



# Building Food System 101: Improving Public Health in Urban and Rural Communities

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# Overview



- Food System Assets
- SF Interventions to improve food assets
- Focus on child nutrition programs
- School based interventions
- Role for Public Health



# Food System 101



- Food system assets

- ◀ Retail sector

- Grocery stores, corner stores, farmers markets

- ◀ Food service

- Restaurants

- ◀ Charitable feeding programs

- Food pantries, free dining rooms

- ◀ Federal nutrition programs

- National School Lunch Program, School Breakfast Program, Summer Lunch, Child and Adult Care Food Program, WIC, SNAP (CalFresh)



# Interventions to improve food assets



## ◀ Retail sector

### ■ Grocery stores, corner stores, farmers markets

- Removed zoning barriers when opening a general grocery store that replaces another grocery store
- Planning code regulates formula retail in all neighborhoods
- Ordinance requires farmers markets to accept food stamps, WIC/Sr. FMNP
- Redevelopment created Food Business Action Plan for Bayview Hunters Point neighborhood
- Southeast Food Access Work Group – Food Guardians conduct assessment of retail food stores in Bayview Hunters Point; advocate for healthy food stores



# Interventions to improve food assets



## ◀ Food service

### ■ Restaurants

- Menu labeling ordinance passed in 2008
- Ordinance sets nutritional standards for restaurant food sold accompanied by youth focused incentive.

## ◀ Charitable feeding programs

### ■ Food pantries - over 200 (all neighborhoods)

- 53 weekly “Healthy Children’s Pantries” – SF Food Bank
  - Schools, child care center, family service agencies



# Interventions to improve food assets for children



## ◀ Federal nutrition programs

### ■ Cal Fresh (SNAP) (growing number of children)

- Online application developed in 2006
- 12/2010 25% food stamp households had minors (17% 2007)
- 2007 – 4,579 children on food stamps; 10,362 in 2010

### ■ Child and Adult Care Food Program

- Day care homes – SF DCYF funds 2 sponsors (412 sites, 3,200 children)
- After School Supper – (researching and recruiting local sponsors)

### ■ Summer Lunch

- 100+ sites (SF DCYF main sponsor 85+ sites; SFUSD summer schools)
- New local vendor – local, organic food



# Interventions to improve school based food assets



- ◀ Meals in Schools (system wide programs)
- ◀ SFUSD School Meals – largest food program in SF; 53,000 students, 109 schools, 61% free/reduced
  - **Salad Bars**
    - Problem – few fresh vegetables were offered
    - Initial pilot Farm to School Salad Bar in 2005 (prepped in a district school)
    - Salad Bar concept embraced by Director of Student Nutrition – rolled out to high school in 2006
    - Program institutionalized in all 28 middle and high schools and some elementary schools in 2007-2008 funded by Mayor's Office and DCYF
    - Salad bar is offered in addition to lunch
    - Food is brought in pre-prepped
    - Facilities constraints in elementary school limit ability to offer



# Interventions to improve school based food assets



- ◀ Meals in Schools (system wide programs)
  - Eliminating Competitive a la Carte Foods
    - Problem: Low participation NSLP/many students not eating
    - Before - a la carte in all middle and high schools
    - Food choices and locations of lines were different
    - Piloted elimination of a la carte at 2 HS and 1 MS
      - Expanded reimbursable menu items
      - Implemented point of service (POS)
      - Added serving locations for NSLP
      - Re-branded menu and former a la carte sites
    - Increased NSLP participation at all sites
      - MS – overall 13%; Free/reduced – 23%
      - HS 1 – overall 41%; Free/reduced 38%
      - HS 2 – overall 73%; Free/reduced 154%





# Interventions to improve school based food assets



## ◀ Meals in Schools (system wide programs)

### ■ School Meal Improvement Initiative

- Problem – financial deficit, challenge to improve quality and appeal, little food preparation on-site, facilities lack proper equipment/space
- Problem – few people in SF understand the system wide constraints
- School meal system wide assessment
  - Assessing facilities, operations, policy, financing, staffing, etc.
  - Partners include SFUSD, SF DPH, SF Food Bank
  - Engaged parents/community groups/students/staff - focus groups, interviews and surveys
  - SF Food Bank's Healthy Children Pantry network engaged in outreach
  - Assessment and recommendations due late summer/early Fall 2011
  - Guide future city-wide initiative to expand the capacity of the school meal program





# Role for nutrition/public health



- Expand and improve capacity and utilization of existing programs
  - ◀ Understand existing opportunities and constraints
  - ◀ Focus on system wide solutions
  - ◀ Convene partners
  - ◀ Fundraise/grant writing
  - ◀ Evaluation-research, analysis, documentation
  - ◀ Bringing all parts of the food system together



# Thank you!



- Paula Jones

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