



The State of Childhood Hunger: Creating a Full Future for Ohio's Children

An Impact Report Presented by Children's Hunger Alliance
and Funded by the Walmart Foundation

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The content included in this report was made possible through funding by the Walmart Foundation. The findings, conclusions, and recommendations presented in this report are those of the Children's Hunger Alliance alone, and do not necessarily reflect the opinions of the Walmart Foundation.



Datos Nutricionales	% DV*	Porción	% DV*
Grasa Total 2.5g	4%	Proteína 10g	20%
Grasa Saturada 1.5g	3%	Carbónhidrato Total 12g	4%
Grasa Trans 0.5g	1%	Fibra 1g	2%
Calorías 100		Azúcares 12g	24%
Calcio 125mg	25%	Proteína 10g	20%
Vitamina A 100%		Vitamina C 4%	
Vitamina D 25%			

*Porcentaje diario recomendado basado en una dieta de 2,000 calorías.

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Section 01

Letter From The CEO

For the past 48 years, all of us at Children's Hunger Alliance have been working to provide healthy meals to children in need. In Ohio, the need is vast: More than 20 percent of children – or one in five – are unsure of where their next meal is coming from.

While we've made progress, our work is far from complete. More must be done to ensure no child goes to bed hungry.

With this urgent need in mind, Children's Hunger Alliance applied for its first Walmart Foundation grant in 2015. We received \$1.5 million, becoming one of 11 organizations to receive funding in support of the Foundation's commitment to provide four billion meals to those in need by 2020.

Since then, we've received a total of \$3.5 million from the Walmart Foundation for this critical work. Their generous support has served as a catalyst for innovative hunger solutions across the state. Our team collected data to identify areas of the state where child nutrition programs were most urgently needed. We launched new programs and piloted others to feed more children. And it's working.

We are helping more schools and communities than ever before to make lasting changes that alleviate childhood hunger. As we reflect on the last three years, the impact made possible by the Walmart Foundation grants is significant.

- More than 2.7 million additional school breakfasts were served through proven programs such as Breakfast in the Classroom.
- Many school districts began summer feeding programs, while others we supported used mobile feeding to take meals on the road to reach thousands of children.
- We began sponsoring child care centers to help provide more nutritious meals to preschool aged children from low-income households during these critical formative years.
- Afterschool programs were provided shelf-stable meals to ensure every child was fed on days with unexpectedly high attendance or disruptions in meal delivery. Shelf-stable meals were also used to provide immediate hunger relief to afterschool programs in predominantly rural areas.

The Walmart Foundation's support has been transformational, enabling Children's Hunger Alliance to improve the lives of tens of thousands of children throughout Ohio. This funding led us to create programming that will benefit Ohio children for years to come. We are incredibly grateful for the Walmart Foundation's partnership in the fight against childhood hunger.



With gratitude,

A handwritten signature in black ink that reads "Judy L. Mobley".

Judy L. Mobley, President & CEO

**Food-Insecurity:
Lacking consistent
access to enough
food for an active,
healthy life.**

Section 02

Defining The Need

More than half a million children in Ohio – or one in five – live in food-insecure households. These children do not know if they will start their day with breakfast or have dinner available at home. Weekends and summer breaks are times of even greater uncertainty because school meals are not available.

“We know that learning requires a healthy and attentive student, and that becomes difficult if a child is sitting in the classroom with an empty stomach.”

Doug Ute, Superintendent of Newark City Schools

Poor nutrition at an early age is linked to lasting health problems, learning challenges, delayed cognitive development and an increased risk of obesity. The experiences and habits we build in childhood set the foundation for our future.

To fight childhood hunger, Children’s Hunger Alliance partners with organizations throughout Ohio to provide nutritious meals to at-risk children who need them most. Our programs offer help in the following areas:

- Early Childhood Nutrition in Daycare Homes and Centers
- School Breakfast
- Afterschool Meals
- Summer Meals
- Nutrition Education

The Walmart Foundation funding has been instrumental in expanding some programs and implementing others. In 2016, the Foundation’s support enabled us to conduct a Statewide

Child Nutrition Programs Needs Assessment, which provided data on areas of greatest need in Ohio against the backdrop of existing resources. This data became the foundation for the agency’s program expansion. A key finding of the Needs Assessment was the limited number of afterschool and summer meal programs in southeast Ohio. The vast geography of the largely rural area of Appalachia presents obstacles for children and their families who may not have access to transportation or live within safe walking distance of a meal program site. This contributes to the region having the highest rates of childhood food insecurity in the state. Food deserts abound in the area, limiting residents’ access to healthy food. For instance, Vinton County, which has a population of 13,200, lacked a grocery store from 2013 to 2017.

The Needs Assessment also surveyed child care providers about awareness of federal nutrition programs such as the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) administered by the Ohio Department of Education. With CACFP, child care providers can receive reimbursements to help offset the cost of food based on the number of qualified low-income children who are served meals meeting USDA nutrition standards. Forty-seven percent of survey respondents reported limited-to-no-knowledge of this valuable federal nutrition program. Child care providers cited the high cost of food as a barrier to providing healthy meals to the children in their care.

Children’s Hunger Alliance recognized the need to increase awareness of the value the federal nutrition programs provide and the prevalence of food insecurity with potential community partners. Educating child care providers, schools and community organizations about the importance of providing balanced meals to fill nutrition gaps experienced by children living in food-insecurity - and utilizing federal reimbursements to sustain these critical programs - became a key goal for our team as we moved forward.



Section 03

Child Care Centers: Providing A Healthier Start To The Most Vulnerable Children

Nearly 17 percent of households with children under six years old experience food insecurity, according to the USDA.

While hunger at any age can have serious health implications, inadequate nutrition in early childhood can seriously disrupt cognitive development. According to a 2017 Georgetown & University of Virginia study food insecurity as an infant or toddler results in lower cognitive and social-emotional skills necessary for kindergarten readiness. The effect of food-insecurity early in life continues to be felt years later, with children not realizing their full potential as they struggle to catch up academically with their food-secure peers.

Children's Hunger Alliance began offering CACFP sponsorship to in-home child care providers in Ohio in 1978, helping as many as 2,000 each year serve healthier food to at-risk children. Yet, between 1996 and 2016, the number of in-home child care providers in Ohio decreased by 58% (Food Research and Action Center, 2016) while the number of child care centers increased by 34%. By 2016 our base of in-home child care providers was approximately 1,000. Our agency recognized child care centers as a viable alternative to continue reaching our youngest and most vulnerable residents.

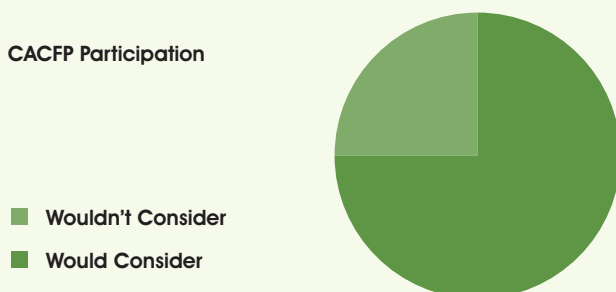
Funds from the Walmart Foundation allowed us to adapt to this changing landscape and ensure at-risk children are able to access healthy food regardless of their child care arrangements. Our initial pilot program provided CACFP sponsorship to six child care centers in central Ohio. In just two years we increased our CACFP sponsorship to more than 30 child care centers in Cuyahoga, Franklin, Hamilton, Lucas, Lorain and Summit counties.

In 2018 there were more than 4,000 licensed child care centers in Ohio and just over 1200 centers were participating in CACFP. There is still more opportunity to improve nutrition for our most vulnerable children.

Overcoming Barriers

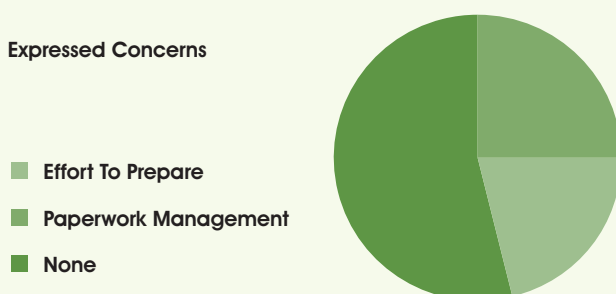
Often, child care providers are unaware of the critical role they play in providing food-insecure children with the nutrition they need to thrive. Those that clearly understand the correlation between healthy food and a child's development are often concerned about food costs.

CACFP Participation



According to the Child Nutrition Needs Assessment, when child care providers learned that CACFP can subsidize the cost of providing healthy meals for qualifying children, more than 75% said they would consider participating.

Expressed Concerns



However, among child care providers who were aware of CACFP, 26% expressed challenges around managing the paperwork requirements and 22% expressed concern around the effort required to prepare the food.

The requirements for CACFP reimbursement can be challenging especially when the center owner also fills the role of bookkeeper, substitute teacher and cook. Child care centers can participate in CACFP without a sponsor, but many lack the required infrastructure and financial resources to be compliant.

To help centers overcome these barriers, Children's Hunger Alliance acts as both a sponsor and a coach. As a CACFP sponsor, Children's Hunger Alliance carries the fiscal responsibility for CACFP claims, provides technical assistance, annual training and ongoing support.

Our team members have actively helped child care center directors through each phase of CACFP enrollment and reporting. In addition to providing extensive training and nutrition education, our child care center team has helped center directors build systems to support meal tracking and reporting. They developed numerous tools to guide centers on proper quantity of milk to serve each child, built menu templates and shopping lists, and trained staff on reading and understanding Child Nutrition (CN) labels. Our team has accompanied center directors to the grocery store, responded to numerous inquiries, and offered moral support as centers transitioned to provide more nutritious meals and acclimating to all the requirements of CACFP.

Through our work, the nutritional quality of the meals served at these child care centers has increased dramatically. For example, instead of serving low-quality chicken nuggets with high levels of breading and low protein content, centers are serving healthier alternatives that use 100% white-meat chicken and meet all USDA nutritional standards.

\$424K

Total reimbursement
dollars earned
by child care centers.

525K

Total number
of meals provided at
child care centers.

Show and Tell

The expansion of CACFP sponsorship for child care centers is one of the most successful outcomes of the Walmart Foundation funding. The proof-of-impact stories are numerous, but here are just a few of our favorites.





All in a Day Child Care Center

At this center in Columbus, families used to pack lunches each day for their child. The disparity in the quality and quantity of the food being provided was significant. Some children would arrive with a bag of chips and a few strawberries for lunch, while others would only have a sandwich and no fruit, vegetables or milk. Snacks served by the center used to consist largely of sugary drinks and packaged snack cakes. However, with CACFP sponsorship, Children's Hunger Alliance helped the center make significant changes. All in a Day now provides healthy snacks such as low-fat milk, fruit and cheese sticks to ensure children get the nutrition they need.

All in a Day was unique in opting to hire a meal vendor to provide catered lunches for the children so that every child would benefit from balanced meals. This approach was simplest for a center that had not provided its own meals previously. It helped to ensure the meals met CACFP requirements and removed the need to hire extra help to prepare meals. Since CACFP reimbursement covers the costs of nutritious food items, the child care center has been able to move to a larger building that allows them to serve even more children.

Loving Care Children's Center

This center had 61% of its enrolled children eligible for free and reduced-price meals. However, with no commercial stove or refrigerator, meal preparation capabilities were limited, making CACFP compliance difficult. Children's Hunger Alliance partnered with the center, providing guidance on how to create more nutritious menus and still operate within the limitations of the available kitchen equipment. Now, the center director is able to offer prepackaged foods and milk that meet the USDA Meal Pattern Guidelines.

"Choosing Children's Hunger Alliance to be a sponsor for my center was the best choice I have made to help my children live a daily, healthy lifestyle."

Brandi Foster, Center Director

Treehouse Learning Center

When Andrea Brentley purchased the Treehouse Learning Center, she assumed their existing menus were passable. To her, the food they had always served to the kids seemed like the kinds of food that kids like to eat, so she kept the status quo. However, when Andrea began talking to Children's Hunger Alliance about CACFP participation, she was surprised to learn the meals she was serving were not considered creditable by the USDA. Determined to make a switch, Andrea worked with Children's Hunger Alliance staff to learn how to read food labels and serve age-appropriate portions to meet nutrition requirements.












As Andrea applied these new skills to evaluating her menu, she realized nearly every meal her center served included processed meat. Gradually, she removed these items until there were no processed foods left on the menu. Now, Treehouse Learning Center serves more fresh fruit and vegetables, has seasonal meal rotations and teaches the children about nutrition. Andrea loves knowing her kids get at least one nutritious meal a day, no matter their family's income level. The center has also benefited from the extra marketability the focus on healthy food provides.

Children's Hunger Alliance analyzed the top reasons that resulted in meals being disallowed – meaning they did not meet CACFP requirements to be eligible for reimbursements. Our staff created helpful tools to assist centers in reducing disallowed meals. The top three issues we address with our centers include:

Purchasing and serving enough milk for children in attendance.

Collecting Child Nutrition labels or obtaining product formulation statements to show that products meet USDA meal standards for processed foods such as chicken nuggets, fish sticks or hot dogs.

Maintaining accurate attendance and meal counts. Manual records kept on site must match records entered in the electronic record keeping system used to process claims for federal reimbursements.

EatPlayGrow Lesson Topics	
	My Five Senses
	Go, Slow, Whoa
	Fabulous Fruits
	Move to the Beat
	Energy Balance
	I Love My Veggies
	Perfect Portion
	Dem Bones
	Healthy Beverages
	Smart Sleep
	Family Meals

EatPlayGrow

Convincing child care centers to get on board with nutritious meals and snacks is only half the battle. It's just as important to show the kids that healthy eating can be fun – but getting children 6 years old and under to trust that veggies can be just as tasty as sugary treats is no easy task.

That's where EatPlayGrow comes in.

In 2017, a portion of the funds provided by the Walmart Foundation were used to begin teaching this evidence-based, early childhood health curriculum in child care centers across Ohio. The curriculum teaches basic nutrition concepts through hands-on activities, easy-to-understand food facts and simple strategies that make healthy choices fun and easy to include in daily routines at home.

To date, the 10-week EatPlayGrow sessions have been extremely impactful. At the beginning of one "I Love My Veggies" lesson, the Children's Hunger Alliance nutrition educator noticed the children looked skeptical at the cut-up vegetables in their snack bags. Students could not identify most of the vegetables in the bags, which included celery, cucumbers, radishes, carrots and broccoli.

To encourage the children to try the veggies, the nutrition educator provided a ranch-style dip that was made using plain, non-fat Greek yogurt with a quarter teaspoon of ranch powder. After trying the vegetables with the dip, a few children noted the dip "tasted like candy" and were more open to trying the veggies.

At this center, 72% of the children qualify for free and reduced meals. For many, this may have been their first experience with fresh produce.



Section 04

Mini Grants Deliver Major Gains In Breakfast & Summer Meals

With our history of working to eliminate childhood hunger in Ohio communities since 1970, we're constantly reminded of an important fact: one size doesn't feed all.

Every school, every community, every region faces its own unique barriers to increase access to meals for under-served children. When it comes to making school breakfast and summer meals more accessible for kids, tailored solutions are necessary to create sustainable hunger relief.

But that's easier said than done. School districts in particular often struggle to find the resources and expertise to implement best practices that drive lasting impact. Administrators can often be reluctant to commit to a major program before knowing the overall cost of such initiatives and if it will work for their school.

The Walmart Foundation grant helped us fund pilot programs that led to more children eating breakfast at the start of the school day, and greater access to summer meals. Providing monetary awards - or mini grants - ranging from \$1,000 to \$25,000, made major change possible.

Children's Hunger Alliance used mini grants to encourage schools to pilot best practices to gather initial results and gain stakeholder support. This approach made it easier to secure a district's long-term commitment to implement these proven hunger-relief initiatives.

Children's Hunger Alliance awarded over \$400,000 in mini grants to more than 80 individual schools, districts and other community organizations. These awards gave recipients the tools necessary to provide meals to their most vulnerable children, delivering profound results, such as:

- A 151% increase in summer meals served to children in Meigs Local School District.
- Six of the school districts (Garfield Heights, Indian Creek, Logan-Hocking, Newark, Southern Local and Wellston)

that started breakfast pilot programs funded by mini grants later received additional grants totaling \$336,000 from the Partners for Breakfast in the Classroom* consortium.

- A \$2,000 mini grant to Indian Creek Local Schools to pilot Breakfast in the Classroom led to an eventual increase in average daily breakfast participation from 48% to 83%.
- Nine school districts (Chillicothe, Edison Local, Garfield Heights, Hillsboro, Indian Creek, Meigs, Newark, Richmond Heights and Switzerland of Ohio) across the state launched summer feeding for the first time in 2017 and 2018.

*Partners for Breakfast in the Classroom

A national program funded by the Walmart Foundation led to the creation of Partners for Breakfast in the Classroom - a consortium of national education and nutrition organizations including:

- **The Food Research & Action Center (FRAC)**
- **The National Association of Elementary School Principals Foundation (NAESPF)**
- **The School Nutrition Foundation (SNF)**
- **The NEA Foundation**

The Partners for Breakfast in the Classroom consortium worked with the Ohio Education Association, Ohio Association of Elementary School Administrators, School Nutrition Association of Ohio, and Children's Hunger Alliance in the 2017-2018 school year and granted more than \$600,000 to Ohio schools.

**No child can
learn on an empty
stomach.**

Section 05

Breakfast 101 & Summer Solutions

Research shows that students who eat breakfast see benefits such as:

- Improved standardized test scores
- Decreased school absence and tardiness
- Reduced behavioral problems
- Reduced anxiety and depression

But while many schools currently offer school breakfast to students, only 56% of Ohio kids who receive free or reduced-price lunches are participating in school breakfast each day.

Why?

Each school faces its own breakfast barriers, but factors like late arrivals and the perceived negative stigma associated with the program often contribute to low participation. The end result is students sitting in class with empty stomachs,

too hungry to concentrate on learning. Schools are the ideal setting for reaching the largest number of food-insecure children on a daily basis. Children’s Hunger Alliance works with schools in high-need districts to develop, implement and promote alternative serving models for their breakfast program, tailoring it to each organization’s specific needs.

\$298K

Total monetary grants given to schools to increase breakfast participation.

8,000

More kids eating breakfast on average each day.

65

Total number of schools granted funds to overcome school breakfast barriers.

A La Carte Solutions

Just like we all have particular breakfast tastes, each school needs their own personalized breakfast program. Here are just a few examples of the tailored programs developed with the help of mini grants:

Menu Improvements	Vending Machines	Grab & Go Breakfast Carts	Student Coffee Lounge
One high school used a mini grant to purchase a commercial blender and offered fresh smoothies, leading to an 11% increase in breakfast participation.	Students that have a later start to the school day due to a work study program can still access a balanced meal.	Middle and High School students are hesitant to head to the cafeteria alone due to the perceived stigma, so carts placed throughout the hallways increase the likelihood they will grab a meal.	High school students have gravitated to a teacher’s lounge converted into a student lounge which is open to students who eat breakfast, and includes a cup of Joe at a reduced price.

Breakfast in the Classroom

Tailored, individual solutions are necessary for success, but sometimes a program just works across the board. Breakfast in the Classroom is the gold standard for enabling all students to eat a healthy breakfast. It's a serving strategy that delivers breakfast to each classroom in the morning, allowing students to eat together at the start of the school day. Breakfast is available to everyone – no matter their family's income level – reducing stigma, increasing accessibility and boosting participation in the School Breakfast Program.

"Now I get to eat breakfast every day!"

Warren Local Schools first grader after Breakfast in the Classroom implementation.

Our strategy for Breakfast in the Classroom expansion has been to target schools with a high number of children who qualify for free or reduced-price school meals, yet participation is low. The Walmart Foundation helped fuel the expansion of Breakfast in the Classroom because of the availability of mini grants, and additional grants from Partners for Breakfast in the Classroom - a consortium of national education and nutrition organizations (also funded by the Walmart Foundation). With this influx of funding, our team followed a two-fold approach to help Ohio schools increase breakfast participation:

- Provide mini grants to qualifying schools in order to offset the initial Breakfast in the Classroom startup costs.
- Help high-need districts apply for and receive grants via Partners for Breakfast in the Classroom.
- 20% – Average increase in school breakfast participation once schools brought breakfast into the classroom.

Despite offering all students free breakfast under the Community Eligibility Provision, Logan-Hocking School District still struggled to increase breakfast participation. The district was awarded \$4,000 from Children's Hunger Alliance to pilot Breakfast in the Classroom at Chieftain Elementary in May 2017. The success of the program led the school district to implement this alternative serving model at five additional elementary schools at the start of the 2017-2018 school year.

Breakfast participation skyrocketed from 33% to 73% after the new program was introduced. The school was awarded a \$90,000 grant from Partners for Breakfast in the Classroom in 2017 and expects to roll out a Grab and Go breakfast program in its middle and high school for the 2018-2019 school year. School staff and administrators have reported an increase in attendance, less visits to the nurses office and improved social interaction and tests scores.

Lessons Learned

Engage teachers and unions early.

Sometimes, change is difficult, for both kids and adults. During initial conversations about new solutions to increase school breakfast participation, there was concern about push-back from teachers, custodians, food service staff and their respective unions. Concerns regarding logistics, messes in the classroom, lost learning time and cost were common. We discovered that engaging teachers early in the planning process leads to greater program support. We also built partnerships with the Ohio Education Association (OEA), and relied on union champions in support of breakfast expansion to gain stakeholder consensus early in the planning process. OEA later became a critical alliance, working alongside Children's Hunger Alliance as we helped Ohio schools receive more than \$600,000 in grants from the Partners for Breakfast in the Classroom.

Process Matters

We discovered that in order for a pilot to be successful, it must be customized for the unique needs of each school. Within a single district, what works at one building may not necessarily work at another. Children's Hunger Alliance can assist schools in analyzing barriers to breakfast participation and introducing program improvements that will provide the least disruption to staff and students alike. By piloting breakfast solutions in a few classrooms or a few grades first, our staff can assess results and recommend adjustments to ensure the program is successful once it is introduced on a wider scale.





Summer Meals Program

For children in high-need areas, the approach of summer means additional hardship. When school is not in session, children are not able to access free or reduced-price school meals – often the only stable food source many of these children have. Though federal summer meal programs exist, challenges like a region’s geography or lack of awareness frequently prevent children’s access.

Children’s Hunger Alliance advocates to increase summer meals and supports community partners in expanding their programs and increasing the number of feeding sites available to Ohio children. The team also works with school districts to identify opportunities to feed its students during the summer. School districts serving students in low-income neighborhoods receive federal reimbursements for each healthy meal served to children under 18 years of age.

Walmart Foundation funds were the catalyst for the expansion of summer meals specifically offered by schools, which the Food Research and Action Center reported had declined in the summer of 2016. As a result, our team dedicated more of the Foundation’s funds to summer feeding in 2017 and 2018, and helped more schools begin offering summer meals for the first time. Mini grants totaling more than \$100,000 made it possible for more children to have access to free healthy meals year-round.

Mini grants enabled Children’s Hunger Alliance to help some school districts begin serving summer meals for the first time, while others were able to expand their programs with the use of mobile feeding.

According to the Food Research & Action Center (FRAC), in 2017 summer meals served by schools increased by 14% with 1,300 more children eating a summer meal on average each day.

14%

Increase in 2017
summer meals served
by schools.

1300

More children eating a
summer meal on average
each day.

Summer meal sites support is critical because many of these programs also include enrichment activities and they provide nurturing spaces for children to grow, learn and develop. Low-income children are at greater risk of summer weight gain and summer learning loss – so creating opportunities for children to receive balanced meals and enrichment activities delivers multiple benefits.

Increased participation in summer meal programs also boosts employment opportunities for food service workers and recreation or education staff by maintaining and creating jobs to operate the youth programs. In Youngstown, Neighborhood Ministries used proceeds from a \$2,000 mini grant to offer incentives to 25 teens to serve as mentors and summer helpers at 20 different meal sites. The teens receive new clothes and shoes for school, and the 1,000 kids who attend the program daily look forward to bonding with their young adult buddies.



Thinking Outside the (Lunch) Box

When getting meals to kids in the summer gets tough, the tough get creative. To overcome the barriers preventing meal program participation in high-need areas, we teamed up with community leaders to find solutions that were truly out-of-the-box and outside the traditional school cafeteria feeding model.

Meigs Gets Mobile

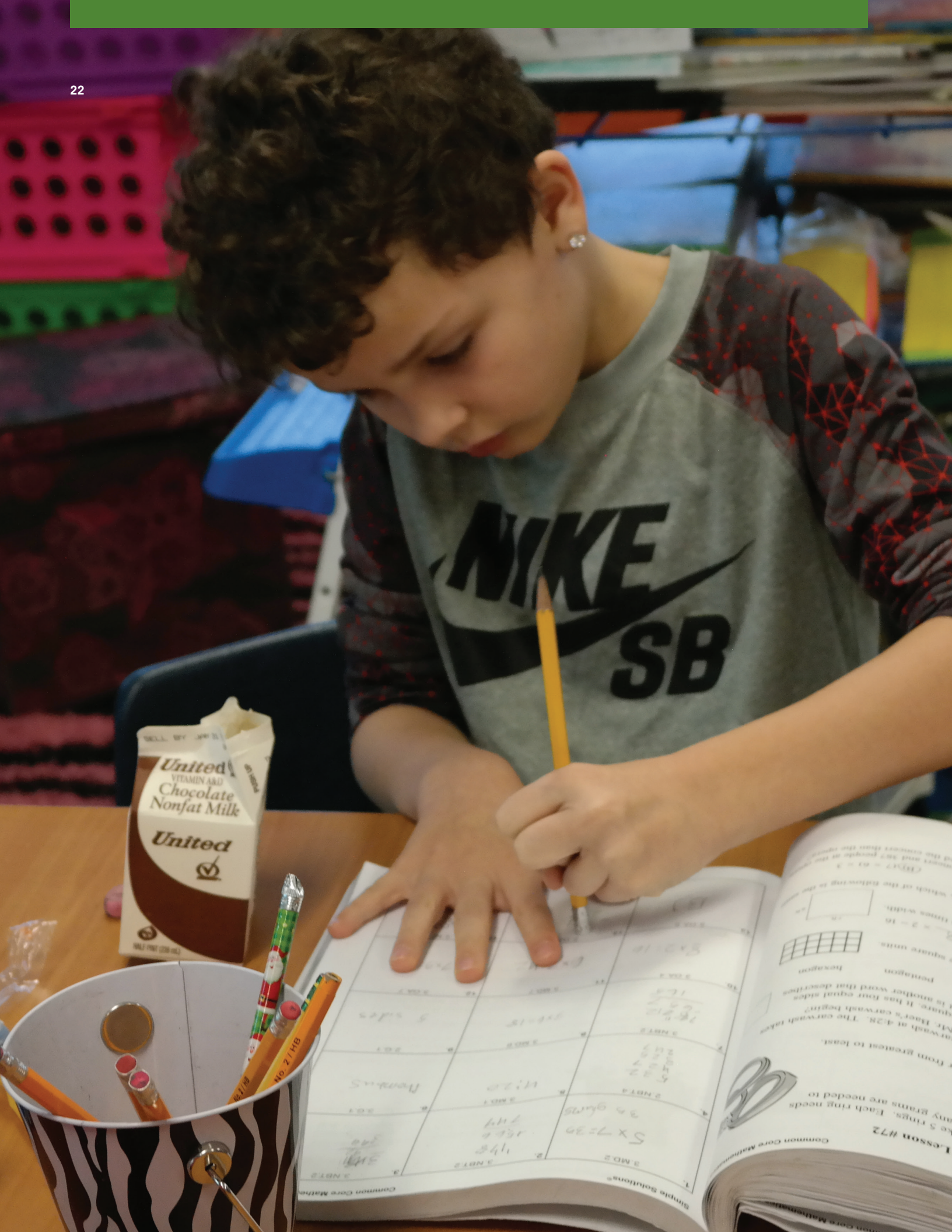
Meigs County in southeast Ohio has a childhood food insecurity rate of 25.5%. Through the funds provided by the Walmart Foundation, Children's Hunger Alliance provided an \$8,000 mini grant to Meigs Local School District to use towards the purchase of a minivan for mobile feeding. The minivan was used to deliver meals to places where children gather during the summer - schools, parks and community centers. Meigs Local Schools more than doubled the number of meals served compared to the previous summer.

Numbers are powerful, but it's the daily individual impact that keeps us motivated. Meigs Local School District provided a letter to Children's Hunger Alliance that was written by a middle school student who received meals delivered by the minivan. In the letter, she said: "I just wanted to let you know that you have helped me and my family out tremendously. We also want to thank you for setting up the program for families like us. This summer was hard, but because of you and your program we at least knew that we had food."

Hillsboro & Painesville Summer Food Trucks

Hillsboro City Schools in southwest Ohio, faced a geographic challenge preventing students from participating in a school-sponsored summer meal program. Their new schools had been built on the outskirts of town, so they no longer served summer meals because children did not have transportation to get there safely. In 2017, Children's Hunger Alliance provided a \$10,000 mini grant that enabled the school district to lease a food truck that delivered meals to seven sites each week day over summer break. This increased children's access to summer meals, leading to an average of 365 children eating each day – and a total of more than 16,000 meals served by the end of summer.

Painesville City Schools in northeast Ohio faced a similar mobility issue with parents not wanting children to cross railroad tracks to eat at their local school during summer break. With a mini grant and guidance from Children's Hunger Alliance, the Painesville City School District reconditioned a trailer to serve as a mobile meal site that delivered lunch to kids five days a week over the summer. "The Lunch Box" provided 14,000 meals its first summer in operation - a 288% increase from the prior year.



Breakfast & Summer Success Story: Newark City Schools Leverages Federal Funds to Offer Breakfast for All and to Launch Summer Feeding

In the 2014 – 2015 school year, the average daily participation in school breakfast at Newark City Schools was 817 students, just 33% of the total eligible kids. Doug Ute, Superintendent of Newark City Schools, knew this had to change: “We know that learning requires a healthy and attentive student, and that becomes difficult if a child is sitting in the classroom with an empty stomach.”

With consultation from Children’s Hunger Alliance, the school realized many of the children were unable to get to the cafeteria and receive a meal before classes began, resulting in low breakfast participation. In response, we awarded the district a \$25,000 mini grant to help the school district implement Breakfast in the Classroom. After the success of a pilot in a single elementary school in 2016, the district opted to offer free breakfast for all students and brought breakfast into the classroom at all seven elementary schools. As a result, average daily participation increased, jumping from 33% to 70%.

In 2018, Children’s Hunger Alliance also assisted Newark City Schools in applying for a Partners for Breakfast in the Classroom grant, providing them an additional \$60,000 to help make breakfast more accessible in the middle and high schools.

Based on this success, the district turned its focus to expanding summer feeding options for the under served children in the community. In order to evaluate how to best utilize the available funds to increase access to summer meals, Children’s Hunger Alliance assisted the district in piloting a mobile summer feeding program.

Seven school buses traveled to 21 stops two days a week in the month of June 2018. On average 150 children visited the buses to eat. The district is working on plans to purchase a vehicle that will travel throughout Newark beginning the summer of 2019 and provide meals to children five days a week. This work will be funded by reimbursements received as a result of school breakfast improvements.

Without the funds from the Walmart Foundation, Newark City School’s students would have missed out on hundreds of thousands of meals.

Newark City Schools Breakfast Program Impact

School Year	Number of Breakfasts Served
2015-2016	214,236
2016-2017	423,344
2017-2018	565,955





Section 06

A Stable Solution



Afterschool meals has become one of the fastest growing programs for Children’s Hunger Alliance. Our program sponsorship grew from providing meals and snacks at 90 sites in 2011 to 280 sites by 2017 – a 200 percent increase with demand continuing to grow. Despite the program successes there is one difficulty we continue to grapple with, balancing food orders with attendance.

In environments where attendance fluctuations are common, ordering the right amount of food from our contracted vendors is a challenge. Many afterschool programs are “open” sites that accept walk-in children without pre-registration, such as at a recreation center or a library. Determining the precise number of children who will participate in a meal program on any given day is difficult – and we need to order enough food to ensure no child goes without a meal. However, ordering too much food can lead to a drain on financial resources. Children’s Hunger Alliance still incurs the costs of uneaten food. The excess meals are placed on a share table and available to children who want second servings. These leftovers, however, are not eligible to be claimed for federal reimbursements.

Fluctuating attendance isn’t the only challenge we face with afterschool meals. Weather, traffic and rural geography can all prevent hot or cold food from being delivered on time or at the required temperature (which would negate consumption). Unexpected interruptions in daily food service also called for an innovative approach.

The Walmart Foundation’s funds have been vital to addressing this complex issue. In 2016, the grant allowed us to pilot a program using shelf-stable meals and snacks as our safety net. If a site ordered 20 meals and 23 children showed up they could pull 3 shelf-stable meals from their supply and still feed every child. One of the biggest challenges we faced was sourcing shelf-stable food that met USDA meal patterns. We worked with vendors to create a menu that offered a variety of food that was nutritious and that the children would like. In addition, we identified a vendor that could provide shelf-stable meals to rural programs that were in urgent need of food.

Shelf-Stable Meals: Meals that do not need to be refrigerated or heated before being served.

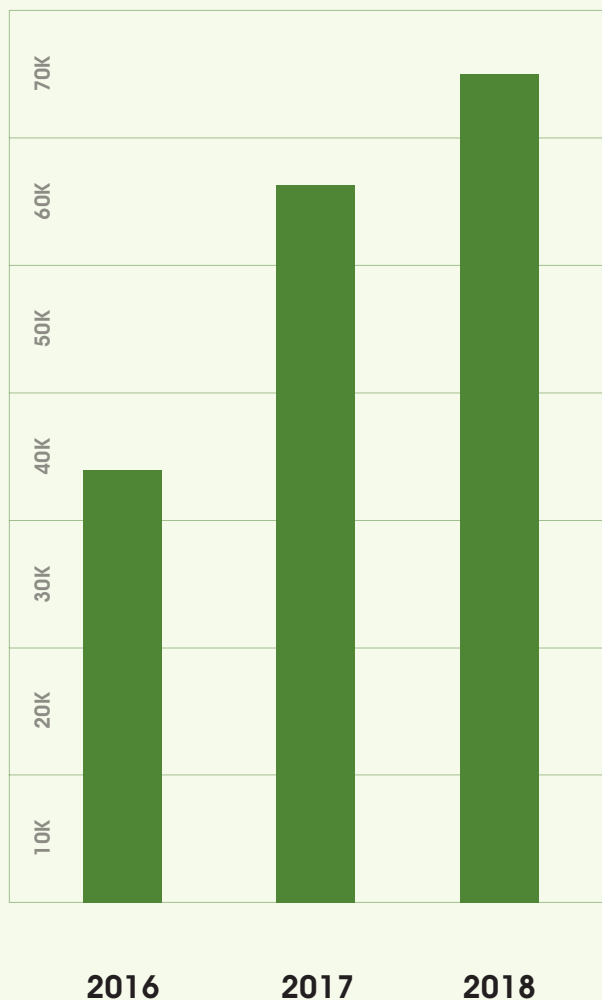
The pilot program proved successful – Children’s Hunger Alliance provided over 34,000 shelf-stable meals and snacks to at-risk children across 61 sites the first year.

The benefits realized from shelf-stable meals are significant. By utilizing this program, afterschool sites can order meals or snacks based on their average attendance and remain confident they can still provide food on days when attendance is unexpectedly high. Shelf-stable food is also there for days when delivery is delayed or unavailable, ensuring children still enjoy a healthy meal. Children’s Hunger Alliance can also better manage expenses, which increases program sustainability and redirects dollars toward other anti-hunger programs, magnifying our impact.

“Having a back-up, shelf-stable food option is critical. In case of an unexpected issue related to delivery or weather, it is a relief to know there is a well-balanced snack or meal at hand.”

Clintonville-Beechwold
Community Resources Center
Youth Services Director.

Shelf-Stable Meals Provided



Shelf-Stable Meals For Rural Sites

After the initial pilot, the Walmart Foundation funding allowed us to expand the shelf-stable meals program in 2017 and 2018 and use it to overcome rural feeding challenges. With this expansion, we partnered with afterschool sites in southeast Ohio that were previously unable to receive meals due to their distance from meal vendors.

Not only did these shelf-stable meals help reduce child food insecurity, they also helped to improve overall nutrition. For example, the coordinator of the afterschool at-risk program at New Lexington Middle School in Perry County – one of our new shelf-stable meal partners – shared that she reads the menu of upcoming items to the students. They then have a discussion about the importance of trying new foods that provide different nutrients. The children ended up enjoying new menu items, such as hummus and bean dip, a healthy shelf-stable protein alternative.

“I hope you realize how much our district appreciates these meals. They really did make such a difference in our students’ lives last year.”

New Lexington Middle
School Afterschool At-Risk
Program Coordinator.

Once Children’s Hunger Alliance was able to identify enough afterschool sites in a particular rural area and provide immediate hunger relief with Foundation-funded, shelf-stable meals, we then began work to find a food vendor. We transitioned several sites into the traditional CACFP model that enables us to claim the meals served, so that the program is sustainable.



Section 07

The Ripple Effect

When it comes to fighting hunger, it is sustainable programs that can be offered year after year – not temporary fixes – that make a lasting difference in the lives of children.

From the start, Children's Hunger Alliance knew that we wanted to use the Walmart Foundation funds to build programs that could continue beyond the life of the grants. Nutrition education, the implementation of summer mobile feeding, Breakfast in the Classroom, the use of shelf-stable meals and more will all provide lasting value for children and communities far into the future. These sustainable solutions not only create long-term change in high-need areas, they trigger a ripple effect of benefits that touch the community at large.

Beyond increasing access to nutritious food, Children's Hunger Alliance's work leads to:

More Resources for Families.

By ensuring children's access to healthy meals, Children's Hunger Alliance's programming helps parents redirect some of their financial resources to meet other vital family needs.

New Job Opportunities.

More programs mean more participation. More participation means more hands on deck. Communities have seen a boost in employment of food service workers and youth program providers as the agency maintains and creates new hunger-fighting programs.

Better Grades.

One afterschool meal recipient stated that the meals obtained through our program helped give her the energy she needed to complete her homework. Studies also show children are more attentive when a healthy breakfast is provided.

New Child Care Resources.

After working with Children's Hunger Alliance, child care centers also began receiving reimbursements as a result of serving healthier meals. These reimbursements also enabled them to hire new staff and purchase additional resources such as computers, books and generally improve their centers.

Additional Grants.

Children's Hunger Alliance has been able to leverage the work made possible by the Walmart Foundation to secure additional grants, expanding our impact.

The Future of Philanthropy

The grants provided by the Walmart Foundation have helped us serve millions of meals to children across Ohio.

But with more, we can do more. Increased investment from the philanthropic community can drive significant, tangible change.

More Dollars Designated to Rural Ohio

There's a substantial gap in available philanthropic funding in Appalachia compared to the rest of Ohio – with only \$762 philanthropic dollars per capita versus \$7,437 per capita outside the area, according to the Foundation for Appalachian Ohio. Additional capital designated to this region could provide much-needed, sustainable food programs for the children of Appalachia.

Increased access to meals for food-insecure children.

Additional funding allows us to increase the number of programs across the state, put more boots on the ground to help maintain these programs and provide grants to help communities solve their unique regional challenges.

Increased technical assistance to individual programs.

Feeding hundreds of kids a nutritious, federally reimbursable meal every day is hard. With more philanthropic investment, we could ensure every program has the support needed to expand and succeed.

The Future Of Ohio's Children

The effect of the Walmart Foundation grants on the children of Ohio has been profound. The insights gained from the new programs implemented will guide our agency for years to come. But there's more work to be done, and Children's Hunger Alliance is eager to work alongside community partners to meet the need.

Even marginal experiences of food insecurity and hunger can effect a child's well-being. The Food Research and Action Center in 2017 reported on the impact of poverty, food insecurity and poor nutrition on the health of children. The potential harm is extensive – from greater likelihood of illness to lower educational achievement and lower earnings in adulthood, thereby increasing the cycle of poverty. Food insecurity not only has physical and psychological consequences for the individual but also has costly

implications for the economy and healthcare system overall. At Children's Hunger Alliance we often say that if we don't provide a child with their most basic need for food then we can't expect them to succeed in school, become a productive adult and rise above poverty. We fully intend to continue our critical work of providing children with their most basic need – food.

When we work together to fight childhood hunger, it makes our communities stronger and everyone benefits, especially the children!

"After multiple risk factors are considered, children who live in households that are food insecure, even at the lowest levels, are likely to be sick more often, recover from illness more slowly, and be hospitalized more frequently. Lack of adequate healthy food can impair a child's ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence."

American Academy of Pediatrics' Policy Statement, Promoting Food Security for All Children, 2017



