

# SERVICES OFFERED . . .

## *National School Lunch Program*

The National School Lunch Program is the original child nutrition program. In operation since 1946, the program makes it possible for children to be served wholesome, low cost lunches at schools and other qualifying institutions each day. The meals are designed to meet one-third of the daily recommended dietary allowance and contribute to the children's mental and physical development.



## *School Breakfast Program*

This program was designed to meet the needs of children who arrive at school hungry. Nutrients missed at breakfast are seldom made up at other meals. A healthy breakfast alleviates midmorning slumps, reduces student complaints of headaches, stomach aches, and trips to the school nurse.

In Indiana, the number of schools participating in the School Breakfast Program has increased each year due to the increased awareness of the need to feed our children. State legislation, enacted in 1994, requires schools that have 25 percent or more of enrolled children eligible for free and reduced price meal benefits to offer a breakfast program.

## *Afterschool Snack Program*

School corporations and institutions can now receive cash reimbursement from the USDA for nutritious snacks served to children through age 18 if the children are participating in afterschool care programs.

## *Child and Adult Care Food Program*

The Child and Adult Care Food Program provides reimbursement for meals served in several types of day care settings. Family day care homes, registered child care ministries, Head Start programs, outside-school-hours programs, licensed care centers, homeless/emergency shelters, and nonresidential adult day care centers are all eligible to receive funds for two meals and one snack per participant per day. The at-risk meal component of CACFP offers funding to after-school programs that serve a meal or snack to children in low income areas.

## *Summer Food Service Program*

This program provides free, nutritious meals to needy preschool and school age children while school is not in session.

Program sponsors include schools, public and nonpublic; government agencies; nonprofit organizations; and residential camps. The program serves 2 or 3 meals from the following: breakfast, lunch, dinner, or snacks. The summer program follows similar meal guidelines as the school lunch and breakfast programs.

## *TEAM Nutrition*

This group provides comprehensive nutrition information and educational programs for: children, teachers, child nutrition personnel, program administrators, and parents of children participating in school and child care programs.

Through local, state, and federal partnerships, TEAM Nutrition provides leadership in promoting healthy eating habits for Indiana's children.

## *Special Milk Program*

Through this program, schools and camps are reimbursed for milk served to children. The program sponsors must agree to use the reimbursement to lower the prices that children have to pay for milk and to serve free milk to children eligible under USDA guidelines.

Except in the case of kindergarten students who are not offered meals, this program is not available in schools offering the school breakfast program or lunch program.

## *Food Distribution Program*

Another service of the division is the distribution of commodities provided by the USDA for non-profit sponsors of the school lunch, school breakfast, and summer food service programs. In addition, certain not-for-profit institutions such as correctional facilities, county homes, and mental health hospitals may receive commodity foods.

## *Fresh Fruit and Vegetable Program (FFVP)*

Through the FFVP, participating schools offer and promote free fresh fruits and vegetables and dried fruit throughout the school day. It has been a popular and successful means for increasing student exposure to fresh produce and increasing student consumption of fresh fruits and vegetables. Moving towards improving student health and achievement, this is one step forward and complements the HealthierUS initiative.





The Indiana Department of Education's Division of School and Community Nutrition Programs administers nutrition programs under the authority of the United States Department of Agriculture. These programs are designed to offer healthy meals and nutrition education to improve the health and nutritional awareness of Hoosier children. Funding for these programs and services is made possible through federal and state sources.

### *Nutrition Awareness*

A renewed focus on nutrition and its direct relationship to the health of children has brought about recent changes in programs offered at both the national and state level. These changes insure that meals served in our programs are consistent with the **Dietary Guidelines for Americans** and the **Recommended Dietary Allowances**. In addition, the changes provide variety in meals, increased satisfaction, and increased nutrition awareness.

USDA is an equal opportunity provider and employer.

### *Healthy Eating = Better Learning*

The correlation between a child's ability to learn and nutritional health has been recognized for a long time. In recent years, research has shown that this link exists from the prenatal stages through school years. A recent health survey indicated poor nutrition among children in America is on the rise. Contrary to popular belief, children of all socio-economic levels are at risk of poor nutrition, not just those from low income families. This may be due, in part, to the lack of sufficient funds to purchase food. However, poor nutritional habits or a lack of time to prepare nutritious meals are fundamental problems as well. As the workforce increases and parents spend less time at home, children are often left alone to prepare meals for themselves and possibly other family members. Better food choices and nutrition education for ourselves and those we care about are the keys to a healthier Indiana.



For more information about Child Nutrition Programs in Indiana, please contact the

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