Protect the Healthy, Hunger-Free Kids Act of 2010

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Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
What’s the Issue?

- **Waivers** for school lunch nutrition standards would allow schools with a loss of revenue to opt out of providing healthier meals.
- Could return to serving meals the IOM found nutritionally lacking.
2008 Institute of Medicine Report on School Meals

- Strikingly few fruits and vegetables, with little variety
- Potatoes accounted for 1/3 of vegetable consumption
- 500 excess calories from solid fats and added sugars per day
- High intake of refined grains, saturated fat, and sodium
Healthy, Hunger-Free Kids Act

- Revised school-nutrition standards to align with 2010 Dietary Guidelines For Americans.
- Incentivized schools by increasing meal reimbursement

- Increase fruits and vegetables
- Set calorie ranges
- Limit fat and sodium
NSLP: Feeding 31 Million Kids

Children eat almost half of their total calories at school

National School Lunch Program Participation
By Meal Type Provided, FY 2013

- 62% Free Lunch
- 30% Paid
- 8% Reduced Price

US Department of Agriculture (USDA) 2013
Breakfast, Lunch and Dinner

- Second largest nutritional assistance program after the Supplemental Nutrition Assistance Program (SNAP)
NSLP: $11 Billion

Federal Expenditures on School Meal Programs 1977-2013

- School Breakfast
- Milk
- School Lunch
- Total
- Total With Commodities

USDA 2013
Proponents of Waivers

- Food industry advocates
- School Nutrition Association
- Bipartisan-Republicans
  - Increased food waste
  - Increased operating costs
  - Difficulties in meeting whole-grain and sodium goals
  - Decreased school-lunch participation
  - Anti government regulations
Controversy over Funding

• Additional funding would be provided by ending the SNAP increase enacted in the *American Recovery Act*

• “Robbing Peter to pay Paul” is counterproductive to the goal of ending hunger in America
Impact of HHFKA 2010

Reauthorizes:

• National School Lunch and Breakfast Programs
• Nutrition Program for Women, Infants and Children (WIC)
• The Child and Adult Care Food Program (CACFP)
• Summer Food Service Program
• Afterschool Meal Program
• Supplemental Nutrition Assistance Program Education (SNAP-Ed)
Unintended impact of HHFK

Increased requirements + Decreased participation = Fewer meals sold

NSLP-eligible children will no longer have access to free/reduced-price meals, putting them at heightened risk of food insecurity.
Unintended impact of HHFK

- Children may be less likely to eat leading to a decline in calories/nutrition
- Marked decline in milk consumption after flavored milk removed - so the health benefits associated with milk consumption not realized

Concern a similar pattern will happen with healthier meals
Unintended impact of HHFK

- Many students’ main meal is provided by school due to limited food availability at home
- If kids won’t eat school lunch, they go hungry and increase pressure on family’s limited food budget
Stakeholders against Waivers

200 Organizations oppose the waivers:
• American Medical Association
• Children’s Defense Fund
• Multiple Environmental groups and food advocacy organizations.
• HHFK supported by First Lady’s Move On! Campaign.
Recommendation

• Waivers should not be implemented due to the adverse consequences that they would have on children’s access to healthy food at school
References


• Schwartz, MB., Henderson, KE (et al) 2015. New School Meal Regulations Increase Fruit Consumption and Do Not Increase Total Plate Waste. *Childhood Obesity*. XXX 2015;Volume XX, Number X.
Reference Slide

• “Eat Healthy” Let’s Move!. Retrieved April 27, 2015
  http://www.letsmove.gov/eat-healthy

  http://www.choosemyplate.gov/


• FACT SHEET: Healthy, Hunger-Free Kids Act School Meals Implementation.