



# EQUITABLE FOOD ACCESS FOR AFTER SCHOOL MEALS/SNACKS

Cultivating Collaborative Pathways to Restorative Justice

**United Way**  
Greater Knoxville



PRESENTED BY

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Food Systems Project Manager

# GLOSSARY

- **USDA:** United States Department of Agriculture
- **SBP:** School Breakfast Program
- **CEP:** Community Eligibility Provision
- **NSLP:** National School Lunch Program
- **FFVP:** Fresh Fruit and Vegetable Program
- **FNS:** Food and Nutrition Service
- **CACFP:** Child and Adult Care Food Program
- **CAC:** Community Action Committee
- **SFSP:** Summer Food Service Program
- **SSO:** Seamless Summer Option
- **SFA:** School Food Authorities
- **Food insecurity:** access by all people at all times to enough food for an active, healthy life
- **Low food security:** reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
- **Very low food security:** reports of multiple indications of disrupted eating patterns and reduced food intake.
- **FPL:** Federal Poverty Level - measure of income issued every year by the Department of Health and Human Services (HHS) used to determine eligibility for certain programs and benefits.
- **Area eligible:** A site is area eligible if it is located at a school or in the attendance area of a school where at least 50% of the enrolled children are eligible for free and reduced price meals.



# **AFTER SCHOOL SNACK PROGRAMS**

# ORGANIZATIONS

- Government Funded
- Non-government funded
- Enrichment Programs



GOVERNMENT FUNDED

# How School Meals Reach Students



## Child Nutrition Programs in Tennessee

US Congress

USDA Food & Nutrition Service

TN - Dept. Human Services

TN- Dept of Education

Summer  
Food Service  
Program  
(SFSP)

CACFP

At-Risk  
Afterschool  
Meals & Snacks

NSLP & SBP

NSLP  
Afterschool  
Snacks

Seamless  
Summer  
Option  
(SSO)

# USDA FOOD AND NUTRITION SERVICE (FNS) NATIONAL SCHOOL LUNCH PROGRAM AFTERSCHOOL SNACK SERVICE

Fills the hunger gap many children face in the afternoon and early evening.



## Programs

- State: TN Department of Education
- 13,000 SBP and 33,000 NSLP
- 15-20 schools a year in fresh fruit and vegetable program depending on state approval
- Handful of schools in Afterschool Snack

## After School and SFSP

- Afterschool care program located at a school or in the area where at least **50%** of students are eligible for free/reduced meals. (CEP eligibility)
- Up to 30 summer learning camps
- Passionate team

# CHILD AND ADULT CARE FEEDING PROGRAM (CACFP) FOR AT-RISK AFTERSCHOOL MEALS PROGRAM

Allows programs in eligible low-income areas to serve a free meal and/or snack each day to kids and teens age 18 and under.



## Administrators

- State: TN Department of Human Services
- Local Administrator 1: Knoxville-Knox County Community Action Committee (CAC)
- Local Administrator 2: Boys and Girls Club of the Tennessee Valley
- Local Administrator 3: Our Daily Bread

## Wins

- CAC: 10 Parks and Rec sites , Wesley House and Shora Foundation
  - Share tables
- Boys and Girls Club: 8 affiliate sites in Knox County
  - Expanded to serve snacks and meals
- Our Daily Bread: 600 sites across TN and KY
  - Meatless Mondays and Taking Root Tuesdays

# NUTRITION EDUCATION ACTIVITY TRAINING (N.E.A.T) PROGRAM

Partner with after-school organizations in Knox County to teach and promote healthy behaviors among elementary school students



## Programs

- Knox County Health Department
- Initiatives
  - NEAT Lessons: Weekly nutrition education
  - NEAT Approved
  - NEAT University
  - NEAT Harvest Produce Boxes

## Harvest Boxes

- 3,491 boxes since launch in January 2022
- Second Harvest Food Bank
- 230 students and families monthly.
- 4-7 varieties of fruits and vegetables.
- 8 partner sites: YMCA school programs, 2 parks and Rec sites, and Shora Foundation

**NON-GOVERNMENT  
FUNDED**

# SECOND HARVEST FOOD BANK OF EAST TENNESSEE

Envisions adequate nutrition for a healthy life for adults, seniors and children in 18 counties of East Tennessee



## Programs

- Nutrition Access
  - Good EaTN Cooking Club
  - Kitchen Stork Program
- Empowerment services
- Youth and Senior Programming
  - Food for Kids
  - Mobile Distributions

## School Aged Children

- Food for Kids
- Good EaTN - 16,181 meals, 2441 total participants ('23)
  - 3 days of nutrition education and food science
  - Virtual classes (OA)
  - Provide cooking utensils
  - Expanded to seniors, adults w/ disabilities pre & postnatal mothers
- Order Ahead - client choice

# SECOND HARVEST FOOD BANK OF EAST TENNESSEE

Food for Kids provides healthy, easily-prepared food to some of the most vulnerable children in our community- children who may be missing meals on a regular basis



## Food for Kids

### Youth and Senior Programming

- Backpack program (Sam Compton)
- Weekly distribution
- Meal replacement for themselves and any siblings
- 2 items from four food groups: grain, protein, dairy and fruit/veggie

## Wins

- 18 counties in TN
- 267 participating schools,
- 11,500+ children
- 1,100,000+ meals in 2021
- FREE

# THRIVE

Partner with communities to pursuit spiritual, emotional, academic, and physical wholeness.



## Program

- Food provision
  - Purchase
  - Volunteers
  - Community gardens: Beardsley Farm
- Kitchen staff, interns and volunteers

## Wins

- Non processed foods
- Economical: \$1.40 a day per child
- Community driven
  - food, appliances,
  - fundraising
- Heart healthy recipes, English & Spanish

# THE KNOXVILLE DREAM CENTER

Provides good food, authentic faith, and opportunities for a brighter future for those who need it most.



## Programs

- Dental Trailer
- Read City USA book mobiles
- Rescue
  - Clothes- save 100 -200 weekly
  - Food and Non-perishables
  - Emergency food boxes
- Food Trucks

## Food and Schools

- Food Rescue
  - Green pounds 2000 lbs - 9000 lbs
- Food truck sites
- App for food and non-food surplus
  - 50-75 orders a semester
- Dream Eats: hot meals for parent-teacher conferences
- Mobile Meals & Second Harvest

**ENRICHMENT**

# LITTLE CHEFS BIG CHANGE

Promote healthy eating and cooking skills among children by incorporating healthy options into existing structures on-site or virtually.



## Programs

- Prepare a full healthy meal to explore taste and change relationship with food
- Introduce new foods, equipment and take home recipes
- Virtual cooking classes increased parent engagement
- Volunteer driven: lead instructor, 1 volunteer

## Wins

- Second Harvest: weekly produce delivery
- Partners: Wesley House
- Provides supervised educational or enrichment programming

# CAC BEARDSLEY COMMUNITY FARM

Works towards a healthier community in Knoxville by providing culturally relevant produce, accessible education, and land and resources for gardening.



## Programs

- Garden Program
  - Garden, produce distribution and educational
- Produce distribution
  - once a month
  - linked to an afterschool program

## Schools

- Garden
- Incorporate family feedback in programming
- Produce: 30 bags at South Knoxville Elementary and Beaumont, 10-15 at Western Heights and 20 at Sarah Moore Green
- Site coordinators

# UT EXTENSION

Tennessee Nutrition and Consumer Education Program and Expanded Food and Nutrition Education Program provide nutrition education classes.



**4H**

- 98 counties across TN
- 3 full time agents
- Eligible to any 4th-12th grader
- In school and after school programming
- STEM-related, creative arts and design
- Tailor projects to community needs
- Plant Chain

**Healthy Families,  
Healthy Communities**

EAT WELL, SAVE WELL, LIVE WELL



**TNCEP/FNEP**

- EFNEP: nutrition education classes in urban counties
  - Cooking demos
  - During school or afterschool
- TNCEP: every county in TN
  - older adults, single adults or adults with no child care

# STAKEHOLDER ENGAGEMENT

# METHODOLOGY

## Stakeholder Interviews

- Government-funded organizations
- Non-government funded organizations
- Enrichment programs
- 15+ interviews

## Community Schools

- Jenniffer Ayers, Regional Supervisor for Community Schools
- Susan Martin, Regional Supervisor for Community Schools
- Kyle Pickell, Site Coordinator
- Emily Griggs, Site Coordinator

# FEDERAL FUNDING

Cost is really the driver and guidelines...  
So for health I think the industry is catching up, but those things cost a lot more...there's only so many products you can choose... it's all about money. They're only gonna make so many products and they know what our reimbursement rate is

Judith, SFSP

They don't accept any federal money, Their kids thrive in their food..they don't have to like check all the federal boxes

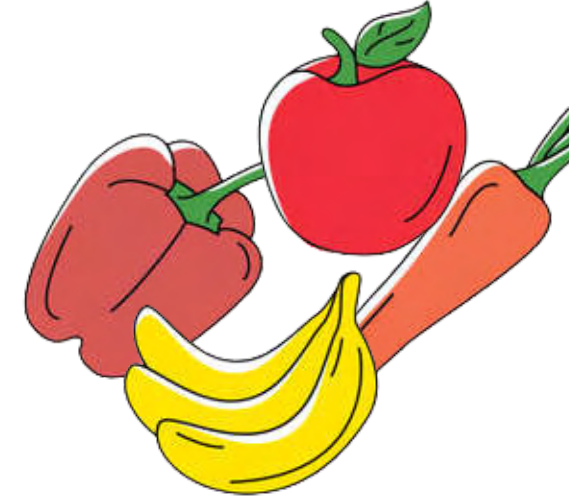
Judith, SFSP

## Afterschool Snack Options

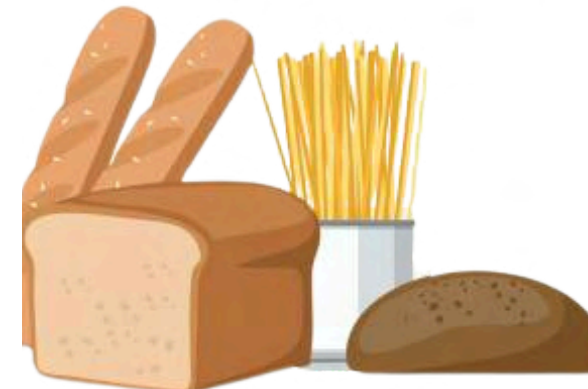
Must contain at least 2 different components of the following four:



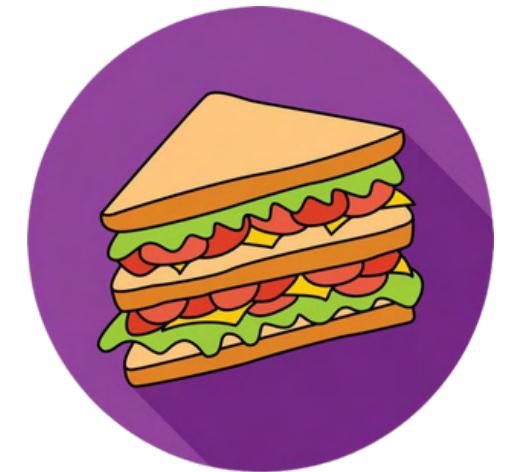
Milk



Fruits/Vegetables



Grains/Bread



Meat/meat alternative

# STAFFING

- Getting enough staff to support the distributions and workload
- Getting quality people who are invested and consistent
- Funding to pay staff

“God bless the Knox County School cafeteria, that staff doesn’t get paid well enough and they are working their tails off. They do a really good job and I can’t thank them enough for how good of a job they really do”

Stakeholder

“So just like making sure they’re in a good place too. They’re teaching eight year olds every afternoon so just making sure that, they’re being fulfilled too”

Thrive

# PROGRAM PARTICIPATION

“If we just assume that if meals are free, then everyone is going to participate, then hey we’re missing the boat.”

Policy Advocate

“If they’re not going to eat it, or if they’re from a culture that they’re not familiar with that food item, they’re not consuming it, it didn’t do any good. And if it ends up in the trash can then we have an even bigger problem”

Stakeholder

- Choice
  - Federal guidelines
  - Industry products
  - Reimbursement rate
  - Limited budget
- Communication
  - Between partners
  - Feedback from participants

# **INNOVATIONS AND RECOMMENDATIONS**

# INNOVATIONS AND RECOMMENDATIONS



## **Policy and advocacy**

“A lot of it’s just like how to get back to the spirit of the program without breaking the letters of the program”

- Adam, CAC

## **Human capital**

It takes passionate, committed and highly-trained teams to make this work. How are we taking care of them?

## **Collaborative partnerships**

Partnering with existing assets for example KCDC to be more responsive to need

“Can we get closer to people in need instead of asking people in need to get closer to us? So if mom is trying to make a decision of gas, say she’s only got half a tank till the end of the week. Okay, well, my heart is with where’s the closest truck site? And so we want to get closer to people because now maybe they don’t have cars or, even if they do, again, they’re making gas choices and whatever else, let’s get as close as we can to the people.”

Pastor Ross, The Dream Center



# RESTORATIVE JUSTICE

In addition to the company stores, other businesses sprang up to meet the needs of a growing community. Many Lonsdale residents remember a thriving business community here in the 1930's, 40's and later. W. W. Williams grocery store, Bond's grocery store, the Snack Shop, Gibson's store, all hold many memories.

Bud Gibson delivered groceries in this horse-drawn wagon. Gibson's store is in the background.



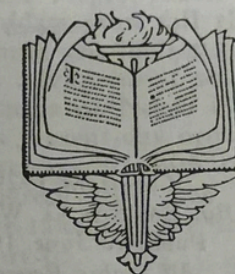
*Remembering Lonsdale*

## THE KNOXVILLE NEGRO

Emphasizing the Great Era of Progress Prevalent  
in Negro Knoxville Today

By BARTOW G. WILSON

Former Staff-writer, Advertising Manager, Sports Editor and  
Columnist for The Knoxville Herald

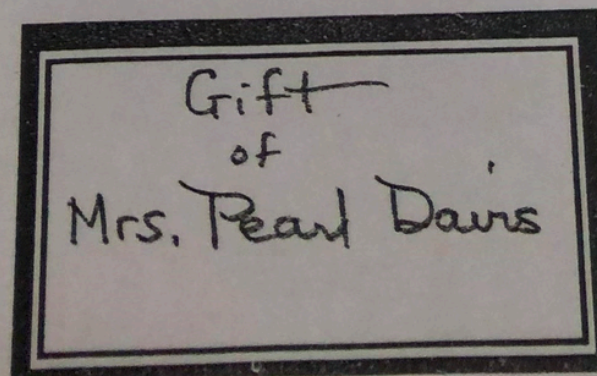


With a Foreword by PROF. CHAS. W. CANSLER  
Statesman, Lawyer, Author and Educator

AND

"EVIDENCES OF THE PROGRESS OF A RACE"

By DR. HENRY MORGAN GREEN  
Scholar, Financier, Scientist and Author



- Economic Power
- Social capital
- Communal wealth

By SHADRACK CARTER

I came to Knoxville from the state of Georgia in 1875. The city then claimed 18,000 people, though it is very possible that there were not so many people as were claimed, as the tendency of nearly all cities is to boost their population. I went to work as a carrier in the Knoxville postoffice in 1883 when Judge O. P. Temple was postmaster. The only business firm now in business in Knoxville that was engaged in business when I came here that I know anything about, is W. W. Woodruff & Co. I think that this is true of the Gay street firms. In 1875 the late "Governor" W. F. Yardley was a Justice of the Peace in Knoxville; also W. L.

Brooks, Sr., was a Justice of the Peace over on the west side of the city. About all of the people who were grown-up citizens then have passed over. Some of them were: Mr. M. J. R. Gentle, who lived just across the street from the old Austin School on Central St.; "Aunt" Mary Coffin who lived next door south of the school; Mr. Edward Maples, Mr. Henry Jones, who was made alderman from the Fifth ward, and many others. When I came to Knoxville the city had a splendid market that supplied the needs of the people, and every one went to market instead of buying at the grocery stores. I could take One Dollar to market then and fill my market basket with groceries and then come home with change in my pocket.

Knoxville, with its 110,000 people, with its many automobiles, its brilliantly lighted streets at night, its many electric cars, its thousands of telephones, its miles of sewers and paved streets, is quite a different place from the small city that I knew and found here in 1875.

...that would  
...there was a time when the P.T.A.  
...us. They'd bring a big pot of beans, so  
...that pudding was delicious. They'd spoon it up  
...enny. Anyone who didn't have money would get their



*Beardsley Jr. High School students*

“Now in school, nobody went hungry. Little lunch buckets were brought to school holding the biscuits and pieces of fruit that would make a hearty meal for the children who were eager to learn. There was a time when the PTA would come to the school and fix lunch for the kids. They'd bring a big pot of beans, some soup, and a big pot of rice pudding, and that pudding was delicious. They'd spoon it up into their bowls and give this much for a penny. Anyone who didn't have money would get theirs free.”

# COLLABORATIVE NETWORKS AND PARTNERSHIPS

- Steward resources to restore agency back into the community
- Share knowledge to achieve common goals
- Need to take collective action has been uplifted inside and outside FPC

I think that's one thing I would like to see a little bit more of, I've just gotten so much more out of just three or four people. I mean that's how we learned from Second Harvest, she goes we don't have any night pantries and I go, we can do that. So now we have four night pantries

Pastor Ross, DREAM Center

I mean we couldn't do what we do without volunteers

Thrive

# MOVING FORWARD

Involve community in  
solutions

Invest in staff

Ask participants input and  
feedback

# TAKE ACTION ON PROPOSED CACFP CHANGES

**TAKE ACTION NOW**

**URGE THE SENATE TO  
SUPPORT AN ADDITIONAL  
MEAL IN THE CACFP**

**URGE CONGRESS TO ELIMINATE TIERING AND  
PERMANENTLY INCREASE CACFP REIMBURSEMENT**

**ACT NOW!**

**Serious Deficiency Process  
in the CACFP & SFSP**

**Proposed Rule**

*Free Webinar*

Presented by  
**USDA**



# Thank you!

Any questions?



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**United Way**  
Greater Knoxville









# INNOVATIONS AND SOLUTIONS

## Policy and Advocacy



**Support additional meal in the CACFP**

“Getting people to the food, I feel like that’s the biggest thing. [...] And you could have someone who rides the bus [...] or a pamphlet with [...] recipes on how to cook the stuff [you get at the pantry]”


- Jeff, Montgomery Village resident

**Increasing reimbursement rates**


Give residents the space to share knowledge and empower each other

**Serious deificiency**

Going to the people. Reducing burden on participants by bringing the meal programs to residents physically or virtually.



**how do we increase  
participation in meal program-  
going to where the students are  
eg partnering with kcdc  
leveraging assets to be more  
responsive to need! - quote**



# FOOD ASSISTANCE PROGRAMS

72%

of

URGE CONGRESS TO ELIMINATE TIERING AND  
PERMANENTLY INCREASE CACFP REIMBURSEMENT

ACT NOW!

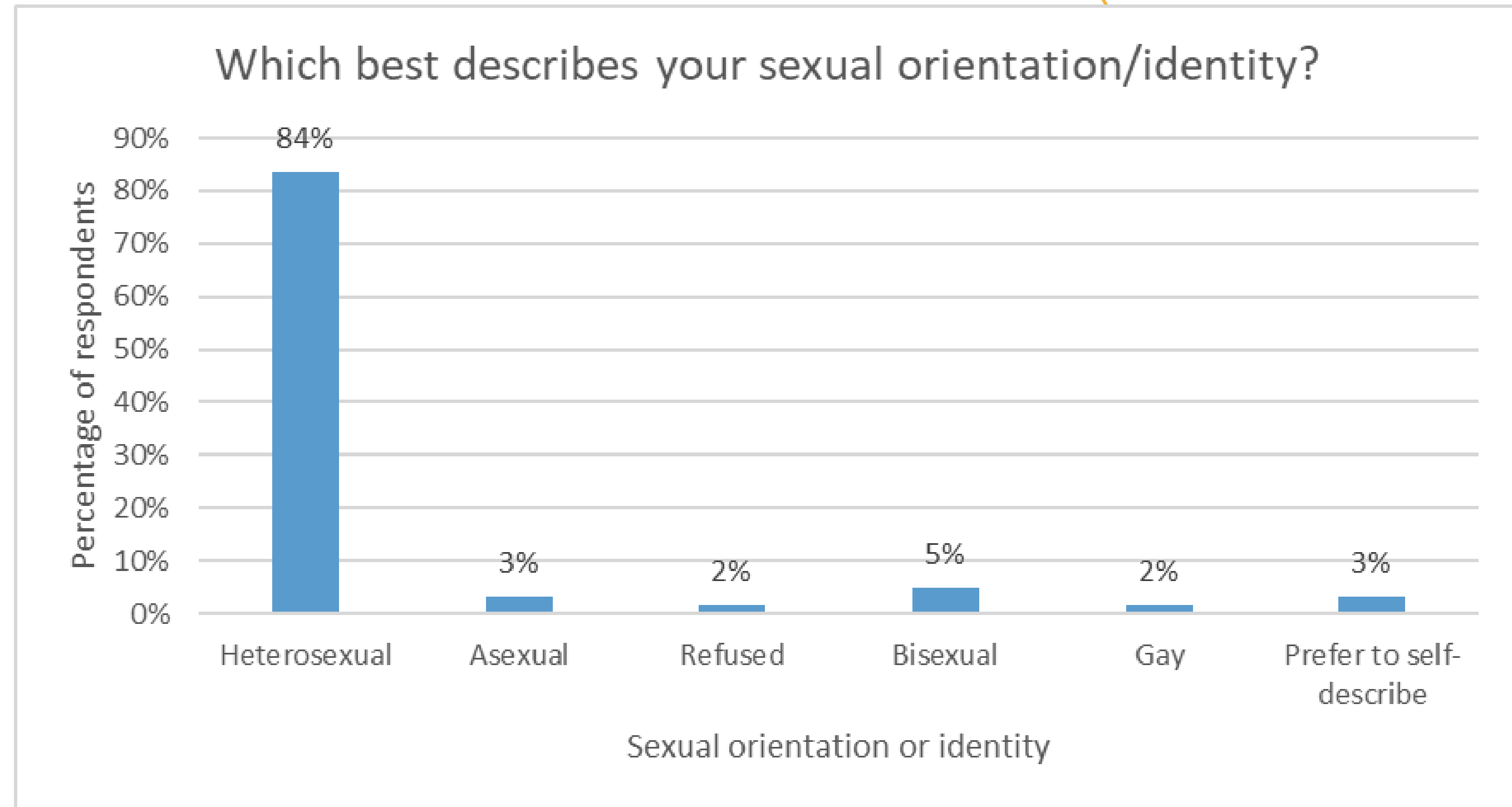
8%  
report using  
Double Up  
Food Bucks

59%  
report using  
an "Other"  
program

**map for whats happening  
during the school and after  
the school**

**innovations- how black  
community fed itself in  
school- thinking back to  
what's happened before and  
how that's happening again-  
restorative justice. have more  
community in the solutions  
we're thinking about.**

# Survey Demographics



# COLLABORATIVE NETWORKS

“Having more grocery stores, parks, and restaurants that are easily accessible”

NEAT quote

“Everyone in the community working together and helping each other out”

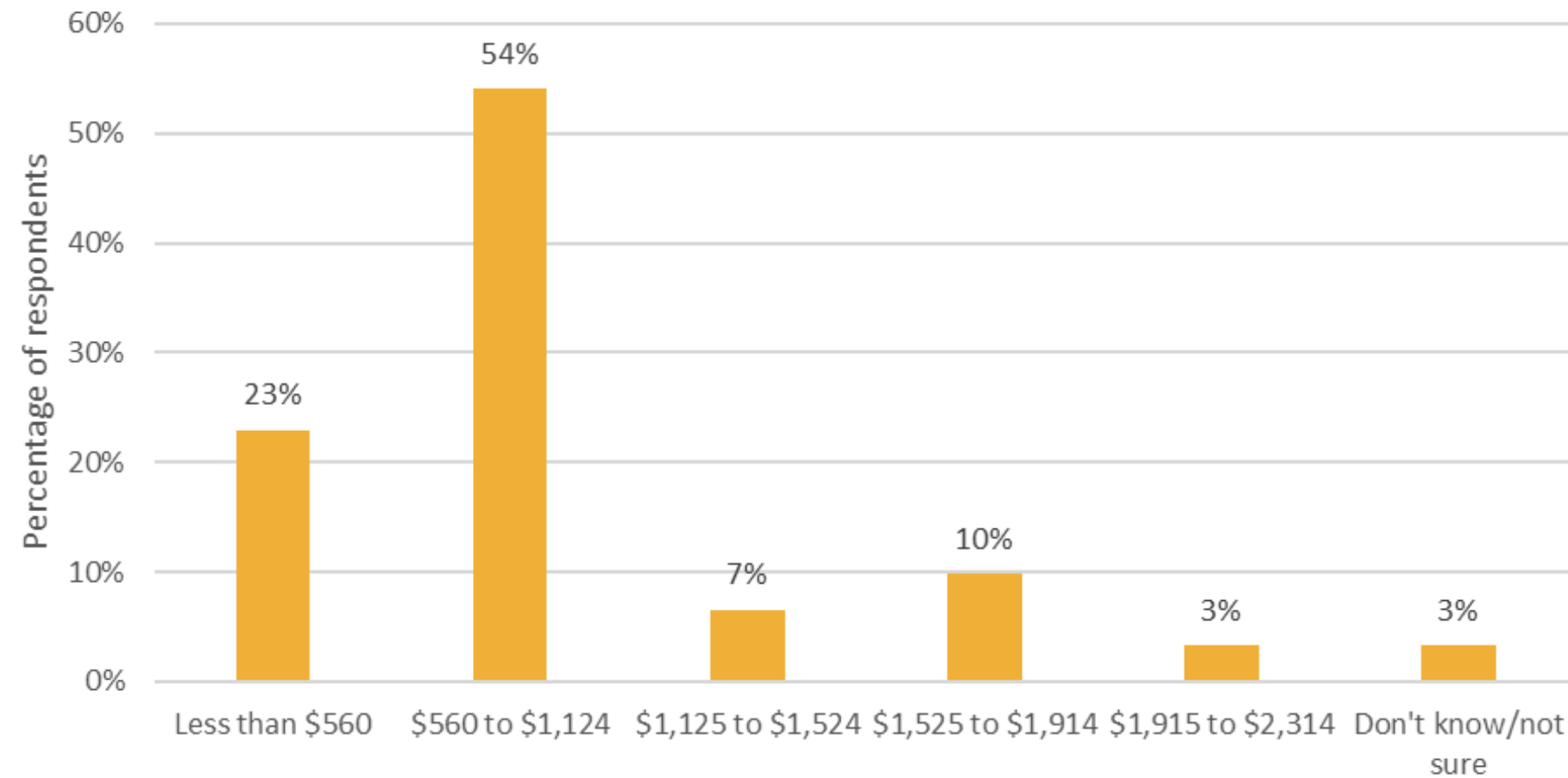
--Survey Respondent

“We need more affordable, convenient options and food pantries without long lines”

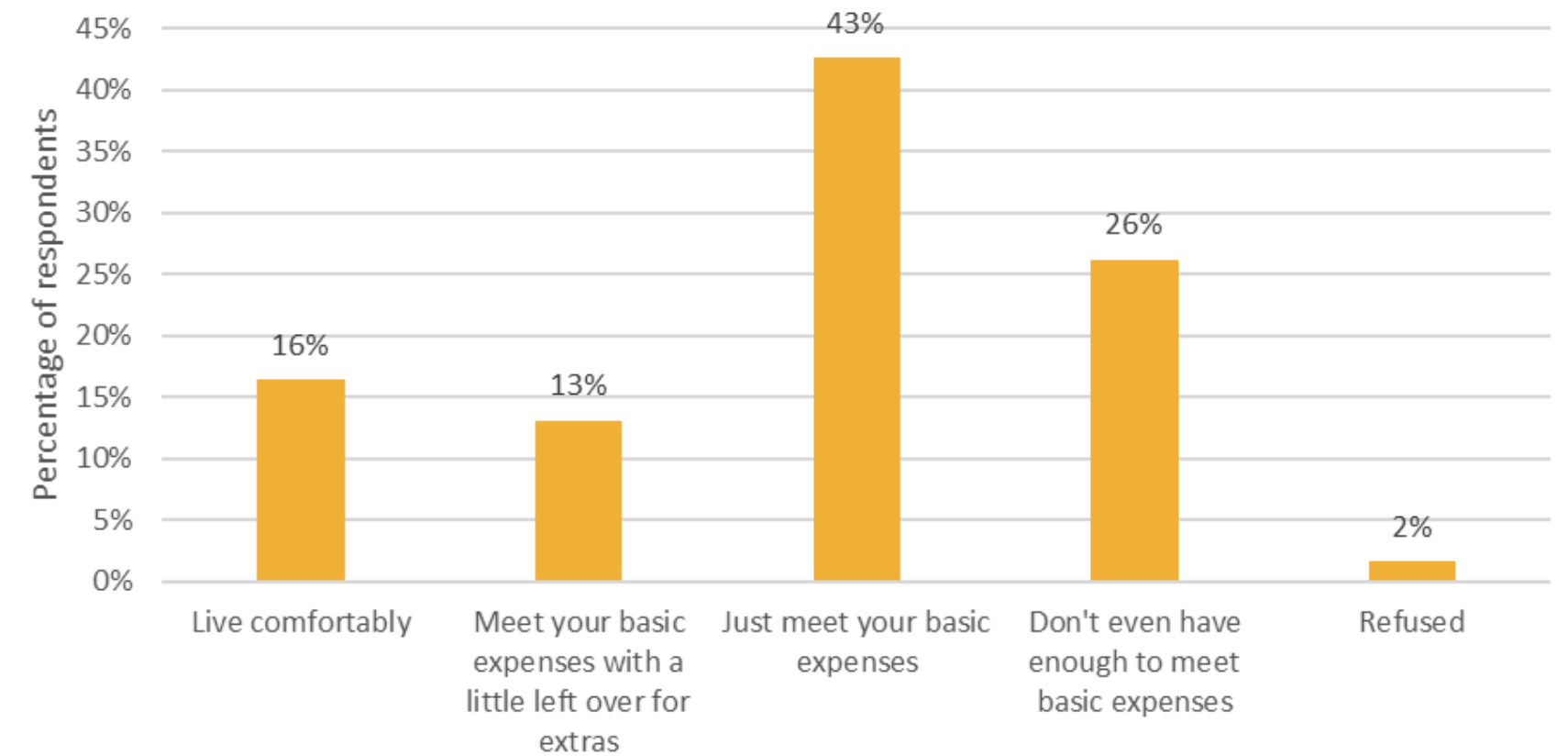
THRIVE quote

# ECONOMIC SITUATION

Monthly Household Income

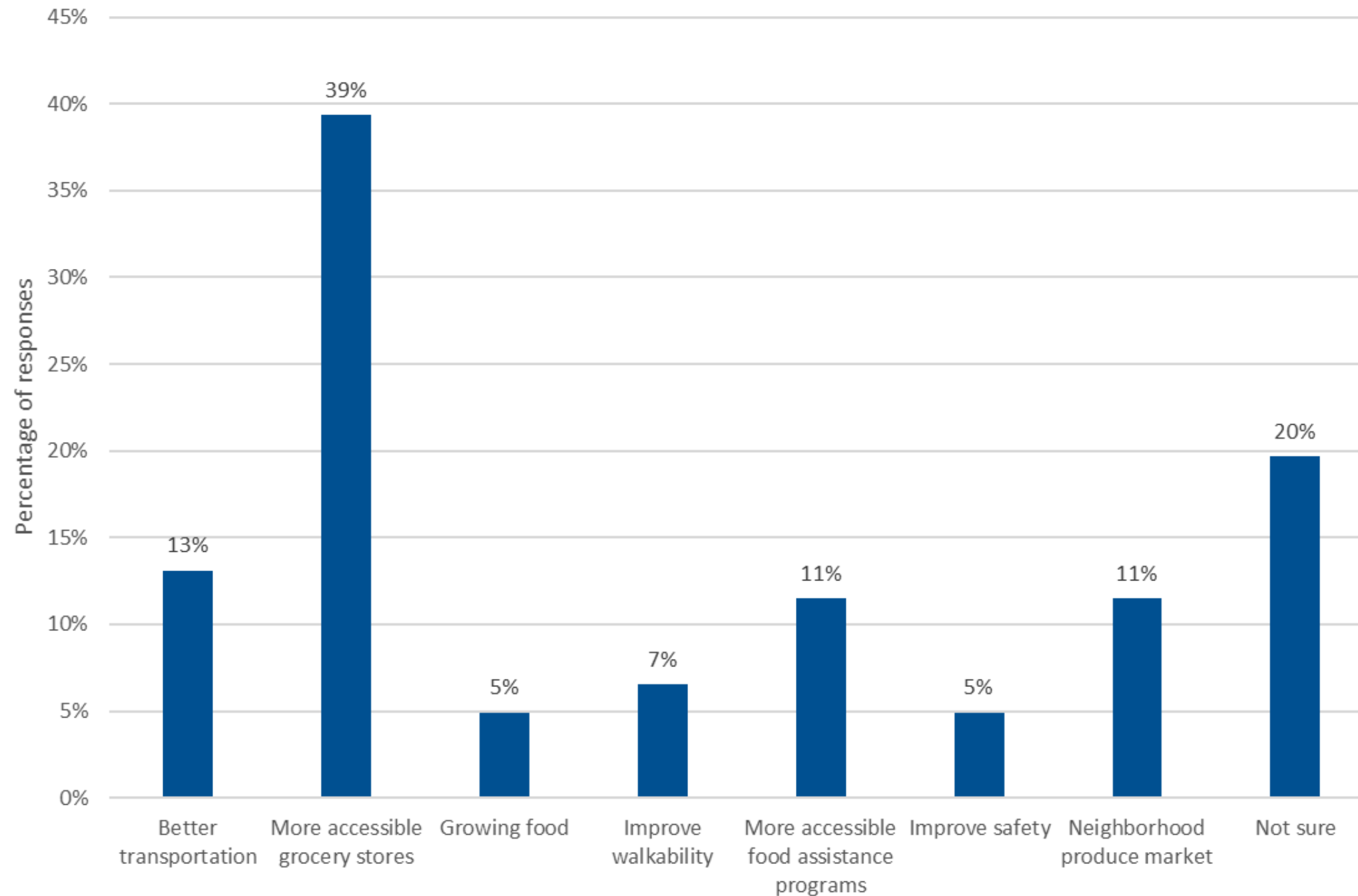


How would you describe your household's financial situation?



# NEIGHBORHOOD CHANGE

What are some changes you would make to your neighborhood so that you have better access to foods you like to eat?



“An actual grocery store within reasonable walking distance. Being able to go into the store, look around, and pick what you want isn't something we have in this community”

--Survey Respondent

“In communities like this there should be a little market with fresh fruits and vegetables where everything is super cheap or there's a sliding scale”

--Survey Respondent

“More food resources that come from and go to the community”

--Survey Respondent

# Food Assistance Programs

**"Yeah [produce] and  
commodities have helped  
because its stuff you don't have  
to go buy [...] I don't know how  
some [people] don't use it "**

--Cagle Terrace focus group participant

**"I figure other  
people need it  
more"**

--Survey Respondent

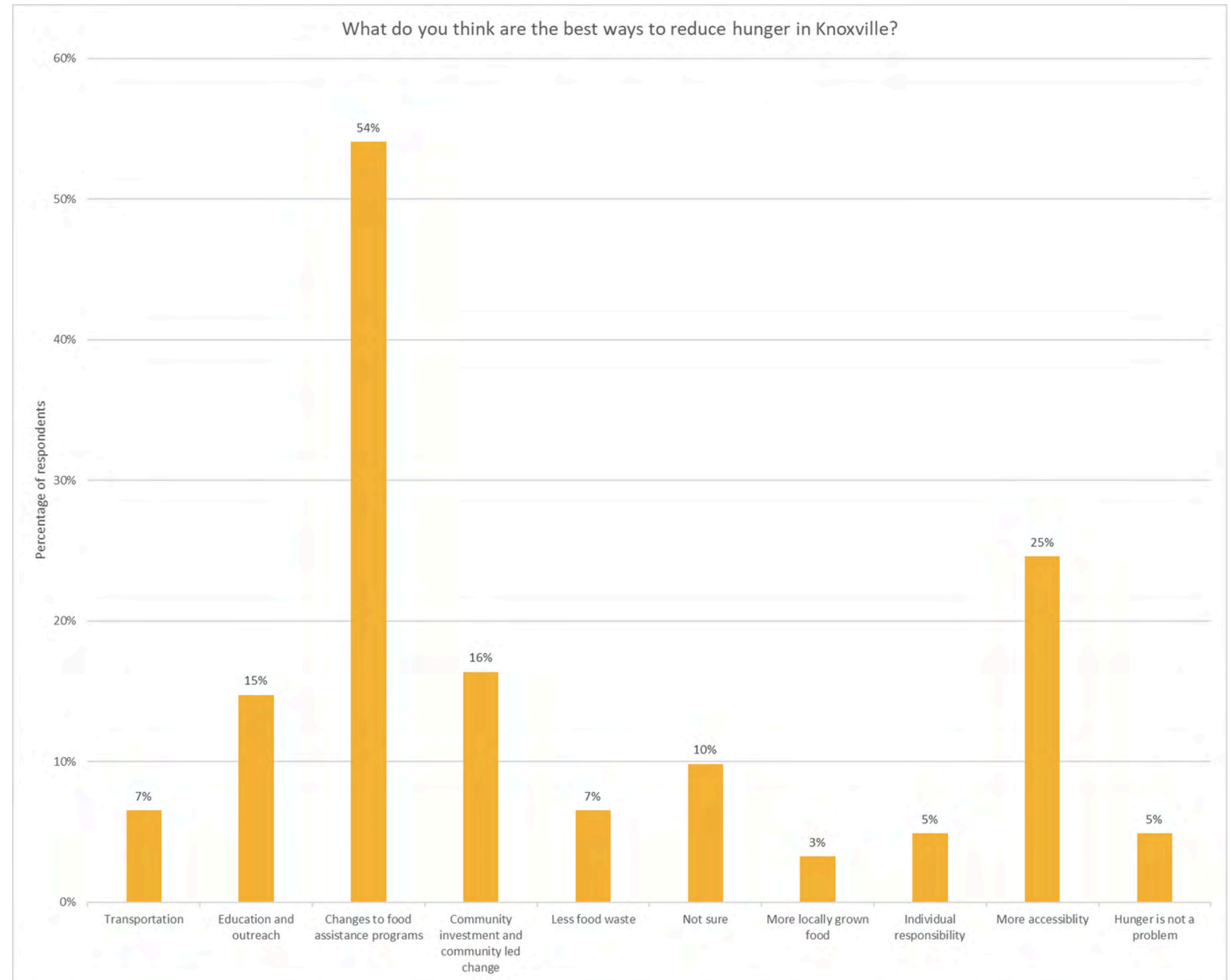
# REDUCING HUNGER IN KNOXVILLE

"You have to go to where the food is, find a way to get there, and stand in long lines in the cold where you don't know if they're gonna run out before you get to the front. We need to bring the resources to where people are"

--Survey Respondent

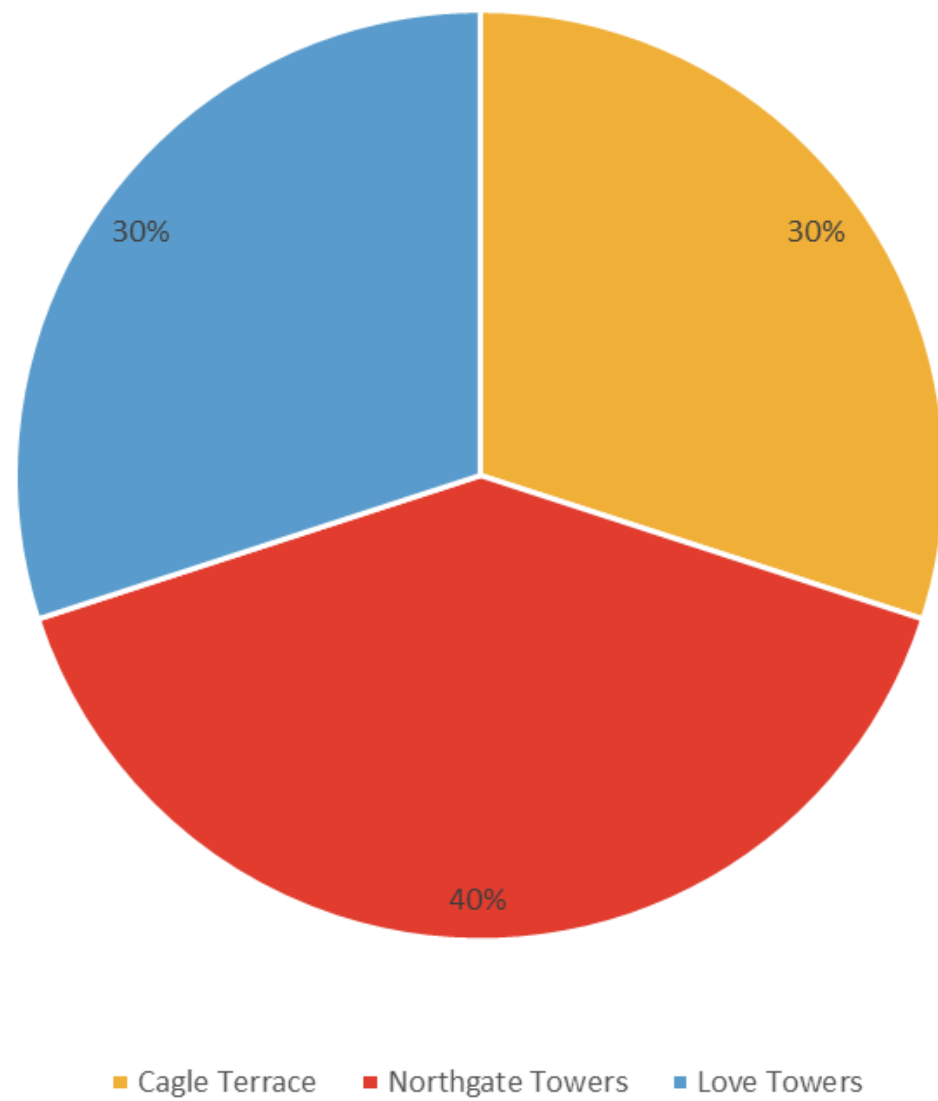
**"Teach people how to budget and to grocery shop for the best prices"**

--Survey Respondent

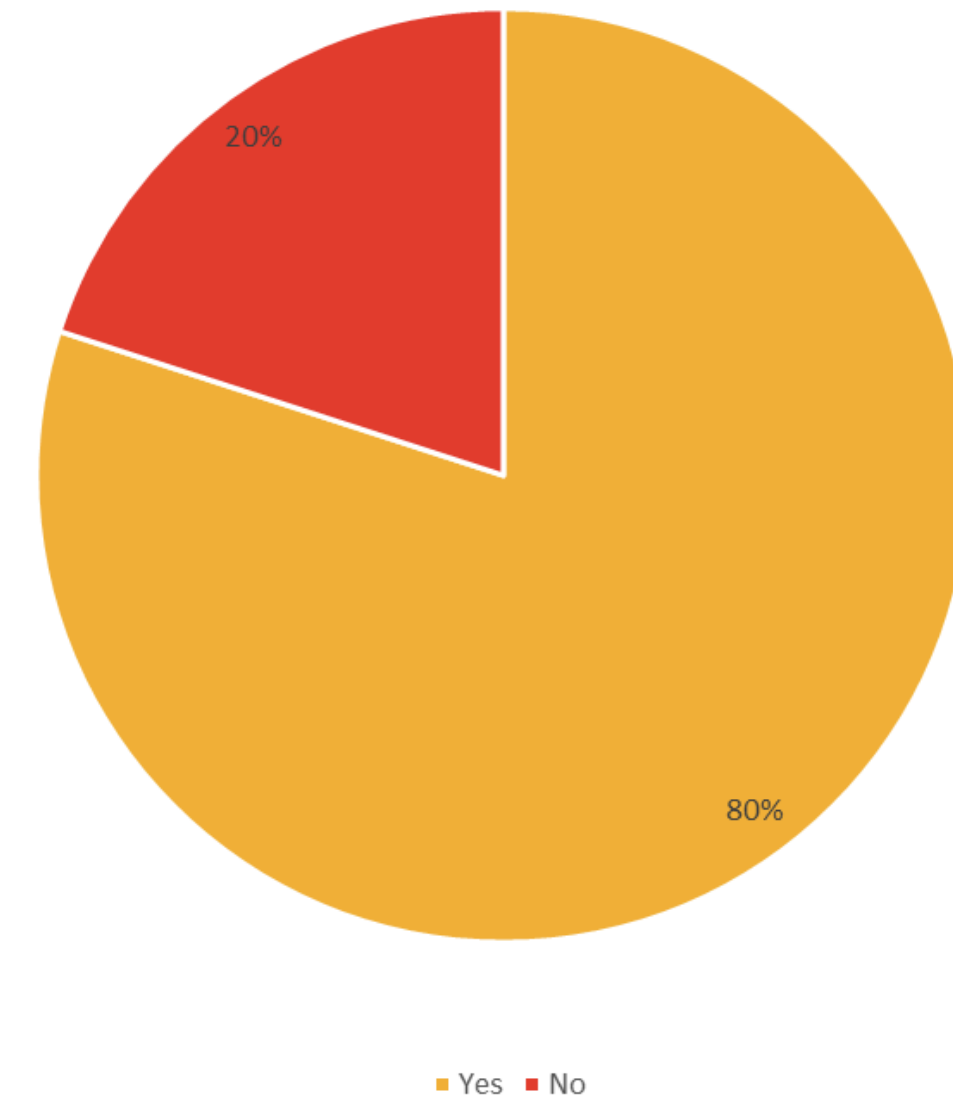


# FOOD ASSISTANCE PROGRAMS

Percentage of respondents using the CAC Congregate Dining program



Percentage of respondents from Love Towers using the Second Harvest Food Rescue program



# BARRIERS TO COMMUNITY-LED FOOD TRANSFORMATION

- Stigmatization of poverty and food insecurity
- Belief that poverty is an individual failing

"For people to go to work and stop laying around waiting for a handout"

-- Survey respondent

"Have people be more motivated to work. There's jobs out there, people just don't want to do them"

-- Survey respondent

# MENTAL HEALTH

- Indicated by residents and case managers as a major issue in the community
- Link between mental illness and food insecurity
- Need for increased access to clinical services, counseling, and trauma-informed training for KCDC property staff

"I start spiraling into this weird anxiety and depression [...] and just walking out my door becomes like the hardest thing"

-- Jeff, Montgomery Village Resident

"It [food insecurity] can be an emotional thing too, like feeling lonely, desperation, hopelessness, anger"

--Survey Respondent

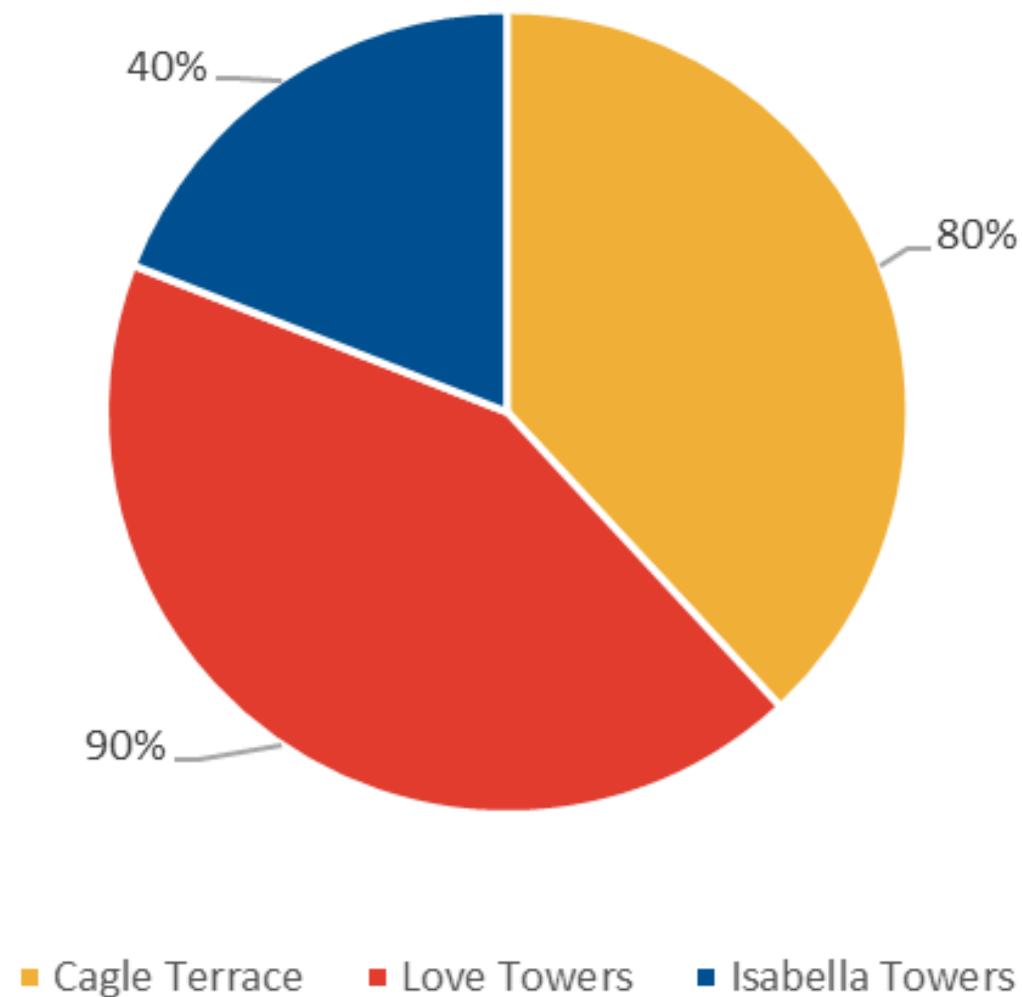
# FPC WORKING GROUPS

Knowledge mobilization = the process of transforming knowledge from lived experience, through reflection, discussion, and research, to build shared knowledge that can be used to develop and advocate for solutions

- Provide education on the root causes of hunger and poverty
- Make space for to talk to and learn from each other
- Center residents as collaborators when doing research

# STAFFING

Percentage of respondents using the Beardsley Produce Distribution program



"I just want to say I've got so many good things from produce! And Bill thankfully every month brings me something and now I'm getting ready to put all that together and make a big pot soup"

-Cagle Terrace Focus Group participant

"The produce is fine, but it seems like its the same thing, [...] so that's why I stopped getting it. [Its] mostly squash"

-Love Towers Focus Group participant