



Good Nutrition Matters: Tips, Quick Meal Tricks and Back to School Strategies for Learning Success

Voices of Summer Webinar Series



Welcome!



Laura Johnson
Vice President, Communications
National Summer Learning Association



Webinar Overview

- About NSLA
- Panel
 - Moderator, Kim Doleatto, *Journalist and Mom*, Sarasota Herald-Tribune,
 - Kelsey Boone, *Child Nutrition Policy Analyst*, Food Research Action Center (FRAC)
 - Daniel Hatcher, *Director, Community Partnerships*, Alliance for a Healthier Generation
- Applegate and Cooking Demo
- Q & A
- Follow-up





Our Vision

**Every child grows
during the summer**

Summers Matter

Decades of research clearly demonstrate that summer is the most unequal time in America and that summer learning loss constitutes a significant, if largely unrecognized, threat to academic achievement.

About NSLA

NSLA is a national, non-profit organization focused on the powerful impact of one achievable goal: investing in summer learning to help close the achievement gap. NSLA uses the power of research, advocacy, training, and policy to transform America's neighborhoods and communities, one child at a time.

Our work is based on the simple idea that summer—a time that is easily overlooked yet critical to educational development—is bursting with possibility, and instrumental in closing the achievement gap between privileged children and our most vulnerable children.

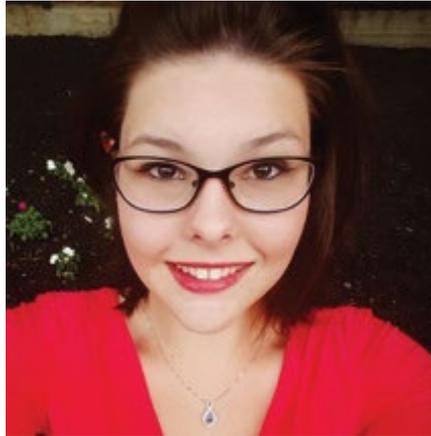


Featured Guest



Kim Doleatto
Sarasota Herald-Tribune
Journalist and Mom

Featured Guest



Kelsey Boone
Child Nutrition Policy Analyst,
Food Research & Action Center (FRAC)



Meeting Students Nutritional Needs This School Year

Kelsey Boone
Child Nutrition Policy Analyst

Why Is Good Nutrition Important?

Hunger can result in:

- Lower grades & math skills
- Behavioral & attention problems
- More suspensions & tardiness
- Obesity
- More frequent stomachaches
- Developmental risk
- Difficulty getting along with other children



Hunger & Food Insecurity: COVID-19 Impact

- Young children are experiencing food insecurity to an extent unprecedented in modern times ([Hamilton Project](#))
- Predictions of newly hungry: **additional 3.3 - 17 million** ([Feeding America](#))
- In May 2020, more than **one in six** adults reported that their households experienced food insecurity (**one in five** for households with children)
 - Marked racial and ethnic disparities in food insecurity persisted ([Urban Institute](#))

The Federal Child Nutrition Programs Can Help Fill The COVID-19 Nutrition Gap



Out-of-School Time: Summer and Afterschool Meal Programs



1. School Meals: Breakfast and School Lunch



Pandemic EBT

Pandemic-EBT (P-EBT)

Pandemic Electronic Benefit Transfer (P-EBT) provided benefits to families who lost access to free or reduced-price school meals due to school closures.

Families will receive money on a new or existing EBT card.

The average benefit is \$5.70/day per student.

Advocacy is needed to ensure this program is extended.

P-EBT: School Meals at Home



P-EBT can help you buy food while schools are closed

[FRAC.org/PEBT](https://www.frac.org/PEBT)

Access to School Meals During COVID-19

- Schools and community sponsors continue to serve meals, **even during remote/virtual learning**
- There is more **flexibility** around meal service than ever before
 - Meals can be taken home/picked up
 - Families may be able to pick-up multiple days worth of meals at one time
 - Parents/guardians can pick-up without students present
- Key waivers have been extended through December 31st which make more students eligible for free meals

How Do We Ensure Access to Good Nutrition During COVID-19?

- Connect with **school districts** to determine how they will be providing meals
 - Pick-up? Delivered? At school?
- Connect with local program providers (YMCA's, Boys & Girls, etc.) to see what nutrition services they are providing during this time
- **Share information** with other parents and stakeholders about changes to meal service/expanded options for access
- Visit **FRAC.org** for advocacy action alerts and updates to the federal meal programs



Thank You!

Kelsey Boone

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[Visit FRAC.org](https://www.frac.org) for:

- Data and research
- Upcoming webinars
- And more!

[Website: COVID-19 Policy Updates](https://www.frac.org)



Featured Guests



Daniel Hatcher
Director, Community Partnerships
Alliance for a Healthier Generation

Featured Guest

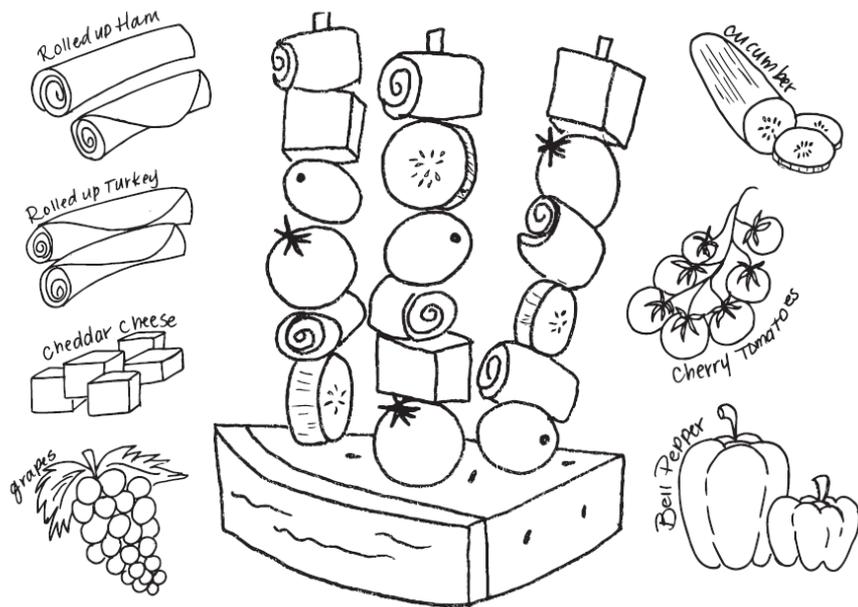


Applegate Chef Kate Winslow
Co-author of Onions Etcetera

“Back to Something” - Applegate Recipe Coloring Book

Lunch Kebabs

MAKES 3 KEBABS | TOTAL TIME: LESS THAN 15 MINS



INGREDIENTS

- 1 slice APPLEGATE NATURALS® Slow Cooked Ham, rolled up and sliced into 3 pieces
- 1 slice APPLEGATE NATURALS® Oven Roasted Turkey Breast, rolled up and sliced into 3 pieces
- 3 cubes of cheese
- 3 grapes (or another fruit cut into bite-sized pieces)
- 3 slices of cucumbers (or another vegetable cut into bite-sized pieces)
- 3 cherry tomatoes

DIRECTIONS

1. **THREAD** and alternate (1) piece of each: meat, cheese, fruit, and veggie onto a small bamboo skewer.
2. **REPEAT** step 1 until you have (3) three skewers.
3. **Optional:** Have an adult snip off the sharp end of the skewers with scissors.



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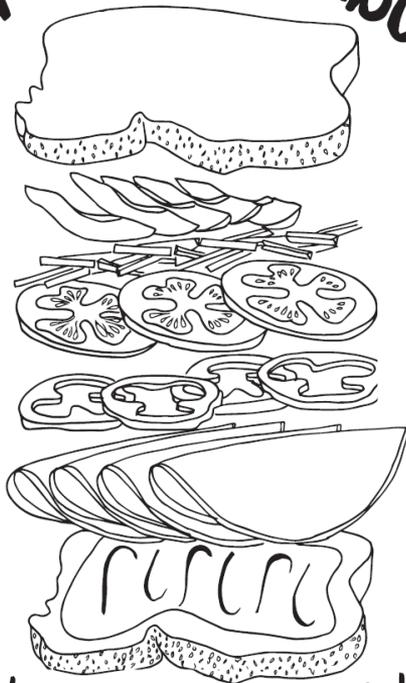


“Back to Something” - Applegate Recipe Coloring Book

INGREDIENTS

- 2 slices multigrain bread
- 1 tablespoon hummus
- 4 slices APPLEGATE NATURALS® Oven Roasted Turkey Breast
- 4 slices yellow bell pepper
- 2 tablespoons of shredded carrot
- 3 slices tomato
- ½ ripe avocado, pitted, peeled, and mashed with a fork

EAT THE RAINBOW



turkey sandwich

DIRECTIONS

1. SPREAD hummus on one piece of bread.
2. TOP with (4) slices of turkey, (4) slices of yellow peppers, shredded carrots, and (3) slices of tomatoes.
3. MASH avocado on the remaining piece of bread with a fork.
4. CLOSE the sandwich by placing bread with avocado on top of the other layered ingredients.

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THANK YOU!
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