

# 170 Days

***'Healthy citizens are the greatest asset any country can have.'***

Sir Winston Churchill 1943

Lindsay Graham 2014 – @LindsayGrahamUK



**Innovation in Community Projects that address School Holiday Child Hunger**

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CHURCHILL  
MEMORIAL  
TRUST



(Picture - child heading home after taking summer meals in Georgia USA)

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## Contents

Executive summary .....	4
Introduction .....	5
States and projects visited .....	9
Georgia .....	9
New York City .....	13
Minnesota .....	15
Findings from interviews and conferences .....	16
USDA future plans .....	16
Key learning points from USA programmes .....	17
Recommendations for UK government and interested agencies .....	20
References .....	22
Appendix 1 Winston Churchill Memorial Trust – Itinerary for Lindsay Graham .....	23
Appendix 2 Suggested Referral Pathway and Community Benefits Diagram .....	25
Appendix 3 Useful websites and twitter profiles .....	26

## **Executive summary**

### Top line dissemination

This project aimed to explore innovative community projects that address holiday hunger in the USA and to identify those factors that make summer feeding programmes successful. This involved visiting nine states in 37 days to learn more about the logistics of summer meals programmes and to identify some of the barriers and enablers to successful delivery, along with learning about the experiences of those people working with communities and hearing from the communities themselves.

Key findings indicate that programmes worked best where there was a clear policy on summer meals aligned to adequate funding at state and federal level for frontline delivery. Consistent use of existing resources such as public buildings, schools and community venues, school buses and delivery by appropriately trained staff were crucial to the effective running of successful programmes. Programmes that drew upon and build upon existing community partnerships were able to achieve successful outcomes and higher levels of community engagement particularly where a common vision was shared by all partners. The quality of the meals provided was seen to be important and best practice was observed where the nutritional quality of the meals aligned with nutritional standards. In order to derive maximum benefits from the programme for the local community, some programmes provided additional employment within the community or enhanced their provision with enrichment and educational opportunities.

With this in mind, the following recommendations are suggested:

- UK government should address the social policy gap in this area by supporting child meal provision and enrichment programmes targeted to areas with high percentages of 40% or more free school meals.
- Projects should be set within an evaluation framework which measures both process and impact.
- Programmes should run in all holiday periods using existing resources and staff.
- Community projects currently delivering summer education programmes, child care , and sports activities should be encouraged to become summer and holiday meals sites in partnership with existing school meals providers.
- Summer meal provision should be broadened to include opportunities for training and skills development.
- Government should embrace the opportunity to extend statutory education to non-term time and align this with community food provision, learning, sport and enrichment activities to help close the inequality gap experienced particularly by low income and Free School Meals (FSM) pupils.
- Funding for such programmes should come from a range of government policy areas, Health, Education, Department of Work and Pensions.

## Introduction

In the UK food poverty and hunger have become increasingly commonplace in the wake of the global financial crisis. There are now over 1100 Food Banks in the UK and this number is growing at an extraordinary rate. UK food banks are largely run by charitable and voluntary sector organisations with no support or regulation from central government. The current government has sought to address some of these issues through the introduction of universal free school meals for all primary school children. This effectively means that every child under the age of 8 is entitled to receive a hot meal in their place of learning every day that they attend school. However, food banks and community projects over the last two years in particular are reporting increases in families seeking access food for their children in non-term-time. For over 100 years the issue of non-term time hunger has been identified but not addressed in the UK by government policy and is fast becoming an issue of social concern that needs to be addressed. There are approximately 170 non-school days in the year in the UK that Free School Meal (FSM) pupils cannot access their entitlement to a school lunch, which is often the only regular hot meal that is available to them during term time.

There is also recognition that increased pressure on families to feed children over the holiday periods places an additional burden on already stretched household budgets. This means that many families struggle to make sure children have access to play and leisure opportunities over the summer and many families struggle to afford the childcare which might allow them to continue to work. Furthermore it is important to note the link between hunger and educational performance as food insecurity is known to adversely affect children's intellectual development and performance at school (Alaimo, Olson and Frongillo, 2001; Belachew et al. 2011; Frongillo, Jyoti, Jonesy, 2006; Jyoti, Frongillo, Jones, 2005; Winicki and Jemison, 2003). Anecdotal evidence from teachers suggests that children who go hungry in the summer, return to school in a poor state of school readiness. The issue of holiday hunger, therefore has impacts during school term time.

Despite the growing concern around holiday hunger, there is the suggestion that government has been slow to acknowledge and respond to this issue. According to the All Party Parliamentary Group on School Food March 2014;

'There seems to be no attempt to compile clear evidence to show the depth of the problem of child holiday hunger or how it might link to the use of food banks by families in need. There is also neither an obvious line of responsibility for this issue nor any apparent government willingness to support research or positive action to address growing concerns.

Even though formal school education doesn't happen all year round, the fact is that it's significantly affected by behaviours, practices and routines that happen outside the school term. There is a concern that holiday hunger could be having a substantial impact on the developmental needs of children and therefore should be addressed.'

Despite the lack of co-ordinated and strategic response, there are some projects to tackle non-term time hunger underway in the UK which are mostly volunteer led and hence, reliant on intermittent funding for example, Make Lunch or Ashram Housing Associations Holiday Kitchen project. Web links can be found for both of these programmes in Appendix 3. There are also local authority run summer schemes that provide activity and a hot meal. One of the longest running in the UK is East Renfrewshire. Started in 2007 the programme has commitment from a range of partners that utilise

existing staff, venues and resources for summer activity camps and couple them with meal provision via the council school meals service. In 2014, 1134 children took part and 44% of attendees were Free School Meal pupils. The Activity clubs run throughout the year in all holiday periods.

North Ayrshire in Scotland is another Scottish Local Authority to address this policy gap and provided summer meals in 2014 and activity each Monday, Wednesday and Friday to 80 FSM pupils on each day. In addition they do provide paid meals and meals for local church groups working with children in the area. The council has committed to continue this non-term time model in all holiday periods for the foreseeable future.

In order gain a clearer understanding of the issues and challenges faced by families and make the case for all four UK regions to support summer meals provision it was essential to seek out established policy leaders in the area to learn from their experience.

A successful application to The Winston Churchill Memorial Trust (WCMT) resulted in a Fellowship award to travel to the USA to research 'Innovation in Community Projects that address School Holiday Child Hunger'. The aim was understand the policy, logistics of delivery, differing models, challenges and future plans.

The trip took place between June 21 and July 29 2014 and covered projects in nine states, from the rural backwaters of Georgia to the bustling streets of New York City, 2 conferences, 11 summer meals sites, 2 food banks, 2 growing projects, 2 cookery programmes, 1 award ceremony, 1 Scottish Government networking lunch, 1 senate hearing and interviews with 58 different individuals and organisations. A full itinerary is provided in Appendix 1.

It should be noted that this was not an academic research trip, rather this report comes from a frontline practitioner stance with perspectives gained from long standing experience in third sector, health, education and strategic policy implementation at local, regional and national levels in school food and wellbeing programmes. As such it was most impressive and humbling to witness this amazing national programme and the commitment of all the volunteers, professionals and strategists working so hard at every level to ensure frontline delivery of government policy.

This research was supported by joint visits with Dr Katie Wilson Executive Director of the National Food Service Management Institute in Mississippi and the USDA. (The Institute is funded by USDA and is responsible for training catering staff and curriculum resources training and development for school across all 50 USA states and territories).

The USDA summer meals began as a pilot in 1968 and became the Summer Food Service Program (SFSP) in 1975 providing 'Summer Meals' for – (or all eligible) children and young people between the ages of 2 and 18 years. The programme operates in low income areas and for children or young people who are eligible for free or reduced priced meals during term time.

The summer food service program in the US has evolved over the past 4 decades. An extraction taken from the USDA website explains the service.

### **What is the Summer Food Service Program?**

The Summer Food Service Program (SFSP) is a federally-funded, state-administered program. The SFSP reimburses providers who serve healthy meals to children and teens in low-income areas at no charge, primarily during the summer months when school is not in session.

**Why is the Program important?**

Children need healthy food all year long. During the school year, many children receive free and reduced-price breakfast and lunch through the School Breakfast and National School Lunch Programs. When school lets out many of these children are at risk of hunger. Hunger is one of the most severe roadblocks to the learning process. Lack of nutrition during the summer months may set up a cycle for poor performance once school begins again and makes children more prone to illness and other health issues. The SFSP is designed to fill that nutrition gap and make sure children get the nutritious meals they need.

**How does it Work?**

There are three main entities involved: **State Agencies, Sponsors** and **Sites**.

**State Agencies** administer the programme and communicate with the USDA, recruit sponsors and publicize sites, provide training and technical assistance to sponsors, monitor sponsors and sites, process claims and distribute reimbursements to sponsors.

**Sponsors** run the program and communicate with the State agency. Schools, local government agencies, camps, faith-based and other non-profit community organizations that have the ability to manage a food service program may be SFSP sponsors.

Recruit sites and provide them with training and technical assistance, monitor sites, report meal counts and submit claims for reimbursement to the State agency, conduct outreach to families in the community.

**Sites** are places in the community where children receive meals in a safe and supervised environment. Sites may be located in a variety of settings. Sites work directly with sponsors, feed and supervise kids, provide activities and conduct outreach to draw kids to sites ([www.  
http://www.fns.usda.gov/sites/default/files/sfsp/SFSP-Fact-Sheet.pdf](http://www.fns.usda.gov/sites/default/files/sfsp/SFSP-Fact-Sheet.pdf) )

There are two main types of summer meals models:

Traditional summer meals. Seamless summer. Traditional follows the SFSP regulations, while seamless summer follows NSLP regulation. Seamless summer is the extension of NSLP to holiday and non-term period. The following link offers more information.

[http://www.fns.usda.gov/sites/default/files/SFSP\\_SeamlessComparisonChart.pdf](http://www.fns.usda.gov/sites/default/files/SFSP_SeamlessComparisonChart.pdf)

School Food Authorities (SFAs) participating in the National School Lunch Program (NSLP) or School Breakfast Program (SBP) are eligible to apply for the Seamless Summer Option. Once approved through their governing state agency, SFAs serve meals free of charge to children, 18 years and under, from low-income areas.

The types of sites allowed to participate in both options include:

- Open sites: all children eat free in communities where at least 50% of the children are eligible for free/reduced priced school meals.
- Restricted open sites: sites that meet the open site criteria, explained above, but are later restricted for safety, control, or security reasons.
- Closed enrolled sites: may be in any community for an enrolled group of low-income children and meets the 50% criteria explained above. This excludes academic summer schools.

- Migrant sites: serving children of migrant families. Camps: residential or non-residential camps.

Any organisation, provided they meet the appropriate SFSP criteria can bid for summer meals funding and become 'sponsors' to deliver the service.

The SFSP reimbursement rate is approximately £2.20 per lunch or supper, £1.25 for breakfast and £0.52p for snacks.

SUMMER FOOD SERVICE PROGRAM 2014

Per meal rates in whole or fractions of U.S. dollars	All states except Alaska and Hawaii	
	Rural or self- prep site	All other types of sites
Breakfast .....	2.0225	1.9850
Lunch or Supper .....	3.5450	3.4875
Snack .....	0.8400	0.8225

(Chart above shows reimbursement rate for Traditional SFSP)

For Seamless Summer option reimbursement rate is same as NSLP details can be found USDA website in Appendix 3

The service is delivered in a mix of settings – schools, libraries, church halls, leisure centres, fire stations, food banks, from buses/trucks, play parks, swimming pools and community centres. Meals - can be 2 days per week up to 5 days dependant on sponsor capability and some programmes also offered week-end food back packs for particularly distressed families. Meals can include breakfast, lunch or supper and morning or afternoon snack. For most sites, maximum 2 meals can be reimbursed per day.

More information on the USDA programme can be found in the Appendix under useful links

### States and projects visited

To give a clearer understanding of how the USDA programme works, this report will focus upon four of the 11 projects visited outlining the type of service, delivery mechanism, food on offer, main age groups, numbers fed and any points of interest. Numbers were taken from my own notes and validated by follow up emails with each organisation. These figures are taken from current information available at time of writing and hence may be open to slight variation. Many of the projects visited had been supported with resource from the voluntary sector including local food banks and from National Organisations such as Share our Strengths No Kid Hungry Campaign

### Georgia



*(Summer meal sign at rural stop in Georgia)*

*Hot and cold food that was as near the school food standards as possible was carefully put into the large transport boxes and loaded into a fleet of vans trucks and cars. It was an impressive operation all done from the schools central kitchen and dining-room as the hub of the community. You could hear chatter and laughter but it was all working smoothly and like clockwork to get the food shipped out while still hot and safe in totals some 25,000 meals a week. (Blog extract)*

### Georgia Case Study

The Alexander Chapel United Methodist Church in Cartersville Georgia is a small traditional community hall site in rural area outside Atlanta. It is served by the central kitchen in a local High

school and food is shipped in transport hot and cool boxes. The 25 children in attendance were mainly primary aged although some older children were also in attendance.

Leadership for the site comes from the church in the form of the respected community figure of Mrs Shaw who was the sole full time volunteer. Other church members gave time to the service when able. Four youth volunteers under 18 who are members of the church also supported the service. Youth volunteers recruited helped with fun activities for the children prior to lunch. These included board games, music and crafts. Hygiene was part of the routine with staff serving food wearing gloves and all children washed their hands before lunch.

The challenges that had been identified in this area included –

Challenge	Addressed by
Food safety	Food shipped in cool and hot boxes with designated time for it to be consumed safely. Staff wore disposal glove and used individual hygiene kits accompany each transported box provided by sponsor.
Rural site	Transport provided by Sponsors to take cool and hot boxes to site.
Staffing	Volunteers recruited by church these included adult and youth volunteers.
Leadership – co-ordination	Respected community figure head championed service.
Funding - resource	Church provided the venue and volunteers while sponsor provided food and administrative support. Some programme support also comes from local food banks.
Identifying families	Church knew families most in need in the area and did outreach work to alert them to the service along with sponsor notification via local schools.
Type of food	Food consisted of cold fresh handmade sandwich, fruit juice milk and or piece of fruit. Or hot chicken nuggets. Served in cardboard box. Children sat at tables to eat.

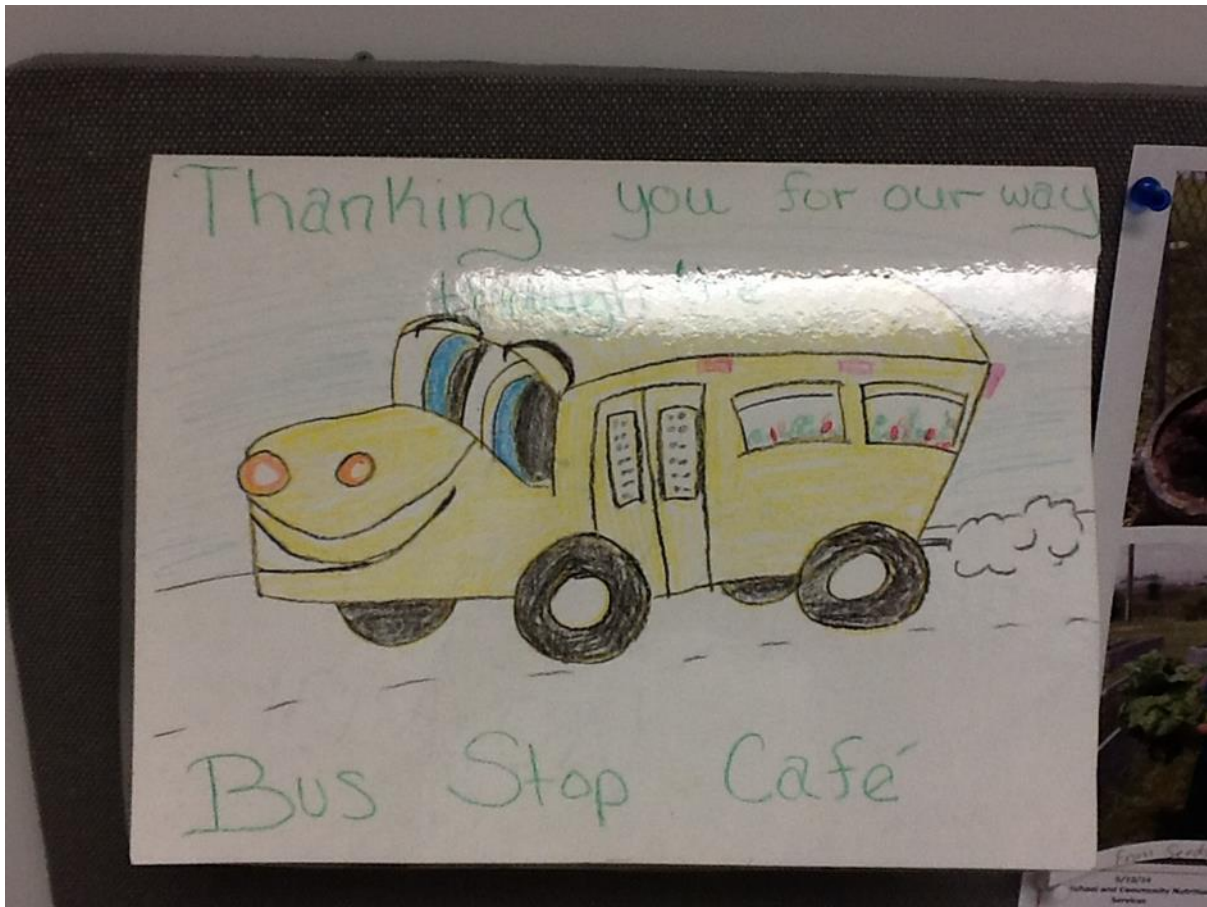
Date of service June 2, 2014 – July 18, 2014

Points to note.

While the model was excellent and had been running well it was limited by space and capacity. Its strength was definitely in the established community links networks. Total summer meals served by the Georgia Education Department in 2014 - 1,600,000

<http://dec.al.ga.gov/Nutrition/NutritionServicesMain.aspx>

## Kentucky



*(Picture by children served by the Bus Stop Café in Offices of Jefferson County Public Schools says 'Thank-you for our way through the Bus Stop Café')*

*The bus does 5 stops each day feeding 500 plus kids and teens on its route. It's followed by a refrigerated Jefferson County Public Schools refrigerated truck so it doesn't have to return to base and completes its meal run by early afternoon.*

*We went to its first stop where the staff laid out a huge green tarpaulin under the shade of a tree. I had heard that the kids coming running to the bus but I didn't really believe it till I saw it with my own eyes. I hadn't quite believed it till I saw it with my own eyes. Four little boy's, faces beaming came racing across the grass to be first on the bus at 11am (Blog extract)*

<http://www.youtube.com/watch?v=RmRkWQnZFpU#t=99> (link to local media coverage showing the Bus Stop Cafe)

### Kentucky Case study

The Bus Stop Café is one of the innovations in the Summer Food Service Program in Jefferson County Schools in Louisville Kentucky. The bus which started its life in regular school runs, was decommissioned and taken over by the School meal service, redesigned by the county's own transport depot to be specially adapted to provide summer meals on wheels. At a cost of \$55,000 it

makes between 5 and 11 stops per day feeding anything up to 600 meals to children in mobile home sites and housing schemes. Sites must qualify to be part of the Bus Stop Cafe program — most commonly, 50% or more of the students at the closest school must qualify for free or reduced meals. 68% of Jefferson County Public School Students are eligible for free or reduced meals.

While summer meals are still offered at some 79 sites, and have been in operation for over 20 years, it is transport to get to the schools that can be difficult for struggling families. The Bus stop Café outreach program means that the meals can come to the children. Main age group using the provision is primary aged school children, but nursery and young teen mothers are also supported.

The Bus Stop Café has been so successful that a second bus was under construction and was going into service toward the end of the summer.

Challenge	Addressed by
Food safety	Food shipped in refrigerated truck and in special custom built 'cool box' in situ on bus. Staff already trained in Food Safety. Gloves worn and bus also is equipped with a small sink for hand washing.
Varied city trailer park sites	Bus and truck mobile so moved between sites and stopped at allocated points and times.
Staffing	4 drivers and 4 servers staff all existing members of School Meals Service and drivers regular School Bus personnel.
Leadership – co-ordination	Came from School Meals Food Service Director.
Funding - resource	Via Federal Government some USDA commodities were also use.
Identifying families	Families already know to school districts and added outreach work with links to community services. Bus drivers knew where many of families lived.
Type of food and where consumed	Food from bus cold pre-packed sandwich, snack crackers juice and milk. Served in bright plastic machine sealed containers. Children sat at specially custom built tables in the bus or outside on large tarpaulin in picnic style.

Date of service June 10, <sup>2014</sup> - August 1, 2014

[http://education.ky.gov/federal/SCN/Pages/Summer-Food-Service-Program-\(SFSP\).aspx](http://education.ky.gov/federal/SCN/Pages/Summer-Food-Service-Program-(SFSP).aspx)

#### Points to note.

Legislation states that staff must watch the children consume the meals to avoid fraud. The space on the bus was limited and while it was air conditioned and comfortable some children would have preferred to take their meals home rather than sit outside in the overwhelming heat. To have allowed the staff more flexibility so that they don't have to monitor consumption so rigidly might have given them more time to distribute food and spend time with those that wanted to eat on site. Julia Bauscher, School and Community Nutrition Services director at Jefferson County Public Schools, said of *'In all my 24 years in the food service industry this has been the most rewarding part'*.

Total summer meals served by the Bus Stop Café Service in 2014 - 20,277.

## New York City



(One of the 4 'Ready2Go' summer meals Trucks in action in New York City)

*I met Eric Goldstein the CEO of school support services and his strategic team. What an amazing day learning about how the biggest summer feeding program in the USA runs. Last year the city served over 7.6 million meals to hungry children and young people aged 18 and under.*

*The programs are working in libraries, schools, community centres, recreation sites like pools and parks, soup kitchens and where youth activity programs take place. The city has great partnerships*

*with key voluntary organisations to help deliver the summer meals to areas they are needed the most.*

(Blog extract)

#### New York Case Study

New York City has been feeding children summer meals in its five boroughs for over 30 years. Run by the city's Department of Education Office of School Food it has in the last year seen an increase of almost half a million meals in 2014. Partly due to a new truck funded by the national campaign 'No Kid Hungry', taking the number of food trucks for the city to four. New York City has 1000 sites which are both static and mobile. The city starts planning each for the summer meals programme from November. The service is well advertised throughout the city on buses, subway entries, radio and via the 20 city partner agencies. Main age group appeared to be primary.

Challenge	Addressed by
Food safety	Use refrigerated trucks (4) specially designed for summer meals. All staff are either existing school meals staff or have attended a day's food safety handling training. Gloves are worn by staff.
Varied city sites	Trucks mobile so moved between sites and stopped at allocated points and times
Staffing	2 drivers and 2 servers per Truck. Staff mostly existing members of School Meals Service.
Leadership – co-ordination	Came from NYC Mayor and Education Department Office of School Meals.
Funding - resource	Via Federal Government some USDA commodities were also used. Support also comes from partner organisations.
Identifying families	Families already known to school districts and added outreach work with links to community services. (20 different organisations involved) Sites known to education department and identified via partner agencies.
Type of food and where consumed	Food from bus cold pre-packed sandwich, juice and milk. Served in white paper bags. Children or parents collected pack meals from server and ate in the street.

Date of service June 29, 2014 - August 26, 2014

<http://www.schoolfoodnyc.org/public1/default.aspx?logout=1>

#### Points to note.

The scale and size of the summer meals service in New York City makes it the USA's biggest programme. The challenges identified by staff were similar to other programmes visited 'how to reach more children'. Capacity may become an issue if number grew too fast. However this summer New York City demonstrated that they could cope with almost an extra half million meals. Key to this was the strategic planning run by the Department of Education. The city also makes use of well know sporting and chef celebrities to highlight the programme badged at 'Summer Meals Rock'. The service also links with activity programmes such as Fuel up Play 60 to help draw children to the service and add enrichment. Total number of meals for New York City this summer was 8,000,000.

Minnesota



(Lunch setting at the East End Recreation Centre in Winona)

*The children including one young 12-year-old volunteer help adults set the tables for up to 30 children and their parents. They wear gloves and carefully and diligently lay the tables in preparation for lunch. Lunch consisted of hot roast chicken, sweet corn, mashed potatoes and gravy (costing about \$3 a head). Followed by fresh water melon with a choice of water or milk to drink. Roses from the garden outside as the centre piece on the table and small white paper napkins for each person.*

*(Blog extract)*

The Winona East End Recreation Centre ran summer meal programme for the first time. A partnership between three local organisation and local business saw the provision of meals three days a week for 29 children from pre-school to youth age group. Monday, Wednesday and Friday.

Challenge	Addressed by
Food safety	Food straight from restaurant source to site at a time slot, gloves worn by centre staff and tongs used to help put food to serving dishes. All good hygiene practices observed prior to any food being handled.
Transport to site	Local restaurant transported meals to site in hot boxes.
Staffing	Youth workers and centre manager supported by

	older teen volunteers. Younger children also helped set tables.
Leadership – co-ordination	Came from site sponsor Winona Volunteer Centre Executive Director.
Funding - resource	Local Foundation and meals offered at cost plus small amount to cover transport by local Restaurant Owner keen to help the community.
Identifying families	Families already known to the Winona Volunteer Food Shelf and via the local community services.
Type of food and where consumed	Food was the best I had seen out of the 11 projects visited. Fresh Roast chicken, mashed potatoes, gravy corn and followed by large chunks of water melon. Milk and water was available. Parents were invited to eat with the children and all sat at set tables which even included flowers from the centre garden.

Date of service June 9 – August 22

Points to note:

The site was in an area of deprivation and most attending walked to the site. This was an excellent model that had not yet used government funding. Its link to the local Food Bank was strength as it allowed other services to be offered to families such cooking shopping and budgeting. Being in a youth centre meant that the young adults had use of the sports gymnasium and all the attendees including parents were encouraged to take part in activities. There was a concern that the grant funded meals that summer would need regular finance to sustain it and future plans would be to seek that more robust funding via Federal Government. Number of meals served 710. Age group varied but mostly primary.

<http://www.winonavs.org/>

#### **Further information on the research**

As previously stated, part of the research trip involved attending 2 conferences; the first was the Society for Nutrition Education and Behaviour Annual State Conference Milwaukee and the second was the School Nutrition Association Annual National Conference 5 days networking /seminars. Additionally, interviews with a range of key stakeholders were conducted. More detail of the visits agencies and individuals spoken to and learning can be found in the Blog link in the Appendix of this report.

#### **USDA Research into Summer Meals**

The USDA Special Nutrition Evaluation Branch has undertaken a series of ‘Demonstration’ projects to see how summer meals and families on low incomes can be further supported to ensure food security. They very kindly shared information on projects which extend current summer meal provision through back pack projects, activities, rural delivery, longer lunch times and summer electronic benefit transfer. A link to further information can be found in the Appendix.

## **Key learning points from USA programmes**

As with any programme of support, there were things that worked well but also significant challenges that needed to be overcome in relation to summer feeding. In what follows I outline some of the strengths of the programmes and some of the weaknesses. I also identify some opportunities that might help to support the logistical efficiency and the long term sustainability of the programmes, together with those factors that might jeopardise the continued success of the programme.

### **Strengths**

#### **Staffing and human resources**

- Leadership at all levels – from front line staff to policy makers
- Staff trained – useful for future employment opportunities
- Staff commitment and ethos – all working in this programme are totally committed to those in need

#### **Strengthening families and local communities**

- Boost local economy – extra hours for workforce and food bought locally
- Promoted community cohesion – ethnic groups catered for vital to those in extreme hardship
- Good community partnerships - supporting delivery from national organisations such as Salvation Army to small rural church groups and community food banks
- Development opportunities for unemployed – in many cases the older unemployed or learning disabled are given work experience

#### **Resourcing**

- Funding – available from government as a grant at approximately \$3 per head ( £1.81) this is often match funded and coupled with USDA commodities
- Existing resources used – school buses and drivers – trained catering staff – secondary schools used as food distribution points (more often summer meals have more flexibility to source local food)
- Policy and practical toolkits - available and ready made by USDA excellent central and state support

#### **Additional strengths**

- Sign up for benefits, school meals and support – not in all cases but where time allows
- Sat well within community leisure – in most successful cases free activity saw increase in participation when food provided
- Summer School - had the extra draw of food provision during summer vacation which enhanced 'summer education learning offer'. Pupils enjoyed the shorter days, more relaxed atmosphere, longer lunch and socialised more. Therefore had less learning loss.

### **Weaknesses**

#### **Administration**

- No evaluation of impact that I could find during my trip – other than numbers (Probably due to scale of programme and local ownership) USDA aware of this some research underway

- Sites have to renew applications to deliver each year – again under review
- Heavy on paperwork – this is because of its evolution and 25 year history. USDA currently reviewing this

#### Logistics

- Storage – mostly for fresh ingredients so cool boxes used in many cases
- Transport – particularly for rural areas the use of School buses has only been happening for last two years
- Sponsors still not reaching enough children (mainly due to communications)

#### Food

- Quality – variable. Not as stringent as standards in the UK would have but aligns to USDA guidelines
- Children required to eat in sight of providers to prevent fraud, this is also under review
- Unused food is discarded even if it could be recycled

### Opportunities

#### Workforce

- Chance to highlight employment, education and skills development to parents and carers.
- Use of digital technology could ease administration, much of which is still paper based. (Texas state has developed a standalone meal count APP available for iPhone and tablets called CitySquare ).

#### Food

- Unused sealed food could be distributed to shelters, food banks or to parents attending at the end of sessions (such as the project in Medina Schools Cleveland).
- Cooking and growing projects worth summer investment as non-tradition education timetables would be interrupted (such as Cooking Matters in Boston).

#### Families

- Communication to parents and communities could be improved if schools became more engaged in process.
- Holiday periods are great time to reach families to sign up for and promote School Meals and other welfare services support.
- Offers extra learning opportunities particularly for struggling pupils and asylum seekers to have extra English tuition prior to starting school year.

#### Research

- An international collaborative research and evaluation project between the USA and UK could give valuable insight into tackling food poverty causes and support new and established projects and programmes to be more effective.

### Threats

### Food provision

- Quality of food – not consistent (compared to UK standards however scale is major issue for USA delivery)
- Waste – there is waste as numbers are difficult to judge because of the way programmes are run it would be difficult to mitigate for this however waste could be reviewed.
- Portion size – same portion for 2yr olds as there is for 18yr old so again waste

### Workforce

- Safety of staff – some areas of delivery dangerous but is often where summer meals support is most needed
- Training – varied from state to state and plethora of 'sponsors' each had different standards
- Increase in numbers – many of small sites already at capacity so concern around numbers / staff needed could be an issue in the future

## Recommendations for UK government and interested agencies

From an analysis of the research undertaken during this Fellowship it was clear that the USA summer meals model had aspects that might be successfully transferred to the UK context. Using the headline data presented in the key findings and building on existing UK pockets of innovative practice, policy makers, funders and frontline practitioners have a real opportunity to start closing the health, education and inequality gaps in a meaningful way that could help to address childhood food poverty in the UK.

The SWOT analysis above is used to inform the recommendations for the government and other agencies interested in developing similar programmes in the UK. In the APPG paper referenced earlier there is a clear rationale for addressing holiday hunger. In the holidays, when free school meals are not available to children that are entitled to them, family budgets are stretched, the likelihood of debt increases, family stress increases, children's physical and intellectual development are adversely affected and parents often go without food to give their children what little they can.

In order to begin to address these issues the following recommendations are proposed:

- UK government should address the social policy gap in this area by supporting child meal provision and enrichment programmes targeted to areas with high percentages of 40% or more free school meals.
  - A co-ordinated response across federal and state governments appeared to be key in the US context. As a pre-requisite to this kind of response the UK Government should publically acknowledge the issue of non-term time hunger and work with fledgling UK projects to support a sustainable effective out of school food and enrichment service.
  - Government should seek target Local Authority areas to pilot non-term time meal provision alongside the new UIFSM.
- The Government in all regions should assign this programme to one department to oversee namely Education
  - Funding for such programmes should come from a range of government policy areas including, Health, Education, Department of Work and Pensions and Poverty Alleviation. At local level summer meals combined resources would help address health inequality and poverty.
  - Funding was crucial in the US context. Therefore.....Offer grant support for non-term time food provision of lunch, supper or breakfast to organisations currently delivering existing holiday programmes linked to learning, physical activity, wellbeing and enrichment.
- Projects should be set within an evaluation framework to which measures both process and impact and learning should be shared and disseminated nationally and internationally
  - Government should seek academic and other partners to monitor and evaluate the impact on childhood learning of non-term time food and enrichment activities over holiday periods.

- Academic partners and third sector voluntary organisations with an interest in child food poverty should consider a UK wide national conference for 2015. This could be in partnership with government and the commercial sector. A public campaign and launch platform is needed to raise awareness and identify ways to address this issue at local level. Such an event could report on findings from the evaluations from existing and new non-term time food provision projects.
- All UK regions should continue to utilise lessons learned from other countries policy and open a dialogue to share knowledge on transferrable practice.
- Programmes should run in all holiday periods using existing resources and staff where possible and additional potential partners should be sought out.
  - This type of poverty alleviation programme crosses different policy areas and as such would require support from integrated services teams. These teams should come from voluntary, academia, health, catering and education sectors.
  - Community projects currently delivering summer education programmes, child care, and sports activities should be encouraged to become summer and holiday meals sites in partnership with existing school meals providers.
  - Support should be sought from the commercial sector to raise awareness of summer hunger and help with resources for local programmes. Supermarkets are well placed in particular to assist with produce and food expertise.
  - In the USA the government supports summer meals programmes with excess food commodities. Existing provision and the expertise of established food recycling projects and programmes such as Fare Share and Foodcycle could be harnessed to help support food provision. Working with local food banks, faith groups and community food projects will be an essential element of identifying families in need and supporting a local coordinated approach to summer meals provision. See referral Diagram in Appendix 3
- Summer meal provision should be broadened to include opportunities for training and skills development
  - Government should embrace the opportunity to extend statutory education to non-term time and align this with community food provision, learning, sport and enrichment activities to help close the inequality gap experienced particularly by low income and FSM pupils.

### **Implementation /Dissemination**

This report will be shared across the UK via personal and professional networks in Health, Education, Welfare and Food Provision sectors at Local, Regional, National and International levels. It's key findings and recommendations will be made available to all child poverty charities, government departments, campaigners, media and business sectors in the UK with a responsibility to, or interest in child wellbeing and education for consideration of inclusion in future policy development.

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Frongillo EA, Jyoti DF, Jonesy SJ: Food stamp program participation is associated with better academic learning among school children. *J Nutr* 2006, 136:1077-1080.

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## Appendix 1 Winston Churchill Memorial Trust – Itinerary for Lindsay Graham

Communities that Work

**Innovation in Community Projects that address School Holiday Child Hunger**

Date	Site visit
21 <sup>d</sup>	Travel to Atlanta meet Dr Katie Wilson NFSMI
22 <sup>nd</sup>	Clear
23 <sup>rd</sup> Mon	Nancy Rice State Director meet Atlanta Department of Agriculture (USDA) Meet with SE Regional Office Georgia State Department Visit a Summer Feeding Sites
24 <sup>th</sup> Tues	Tel Major Bruce Smith Salvation Army USA Travel to Knoxville TN
25 <sup>th</sup> Weds	Visit Summer Feeding Site in Knoxville, TN
26 <sup>th</sup> Thurs	Visit Summer Feeding Site in Louisville, Bus Stop Cafe
27 <sup>th</sup> Fri	Travel to Milwaukee
28 / 29 <sup>th</sup> Sat/Sun	Society for Nutrition Education and Behaviour Annual State Conference Milwaukee Hunger Task Force—Sherrie Tussler / city officials
30 <sup>th</sup> Mon	Visit Milwaukee Summer Feeding Sites Drive to La Crosse,
1 / 2 Tues Weds	Visit summer feeding sites
3/ 4/5/6	4th July Travel and rest days Travel NYC
7 <sup>th</sup> Mon	Site visit to Salvation Army early years centre Brooklyn NYC
8 <sup>th</sup> Tue	Nancy Easton Director Wellness in schools Programme NYC
9 <sup>th</sup> Wed	Coffee with Colorado School Food Colleagues visiting NYC
10th Thur	Meeting with Eric Goldstein of NYC Education Dept  Two site visits to see summer meals Trucks
11 <sup>th</sup> Fri	Meet Fellow WCMT Colleague Maria Amidu Summer Feeding site with NYC Dept Ed  Meet Chef Kate Adamick of Cook for America.
12/13th	Rest Travel Days  Travel to Boston

14th Mon	School Nutrition Association Annual National Conference 5 days networking /seminars  Salvation Army Site visit with Dr Janey Thornton Deputy Under Sec USDA and Mr Peter McGrath LACA UK
15 <sup>th</sup> Tues	Billy Shore Founder of No Kid Hungry / Staff of Best Practices Team No Kid Hungry
16 <sup>th</sup>	Conference day seminars
17th	Cooking Matters visits Roxbury Tenants of Harvard @ Flynn Kitchen, Huntington Boston
18/19/20/21	Rest and Travel days
22 Tues	Summer meals site visits Maryland with Dr Janey Thornton , Dr Yibo Wood USDA and Mr Donnie Jack of Scottish Office  Department of Agriculture team Special Nutrition Evaluation Branch  Audrey Rowe Administrator for Food and Nutrition Service USDA  Attend Senate Hearing
23 Weds	Meeting the Challenges of Feeding America's Schoolchildren
24 Thur	Networking lunch Scottish Office USA Colleagues,
25 Fri	NKH Team HQ
26/27 Sat/Sun	Clear
29 Mon	After School Alliance Alexis L. Steines Field Outreach Manager Food and Research Centre (FRAC) Signe Anderson Senior Child Nutrition Policy Analyst  Travel to UK

## Appendix 2 Suggested Referral Pathway and Community Benefits Diagram

### Possible Referrals Routes



### COMMUNITY BENEFITS



## Appendix 3 Useful websites and twitter profiles

Organisation	Web site	Twitter
Winston Churchill Memorial Trust	<a href="http://www.wcmt.org.uk/">http://www.wcmt.org.uk/</a>	@wcmtuk
The Rank Foundation	<a href="http://www.rankfoundation.com/">http://www.rankfoundation.com/</a>	
USDA Food and Nutrition Services	<a href="http://www.fns.usda.gov/sfsp/summer-food-service-program-sfsp">http://www.fns.usda.gov/sfsp/summer-food-service-program-sfsp</a>	@USDAnutrition
USDA Economic Research Services	<a href="http://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/summer-food-service-program.aspx#.VDaX-vldWSo">http://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/summer-food-service-program.aspx#.VDaX-vldWSo</a>	@USDA_ERS
No Kid Hungry Best Practices	<a href="http://bestpractices.nokidhungry.org/free-summer-meals-kids#dialog_1050">http://bestpractices.nokidhungry.org/free-summer-meals-kids#dialog_1050</a>	@nokidhungry
Cooking Matters	<a href="http://cookingmatters.org/">http://cookingmatters.org/</a>	@CookingMatters
Food and Research Action Centre (FRAC)	<a href="http://frac.org/federal-foodnutrition-programs/summer-programs/">http://frac.org/federal-foodnutrition-programs/summer-programs/</a>	@FRACtweets
After School Alliance	<a href="http://www.afterschoolalliance.org/research.cfm">http://www.afterschoolalliance.org/research.cfm</a>	@afterschool4all
National Food Service Management Institute	<a href="http://www.nfsmi.org/">http://www.nfsmi.org/</a>	@NFSMI
MakeLunch	<a href="http://www.makelunch.org.uk/">http://www.makelunch.org.uk/</a>	@Makelunch
Holiday Kitchen Ashram Housing Association	<a href="http://accordgroup.org.uk/articles/333-Families-on-low-incomes-to-get-help-with-meals-during-holidays">http://accordgroup.org.uk/articles/333-Families-on-low-incomes-to-get-help-with-meals-during-holidays</a>	@TheAccordGroup
School Nutrition Association	<a href="http://www.schoolnutrition.org/">http://www.schoolnutrition.org/</a>	@SchoolLunch
Salvation Army USA	<a href="http://www.salvationarmyusa.org/usn/hunger-relief">http://www.salvationarmyusa.org/usn/hunger-relief</a>	@SalvationArmyUS
East Renfrewshire	<a href="http://www.eastrenfrewshire.gov.uk/menus">http://www.eastrenfrewshire.gov.uk/menus</a>	@EastRenCouncil
North Ayrshire	<a href="http://www.north-ayrshire.gov.uk/news/Summer-meals-for-primary-schools.aspx">http://www.north-ayrshire.gov.uk/news/Summer-meals-for-primary-schools.aspx</a>	@North_Ayrshire

Link to Food Connections Blog for further information on the research trip connections.

<http://lindsayguk1.wordpress.com/2014/06/20/170days/>

For Tweets on the trip check #170days

