APPENDIX THREE: Best Practice Literature Review

Commentary on Best Practice Literature Review: The following literature review was compiled by an Independent Studies Class (CHC 3213/3214) at the Dominican University of California. Class instructors were Lynne Lo Presto and Julie Van der Ryn. The class performed the literature review during the fall semester 2010.

The Food System Assessment extends its gratitude to Ms. LoPresto and Ms. Van der Ryn and their students for their contribution to the assessment.

Mark Bauermeister and David Haskell of the MCFSA Team met with the class on three occasions. They lectured the students on the whys and wherefores of food system assessments and briefed them on their assigned tasks. Each student was given a choice of topics. In addition to the best practice literature review the students also performed reviews of Marin County Food Pantries on behalf of the assessment project.

The MCFSA Team extends their gratitude to both Lynne and Julie for their support of the Food System Assessment Project and their personal commitment to be a part of the movement to transform the food system to be sustainable and healthy.

The inclusion of Dominican University students and staff proved to be very effective. By and large the students did a good job. But more importantly than their work, they became community partners in the MCFSA Project. To them the topic of food — how it is produced, processed, distributed, consumed, and the health implication of eating fresh fruits and vegetables has become a part of their awareness.

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Why are we including this section?
The ultimate question is “What can we do as a community to help make our food system more ecologically sustainable and healthier?” With the help of Dominican University students we have listed a range of articles and websites that show us what’s possible. Hope you enjoy your “best practice literature review.”
**SNAP/Food Stamps**

1. **Briggs, By Suzanne, Andy Fisher, Megan Lott, Stacy Miller, and Nell Tessman. "Community Food Security Coalition - Publications."**

   <http://www.foodsecurity.org/pubs.html#fmsnap.>

   The article explains that farmers’ markets in the United States have quadrupled in past 15 years. However, people who receive food stamps have limited access to this healthier food. Therefore, the Community Food Security Coalition and Farmers Market Coalition teamed up to try and find solutions to this problem. This is a paper of a yearlong study of this problem to try and figure out a way in which food stamps could be transferred or used at farmers markets.


   This statement from Washington DC says that poverty is increasing across the country. People are trying to find ways out, SNAP is one of those programs. However, the statement says that this program is being cut. According to Jim Weill cutting SNAP will only “increase poverty and hunger and contribute to obesity.”


   Use of food stamps has increased all over the country. It has also lost some of its stigma going from welfare to “nutritional aid.” A reason that more people are using these food stamps on things such as milk, bread, and cheese. It is helping many people all over the country.

   <http://www.ers.usda.gov/AmberWaves/February06/Features/feature4.htm>.**

   Talks about how food stamps may have been connected to obesity in 80’s and early 90’s. However, it does not seem to be connected today. Then it asks questions like “why might food stamps cause weight gain?” and answers them.

It explains how food stamps are effective and efficient and even includes graphs. Also, has bullet points on how food stamps support work and welfare reform. For example, they help low wage workers make ends meet. Food stamps are also good for the economy and goes on to explain how. Basically, food stamps are a good thing for the people of the United States who need it.

**Emergency Food Assistance/Soup Kitchens**


The author reflects on the U.S.'s million of low-income families that face a financial emergency at some point during the past years. He further commented that said families took the humiliating step of going to a food pantry for assistance. He derived his commentary from an exhaustive study by America's Second Harvest, a nonprofit organization that supplied the nation's emergency food aid and other basic necessities.


This article presents the history of some of the emergency food relief programs out there and when they started. After that it presents some of the facts about each of the food assistance programs such as the Food Stamp Program (SNAP) and the Emergency Food Release System (EFR). It mainly talks about the state of Virginia. It also presents issues about food security.


This article examines the sources of support for services of the homeless. It delineates the extensive role of the private sector in both funding and actually delivering shelter, meal, and other services for the homeless. It also indicates the extent to which certain states are providing financial support for homeless services, and the relation of new federal efforts through programs funded by the Stewart B. McKinney Homeless Assistance Act to state and private activities.


City officials, welfare recipients and social-service agencies yesterday denounced Federal cutbacks in food stamps and Government aid and warned that hunger in New York City had reached crisis proportions. "We have a critical and well-documented hunger problem in New York State," said Gretchen Buchenholz, a founder of the Committee Against Hunger, a project run by the Coalition for the Homeless and the New York Urban Coalition. "From one end of New York to the other, hunger and the demand for emergency food assistance are skyrocketing. Over half a million people in New York State have to stand on line at soup kitchens and pantries just to get by each month."

This address consists of an identification of the objectives of our administration’s food assistance policy, a brief description of the programs and activities through which they are implemented (including some of the criticisms directed against them), and comments on the administration proposals for changes in the policy implementations.


Abstract: This paper describes the variation in use of soup kitchens throughout the month using data from the New York State Nutritional Surveillance Program. Excluding November, December, and May, when holiday meals created a different pattern of use, number of meals served in soup kitchens generally increased toward the end of the month, averaging 43 % higher for Upstate and 14 % higher for New York City in the last week as compared to the first week of the month. The overall increase throughout the month and difference in the magnitude of increase between Upstate and New York City corresponds to the timing of income maintenance benefits distribution. Distribution of most public assistance benefits occurs at the beginning of each month in Upstate, whereas it is staggered in New York City throughout the month. (Am J Public Health 1988; 78:1298-1301.)


This article is about how some Americans are not able to receive food aid due to the over burden that emergency food programs are presented with. Although they wish to help they cannot due to the demand that is burdened upon them.

Farm to School


This site is the official Farm to School network site. This site includes a map where you can find Farm to School programs near you, a calendar of upcoming and recent events, and statistics about this program. There are 46 states that have a Farm to School program. The Farm to School Program “connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers” (Farm to School). This site connects to Youtube, Facebook, and Twitter, allowing anyone to join the Farm to School network to be able to donate or become a volunteer.

This site is sourced from the United States Department of Agriculture. It provides more information on the Farm to School program as well as areas of interest, and where one can volunteer a school or a farm to participate. This source “was formed to assist schools in starting or expanding their Farm to School activities; assist in the communication between farmers and schools; share information about Farm to School activities across the Nation; and keep you informed of the legislative and regulatory changes that influence Farm to School activities”


This site provides the straight facts about why a program, such as the Farm to School program is needed in today’s world. The site conveys that today many children are obese and not eating the recommended servings of vegetables in a day. This site also continues to give examples of some programs that are successful with Farm to School. For example, “Cornell University’s Farm to School pilot project helped get a variety of local produce served in several New York school districts, including fresh apples, cabbage, onion, tomatoes, potatoes, cucumbers, green peppers, carrots, cauliflower, broccoli, pears, and milk” (Farm to School – Food Routes).


This site is more of an article emphasizing the need for the Farm to School project in the United States. It also conveys what assistance this program would need, as well as a list of resources. The Farm to School program is “not a cure-all, but it can be considered one strategy in a basket of strategies. Farm to school is flourishing in the U.S. There are over 1,000 school districts in 32 states that have farm to school programs”


This site is specifically for the Farm to School Program in California. It speaks on different schools and farms that participate in the program, a map of where the programs are, and a list of update news. The California Farm to School Program “connects schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting California’s farmers”

Community Supported Agriculture


This article goes over the many things that one should go through when making the decision to sign up for a CSA. which include: -Meeting the farmer -check references -see if they are seasoned farmers -make sure you can ‘work with nature’ meaning being flexible to cook with what is in season -
mentions a few good websites to look up local CSAs localharvest.org, eatwellguide.org, wilson.edu/csasearch


CSAs allow small farmers to share the risk of farming -Article briefly describes how a CSA works. At the beginning of each season people buy shares, that gives the farmers money they need to purchase needed items. - On some CSAs share holders actually help farm.


– Article goes into detail about benefits from CSA, such as reducing transportation, retail, and marketing costs. making CSAs able to compete with markets. In the UK some CSAs have offered subsidized shares, making fresh food available to everyone. - In the UK CSAs help farmers become less dependent upon using pesticides; allowing them to return to traditional means of farming. - The article goes into detail as to how the peak oil is a motivator to keep the food economy local.


Article goes over general principles and origins of a CSA - presents goals: a reexamination of the way food, community, and economics come together, to create a more sustainability within the interaction of the three aspects of agriculture economics. - eating locally- they state that even that is not enough, that a local food economy needs to be established. -article shows data as to where CSAs are located -it goes over CSA structure

Food Banks/ Food Pantries


This site is the official food bank webpage; it contains information on the locations of food banks all across California. There are 43 food banks spread all around and their goal is to increase the awareness of hunger and the solutions to decrease the issue. This site also provides information on the programs and plenty of information on the hunger in California. The CAFB mission is to provide voices to the food banks to increase its ability to a well-nourished California. They also are determined to increase the access of food banks for many people who need it in California and distribute fresh food across California as well.


This site is another resource of a food bank that is available to those who need it. It provides information about its programs and how people could get involved and volunteer. They also provide
information of how we can donate food to the food banks and its locations. Moreover, they provide job opportunities. Their mission is to provide for the needs of hungry people by not only gathering but also sharing quality food with dignity, compassion and education. There are more than 400 agencies that work together to feed the needy and they distribute over 19 million pounds of food per year.


This site provides information on how children and low-income families can get the food services they need to access food, have a healthy diet, and get an education in nutrition. They are able to help one in four people and the website provides links to many programs. The site is organized by who needs the help and what kind of food help. From a nutritional program to school meal plans to disaster reliefs.


This site is more of a resource page on where you can find one of many food pantries across America. They update daily, always adding more new food banks that open in any area. They also provide information on the latest news and information on how to join the pantry. Also, they provide a link to apply for the pantry services.


This is an article describing how Americans are turning to a new resource for food because the economy is not doing so well. The author claims that the struggling economy and the high food prices are overwhelming everyone forcing them to seek for extra help. More and more people are demanding help from the food banks and some are actually relying on them.

Nutrition Gardens


This website is an informational site about school gardens in California. It gives information about how to start a school garden in California and different links to useful websites. You can also see different chapters in California that have school gardens, or if you’re not near those chapters you can even start a chapter of your own in your area.

This journal article is about the relationship between teaching 6th grade children about fruits and vegetables and their consumption of them. In the study it was show that the students who were more educated about fruits and vegetables were show to have a high consumption of these when compared with students who were not educated about the same things.


The reason why I cited this website was it contains a link to a pdf that is a checklist on what is needed and how to start a school garden that was made by the Marin System Food Project. The link contains a checklist for everything you need to make a school garden like, choosing a site, determining the cost of labor, etc.


This website is a great informational site for people looking to start a school garden. It provides information on how to present you case for having a school garden and ways to make your school garden successful. This would a be a great site to look at if you were interested in starting a school garden but didn’t know where to start.


This website gives information about a 1-acre school garden in Berkeley, Ca. It gives information not only on the garden they have, but the kitchen as well. They keep a blog on all the crops that are growing during at different time of the year for people who are interested, and events that are going on there. I just thought this was a great site because it gives a great example of just how successful a school garden can be.

Summer School Food Programs


This website is a report of the Summer Nutrition Programs. It has all the statistics of who helps these programs, national participation, participation in the states, providing grants to these programs, numbers for Summer Nutrition Participation in July 2008 and 2009, changes in numbers over the years, and an estimated number of students who will participate in the coming years. This information is very important because it’s the actual numbers and statistics to show if these programs are really effective or a big waste for our government. I think reports are important to look back at over the years to compare numbers.

This article focuses on how summer school programs help families with food insecurity problems. The authors back their points up with surveys and reports made over the years. This article also looks at how the different seasons cost more and what the government funding does for the schools.


This website was especially helpful for just basic facts about the summer school food programs around the country. The history of the Summer Food Service Program is important to know because people will not be interested without knowing where this program came from and how long it has been around. I learned from this website that this program goes back as far as 1968, and since then the program has grown immensely. This website helps direct people who really want to volunteer and help out these types of programs. Then it also goes into how much this food service program is. It’s good for people who need to find out basic information about this, especially if they do not know anything about it. Becoming a sponsor for the Summer Food Service Program is what this website aims at. It gives all the needed information, then ways on how to help.

Farm to Table


Short entry with the journal on poor farmers that gleaned in the past and how they benefitted from it. If gleaning in the past was successful there is no reason for it to be unsuccessful today. The benefits of gleaning could make a huge difference so that the 6 tons of food wasted in America alone per year could be reduced and given to the many Americans that remain hungry.


I consider this site the “Facebook” of the gleaning world. This site began because of an over abundance in mangoes in Hawaii. Since so many fruits were wasted, this site was started in order to allow people to communicate and trade with other people. Similar to Facebook, people are allowed to communicate publicly using their own personal profiles. This is a good tool for promoting gleaning especially in this new technological area in which we rely so much on the internet.


The Mid-Atlantic Gleaning Network gives farmers the opportunity to give leftover food that they can’t sell. Farmers can contact this group and volunteers will be sent out to their farms to pick the unwanted fruits and vegetables. From there, they are distributed among low economic families and communities that serve those who need food.
   <http://www.rachelstablespringfield.org/Main/The_Gleaning_Project.html>

Rachel's Table Springfield supports a gleaning program that donates to local food shelters and food pantries. This project has been proven successful as they have gleaned over 5000 fruits and vegetables that would have gone to waste.


Marin Organic is a local group that is a proud supporter for gleaning. Just recently, they founded National Gleaning Day that was celebrated on September 20th. Due to their efforts, other communities around the country gleaned along with them to celebrate the national day.


This news article focuses on how much food is being wasted today. Gleaning programs help the cause but do not fix the problem because there is too little help. Not enough food is being gleaned and the foods that are kept are being thrown out because of the liability of accidental food poisoning.


This news article provides a religious outlook on gleaning and organic farming. Rather than organic farmer for the community alone, the nuns felt that organic farming and gleaning was a call from God. They have respect for the life of the bugs that killed by pesticides and use them as a natural pesticide such as the praying mantis.

**National School Lunch Program**

42. Gunderson, Gordon W. The National School Lunch Program Background and Development. 

This article gives a brief description of the national school lunch program and how it came about and was originally funded. It describes the early federal aid program used to fund the lunch program as well as the effects of world war two on the program and information on the authorization of federal funds. I think this article is helpful because it describes the programs financial background which is interesting and necessary to compare the financial background of the program now.

43. Gunderson, Gordon W. The National School Lunch Program Background and Development. 
This article describes public concern that grew towards the beginning of the program and describes the action demanded by many people to help feed the children of needy families. It describes the president’s decision to act on the growing concerns of the population and create the Food and Nutrition service within the Department of Agriculture to begin developing food programs. This article is important because it describes what the program went through in terms of public perception when it was first beginning and how it began getting federal funding.

44. Lake, Rachel. New bill will boost school lunches but cut food stamps. 24 September 2010.

This newspaper article describes the current issues occurring with the federal lunch program. With the Health Hunger-Free Kids Act, school lunches would be more nutritious for children. Yet in order to make these lunches more nutritious, federal aid for food stamps will decrease. There is some controversy over this and I think it shows what we need to sacrifice for the health and well being of our children today. I think this article addresses many good points and it causes people to think and consider what deserves more funding, our children’s lunches or people who need food stamps.

45. USDA, National School Lunch Program Factsheet


This fact sheet describes what the school lunch program is and how it works, the nutritional requirements, qualifications needed to be a part of the program, information about reimbursement, and the cost of the program. It is very detailed and easy to read and understand. It touches many of the basic points and questions people would have about the program. This is one of my favorite sources because it has so much information condensed into just three pages and it is very easy to read and understand.

Women, Infants, and Children (WIC)


This website talks about the main information (listed below) about the WIC program. How to apply for WIC / Contents of WIC Food Packages / WIC State agency list


This website talks about the information that one needs to know when applying for the WIC program if they live in the state of California. This website talks about the main information (listed below) about the WIC program. About WIC - How to Apply - Contact Information - Find a WIC Agency near you - News and Updates - WIC Authorized Foods - Public Resources - Job & Career Opportunities -

Dominican University of California – Community Service Learning Project

This article talks about the effect of the WIC program on the health of newborns. This article provides data on the income and well-being of U.S. families from 1968 to present. This article also provides information on the children who are part of the WIC program.


This article assesses the value of Special Supplemental Nutrition Program for WIC services to improve the outcomes of birth. This article has clear data on a comparison between the infant mortality rate before and after families who are part of the WIC program.

Food Retailers in Marin County

Wholesale:


Site includes information regarding the function of Costco as a “no-frills” retail outlet toward their ability to provide massive discounts to their members. These members pay an annual fee of either $50 for Business and Gold Star members, or a $100 fee for Executive members who are allowed special access to otherwise exclusive items. This article also provides statistics for the number of Costco stores based on location, the number of members, size of stores (warehouses), number of employees (nationally and internationally), and the annual revenues ($71.4 billion). This Corporate Profile, along with other information relating to the actual business system Costco ascribes to, can only be found through a link at the bottom right of Costco’s website homepage. This link is titled, “Investor Relations.”


While not officially located in Marin, the Multiple Organics warehouse in Oakland extends its services to the citizens of Marin in many ways, including nutritional education for children and adults alike. Multiple Organics also provides such education to their quinoa providers in Bolivia, as the global demand for quinoa increases, its farmers are struggling to keep their own nutrition stable. Multiple Organics was started in 2002 by Dave Lanstein and provides over forty different varieties of Organic, dry food sourced from 20 different countries. This website offers information for both buyers and sellers of whole, organic foods.

This source offers a topical overview of Trader Joe’s history beginning in 1958 as a small chain of convenience stores called Pronto Markets. The timeline link opens to another sparse history of development with no mention of the original founder or any information about its development before 1967. The timeline itself focuses mainly on the stylistic development of the typical Trader Joe’s in-store décor. On the main “About Us” page, there is also a link for frequently asked questions categorized by career, general, and product questions. None of which pertain to the original source of their products or their corporate partners.


This article traces the origins of Trader Joe’s and its current system of operations, beginning with founder Joe Coulombe, and ending with the current owners, a family of German grocery moguls, the Albrechts. It also reveals that many of the products that appear to be “Trader Joe’s Brand” are actually manufactured by external manufacturing corporations such as Pepsico and Frito-Lay. The article analyzes the typical Trader Joe’s customer and chronicles the store’s press history, which is surprisingly secretive.


Funding Universe provides an objective documentation of Whole Foods’ rise to grocery stardom. The company’s founders were Craig Weller and Mark Skiles, owners of the Clarksville Natural Grocery, and John Mackey, owner of Safer Way Natural Foods. Since 1980, when Whole Foods became incorporated and opened its first store in Austin, TX, the corporation has bought out several natural food and beverage specialty companies across the nation in their alleged attempt to promote the “natural food conversion.” This source provides an admirably detailed history of Whole Foods and also a list of its subsidiaries. As of 2010, Whole Foods’ total annual revenue is $2.16 billion.

Convenience:


Telli Marin is a database providing a listing of all the convenience food, liquor, tobacco and candy-carrying stores in Marin County. There are links for each establishment which show a map, phone number, and address. Also, one is able to filter their search based on location and products. This
source is especially useful to gain a “big-picture” perspective on what is actually offered in our community and how accessible certain products have become.

**Farmer’s Markets**


In Hot Peppers and Parking Lot Peaches we are able to see the things that work and do not work within Farmers Markets. The article is displayed in three chapters; Consumer Preferences and Farmers’ Markets, Farmers’ Markets Case Studies, and Policy Opportunities and Barriers. In Consumer Preferences the focus was on the barriers consumers face with farmers markets. The consumer worried about reluctance to family members enjoying the produce, price, how to prepare the food, perished waste, and overall it not being as easy. The second chapter looked at eight case studies at famers’ markets in low-income neighborhoods. In last chapter the major topic was on technology. It ranged from WIC and food stamp disagreements to wanting the capability of Internet usage for cards.


In State Implementation of the New WIC Produce Package they regionally go into farmers’ markets and discuss the association with WIC. Concerns talked about were limited established markets, market hours and availability, and processing. California is one of the only states to have a call in requirement on the checks the markets receive. This will include farmer training in the technology, authorization process between WIC and the farmer and cost, efficiency, and participation.


The Community Food Security Coalition’s Sowing Opportunity, Harvesting Change has very key factors. Good jobs for the community and people, strong communities, local farms and produce, and healthy food. They are able to give specifics on what the Bay area is doing to help the society change, including knowledge of healthier choices and opportunities. They touch on changing the cycle and demolishing poverty.

**Fresh Fruit & Vegetable Programs**


This website helps to connect schools with local farms. It gives multiple ideas, examples, and suggestions to help schools connect their students with healthy eating habits. Its aim is to connect schools with their local farms so schools can start to serve local, and healthy food within their
cafeterias, help to provide better nutrition to their students, and also to help promote children’s nutritional education.


The “Garden of Eatin” is a project funded by grants to help educate children on growing, harvesting, and eating fresh fruits and vegetables. It is a local project which reached its first site at North Bay’s Children Center. It is a place where children are in charge of the upkeep and harvesting of many fruits and vegetables found within their garden.


“Let’s Move” is a nationwide initiative to help promote healthier eating habits in children and their schools. Its aim is to promote more accessible and affordable healthy foods to kids. This website gives ideas and suggestions about how to eat healthier and what programs are available to help educate children and their parents.


The Nutrition Wellness Program’s campaign slogan is “Eat Healthy! Be Active! Feel the Difference!” The newsletter features healthy habit tips, fun ways to cook healthy foods, healthy party snacks, and many more innovating ideas on how to make eating healthy a fun and easy thing to participate in. It is a newsletter in which the Marin Health & Human Services distributes.


The California Farm Bureau Federation is a non-profit, non-governmental agency which helps to promote awareness of food and agriculture in the state of California. It features articles and newsletters in which help to promote and understand more about California’s agriculture. The article found in this site which proved to be intriguing, was an article about child obesity in America and efforts being made to change this starting in Marin County.


Outlines the necessity and desire for after school programs primarily in middle and high school environments. Gives an overview of benefits and survey data towards programs and a general description of the many possible kinds of after school programs. Provide models for what an effective after school program is and what they can become.

Gives general statistics of the food system and the health status within the United States. Gives highlights of the One Tray, Farm to School initiatives throughout their years. States the benefits of the Farm to School programs and the connectivity which it brings.


This press release gives an overview of the Foster Farms' Food 4 Thought program which is now entering its second year. It is a program that donates food to students and their families who participate in an eight hour a week after school tutorial program. Gives statistics based upon last year’s program and the hopes for the program this year, the future and the need for programs like this.


Outlines the demand for the presence of after-school programs in distressed cities throughout America. Also presents the need to re-think after school programs and to re-create them. Gives thorough phone survey data of satisfaction as well as dissatisfaction/contentment with current system of after-school programs.

  <http://groups.ucanr.org/UCCEAR09/Youth_Development/>. 

Highlights the Marin County 4-H after school program for youth ranging in ages from 5-19. Goals to help foster interest in science provide place for positive youth development and to create sustainability.

School Breakfast Program


The Food and Nutrition Information Center has multiple links to sources about healthy meals, foods that are locally grown, and who are eligible for these sorts of programs. There is an area that accepts application on how to apply for the assistance.

This is an article that is about a year old reporting that the program is "underused." The main focus is on California and basic historical information and how it has been more utilized than the past years.


The California Department of Education provides information on the School Breakfast Program for those who want to apply and for those who are administering. The program is regulated by the United States Department of Agriculture on the national level.


This source offers insight on why breakfast should be served at schools. The program has strict nutritional guidelines to ensure each child's meal is beneficial. There is a section that provides the breakdown of the reimbursement and funding rates for each school year.


The FNS offers a short description on the purpose of the breakfast program. It also includes the history of the program. The school breakfast program was created to provide grants for schools that were considered, "nutritionally needy."