Food for Mind and Body
Libraries partnering with Food Banks
Introductions

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  – Youth Services Coordinator, Anchorage Public Library
- Stacey Glaser
  – Director, Chukchi (Kotzebue) Consortium Library
- Michael Miller
  – Executive Director, Food Bank of Alaska
- Dynasti Otis
  – Child Nutrition Coordinator, Food Bank of Alaska
Reopened in September 2010 after being closed for 10 years from the combination school/public library and 20 years from the standalone location.

5 staff members: branch manager, youth services librarian and three support staff (associate library and two clerks).

Close to schools: share a parking lot with a middle school and walking distance from two elementary schools and a high school.

Diverse community: 90 languages spoken in Anchorage School District. Additionally Anchorage is a refugee resettlement area for Catholic Social Services. The minority groups that Mountain View sees the most of are Hmong, Samoan, Bengali, Philippino, Polynesian, and Samalian.
Need in Mountain View

• Anchorage School District reports:
  – 27% transiency rate
  – 100% economically disadvantaged at Clark Middle School, compares to 44% district-wide
  – 99.9% receive free and reduced priced lunch
  – 29% have limited English

• Library surveys:
  – 40% lack transportation

We see:
- kids with no where to go, just hanging around the library, lots of noise and chaos. Lots of discipline issues.
- 14 year-old girls taking care of all their siblings, on craigslist looking for apartments to live in, buying groceries at the store and feeding their siblings.
- Some kids will have lots of money for snacks at Red Apple one week and nothing the rest of the month. Other kids never have any.
- Middle School teachers talking about kids sticking snacks in their pockets on Fridays because there is no food at home for the weekend.
Finding the Food Bank Program

• Why it was right for us
  – 100 teens and nothing to do
  – Discipline issues
  – Non-traditional service in traditional programs

• Qualifying as a site

• Convincing library administration
  – Minimal cost to the library
    • Staff time
    • Paper supplies (i.e., cups)
  – Easy to leave the program

We were doing teen programs with limited success. They needed food to get into the program. We could only do small cheap snacks. It wasn’t enough.

Library was overwhelmed with teenagers and staff and adult patrons were frustrated. Teens were frustrated with lack of better options. Lots of discipline issues.

Because of the poverty in Mountain View, our site qualified, didn’t have to qualify individual children.

At first administration, including me, was hesitant, but we had to try something. Can cancel meal services with 24 hours notice.
The Need in Alaska and the US

- **US**
  - 18.6% of Americans worry about where their next meals is coming from, answering ‘yes’ to the question: “Have there been times in the last twelve months when you did not have enough money to buy food that you or your family needed?”
  - 48.8 million Americans live in food insecure households, including 16.2 million children

- **Alaska**
  - 105,000 Alaskans worry about where their next meal is coming from
  - 19.9% of Alaska children live in homes that are food insecure
<table>
<thead>
<tr>
<th>Hunger in Children</th>
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<tbody>
<tr>
<td>Children who are at risk of hunger are:</td>
</tr>
<tr>
<td>• Behaviorally difficult (hyper or lethargic)</td>
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<tr>
<td>• Miss more school due to illness</td>
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<tr>
<td>• More likely to perform poorly in school</td>
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<td>• More likely to be held back a year</td>
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Two USDA Programs that Target Children Out-of-School

- Summer Food Service
- Child and Adult Care Food Program (CACFP)
- These are meal reimbursement programs – USDA will reimburse an organization for the cost of the meals, provided all regulations are followed
- For both programs, there is a ‘Sponsor’ that is responsible for paperwork and food provision and a ‘Site’ that serves food to children.
- Food Bank of Alaska acts as ‘Sponsor’; Mt. View Neighborhood Library is a ‘Site’
Logistics – Set Up

- Initial application
  - Qualify as a site, not individuals
- Different application for each program
- Food Bank shepherds the application through the state process
- Daily paperwork
  - Turned in weekly
  - Stored for one year
- Food Safety Course (optional)

Our staff got food worker cards either through municipal test or free Food Bank training.
On Food Service Day (library side)

- Water & Handwashing
- Shelf-stable food
  - Deliveries 1x/week
- Meal & Milk
- Share Table
- No adults
  - Alternate resource list
- Buy Extra Trashcans!

You must provide a place for handwashing – easy for us since we have bathrooms. We also provide hand sanitizer on the food table.

We must provide water to drink, got a big serving thing from Costco.

Shelf-stable food stored in a locked closet.

Kids must take all the food given to them, including the milk. Anything they don’t want goes on the share table. Since the food is shelf-stable we pack up the things from the share table and put them out the next week as well.

Can only serve kids up to 18. No adults. We print the list of resources, of food pantries, from the municipality and have that available for adults. It’s only come up a couple of times. The adults can take from the share table.

Best thing I learned: Buy Extra Trashcans.
Food Service (Food Banks’ Side)

- Seek source of shelf-stable food 6 months in advance
- Purchase food by the truckload
- Store food in warehouse
- Deliver food
  - Truck and driver in town
  - Flights in rural communities
What A Meal Looks Like

- Shelf Stable Meals
- Meet all USDA nutritional guidelines
## Integrating into Library Programming

- **CACFP (school year)**
  - Teen Zone
  - Movies
- **Summer Food Service**
  - Lunch and Play
- **No minimum meal time**

School year (CACFP):

Teen Zone: Held every Wednesday from 2:45pm to 4:45pm. We have video games, board games, ukuleles, drawing supplies, other fun activities for the teens as well as the meal.

During the school year, average 60-70 teens at this program. It is just a safe place for them to be, to engage in positive activities and to help reduce the noise in the main library.

Family Movies: Every Friday, 3pm to 5pm, meal service and occasionally popcorn from our popcorn machine. We have a movie license. Do a theme of movies for the month (ie action, talking animals, etc). Average 50-60 people at this program.

Summer Food Service: Four days a week we had lunch and play. Get lunch and engage in an activity. We’ve had games, crafts, music, etc. Only possible because of our summer vista staff members.
### Benefits to the Library – hard numbers

- Between July 2011 and January 31, 2014, we served 13,294 meals
- In April 2011 (pre-food service)
  - 6 teen programs, 99 total teens
  - average: 17 teens/program
- In April 2012 (with food service)
  - 4 teen programs, 279 teens
  - 4 family movies, 260 people
  - 539 total for the month
  - average: 67 people/program
  - 461 meals served
  - average: 66 meals/service

Started food service summer of 2011 with the teen zone and movies during the summer. Continued in the school year. This summer with the Vista staff members increased to four day a week service.
Number of Youth Served at MV

Youth Food Service

Meals Served

<table>
<thead>
<tr>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>June</th>
<th>July</th>
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<tr>
<td>2010-2010</td>
<td>105</td>
<td>82</td>
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<td>2011-2012</td>
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<td>543</td>
<td>447</td>
<td>472</td>
<td>461</td>
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<td>416</td>
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<tr>
<td>2012-2013</td>
<td>477</td>
<td>491</td>
<td>596</td>
<td>480</td>
<td>700</td>
<td>660</td>
<td>806</td>
<td>842</td>
<td>713</td>
<td>177</td>
<td>186</td>
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Meals Served
Once again summer reading is less than school year due to our location.

An average of 5-10 people who don’t take meals.

Highest single daily service was 133 meals.
Benefits to the library – softer side

• Increased engagement not just attendance
• Teens stay longer in community room (quieter library)
• Decreased discipline issues
• One story: Robin

When we started doing teen program, we just had small snacks. Kids were in and out quickly.

More involved meals. More time spent in the program. More chance to engage in the activities and stay longer.

Main library quieter. More teens and youth engaged positively in the activities.

Less discipline issues. Hungry kids act out. Kids don’t act out if it gets them kicked out of the place with the food.

Robin’s story.

Read the patron testimonial letter.
The Program in Kotzebue

- Stacey attended the PNLA presentation of the Food Service program
- Began serving in the Kotzebue library
Benefits for the Food Bank

- Partner in a low income area
- Partner that targets kids and reinforces good habits
- Money for food paid by USDA
Statewide call for Dept of Ed

- **Summer Food Service Program Looking for Local Sites**

- The Alaska Department of Education & Early Development’s Child Nutrition Programs unit is looking for school districts, parks and recreation departments, non-profit organizations, tribal organizations, camps and churches to operate Summer Food Service Program feeding sites for children and youth in low-income areas. The U.S. Department of Agriculture Summer Food Service Program helps provide nutritious meals to individuals 18 years and under in low-income areas when school lunch rooms close for the summer. To sponsor a program this summer, organizations need to contact program specialist Alicia Stephens at 907-465-4788 or alicia.stephens@alaska.gov.
How to Start Your Own Program

- Sell the idea to your library team
- Contact your local food bank (Food Bank of Alaska!) to find out if they sponsor CACFP and SFSP
- If not, contact the State and find out if there is a program that can sponsor you
- Contacts on Handouts
Conclusion

• Final thoughts: Library
• Final thoughts: Food Bank
• Question and Answer Time!

Library final thoughts: not right for every library, but can be very right for your library. It’s one of the things that really impresses assembly members, board members and members of the community.

In this era of shrinking budgets, look to non-traditional partnerships and services to increase your service opportunities, programs, and relevance in the community.