

North Dakota Department of Public Instruction

Child Nutrition and Food Distribution Programs



2004 Annual Report
www.dpi.state.nd.us/child

*CNFD Mission
Statement:*

*To promote relationships
and enhance partnerships
that provide quality
education and nutrition
services for the people of
North Dakota*

A Message from the Superintendent of Public Instruction, Dr. Wayne G. Sanstead

The Child Nutrition and Food Distribution programs administered by the North Dakota Department of Public Instruction contribute greatly to the health of our citizens. We are proud to be involved in assisting local school and community partners by supporting nutritious meals and the distribution of commodity foods.



This year's annual report focuses on improving the school nutrition environment. We know that eating habits have a direct effect on health. It is also well-established that quality nutrition contributes to academic success. An environment that fosters healthy nutrition habits plays a vital role in meeting the challenging goals of the No Child Left Behind Act.

Thousands of North Dakota citizens benefit from the nutrition programs administered through the department. We are committed to continuing our leadership efforts in assisting our citizens toward an improved quality of life.

Sincerely,

A handwritten signature in black ink that reads "Wayne G. Sanstead".

Dr. Wayne G. Sanstead
State Superintendent

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Acronyms

CACFP	Child and Adult Care Food Program
CNFD	Child Nutrition and Food Distribution
CSFP	Commodity Supplemental Food Program
FDPIR	Food Distribution Program on Indian Reservations
NSLP	National School Lunch Program
SBP	School Breakfast Program
SFSP	Summer Food Service Program
SMP	Special Milk Program
TEFAP	The Emergency Food Assistance Program
USDA	United States Department of Agriculture

Child Nutrition and Commodity Programs in North Dakota



The North Dakota Department of Public Instruction, under agreement with the Food and Nutrition Service of the United States Department of Agriculture (USDA), administers child nutrition and food distribution programs. A partnership of federal, state, and local agencies provides nutrition services and food assistance to students, young children and adults.

Agencies that participate in the USDA programs include:

- 🍏 Public and private schools
- 🍏 Child care centers and homes
- 🍏 Private, non-profit agencies
- 🍏 Residential facilities
- 🍏 Local food assistance programs
- 🍏 Indian reservations

The focus of the Child Nutrition and Food Distribution (CNFD) office is to foster positive partnerships with local program staff, and to provide excellent customer service.

Linda Glaser	Director, Child Nutrition and Food Distribution
John Dasovick	Asst. Director, Food Distribution Programs
Loris Freier	Asst Director, Child Nutrition Programs
Melissa Anderson	Food Distribution Program Administrator
Deb Egeland	Manager, School Nutrition Programs
Stephanie Gullickson	Accounting Budget Specialist
Stacie Morowski	Child Nutrition Specialist
Juliann Vetter	Administrative Assistant
Carla Wardzinski	Administrative Assistant

Programs and Customers

The USDA programs and initiatives administered by the CNFD include:

- 🍏 National School Lunch
- 🍏 School Breakfast
- 🍏 Special Milk
- 🍏 Afterschool Snacks
- 🍏 Summer Food Service
- 🍏 Child and Adult Care Food
- 🍏 Commodity Food Distribution
- 🍏 Food Distribution to Indian Reservations
- 🍏 The Emergency Food Assistance
- 🍏 Commodity Supplemental Food
- 🍏 Team Nutrition



Thousands of North Dakotans benefit from nutrition and education services through the USDA programs administered by this office. The delivery of quality service to our customers is of prime importance. Major customer groups include:

- 🍏 Students
- 🍏 Infants and Young Children
- 🍏 Households
- 🍏 Nutrition Professionals
- 🍏 School and Program Administrators

Students

Nutrition plays an important role in a child's readiness to learn, social behavior and physical performance. Students eat healthier when they receive their meals from the National School Lunch Program and the School Breakfast Program.

Our office is committed to continually improving children's access to nutrition programs. Students in K-12 public and private schools, and those in residential facilities, are served by these programs:

- 🍏 National School Lunch Program
- 🍏 School Breakfast Program
- 🍏 Special Milk Program
- 🍏 Afterschool Snacks
- 🍏 Summer Food Service Program

School Nutrition Programs

Number of Participating Sites

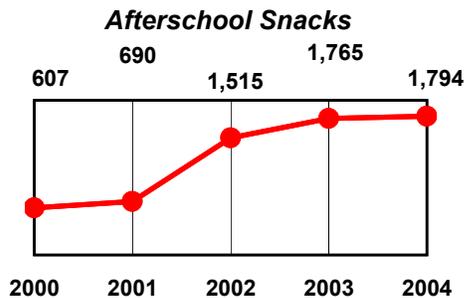
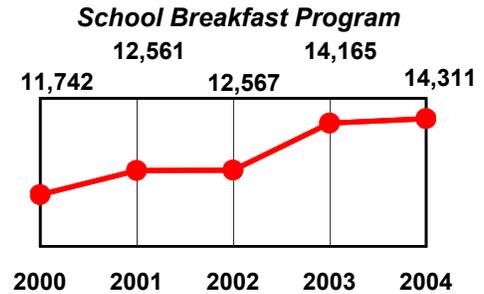
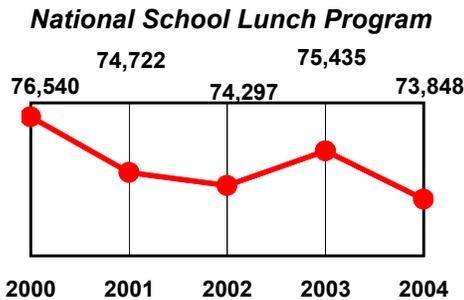
<i>Local Agency Type</i>	<i>NSLP</i>	<i>SBP</i>	<i>SMP</i>	<i>Afterschool Snacks</i>
Public School Sites	375	251	39	48
Private Schools	32	9	4	0
Residential Child Care	24	25	0	14
Summer Camps	0	0	15	0
Total	431	285	58	62

**Previous reports included agency data. Participation is now reported by site.*

Student Participation

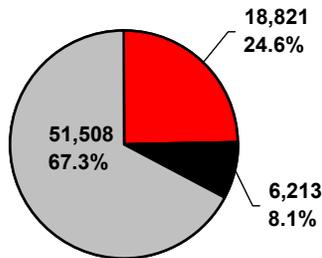
	<i>NSLP</i>	<i>SBP</i>	<i>Afterschool Snacks</i>
Enrollment	104,568	75,935	10,576
Average Daily Participation	73,848	14,311	1,794
Participation Factor	70.6%	18.7%	16.7%

Average Daily Participation



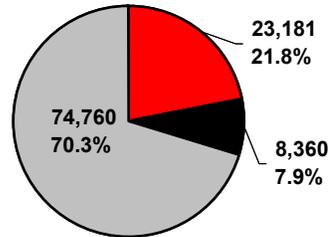
School nutrition programs provide a measure of food security for students whose homes have inadequate food supplies. Students meeting income eligibility guidelines may participate in the nutrition programs for free or at a reduced price.

School Breakfast Program Eligibility



National School Lunch Program Eligibility

■ Free
■ Reduced
□ Full Price



■ Free
■ Reduced
□ Full Price

Total of three eligibility categories

Meals Served - 2003/04

Breakfast

Full Price	947,653	37%
Free	1,390,561	54%
Reduced Price	245,118	9%

Lunch

Full Price	8,403,099	65%
Free	3,356,526	26%
Reduced Price	1,132,600	9%

Total 2,583,332 100%

Reimbursement \$2,224,765

Total 12,892,225 100%

Reimbursement \$11,330,795

Snacks

Full Price	50,117	17%
Free	228,804	79%
Reduced Price	12,506	4%

Milk

Full Price	379,006	95%
Free	16,541	5%

Total 291,427 100%

Reimbursement Included in NSLP

Total 395,547 100%

Reimbursement \$53,215

Summer Camp Milk

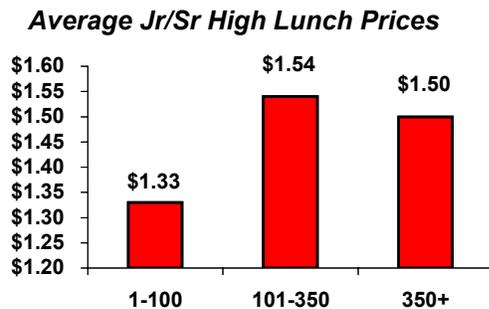
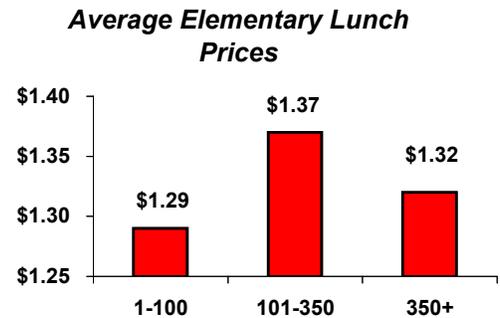
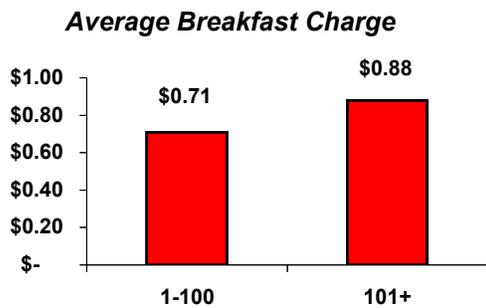
Full Price	100,821	84%
Free	19,271	16%

Total 120,092 100%

Reimbursement \$20,440

Meal Prices

North Dakota Schools were surveyed in 2003 to see what they charged for meals. Meal prices are reported by school enrollment.



State Level Funding to Support School Nutrition

The Department of Public Instruction receives administrative funding for state level activities in the NSLP, CACFP, SMP and commodity distribution for schools. The state is also required to match the federal reimbursement with state general funds.

State Administrative Expense (SAE)	2001	2002	2003	2004
Federal SAE funds expended	\$510,950	\$506,817	\$502,551	\$510,461
State funds for administration	74,354	73,477	74,353	73,146
State funds for meals	527,375	526,181	545,497	547,563

Nutrition Quality in School Meals

North Dakota students benefit from high quality meals prepared by dedicated school foodservice professionals. Federal regulations require that reimbursable meals adhere to the Dietary Guidelines for Americans and provide adequate protein, vitamins, minerals and calories.

Federal regulations limit fat in reimbursable meals to no more than 30% of calories from fat and 10% of calories from saturated fat. Over the years, calories from fat show a gradual decline:

	<i>% Calories/fat</i>	<i>% Calories/saturated fat</i>
School year 1998-99	34.2%	11.9%
School year 1999-00	34.9%	12.3%
School year 2000-01	33.5%	12.0%
School year 2001-02	33.0%	10.6%
School year 2002-03	32.9%	11%
School year 2003-04	30.35%	9.87%

Schools that meet the Dietary Guidelines for Americans and the nutrient standards set for child nutrition programs have a number of things in common:

- 🍏 Main entrees have less than 15g of fat per serving.
- 🍏 1%, skim and chocolate skim milk are offered daily.
- 🍏 If seconds are offered, fruits and vegetables are encouraged.
- 🍏 Popular items such as chicken patties, chicken nuggets and French fries are oven-baked instead of deep-fried.
- 🍏 If bread and condiments are served daily, jelly or honey are offered and all condiments are in ½ oz portion cups.
- 🍏 Reduced-fat commodity cheeses are used.

School Compliance with Nutrition Standards

North Dakota schools are monitored every five years for compliance with eleven nutrient standards. This year, 45% of monitored schools met all of the standards.

<i>School Year</i>	<i>Percent of Monitored Schools</i>
1998-99	13%
1999-00	23%
2000-01	22.2%
2001-02	18.6%
2002-03	17.5%
2003-04	45%

Nutrients Monitored for Compliance

Calories
Protein
Calcium
Iron
Vitamin A
Vitamin C
Fiber
Total Fat
Sodium
Cholesterol
Saturated Fat

Food That's In When School Is Out: The Summer Food Service Program

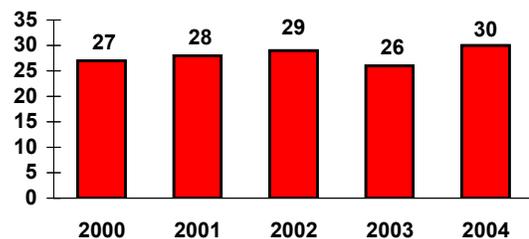
The Summer Food Service Program (SFSP) helps children get the nutrition they need to learn, play and grow during the summer months. The SFSP operates in areas of economic need. Eligible areas are those with 50% or more of the children living in households at or below the 185% Federal poverty level. The 2004 guideline is an annual income of \$34,873 for a family of four.

At most sites in North Dakota, children receive either one or two meals a day. Residential camps and sites that serve children from migrant households may be approved to serve up to three meals, or two meals and one snack per day. The SFSP serves children and teenagers from birth to age 18.

SFSP Sponsor Types

4	migrant
2	camp
1	tribal government
18	school
4	private non-profit
1	national youth sports program
30	Total

Number of Participating Sites



SFSP Participation

Month	<i>Average Daily Participation</i>				Sponsors	Sites
	Breakfast	Lunch	Supper	Snacks		
June	1,348	2,687	379	140	30	35
July	1,286	2,887	356	130	28	33
August	791	1,055	145	128	15	19

Total Program Expenditures

Administrative Funding (local agency).....	\$44,263
Meal Reimbursement	\$439,012

Infants and Young Children

Infants and young children are served primarily through the Child and Adult Care Food Program (CACFP). The Summer Food Service Program also provides services to this group.

The CACFP is operated by public or private non-profit and private for-profit child care centers, afterschool programs, child care homes, school programs and other agencies. Public and private non-profit sponsoring organizations provide direct administrative services for child care providers and are reimbursed for their administrative expenses.

Areas of current interest in meeting the needs of infants and young children are:

- 🍏 Teaching and modeling for children the benefits of good nutrition and physical activity
- 🍏 Providing family style meal service in child care homes and centers, where children are offered healthy choices and are allowed to choose the quantity
- 🍏 Encouraging parents to provide healthy foods at home and model good physical activity habits
- 🍏 Increasing the availability of the Summer Food Service Program in areas of need

Number of CACFP Meals Served Annually

Breakfast	2,717,283
Lunch	3,156,164
Supper	212,030
Snacks	3,782,562



Number of Agencies Participating in the CACFP

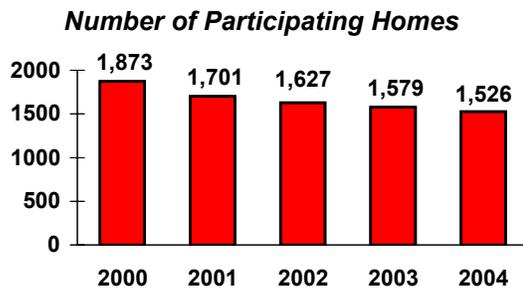
	<i>Public</i>	<i>Private</i>
Military	4	
Tribal	3	
Centers	22	42
Head Start	12	3
Family Child Care Sponsor and Homes	1	5

Private

	<i>Homes</i>
Heartland Child Nutrition, Inc. (Bismarck)	675
Southeast ND Community Action Agency (Fargo)	304
AmeriKids, Inc. (Grand Forks)	124
Dakota Prairie Community Action Agency (Devils Lake)	51
NDC, Inc. (Minot)	345

Public

ABC Child Care	
Minot & Grand Forks Air Force Bases	27



Households

The household food distribution programs play a significant role in improving the nutritional status and food security of individuals. Donated commodities include fruits and vegetables, protein foods, grains and cereals, and dairy foods. The commodity products are intended to supplement the foods purchased by individuals and households.

Three commodity food assistance programs are available to income-eligible households:

- Food Distribution Program on Indian Reservations
- The Emergency Food Assistance Program
- Commodity Supplemental Food Program

FDPIR

In the Food Distribution Program on Indian Reservations (FDPIR), foods are available as a monthly package. In 2004, an average of 6,909 people participated in FDPIR each month. Commodity foods are provided in household size packages and include vegetables and fruits, grains and cereals, meats and meat alternates, milk products and staple foods. The typical FDPIR food package for a one person household has a \$37.79 food value.

TEFAP

Commodity foods in household size packages are distributed to food pantries across the state under The Emergency Food Assistance Program (TEFAP). Regional Community Action Agencies are responsible for local administration of the program.

<i>Region</i>	<i>Agency</i>	<i>Office</i>	<i>Food Pantry Sites Served</i>
I	Community Action and Development	Williston	4
II	Community Action Opportunities	Minot	13
III	Dakota Prairie Community Action	Devils Lake	5
IV	Red River Valley Community Action	Grand Forks	9
V	Southeastern ND Community Action	Fargo	12
VI	Community Action Region VI	Jamestown	10
VII	Community Action Region VII	Bismarck	12
VIII	Community Action & Development	Dickinson	10

TEFAP provides financial assistance for the statewide distribution of non-commodity items to food pantries. The CNFD office also has a cooperative arrangement with Great Plains Food Bank in Fargo to support the distribution of non-commodity food donated by the food industry.

TEFAP Facts:

Value of USDA commodities.....	\$938,433.54
Value of non-USDA commodities.....	\$160,714.30
Administrative funding.....	\$110,884
Value of food distributed per dollar spent on administration	\$9.92

CSFP

The Commodity Supplemental Food Program (CSFP) provides a food package to people with limited incomes, mainly the elderly. The CSFP serves seniors age 60 and older who are at or below 130% of the poverty level. The program works to improve the health of seniors by supplementing their diets with nutritious commodity foods. Attention must be given to the nutritional needs of the growing number of elderly citizens in North Dakota.

On the average, 2,986 seniors participated monthly in the Commodity Supplemental Food Program in 2003.



Commodity Distribution

The distribution of USDA commodity foods serves two purposes:

- 🍏 To strengthen the nutritional health of participating persons
- 🍏 To strengthen American agriculture

In addition to households receiving commodity foods through the FDPIR, TEFAP and CSFP, children from infancy through the teen years are also participants through school, child care and summer programs that receive commodity assistance.

Amount of Food Distributed in 2004

<i>Local Agency Type</i>	<i>Pounds</i>	<i>Purchase Price</i>
Food Distribution on Indian Reservations	5,434,626	\$2,715,615.34
School Programs	3,468,018	\$2,050,054.60
TEFAP	1,223,126	\$892,175.46
Child Care Programs	16,064	\$9,625.90
Summer Programs	13,313	\$12,260.73
Charitable Institutions	31,129.36	\$24,578.05
Commodity Supplemental	1,096,099.87	\$577,273.71
Total Distributed	11,282,376.23	\$6,281,583.79

Warehouse and Distribution Costs

The CNFD office contracts with a privately owned North Dakota business for warehouse and transportation services. Warehousing and transportation costs are supported by local and federal funds. In 2004, the cost to warehouse and distribute food statewide was:

Warehousing	\$263,482
Transportation	\$276,127

USDA Purchases from North Dakota

The USDA purchases various North Dakota products for nationwide distribution in the commodity programs. In Fiscal Year 2003, these products were:

<i>Product</i>	<i>Pack Size</i>	<i>Quantity Purchased (pounds)</i>	<i>Total Value</i>
Flour, baker's hard wheat	50 lb. bags	132,192	\$22,287.58
Pasta, macaroni	24/1 lb. pkg.	127,500	\$32,410.50
Pasta, rotini	20 lb. carton	59,920	\$15,015.96
Pasta, spaghetti	12/2 lb. pack	127,500	\$29,669.25
Total		447,112	\$99,383.29

**Not reflected in the data are agricultural products grown in North Dakota and processed out-of-state. USDA purchases a variety of foods for distribution.*

Nutrition Professionals

The professionals who plan and prepare the nutritious meals and snacks have a profound impact on the children they serve. The CNFD office supports these individuals by providing training for the multitude of skills needed to manage a nutrition program. Professional development activities include:

- 🍏 *Pathways to a Quality Foodservice* training series
- 🍏 *Master Pathways* for those who completed the *Pathways* series
- 🍏 *Directions* newsletter for school nutrition personnel
- 🍏 *Round Up* newsletter for child care personnel
- 🍏 One-on-one consultations
- 🍏 Mentoring program
- 🍏 Site visits
- 🍏 Access to a lending library
- 🍏 Computer training at the NDSFSA conference
- 🍏 Back to School Workshops

The *Pathways* series of courses is the centerpiece of training for nutrition professionals. In 2003-04,

- 🍏 29 *Pathways* courses were held
- 🍏 350 nutrition professionals attended training
- 🍏 40 recognition pins were awarded for completing one of three levels of training

Currently, 60 child nutrition professionals have completed all eleven courses in the *Pathways* training series, making them eligible to attend *Master Pathways* training sessions.

School and Program Administrators

Our office strives to provide the best possible customer service to local school and program administrators. Assistance is available through:

- 🍏 On-site visits
- 🍏 Formal training
- 🍏 Newsletters
- 🍏 Interactive web site
- 🍏 Telephone and e-mail consultation

Our staff works hard to provide leadership and new ideas in program administration, nutrition and other areas. This is done in order to expand and improve operations at all levels. We take this leadership role very seriously.



Reimbursement Rates 2003-04

School Nutrition Programs

	<i>NSLP Reimbursement</i>	<i>SBP Reimbursement</i>	<i>Snack Reimbursement</i>
Free	\$2.19	\$1.20	\$.60
Reduced Price	\$1.79	\$.90	\$.30
Full Price	\$.21	\$.22	\$.05

Summer Food Service Program

Meal Reimbursement

Breakfast	\$1.38
Lunch/Supper	\$2.41
Snacks	\$.56

Administrative Reimbursement

Rural Self-Preparation Sites

Breakfast	\$1.375
Lunch/Supper	\$.2525
Snacks	\$.0675

Other Sites

Breakfast	\$1.1075
Lunch/Supper	\$.21
Snacks	\$.0550

Child and Adult Care Food Program

Child and Adult Care Centers

	Paid	Reduced Price	Free
Breakfast	\$.22	\$.90	\$1.20
Lunch/Supper	\$.21	\$1.79	\$2.19
Snacks	\$.05	\$.30	\$.60

Family Child Care Homes

	Tier I	Tier II
Breakfast	\$.99	\$.37
Lunch/Supper	\$1.83	\$1.10
Snacks	\$.54	\$.15

FCCH Sponsor Administrative Reimbursement per home, per month

1-50 Homes	\$86
Next 150 Homes.....	\$65
Next 800 Homes.....	\$51
Additional Homes.....	\$45

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