

Nutritional Development Services

A message from Lorraine Knight, Director...



It is with great pleasure that I provide you with the Nutritional Development Services annual report for Fiscal Year 2013. In this report you will read about the accomplishments of each of our programs. 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 U.S. Department of Agriculture. The changes in the regulations as a result of the Healthy, Hunger-Free Kids Act of 2010 impacted the menu that we provided to the children in all of these programs. While a financial challenge as the food items were more expensive and the increase in federal reimbursement was minimal, the staff of NDS was able to rise to the challenge. The response from school principals, lunch managers, parents and children was positive. The expanded variety of fruits and vegetables was well received by the children.

Several schools also participated in the USDA-funded Fresh Fruits and Vegetables program. Through this program, children received a piece of fresh fruit or a sampling of vegetables outside of the lunch hour. Sampling these items expanded the children's palates, introducing them to new varieties of vegetables and fruit.

The after-school snack and supper program was our fastest-growing service. More and more community programs wanted to offer their participants a healthy alternative at the end of the school day. The menu was well-received and we anticipate continued growth in this program.

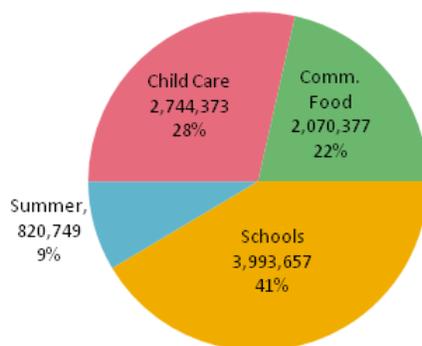
In total, NDS received over \$18.1 million in federal reimbursement for its child nutrition programs. These funds are the only ones used to maintain the program and NDS staff is resourceful in managing these funds.

The Community Food Program continued to grow. Food cupboard managers continued to request more 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. In November 2013, the Catholic Foundation of Greater Philadelphia conducted a targeted appeal to benefit the Community Food Program. Through the generosity of over 6,500 donors, more than \$450,000 was raised. These funds will expand the reach of the Community Food Program and allow us to work with more parishes and community groups interested in expanding their services. We have already begun some new initiatives and partnerships which we will grow next year.

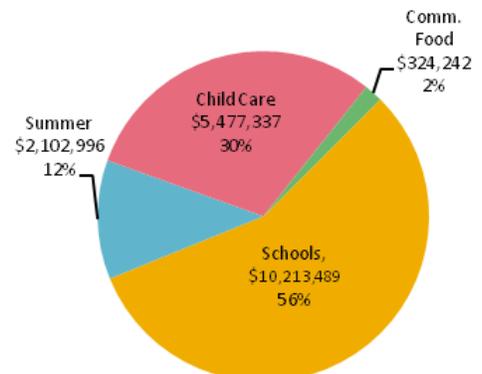
Below are graphs depicting the number of meals served by individual programs and the related program expenses. In Fiscal Year 2013, we served over 7.5 million meals in our child nutrition programs and collected the equivalent of over 2 million meals through the Community Food Program.

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.

Number of Meals Served



Program Expense



Community Food Program



Keeping the shelves of the food cupboards well stocked is always a challenge. We are grateful to new partnerships that make it happen. Thanks to a new effort with the Archdiocesan Senior Citizens Club, under the leadership of Coordinator Paula Harvey, six area clubs participated in the “Eat Healthy-Give Healthy” drive. Anne Ayella shared info about healthy eating and food safety with the seniors and they, in turn, donated healthy foods and grocery store gift cards to stock the cupboard shelves. Special thanks to Paula and the participating clubs!



The “Eat Healthy-Give Healthy” effort continued at the SJU-LaSalle men’s basketball game. Basketball fans donated food and money to support the local food cupboard run by Sr. Marita Jean IHM, the aunt of SJU coach Phil Martelli. Special thanks to Mr. Don DiJulia, Vice President for Athletics at St. Joseph’s University, and to Colleen McGovern, Marketing Coordinator. (Pictured above right is NDS Director Lorraine Knight, NDS Asst. Directors Liz Hagedorn and Erinn Hill, Board Member Suzanne Robinson and “special assistant” Lucinda Weaver).

The Community Food Program would like to thank Madeline White from Queen of Angels, Willow Grove (pictured top left with NDS Asst. Director Anne Ayella and Principal, Sister Margaret Rose) for donating her birthday money to help our food cupboards and soup kitchens.



Students from Our Lady of Confidence Day School and teacher Denise Cmar (pictured left) were presented with a special Certificate of Appreciation from Denise Hopkins, Administrator of the Community Food Program, for all their hard work in supporting our food drives this year!

Even though the Devon Prep Students (pictured left) didn’t get to Washington, D.C., this year due to weather, they certainly had an impact on newborns and infants in our area as the students once again collected baby formula and diapers as part of the Annual March for Life Drive. Special thanks to Father Shea and Mr. Joe Lewis for coordinating this effort each year!

Last year, the Community Food Program was able to provide over two million meals to people at food cupboards and soup kitchens. We provided food to 75,579 senior citizens, 176,478 adults, and 130,166 children with over 850,000 pounds of food collected from schools, religious education programs, parishes, and community groups.



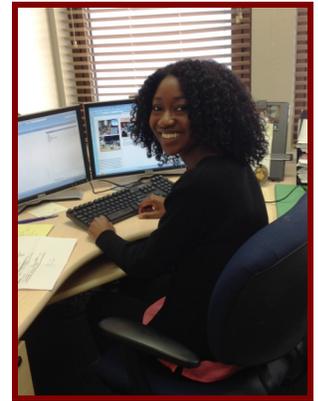
CRS Rice Bowl Blessing The setting for this year’s Rice Bowl Blessing was St. Martin de Porres food cupboard in North Philadelphia. A long-time cupboard under the leadership of Mrs. Mary Cook, St. Martin’s serves 100 families each month. NDS is grateful to Father Stephen Thorne, Pastor, and Sister Nancy Fitzgerald, Principal, for their faithful support of Rice Bowl through the years and for their hospitality as we blessed the bowls with Bishop John McIntyre presiding (see left). Seventh grade student readers did a wonderful job of sharing the global stories of our brothers and sisters in Kenya, Malawi, the Philippines and Guatemala.

School Meals Program



Although school closures and constrictions are challenges to the School Meals program, NDS continues to get the word out about the benefits of school lunch and breakfast. With the enhanced nutrient guidelines, students are now exposed to an even greater variety of fruits and vegetables.

The work of NDS is enriched by our students and interns. Ed Sacco, LaSalle intern, assisted NDS Registered Dietitian Jean Falk (pictured left) at a recent taste test at St. Peter's School as a new product for the lunch menu was sampled by fifth graders. Special thanks also to Anita Anim, a graduate student at University of the Sciences (pictured right) who is gathering information through site visits and a literature review to put together a white paper to assist NDS with breakfast outreach.



NDS is also grateful to the school staffs for all they do to make sure their students have access to school meals. To show our thanks, NDS sponsored the First Annual Staff Appreciation Day for interested schools. Faculty and staff were invited to enjoy a school meal of popcorn chicken, romaine salad, baby carrots and a plum compliments of NDS. Feedback was very positive from participating schools. We hope to give it a try again next year!

NDS is grateful for the partnership with the Independence Mission Schools (IMS). Independence Mission School President Mr. Aldo Cavalli comments that "the Independence Mission Schools are committed to fully utilizing NDS' School Meal programs, including serving the universal free breakfast to all their students."

School Breakfast/Lunch

In fiscal year 2013, over 3.3 million meals were served, with an average of 29,838 breakfasts and lunches served each day at 111 school buildings. Over 78 percent of the children served through the School Meals Program qualify for free or reduced price meals.

Special Milk Program

In 18 schools, NDS made a half-pint of milk available to students each day for just \$.10. Over 319,000 half-pints of milk were made available last fiscal year in schools that do not participate in one of the meal programs.

Seamless Summer Option

As an extension of the school year, NDS worked with 440 sites and provided over 820,749 meals in the summer of 2013. NDS is grateful to Mr. Joseph Tierney, Executive Director, and the students from University of Pennsylvania Fox Leadership Program who have been enriching our summer program for four years.

Residential Child Care Institutions (RCCI)

NDS worked with 16 residential child care programs of Catholic Social Services to make sure the meals served are in compliance with federal regulations. Over 332,000 meals were served at the residential facilities in fiscal year 2012-2013.



Thanks to everyone who joined us for the Walk Against Hunger! We had a beautiful day for it! Special thanks to St. Hubert's High School for Girls and Father Check (pictured right), NDS board member Jaclyn Senior Brown and family, and the staff of NDS who joined us! Also, special thanks to all who donated to Team NDS. We are grateful for your continued support!



Nutritional Development Services

222 N. 17th Street
Philadelphia, PA 19103

Phone: 215-895-3470

Fax: 215-895-0830

Website:

www.nutritionaldevelopmentservices.org



Committed to the mission of feeding the hungry in our community?

Nutritional Development Services of the Archdiocese of Philadelphia strives each day to feed the hungry in our midst. You can join in this mission by making a donation to the **Annual Catholic Charities Appeal**. Your donation will make a real difference in helping to feed the hungry.

Visit us on the web at
www.nutritionaldevelopmentservices.org

Child and Adult Care Food Program

The fiscal year of July 1, 2012, through June 30, 2013, was another very successful year for our office's sponsorship of the United States Department of Agriculture's Child and Adult Care Food Program (CACFP), representing the highest meal service volume in our 25-plus year history of sponsoring CACFP. NDS provides support to three distinct groups of programs under the CACFP umbrella.

Traditional Child Care Food Program: Through this segment of CACFP, NDS supplies breakfast, lunch and snacks to young children in full-day child care centers. During this period, NDS provided a total of 1.6 million meals across 67 centers. This was a modest decline in meal volume from the previous year. A daily peak of about 2,700 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. Nearly 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 After-school Meal Program: This aspect of CACFP reaches children participating in after-school programs. The after-school programs must be supervised, structured environments where children engage in educational and enrichment activities. Sites are able to select from a choice of a 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 2012 through June 2013, NDS provided a total of 1.2 million snacks or suppers to 200 after-school sites. A daily peak of about 8,700 children received meals through the At-Risk program. NDS served 50 additional after-school sites and nearly 45% more meals than during the previous school year. This incredible expansion was certainly one of the highlights of NDS' fiscal year.

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 over 140,000 meals to children in five shelters. Approximately 175 children were served on a daily basis.

In total, these three segments provided approximately 2.8 million meals during the 2012-2013 fiscal year. Another highlight of this period was the audit of our CACFP sponsorship conducted by the Pennsylvania Department of Education (PDE). PDE again expressed a very positive assessment and endorsement of our work. It is with great enthusiasm that we look forward to continuing to serve children and our communities through this vital food program.

