are feeding kids through child nutrition programs.
4. Implement effective state policies and work with the Department of Education, school districts, and educators to improve outcomes for kids in your district. **No Kid Hungry can show you what might work for your community.**



ONLY ONE WEEK LEFT TO REGISTER

for the 9th Annual

NC CHILD HUNGER LEADERS CONFERENCE

Wednesday, February 19, 2020 *at the UNC Friday Center in Chapel Hill*



Spots are limited, so register today at
NoKidHungryNC.org/Conference



Join Us.

We Can End
Childhood Hunger
Together.

QUESTIONS AND DISCUSSION





THANK YOU

Julie Pittman

Educator Outreach Manager
No Kid Hungry NC

jpittman@strength.org

(828) 289-9646

APPENDIX

More On How We Feed Kids

BREAKFAST

Making breakfast part of the regular school day, just like lunch, has a powerful effect on kids. That's why we work with educators, political leaders and local nonprofits across the country to change the way schools serve breakfast.

SUMMER MEALS

For kids who rely on school for regular meals, summer is the hungriest time of year. No Kid Hungry is helping community leaders with the funding and know-how they need to start summer meals sites, as well as advocating for needed changes to the national summer meals program.

AFTERSHOOL MEALS

For kids without enough to eat at home, No Kid Hungry is helping schools provide healthy meals in a safe, supervised place that they trust after the school day ends.

NUTRITION EDUCATION

When you help families, you help kids. That's why No Kid Hungry runs our successful Cooking Matters program in communities across the country, helping parents and caregivers learn to shop and cook healthy food on a tight budget.

RESEARCH & RESOURCES

No Kid Hungry has learned a lot about what works over the years, and we're constantly seeking out new and better ways to feed kids. The No Kid Hungry Center for Best Practices, a fully-staffed, world-class research and outreach program, gives local government agencies, nonprofits and community leaders access to tools, research and training to end hunger in their communities.

Citations—School Breakfast and Summer Participation Rates

- School breakfast is only reaching 58% of kids who might need it [FRAC School Breakfast Scorecard, 2017-2018.](#)
- In North Carolina, summer meals are only reaching 14% of kids who might need them: [FRAC Summer Nutrition Status Report, June 2019](#)

Citations—Hunger Facts

- Children who struggle with hunger are sick more, recover slowly, & are hospitalized more frequently. ([Journal of Nutrition](#))
- Food insecurity can be part of several forms of toxic stress that literally damage the architecture of a child's developing brain. ([RTI](#))
- 66% of low-income families report choosing between buying food and paying for medicine and health care in the past year ([Hunger in America](#))
- 3 out of 4 public school teachers say that students regularly come to school hungry. ([Deloitte 2015](#))
- Average increase in standardized math scores increase by 17.5% on average when students who regularly start the day with a healthy breakfast. ([Deloitte 2013](#))
- 9 out of 10 teachers say they are concerned about the long-term effects hunger has on children's education ([Deloitte 2015](#))
- Children struggling with hunger also struggle academically, and are more likely to drop out before getting a high school degree. High-school dropouts make significantly less than their peers who graduate. ([Deloitte 2013](#))
- Summer hunger is linked to cognitive decline and summer learning loss for children from low-income families. Studies show re-teaching costs average \$1,540 per student per year. ([Deloitte 2013](#))

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