

Healthy Schools Working Group Meeting Highlights

April 4, 2019

Don Chisholm/Center for Healthy Lifestyles & Nutrition

610 E. 22nd Street, Kansas City, MO 64108

Attendees: Stephanie Dickson & Josh Mathiasmeier, KCK Public Schools; Grennan Sims & Wendy Ramirez, Hickman Mills School District; Robyn Stuewe, Midwest Dairy Council; Rachel McGinnis Millsap, KC Healthy Kids; Karl Kraemer, BikeWalk KC; Margo Quiriconi, Nicole Fillingame, Jay Roberson, Shelly Summar, Laura Naeger, & Emily DeWit, Children's Mercy; Lauren Grimes & Carla Peuser, KC Public Schools; Jan Hansen, COR backpack program & Community for Kids; Ashly Meek, Community Housing of WyCo; MaryAnna Henggeler, Jackson County Health Department.

Partner Spotlights

- Josh Mathiasmeier, Kansas City, Kansas Public Schools gave an overview of the Afterschool Meals Program that has been implemented in the KCK Public Schools. What started as a program that only fed kids who were attending afterschool programs has expanded to feeding every child who is staying after school. There must be an educational component to the program in order to receive a meal, however, it can be as simple as an athlete staying for 15 minutes of tutoring before a practice time. Both snack and supper options are available for afterschool programs to serve the students, but they are currently not serving hot food. Josh indicated that they are looking to expand to other places that kids are congregating and including hot foods in the future. Communication is key to providing these services for students. Athletic directors are responsible for communicating meal needs to food services as well as making arrangements for meal deliveries to students. Community organizations such as Catholic Charities and Harvesters have also been able to fill gaps when additional meals or snacks are needed for students (most often athletes). Some student sport practices begin before the official first day of school, making it challenging for meal needs to be met as food services staff are not always available.
- Grennan Sims and Wendy Ramirez, Hickman Mills School District discussed the progression of school nutrition programs over the years, and how it has led to the current challenge of learning how to cook again. Hickman Mills is able to feed kids breakfast, lunch, and dinner for free. Their supper program began with strict policies that included having a necessary enrichment or education activity within the afterschool program and having to consume meals on the school's property. They have successfully addressed challenges to current rules by applying a field trip form when sporting events are off the property. This avenue allows students the ability to eat on the school buses. This presentation sparked discussion around the concept of a share table, which is a place where students can place an unopened, paid food item from their meal that they didn't consume. Other students are allowed to take items from the share table to consume. This model reduces waste and fills the need for students needing additional nutrition.
- Margo Quiriconi, Children's Mercy Community Health Initiatives discussed the expansion of the USDA Summer Meal Program that has been implemented at various Children's Mercy Hospital locations over the past two summers. The Hunger Free Hospital Task Force at CMH has collaborated with hospital food services, various other departments in the hospital as well as community organizations to implement this program. Each location has a different capacity in which they can serve meals, therefore the meals range from hot food, fresh sandwiches, and shelf stable bag lunches provided by Harvesters. Free lunches are available to children 1-18 years old. Each lunch includes a protein, whole grain, vegetable, fruit and low-fat milk. Margo also introduced the concept of schools building a "Fuel Fund" where educational foundations give financial support to schools needing additional nutrition for athletes.

Resources

- Rachel McGinnis Millsap, KC Healthy Kids gave an overview of the Farm to School program components which include education, garden maintenance, awareness and procurement. School districts are invited to take part in Farm to School Academy to help schools buy and serve more locally grown goods. KC Healthy Kids hosts a Food

Service and Stakeholder coalition and workshops to equip educators with resources to support school gardens. KC metro area schools and preschools are encouraged to attend a first ever bi-state **Farm to School Summit** on April 17, 2019. This nationally sponsored event is for schools interested in Farm to School as well as for those schools already engaged in Farm to School programming. Summit participants will learn how to implement farm to school practices, and breakout sessions will provide information and great networking opportunities. Learn more and register [here](#). Visit the National Farm to School Network website [here](#).

Next Healthy Schools Meeting: July 24, 2019 at Kansas City, Kansas Schools Central Offices, 1st floor, room 131 from 1:00 to 2:30 p.m.

Next Weighing In Quarterly Meeting: June 20, 2019 at Kauffman Conference Center, 4801 Rockhill Road, Kansas City, MO 64110