



BALTIMORE CITY

PUBLIC SCHOOLS

Presentation to Baltimore City Council

Informational Hearing – School Lunches

Council Bill 21-0053R

October 21, 2021

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Purpose

Provide an overview of Food & Nutrition Services (FNS) operations from the prior and current school year and discuss challenges amid COVID pandemic



FNS Overview: *Guiding Principles*

- Serve meals that meet USDA regulations for school meals and Dietary Guidelines for Americans and eliminate ingredients that have not been shown to be promoting of good health by scientific and peer-reviewed studies
- Accommodate students with special dietary needs and provide nutrition and allergen information on website
- Enact strategies to promote school meal participation and consumption of fresh fruit and vegetables by implementing non-traditional delivery models, student taste tests, and positive dining environments for students
- Prioritize procurement of local food and implement Farms to Schools strategies that increase student awareness of the link between food, farming and nutrition and to support the local agricultural economy
- Reduce food waste and the impact of food service operations on the environment through sustainable operations



SOURCE: [Baltimore City Schools Wellness Policy](#); [Sustainability Policy](#)

Operations: *Food Programs Available to Schools*

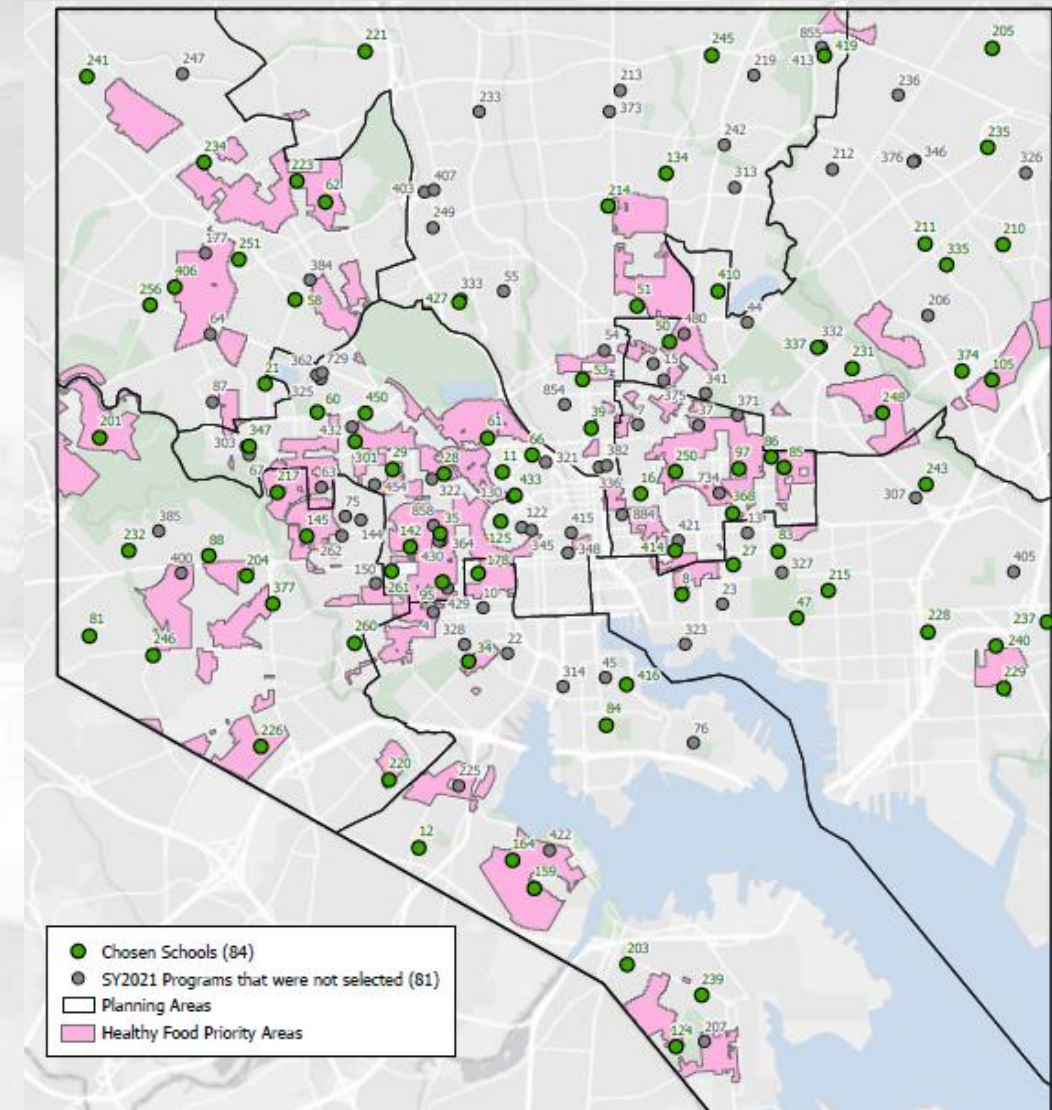
Program	School Criteria
Breakfast	None: free to all students at all schools
Lunch	None: free to all students at all schools
Summer Meals (Breakfast and Lunch)	Any building opened for summertime use or during emergency school closures
After School Snack & Supper	Application process in fall; must be associated with programming
Fresh Fruit & Vegetable Program	Application process in spring; eligible elementary schools only (determined by MSDE)
Food Pantry (MD Food Bank)	Application process in fall through partnership with MD Food Bank



Operations: *Promoting Food Access Amid Pandemic*

- **SY2020 – Spring → Summer 2020**
 - Emergency Grab & Go sites @ 28 schools
 - Home delivery for medically fragile and high-need students
 - Box & pre-packaged meal distribution in collaboration with partners
 - Produce box distribution
- **SY2021**
 - Emergency Grab & Go sites @ over 80 schools
 - Meals for in-person learners @ all open schools
 - Produce box distribution
- **SY2022**
 - Meals for in-person learners
 - Virtual Academy: pick-up option for participants: 17 designated locations in regions with highest numbers of virtual students

PARTNERSHIPS: City agencies, World Central Kitchen, Baltimore Food Policy Initiative, Living Classrooms Foundation, community organizations



Operations: *Promoting Food Access Amid Pandemic*

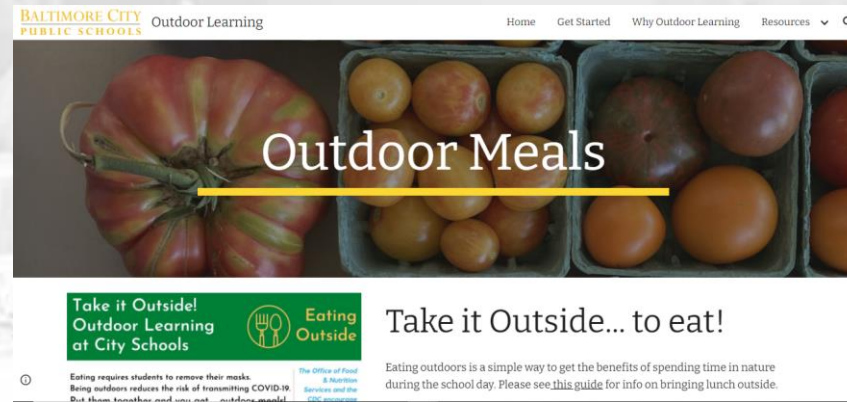


Operations: *Participation*


Meal Program	SY 14/15	SY 15/16	SY 16/17	SY 17/18	SY 18/19	SY19/20	SY20/21
Breakfast							
Average Daily Participation	30,473	31,048	28,002	25,009	23,763	22,361	8,114
% of Enrollment	36%	37%	34%	31%	30%	28%	10%
Lunch							
Average Daily Participation	49,488	59,665	58,630	55,941	53,389	50,600	8,486
% of Enrollment	58%	71%	71%	69%	67%	64%	11%
Snack							
Average Daily Participation	2,007	1,953	870	5,643	6,287	5,985	7,659
% of Enrollment	2%	2%	1%	7%	8%	8%	9%
Supper							
Average Daily Participation	0	329	0	4,988	5,494	5,754	6,974
% of Enrollment		0.40%		6%	7%	7%	9%
TOTAL							
Total Annual Meals Served	14,226,692	16,458,559	15,904,932	15,585,213	11,025,000	11,025,000	4,185,057

Operations: *Health & Safety*

- Revised [Standard Operating Procedures](#) to reflect evolving pandemic reality and district guidance
- **Tips for school leadership re:** spacing, seating arrangements, timing, etc.
- **Emphasis on outdoor meals:** [Bit.ly/BCPSSOutdoorLearning](https://bit.ly/BCPSSOutdoorLearning) → [Outdoor Meals](#)
- **#CitySchoolsOutdoors** on social media: encouraging schools to share best practices



Take it Outside! Outdoor Learning at City Schools



Eating Outside

Eating requires students to remove their masks. Being outdoors reduces the risk of transmitting COVID-19. Put them together and you get.... outdoor meals!

The Office of Food & Nutrition Services and the CDC encourage outdoor meals.

Space Identify one or more spaces where students can eat. The best spaces are close to the cafeteria, are safe, allow for enough space for physical distancing, and provide shade on hot days.


Seating Students can sit on benches, at picnic tables, or in indoor learning spaces. Students can also use portable seating such as milk crates, buckets, or waterproof tablecloths, etc. There are endless options!

Cleaning With your custodial and FNS team, decide who will clean spills, wipe down tables or table cloths (if using), and collect trash and recycling between meal times. Students should wash hands with soap and water (or if not accessible, use hand sanitizer) before and after eating.

Food Students will get their lunch at the regular Point of Service (POS), and then carry their food outside.

Weather Eating outdoors can be beneficial and enjoyable year-round. Please use your best judgement in cases of extreme weather. On hot days, be sure everyone stays hydrated.

Need help thinking through your space and logistics? Email green@bcpsk12.md.us.



Scan to learn more about outdoor learning at City Schools, or visit [Bit.ly/BCPSSOutdoorLearning](https://bit.ly/BCPSSOutdoorLearning)

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Operations: *Health & Safety*



Outdoor
Lunch
at Cecil
Elementary



Operations: *Health & Safety*



Hampden Elementary/Middle



Medfield Heights Elementary

Operations: *Health & Safety*



Holabird Academy



Arlington Elementary

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Edmondson Westside High School

Operations: *Food Truck*

Str/EATs Café

- **Process:**
 - Student-centered design process by team of student consultants and Wide Angle Youth Media
- **Goals:**
 - Provide versatile, mobile option for meal service
 - Promote school meal consumption among high school students



Nutrition and Operations: *COVID* challenges

The New York Times

No Veggies, No Buns, Few Forks: Schools Scramble to Feed Students Amid Shortages

Schools across the country are offering less healthy lunch options as they struggle with dwindling supplies, delayed shipments and fewer cafeteria workers.

Supply chain woes hit school cafeterias, leaving administrators scrambling to make meals

The supply chain shortages hitting the entire country are leaving school cafeterias short of items from utensils to syrup packets.

School cafeterias are looking for workers, too

Rebecca Klein

Sep 6, 2021

Heard on:  MARKETPLACE

SOURCE: <https://www.nytimes.com/2021/09/27/us/politics/schools-labor-supply-shortages.html>

<https://www.marketplace.org/2021/09/06/school-cafeterias-are-looking-for-workers-too/>

<https://www.nbcnews.com/politics/politics-news/supply-chain-woes-hit-school-cafeterias-leaving-administrators-scrambling-make-n1281560>

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Nutrition: *Quality of School Meals*



National School Lunch Program Meal Pattern

USDA United States Department of Agriculture				
Lunch Meal Pattern				
	Preschool	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food per Week (minimum per day)			
Fruits (cups)	1½ (¼)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	1½ (¼)	3¼ (¾)	3¼ (¾)	5 (1)
Dark Green	N/A	½	½	½
Red/Orange		¾	¾	1¼
Beans and Peas (Legumes)		½	½	½
Starchy		½	½	½
Other		½	½	¾
Additional Vegetables to Reach Total		1	1	1½
Grains (ounce equivalents (oz. eq.), unless otherwise indicated)	1 ¼ slices/servings (½ slice/serving) or 1¼ cup (¼ cup)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.)	7½ (1½)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	3¼ (¼)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-Max Calories (kcal)	N/A	550-650	600-700	750-850
Saturated Fat (% of total calories)	N/A	<10	<10	<10
Sodium Target 1 (mg) (through SY 2023-24)	N/A	≤1,230	≤1,360	≤1,420
Sodium Target 2 (mg) (effective July 1, 2024)		≤935	≤1,035	≤1,080
Trans Fat	N/A	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. (This does not apply to naturally occurring <i>trans</i> fats, present in some meat and dairy products.)		

SY2021-22 USDA Meal Reimbursement Rates:

- \$3.90/per meal max rate USDA NLSP Lunch Reimbursement
- \$4.31/per meal reimbursement - special USDA SSO (higher rates) during SY22
- Source: [National School Lunch Program Maximum Reimbursement Rates \(July 1, 2021 - June 30, 2022\)](#)

Nutrition: *Quality of School Meals*

JAMA
Network | **Open**[™]

Original Investigation | Public Health

Trends in Food Sources and Diet Quality Among US Children and Adults, 2003-2018

Junxiu Liu, PhD; Renata Micha, RD, PhD; Yan Li, PhD; Dariush Mozaffarian, MD, DrPH

[JAMA: Trends in Food Sources and Diet Quality](#)

Key Points

Question What are the trends in nutritional quality of foods consumed from major US sources?

Findings In this survey study of 20 905 children and 39 757 adults from 2003-2004 to 2017-2018, modest improvements were found in diet quality for foods from grocery stores and small improvements for foods from restaurants, each with disparities. Diet quality for foods from schools improved significantly, especially after 2010, and equitably across subgroups; by 2017-2018, food consumed at schools had the highest quality, followed by food from grocery stores, other sources, worksites, and restaurants.

Meaning By 2017-2018, foods consumed at schools provided the best mean quality of major sources, without disparities, although further improvements are needed in all sources, especially restaurants, with a focus on reducing disparities.

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Nutrition: *Our Standards*

Above and beyond USDA standards.....

- **Fresh fruit** at every meal, no limits
- **Locally sourced** milk, bread and produce
- **No high fructose corn syrup** in bread or milk
- **No artificial colors**
- 100% of grains **whole-grain-rich**
- **Pork-free** menu
- **Special menu accommodations** available
- **Packaging:** Compostable trays, utensils and straws



Nutrition: Allergies & Meal Accommodations

Allergens

- Peanut
- Tree Nut
- Milk
- Dairy
- Fish
- Shell Fish
- Egg
- Wheat
- Gluten
- Soy
- Pork
- Other

Nutrients

Serving Size: 1 SERVING

Calories	150.06 kcal
Total Fat	6.42 g
Saturated Fat	0.57 g
Trans Fat	0 g
Cholesterol	51.78 mg
Sodium	728.38 mg
Carbohydrates	5.21 g
Dietary Fiber	0.4 g
Protein	15.17 g
Iron	1.41 mg
Calcium	24.85 mg
Vitamin A	144.1 IU
Vitamin C	1.35 mg

[Nutrition and Allergen Information website](#)

Diet Prescription Form

Diet Modifications for Meals for Children or Adults with a Diagnosed Food Allergy or Other Disability

Name of Child/Adult Participant: _____
 Home School Name and Number: _____
 Meal Pick Up School Name and Number: _____

Diagnosis of food allergy or other disability that requires a diet modification*:

Include a brief description of the major life activity, including major bodily functions, affected by the condition:

FOODS TO BE OMITTED and SUGGESTED SUBSTITUTIONS:
 Please check the food group(s) to be omitted. List specific foods to be omitted and suggest substitutions. Use the back of this form or attach additional information as needed.

FOODS TO OMIT	SUGGESTED SUBSTITUTIONS
<input type="checkbox"/> Milk/Dairy Products	_____
<input type="checkbox"/> Eggs/Egg Products	_____
<input type="checkbox"/> Wheat/Wheat Products	_____
<input type="checkbox"/> Soy/Soy Products	_____
<input type="checkbox"/> Peanuts	_____
<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Fish	_____
<input type="checkbox"/> Shellfish	_____
<input type="checkbox"/> Other	_____

TEXTURE REQUIRED: Regular Chopped Ground Pureed

Other detailed information regarding diet or feeding:

I certify that the above named individual needs diet modifications as described above because of the specified disability or life-threatening food allergy:

Signature of Physician or Other Licensed Medical Professional Office Phone Date

Printed Name of Physician or Other Licensed Medical Professional

Marketing & Communications: *Online Menu*



Menus
Breakfast, Lunch, Supper, & Snack

View menus



Menus (Spanish)
Breakfast, Lunch, Supper, & Snack

View menus

MENÚ DE ALMUERZO DE PRIMARIA / MEDIA
Octubre de 2021

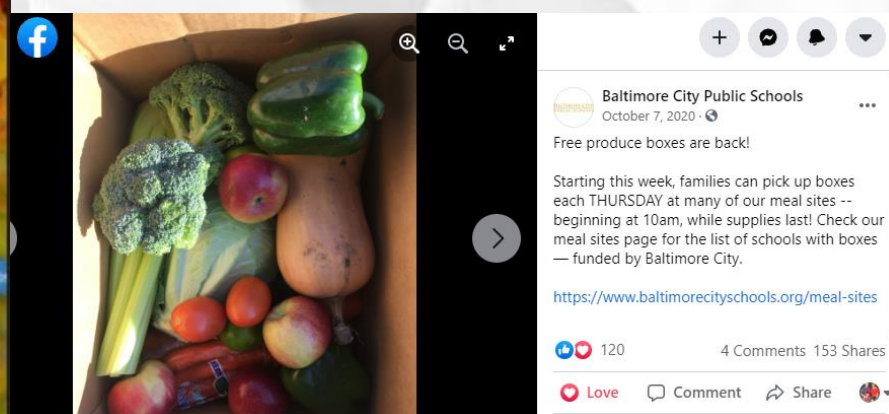
lunes	martes	miércoles	jueves	viernes
4 Nuggets de pescado Sándwich de delicatessen Papas Fritas al Horno Ensalada Fruta fresca variada Leche Surtida	5 Pollo a la mandarina Arroz integral Sándwich PB & J Brócoli Ensalada Fruta fresca variada Leche Surtida	6 Hamburguesa de bistec Salsa Boom Boom Sándwich PB & J Frijoles Vegetarianos Ensalada Fruta fresca variada Leche Surtida	7 Joe descuidado en Pan de Hamburguesa WG Ensalada de atún Pan WG, 2 rebanadas Tallos de apio Ensalada Fruta fresca variada Leche Surtida	8 Cuña de pizza de queso Cuña De Pizza De Pepperoni De Pavo Sándwich PB & J Paños de zanahoria Ensalada Fruta fresca variada Leche Surtida
11 Palitos de Mozzarella Empanizados Taza de salsa marinara Sándwich PB & J Zanahorias bebe Ensalada Fruta fresca variada Leche Surtida	12 Filete de queso Sub Sándwich PB & J Papas Fritas al Horno Ensalada Fruta fresca variada Leche Surtida	13 Pollo teriyaki Arroz integral Sándwich PB & J Repollo saiteado Ensalada Fruta fresca variada Leche Surtida	14 Cuña de pizza de queso Cuña De Pizza De Pepperoni De Pavo Sándwich PB & J Tallos de apio Ensalada Fruta fresca variada Leche Surtida	15 DÍA DE PD Escuelas cerradas
18 Hamburguesa en Pan Sándwich PB & J Papas Fritas al Horno Ensalada Fruta fresca variada Leche Surtida	19 Terno de pollo WG Sándwich PB & J Calabaza asada Ensalada Fruta fresca variada Leche Surtida	20 Tazón de burrito de pollo Sándwich PB & J Frijoles Negros Fiesta Taco Ensalada Fruta fresca variada Leche Surtida	21 Sub de albóndiga italiana Ensalada de atún Pan WG, 2 rebanadas Brócoli Ensalada Fruta fresca variada Leche Surtida	22 Cuña de pizza de queso Sándwich PB & J Paños de zanahoria Ensalada Fruta fresca variada Leche Surtida
25 Sándwich De Empanada De Pollo Empanizado Sándwich PB & J Zanahorias bebe Ensalada Fruta fresca variada Leche Surtida	26 Albóndigas de pavo con chile dulce Sándwich PB & J Ensalada De Maíz Confeti Ensalada Fruta fresca variada Leche Surtida	27 Palomitas de pollo Macarrones con queso Sándwich PB & J Zanahorias al vapor Ensalada Fruta fresca variada Leche Surtida	28 Rotini en espiral con salsa de carne italiana Ensalada de atún Pan WG, 2 rebanadas Ensalada Brócoli Fruta fresca variada Leche Surtida	29 Cuña de pizza de queso Cuña De Pizza De Pepperoni De Pavo Sándwich PB & J Paños de zanahoria Ensalada Fruta fresca variada Leche Surtida

Esta institución es un proveedor de igualdad de oportunidades.



Baltimore City Public Schools @BaltCitySchools · Jul 22, 2020
Browse our summer meals page for information about meal sites, P-EBT, Grab and Go grocery boxes, and more. [baltimorecityschools.org/meal-sites](https://www.baltimorecityschools.org/meal-sites)

10 likes, 12 retweets



Baltimore City Public Schools
October 7, 2020
Free produce boxes are back!

Starting this week, families can pick up boxes each THURSDAY at many of our meal sites -- beginning at 10am, while supplies last! Check our meal sites page for the list of schools with boxes -- funded by Baltimore City.

<https://www.baltimorecityschools.org/meal-sites>

120 likes, 4 comments, 153 shares

www.baltimorecityschools.org/meals

Responsibility: *Local Sourcing*

Vendor	2017-18	2018-2019	2019-2020	2020-2021
CLOVERLAND DAIRY (milk)	\$2,716,799	\$2,654,763	\$2,181,489	\$751,863
COASTAL SUNBELT (produce)	\$1,289,221	\$896,838	\$645,644	\$259,916
SCHMIDT BAKING CO (bread)	\$925,970	\$984,066	\$676,728	\$262,666
KEANY - USDA DOD (produce)		\$142,494	\$266,878	\$3,030
Total Local Food Expenditures	\$ 4,931,991	\$4,678,161	\$3,770,740	\$1,277,475
Total Food Expenditures	\$21,792,486	\$20,778,488	\$13,232,278	\$4,671,214
% Local Food Expenditures	23%	23%	28%	27%



>\$1.2 million in local products purchased in SY2021

Responsibility: *Sustainability*

Waste reduction strategies:

- Temperature and humidity sensor installation ([brief](#))
- Enhanced staff training
- Farm to School programming, including compost education and classroom vermicompost Ag-tivity kits
- Digital inventory management and meal tracking tools
- Compostable trays and cutlery
- Participation in city-wide working groups on food waste reduction



Farm to School: *Overview*

The Baltimore City Public Schools Farm to School (F2S) program promotes experiential education that connects students to nature and food systems.

- F2S programs align with [City Schools Blueprint for Success](#) and support FNS goals by promoting increased school meal participation, reduced waste of fruits and vegetables
- Great Kids Farm as hub for hands-on F2S programs



Farm to School: *Programs*

In-Person Programs



- **Field Trips to Great Kids Farm (GKF):** Curriculum-aligned, hands-on learning (grades K-5)
- **Summits:** Good Food Fall, African American Foodways, Spring Garden Summit
- **F2S Experience @ School:** F2S staff bring the farm (animals, plants, or cooking lesson) to school; support school gardens and connections with local farms, gardens, and food- or nutrition-related organizations
- **Youth Employment & Service-Learning Opportunities @ GKF**
- **Summer Programming:** Great Kids Farm & Forest Camp

Virtual Programs



- **Facetime the Farmer:** Live (virtual) visit to GKF tailored by age group and focus area
- **Virtual Field Trip:** Students explore GKF at their own pace with this digital experience designed for the virtual classroom
- **Video Resources:** Short SABES-aligned videos and introductory farm clips
- **Online Resources:** [School Garden Toolkit & Video Tour](#); [Outdoor Learning Website](#)

Materials-Based Programs



- **Ag-tivity Kits:** Materials and teacher resource pack to link classroom learning with hands-on experiences, including Aquaponics Kit, Microgreens Kit, Mushroom Kit, Indoor Herb Garden Kit, Worms Are Wonderful Compost Kit
- **Seeds and Seedlings:** Seeds and seedlings for educational use on a seasonal basis (1x/Fall, 1x/Spring)

LEARN MORE @ www.baltimorecityschools.org/farm-school

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Farm to School: *Tracking Success*

Adapting to pandemic context in SY21

- **Facetime the Farmer:** 4,000+ students reached
- **Virtual field trip:** accessed 900+ times
- **Ag-tivity kits:** 5,600+ herb garden kits, 135+ mushroom kits, 15+ aquaponics and vermicompost kits, 830+ seedlings distributed
- **Summits:** 23 schools participated in hybrid African American Foodways and Dig Into May events
- **Recipe videos:** playlist featuring partners making recipes including produce box items – English and Spanish: <https://bit.ly/GKFcooking>



Returning to in-person learning in SY22

- **Goal:** expanded menu of offerings to provide F2S options for every grade band; flexibility to accommodate different school needs



LEARN MORE @ www.baltimorecityschools.org/farm-school



www.baltimorecityschools.org/meals

www.baltimorecityschools.org/farm-school
farms@bcps.k12.md.us

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