



# *Loaves and Fishes*

# Nutritional Development Services

## A message from Lorraine Knight, Director...

It is with great pleasure that I share with you the Nutritional Development Services annual report for Fiscal Year 2016. In this report, you will read about the accomplishments of each of the federally funded child nutrition programs that we sponsor. You will also read about the growth of the Community Food Program.

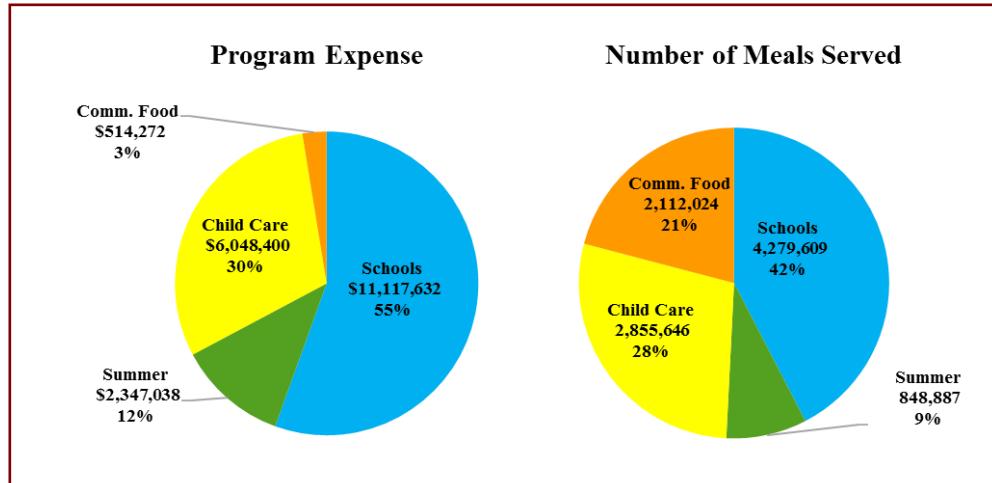
The federally funded child nutrition programs provided nourishing meals to schools, child-care centers, after-school programs, emergency shelters and summer programs. All of these meals must meet the standards set by the United States Department of Agriculture (USDA), which funds the program. Staff of NDS work diligently to provide variety to the children while meeting these rigorous standards. The expanded variety of fruits and vegetables has been well received by the children. NDS staff search for ways to provide the children with healthy options that they will enjoy eating. Opportunities to offer fresh fruits and vegetables introduce the children to foods that are healthy and tasty.

Nutritional Development Services continued to participate in the Community Eligibility Provision of the USDA. As a result, close to ninety 90 percent of our schools now offer breakfast and lunch to all enrolled students at no charge to their families. Many of these schools are located in the poorest neighborhoods of the Archdiocese. Participation has grown and school officials and parents report great satisfaction with the service. NDS received over \$19 million in federal reimbursement for its child nutrition programs in Fiscal Year 2016. This reimbursement is the only source of funding available for the operation of the program and NDS staff is resourceful in managing these funds. The primary expense (73%) in the child nutrition programs is the cost of food. NDS monitors this expense closely and works with its vendors to obtain the best quality of food at the best price.

The Community Food Program continued to expand. Food cupboard managers reported increased need for frequent and larger food deliveries as the cupboards were serving a growing number of clients. We were able to respond to these requests due to the generosity of the community of the Archdiocese of Philadelphia through the Catholic Charities Appeal. Goya Food once again recognized the work of NDS and its mission to serve the hungry with a donation of 5,000 pounds of Goya products. These food items were distributed to food cupboards, shelters and programs throughout the Archdiocese. In the next fiscal year, we will be looking for ways to expand our reach, including providing nutrition education and guidance to a variety of programs.

Below are graphs depicting the number of meals served by individual programs and the related program expenses. In Fiscal Year 2016, we served over 7.9 million meals in our child nutrition programs and collected the equivalent of over 2.1 million meals through the Community Food Program.

As we move forward, we continue to seek creative ways to be more efficient and opportunities to serve more children through our child nutrition programs, and the hungry in our midst through the Community Food Program. We are grateful to you for your support in helping us achieve our goals.



## Community Food Program



The Community Food Program (CFP) ended the year by saying "goodbye" to Anne Healy Ayella (pictured top left). Anne was the driving force behind CFP for over 35 years. Her dedication to feeding the hungry and helping those in need was the heart and soul of her work. We wish Anne many years of happiness in her retirement. We welcome Brooke Mullen (pictured top left) to our staff. Brooke will be the new Assistant Director of Community Relations. Brooke is also a registered dietitian. We wish Brooke the best as she begins her new work with NDS.

Bishop John McIntyre (pictured top right) blessed rice bowls for CRS Rice Bowl at Mother of Mercy House in Kensington. NDS is grateful for Rice Bowl's contribution to CFP, where 25% of the yearly collection remains locally and is used to purchase food for our food cupboards and soup kitchens.



The Community Food Program had the best year yet in collecting food for the Souper Bowl! We collected over 20,000 pounds and had over 20 schools participate. It was a great collection and we hope that each year it continues to grow. The enthusiasm of all the students and staff is greatly appreciated.



St. Albert the Great, Huntingdon Valley



Archbishop John Carroll High School



Villa Maria Academy



St. Christopher School



Country Day School of the Sacred Heart



St. Eugene Parish PREP

## School Meals Program



The 2016-17 school year has been a busy and exciting one for the School Meals Program. Starting off the year, we opened programs at nine new buildings which are all thriving. This year the School Breakfast Program grew to serve almost 8,000 students per day. At lunch, that number expanded to 17,500 students. We are grateful to our new partners for this accomplishment; our success is due to the strong support and the enthusiastic work of breakfast and lunch managers.

Feedback from these administrators and managers helped spur many of the menu changes that we implemented this year. Our high school students are seeing larger portions and more variety. We are now offering more fresh-cut fruit options, such as mango, green peppers, and watermelon to all students, which they enjoyed. Valuable information is also collected directly from students during taste tests of new products. Students are given a short nutrition lesson on describing their food experience and the results are used to create upcoming menus.

Another source of growth is the availability of the Community Eligibility Provision (CEP). This program allows equal access to healthy meals by offering all meals at no cost. When schools switch to CEP, they often see an immediate increase in participation. Due to advances in software, NDS added several schools to CEP for the current school year. This program grew from 62 schools in the 2014-15 school year to 80 in the 2016-17 school year.

Sister Cathy McGowan, SSJ, (top left) principal at Drexel Neumann Academy (DNA), joins her 4<sup>th</sup> grade students in trying new entrees. Sister Cathy shared that "the students at DNA enjoyed trying the new foods and were happy to know that what they tasted was put on the menu."

In November, students at St. Francis de Sales (pictured right) sampled new entrees and vegetables, and recorded their feedback. Many of the foods sampled were then offered in the spring semester.

Lisa Bristow, lunch manager at Nazareth Academy Grade School, shared a picture of her daughter (below) enjoying her lunch that included fresh-cut watermelon.



Managers agree that students love the new fresh produce!



### **School Breakfast, Lunch, and Special Milk**

NDS sponsored breakfast at 71 schools and lunch at 91 schools in the 2015-16 school year, providing over 3.7 million meals to students at Catholic, charter, and independent schools in the Archdiocese. The vast majority of these meals were offered at no cost to students or families, as 70 schools participated in the CEP. Another 16 schools offered 217,102 cartons of milk at the reduced price of \$0.15.

### **Fresh Fruit and Vegetable Program**

Eight schools received USDA grant monies to provide nutrition education and fresh fruit and vegetable tastings three times a week in the 2015-16 school year. Students were able to sample unique or unfamiliar varieties of produce, many of which were procured locally from farmers in our area.

### **Summer Meals 2016**

Over 400 summer programs for children offered free lunch and breakfast or snacks to children in our area in 2016. In this short ten week program, NDS' partners served 754,840 meals.

### **Residential Child Care Institutions**

NDS partnered with 29 residential programs for children last year. This program extends beyond the five counties of the Archdiocese of Philadelphia, serving sites as far west as Berks and as north as Wayne counties. Students received 293,753 meals through this funding stream in the 2015-16 school year.

## Nutritional Development Services

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[www.nutritionaldevelopmentservices.org](http://www.nutritionaldevelopmentservices.org)*

### Child and Adult Care Food Program

The fiscal year of July 1, 2015 through June 30, 2016 (FY15-16)

was another very successful year for our Child and Adult Care Food Program (CACFP). FY15-16 represented the highest meal volume and largest level of government reimbursement in the 20+ year history of our operation of CACFP.

#### Traditional Child Care Food Program:

Through this segment of CACFP, NDS supplies breakfast, lunch, snacks and supper to young children in full-day child care centers. During this period, NDS provided 1.7 million meals across 68 centers. We were especially satisfied by this volume given that enrollment at the centers that we serve was negatively impacted by the Pennsylvania budget crisis. A daily peak of about 3,500 children participated in the traditional program. NDS also offers a variety of infant products (formulas and cereals) to centers that provide care for children below the age of one. Approximately 80% of the children served through the traditional program qualify for free or reduced-price meals, so these meals principally impact children in need.



#### At-Risk Afterschool Meal Program:

This aspect of CACFP reaches children participating in afterschool programs. The afterschool programs must be supervised, structured environments where children engage in educational and enrichment activities. Sites are able to select from a choice of snack, cold supper or hot supper. All meals are provided free to the children based on the geographic location of the site. During the school year from September 2015 through June 2016, NDS provided 1.1 million snacks or suppers to 206 afterschool sites; a daily peak of about 8,500 children received meals through the At-Risk program.

#### Emergency Shelter Meal Program:

This is the smallest and most unique of the CACFP programs that our office sponsors. The emergency shelters plan, purchase and provide their own meals. NDS monitors the menu, meal service and reporting requirements and passes funding through to the shelters. This program facilitated the service of nearly 96,000 meals (breakfasts, lunches and suppers) to children in six shelters. Approximately 130 children were served on a daily basis.

In total, these three segments provided slightly more than 2.9 million meals. Importantly, we continue to work to improve our CACFP sponsorship. As in previous fiscal years, the program's success enabled our office to continue to invest additional funding towards increasing the nutritional value of our menus during FY15-16.

It is with great enthusiasm that we look forward to continuing to serve children and our communities through this vital food program.