

# *Appendices*



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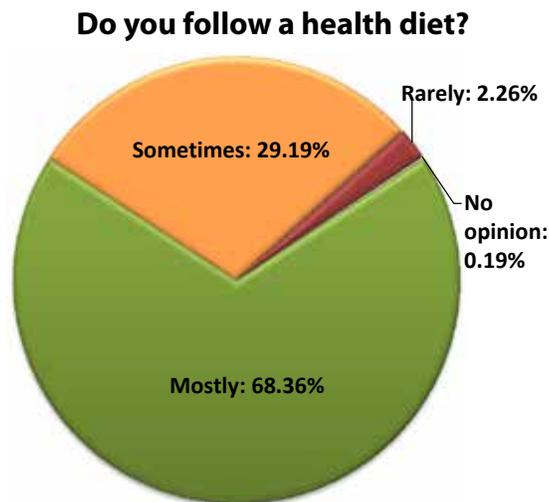
## Appendix 1: Eating habits and nutritional knowledge of County residents

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The second part of the Access to Healthy Food Survey included questions about eating habits and nutrition knowledge of the Prince George's County residents who took the survey. First they were asked whether they follow a healthy diet followed by a description of a healthy diet in their own words. Then a series of questions were asked about what they had eaten in the past seven-day period to find out how healthy the food is that they actually consumed. The survey included questions related to cooking and nutrition knowledge and familiarity with federal food related programs. Over 500 residents responded to the survey.

### Survey results

The majority of respondents believe that they follow a healthy diet. More than two thirds of the respondents said that they follow a healthy food diet most of the time, while another 30 percent said they sometimes eat healthily, and 2 percent admitted that they rarely follow a healthy diet.

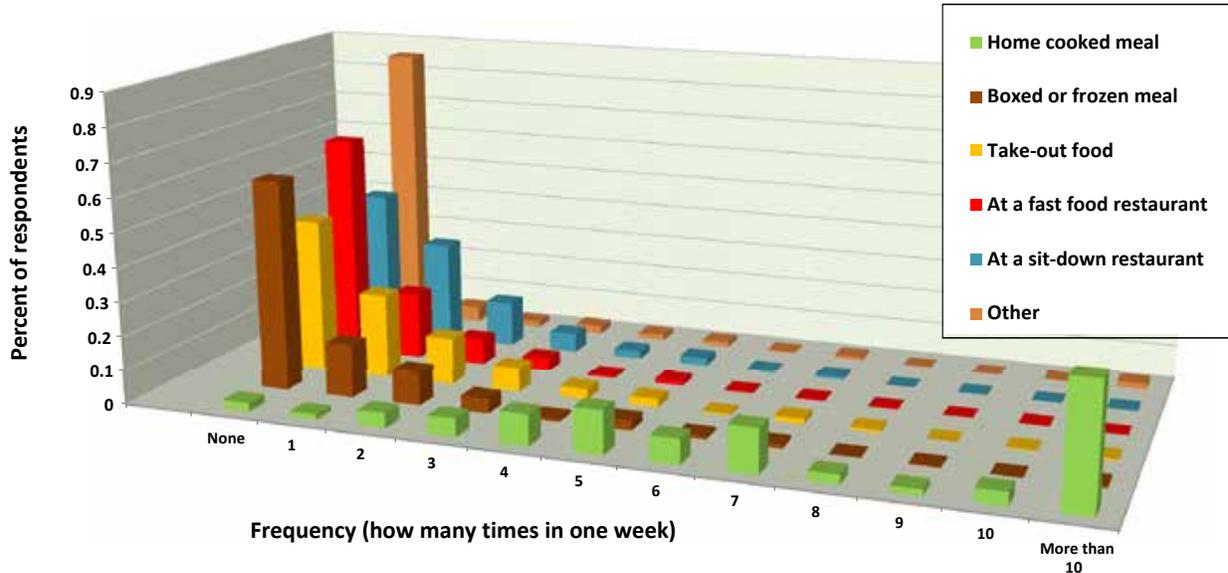


**Residents have a good idea what a healthy diet is all about.** An overwhelming majority (90 percent) of respondents provided a good description of a healthy diet. While two thirds of the respondents included vegetables in their description, a little more than half of them mentioned fruit. Only 12 percent talked about a balanced diet. Respondents also indicated the foods that should be avoided in order to keep a healthy diet. Eighteen percent of the respondents stated that there should be no or minimally processed food in a healthy diet. While some respondents suggested a low-fat diet (17 percent), some suggested eating healthy fats (1 percent). Limited sugar and low-sodium consumption are mentioned by 16 and 7 percent of respondents, respectively.

**Most respondents eat primarily home-cooked meals.** Residents were asked how many times they ate home-cooked meals, boxed or frozen meals, take-out food, and fast food or at a sit-down restaurant within a seven-day period. Home-cooked meals was selected by more respondents than any other type for four or more times in one week, with 36 percent saying more than 10 times.

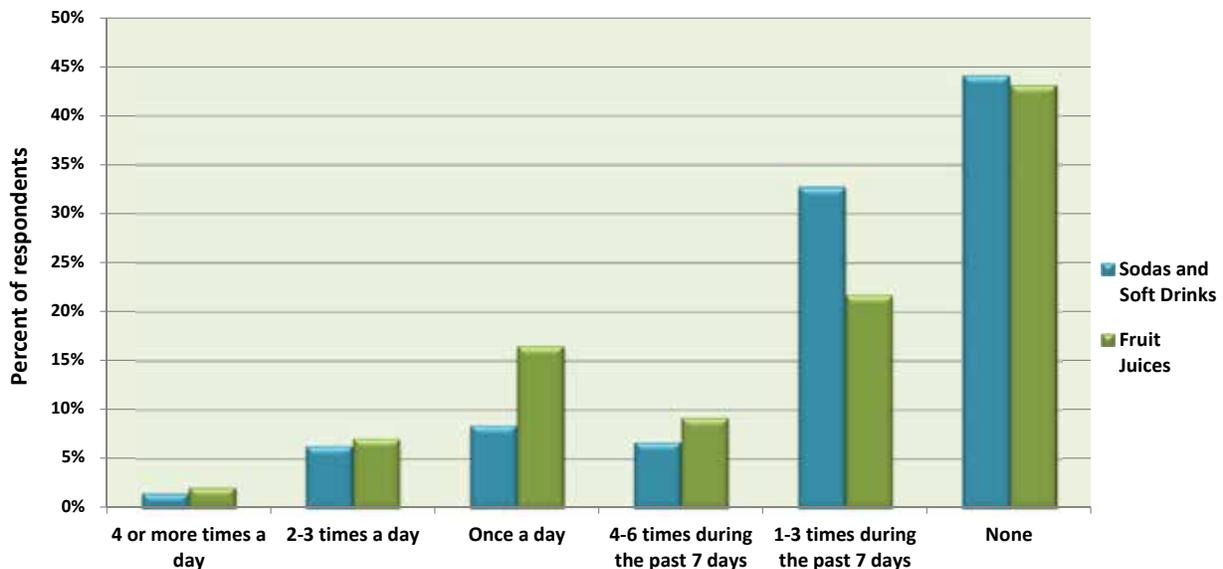
The majority of respondents did not eat any boxed or frozen meal or at a fast-food restaurant in a seven-day period. Eating at a sit-down restaurant is the most checked for once and take-out is the highest for twice or three times during the same period.

### Eating habits in a seven-day period



**In general, respondents eat reasonable amount of vegetables and/or fruits and do not consume large quantities of unhealthy foods.** Residents were asked how many times they ate certain types of food during a given seven-day period. Almost 80 percent of the respondents indicated that they consumed vegetables at least once a day, and over 70 percent ate fruits at least once a day. Only one percent did not eat any vegetables, and four percent did not eat fruits at all.

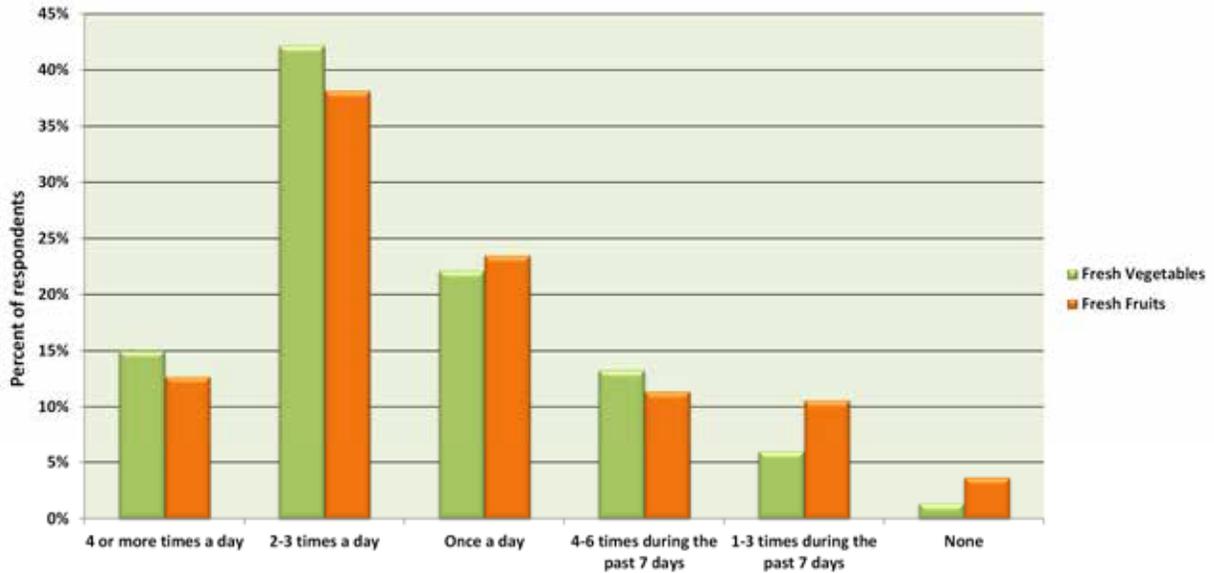
### Consumption of sodas vs fruit juices



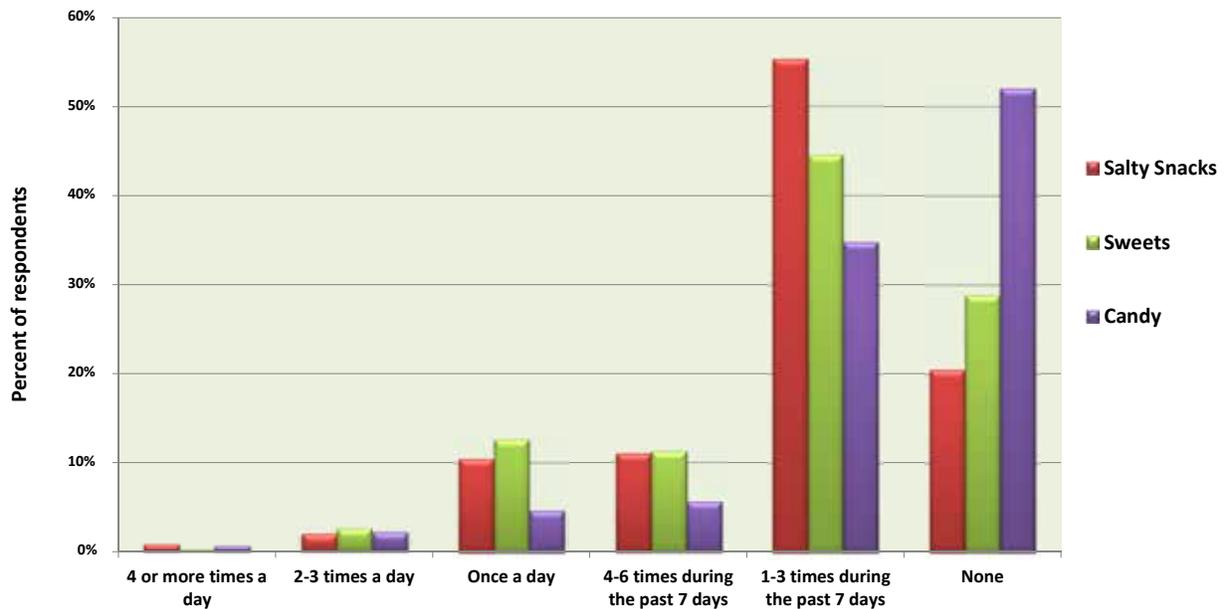
Although fruit consumption was on the positive side, this was not the case for consuming 100 percent fruit juices. Over 40 percent of the respondents did not drink any fruit juice, and only a quarter of them

drank at least once a day. Similarly, during the same week, over 40 percent of the respondents did not drink soda or soft drink. More than half of those who consumed soda or soft drinks had it at most three times during a seven-day period.

### Consumption of fruits and vegetables



While the majority of respondents refrained from eating candy, only 20 percent and less than 30 percent did not eat salty snacks or sweets, respectively. Salty snack consumption is the highest among the snacks, and candy is the lowest.



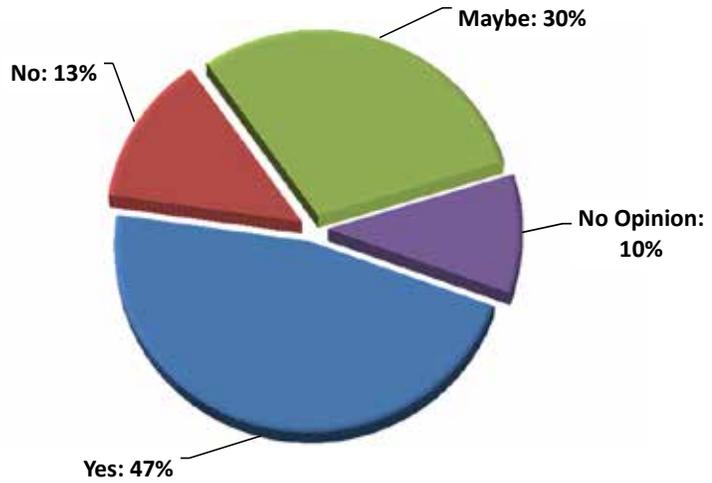
**Respondents are aware of how healthy they are eating.** Overall, there was a match between what the respondents declared about having a healthy diet and their actual behavior within a seven-day period.

**There is no problem with knowledge of how to prepare fresh vegetables.** Except for less than two percent of the respondents, everybody has at least one person at their house who knows how to prepare and cook vegetables. Close to half of the respondents answered “yes” and another 30 percent answered “maybe” when it was asked whether provision of recipes in stores would be helpful in encouraging them to cook vegetables.

**One or more people at the house that can cook.**

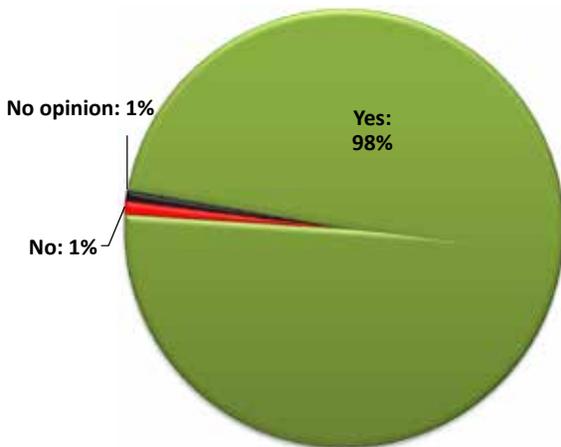


**Would recipes in stores be helpful?**

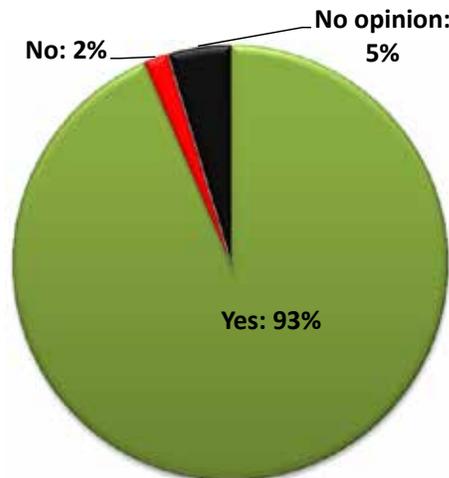


**Respondents have a good understanding of the connection between food and health.** An overwhelming majority of respondents believe that the food we eat affects our health, and certain diseases can be prevented through a healthy diet.

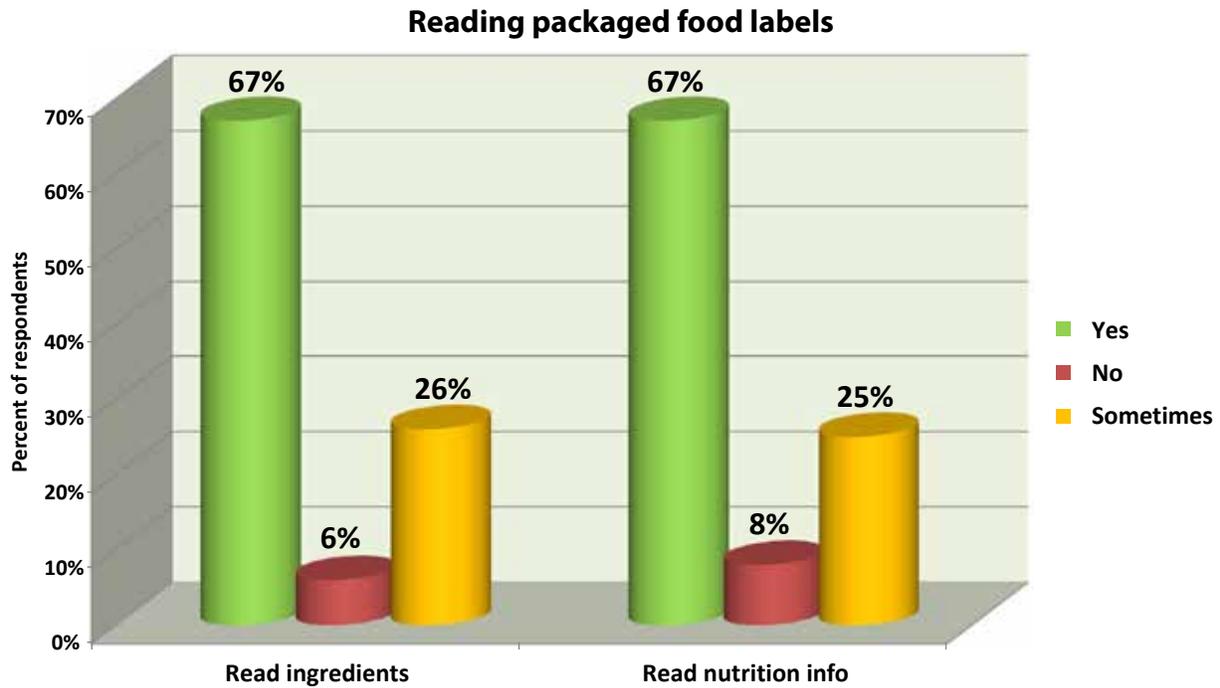
**Do you believe that what we eat affects our health?**



**Do you believe that certain diseases can be prevented through a healthy diet?**

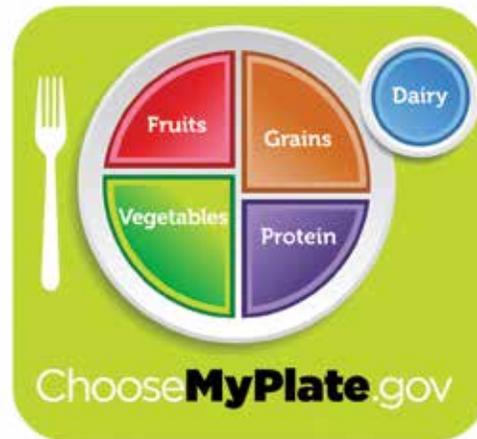
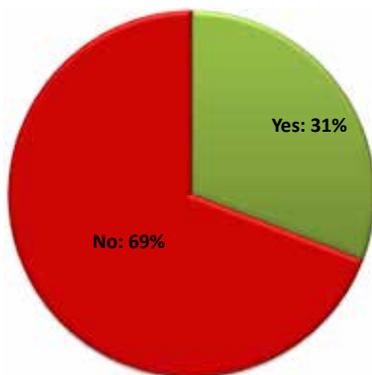


**Generally people read the labels on packaged food.** Two thirds of the respondents claimed that they read ingredients and nutrition information on foods that are packaged. Another 25 percent said that they sometimes read this information.



**Only less than a third of the respondents are familiar with “MyPlate”<sup>1</sup>** A vast majority of respondents are not aware of the basic nutritional guide that is provided by the government to encourage healthy eating.

**Familiarity with MyPlate**



<sup>1</sup> MyPlate is a nutrition guide published by the United States Department of Agriculture illustrating five food groups that are building blocks for a healthy diet. The web site ChooseMyPlate.gov has a wealth of information about healthy eating and active living.



# Appendix 2: Access to healthy food survey questionnaire

## Access to Healthy Food Survey

Please take a few minutes to answer the questions on this survey. Your responses will help us to identify the needs of Prince George's County residents in accessing to healthy food choices. This survey is anonymous and confidential.

**1. Where do you live?**

Neighborhood: \_\_\_\_\_

Zip Code: \_\_\_\_\_

**2. How often do you shop for food?**

- a. Daily
- b. 4-6 times a week
- c. 2-3 times a week
- d. Once a week
- e. Every other week
- f. Monthly
- g. Other (Please specify) \_\_\_\_\_

**3. Where do you usually do your food shopping?**

- a. In my neighborhood
- b. Close to work
- c. On my commute
- d. In another neighborhood
- e. Other (Please specify) \_\_\_\_\_

**4. Where do you shop for food?**

Please rank 1-11 (1= the place you most frequently shop for food; 11= least frequently shop; leave BLANK the places you do not shop at all)

- \_\_\_ a. Major supermarket
- \_\_\_ b. Small grocery store
- \_\_\_ c. Ethnic market
- \_\_\_ d. Convenience store
- \_\_\_ e. Big-box store (Walmart, Target, etc.)
- \_\_\_ f. Membership club (Costco, Sam's Club, BJ's)
- \_\_\_ g. Farmers market
- \_\_\_ h. Farm/Community Supported Agriculture (CSA)
- \_\_\_ i. Grow my own
- \_\_\_ j. Food pantry
- \_\_\_ k. Other (Please specify) \_\_\_\_\_

**5. How much time does it take you to travel one-way to the place you most frequently shop for food?**

- a. Less than 5 minutes
- b. 5-10 minutes
- c. 11-20 minutes
- d. 21-30 minutes
- e. More than 30 minutes

**6. How do you usually get to the place you most frequently shop for food?**

- a. Walk
- b. Drive
- c. Bus
- d. Metro
- e. Bicycle
- f. Taxi
- g. Get a ride
- h. Other (Please specify) \_\_\_\_\_

**7. What challenges, if any, do you have getting the food you want? (Circle all that apply)**

- a. Grocery stores are too far
- b. Nearby stores do not carry the food items I want
- c. Do not have access to a car to go shopping
- d. There is no public transportation to grocery stores
- e. Lack of pedestrian safety/there are no walkways
- f. Too expensive/cannot afford
- g. Quality of food is not good
- h. Cannot find foods that are important to my culture
- i. Do not have enough time to shop
- j. Other (Please specify) \_\_\_\_\_
- k. None

**8. When shopping, how important is it to you that the food is:**

Please rank 1-4 (1=most important; 4=least important)

- \_\_\_ a. Fresh, good quality
- \_\_\_ b. Affordable
- \_\_\_ c. Healthy/nutritious
- \_\_\_ d. Organic (free of chemicals)

**9. What services are important to you in a full-service grocery store?**

Please rank 1-7 (1=most important; 7=least important)

- \_\_\_ a. Produce
- \_\_\_ b. Meat/fish
- \_\_\_ c. Bakery
- \_\_\_ d. Dry goods
- \_\_\_ e. Pharmacy
- \_\_\_ f. Accepts EBT/WIC
- \_\_\_ g. Other (Please specify) \_\_\_\_\_

**10. How satisfied are you with your current food shopping options?**

- a. Very satisfied
- b. Somewhat satisfied
- c. Not satisfied

**11. What needs to be done (if anything) to improve your food shopping?**

\_\_\_\_\_

Survey continues on the other side →

12. Do you believe that you follow a healthy diet?

- a. Mostly      b. Sometimes      c. Rarely  
d. No opinion

13. In your opinion, what is a healthy diet?

\_\_\_\_\_

14. During the past 7 days, how many times did you eat each of the following items?

- \_\_\_\_ a. Home cooked meal  
\_\_\_\_ b. Boxed or frozen meal  
\_\_\_\_ c. Take-out food  
\_\_\_\_ d. At a fast food restaurant  
\_\_\_\_ e. At a sit-down restaurant  
\_\_\_\_ f. Other (*Please specify*) \_\_\_\_\_

15. During the past 7 days, how often did you eat fresh vegetables (raw or cooked, not including potatoes)?

- a. 4 or more times a day      b. 2-3 times a day  
c. Once a day      d. 4-6 times during the past 7 days  
e. 1-3 times during the past 7 days      f. None

16. During the past 7 days, how often did you eat fresh fruit?

- a. 4 or more times a day      b. 2-3 times a day  
c. Once a day      d. 4-6 times during the past 7 days  
e. 1-3 times during the past 7 days      f. None

17. During the past 7 days, how often did you drink sodas or soft drinks?

- a. 4 or more times a day      b. 2-3 times a day  
c. Once a day      d. 4-6 times during the past 7 days  
e. 1-3 times during the past 7 days      f. None

18. During the past 7 days, how often did you drink 100% fruit juices, such as orange juice, apple juice, or grape juice? (*Do NOT count fruit punch, Kool-Aid, sports drinks, energy drinks, vitamin water, or other fruit-flavored drinks.*)

- a. 4 or more times a day      b. 2-3 times a day  
c. Once a day      d. 4-6 times during the past 7 days  
e. 1-3 times during the past 7 days      f. None

19. During the past 7 days, how often did you eat chips or other salty snacks?

- a. 4 or more times a day      b. 2-3 times a day  
c. Once a day      d. 4-6 times during the past 7 days  
e. 1-3 times during the past 7 days      f. None

20. During the past 7 days, how often did you eat sweets, such as sweet rolls, doughnuts, Pop-Tarts, Twinkies, cookies, brownies, pies, or cake?

- a. 4 or more times a day      b. 2-3 times a day  
c. Once a day      d. 4-6 times during the past 7 days  
e. 1-3 times during the past 7 days      f. None

21. During the past 7 days, how often did you eat candy?

- a. 4 or more times a day      b. 2-3 times a day  
c. Once a day      d. 4-6 times during the past 7 days  
e. 1-3 times during the past 7 days      f. None

22. Do you or someone at your household know how to prepare/cook fresh vegetables?

- a. Yes      b. No

23. Would it be helpful if recipes are provided where vegetables are sold?

- a. Yes      b. No      c. Maybe      d. No opinion

24. Do you check the nutrition information on packaged food before purchasing?

- a. Yes      b. No      c. Sometimes

25. Do you read the ingredients of packaged food?

- a. Yes      b. No      c. Sometimes

26. Do you believe that what we eat affects our health?

- a. Yes      b. No      c. No opinion

27. Do you believe that certain diseases can be prevented by following a healthy diet?

- a. Yes      b. No      c. No opinion

28. Are you familiar with federal food assistance programs (SNAP (food stamps), WIC, free/reduced school meals, summer meals, etc.)?

- a. Yes      b. No

29. Does anybody in your household participate in federal food assistance programs?

- a. Yes      b. No

30. Are you familiar with "My Plate" (ChooseMyPlate.gov)?

- a. Yes      b. No

31. Do you know anybody in your neighborhood who did not have enough to eat in the past year?

- a. Yes      b. No

32. What is your age group?

- a. Below 18      b. 18-24      c. 25-34      d. 35-44  
e. 45-54      c. 55-64      d. 65 and above

33. What is your gender?

- a. Female      b. Male

*Thank you!*

## ***Appendix 3: Methodology for food facilities data collection and inventory creation***

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### ***Methodology***

The main objective was to identify and create an inventory of food facilities in the study area. Primary and secondary data were collected from several sources through interagency collaboration and from professionals in the field who are conducting similar food system studies in the State of Maryland.

Over 2,300 food facilities were successfully identified and verified as part of this data collection effort. The following steps outline the process taken to research, collect, store, and verify food facilities in the study area.

#### ***Step 1: Data collection and import into GIS***

The data obtained through the initial research was compiled into an Excel spreadsheet that included the name, address, contact information, and type of food facility as well as the source of the data. This spreadsheet included data from three sources:

1. Secondary data collection through on-line directories.
2. Data provided by the Maryland Food System Map from the Center for a Livable Future (CLF) at the Bloomberg School of Public Health, Johns Hopkins University.
3. Data extracted from the in-house Shopping Center Directory database.

Once the data were compiled into a cohesive spreadsheet, the addresses were geocoded using ESRI's ArcMap software and the Address Locator from the Prince George's County Planning Department's SDE database. Geocoding the facility addresses using GIS software placed points in their relative geographic location along the street on which they were located. The point data were then added to a GIS database where duplicate records were combined and their sources retained.

The remainder of the data collected were in a GIS format and easily joined to the data imported through the Excel spreadsheet. These data were obtained from the Planning Department's SDE server as well as from the Prince George's County Health Department's food facility permit program. As a note, all information other than the name, address, type, contact information, and source was removed from the data so as to preserve any confidentiality of sensitive information obtained from other sources.

#### ***Step 2: On-line verification and absolute point location***

The next step was to prepare the database for field work. This involved the verification of facility points and their locations by using on-line checks through map and image services such as Google and Bing (street view, bird's eye view, and aerial images). The points were checked for accuracy of location and presence within the County. The address of each point was used to locate and verify the existence of a food facility and move its point onto the building it occupied. In order to move the facility points to the buildings, the building polygon data available on the Planning Department's SDE server and aerial imagery were used to verify the location. This step allowed for seamless data verification in the field by having all points located on their corresponding buildings.

On-line verification added two new fields to the database, "method" and "checked" columns. The method field was filled with the method by which the data check was completed, in this case, by the

various on-line map and imaging resources (Google, Bing). The checked field was filled with the date on which the check occurred in order to accurately record when the facility was last verified.

### ***Step 3: Map creation***

A field check map was created to allow for easy data collection and maneuverability in the field. The food facility data were added as well as background data including, but not limited to, street centerlines, County and *Plan Prince George's 2035 Approved General Plan* Tier boundaries, buildings, major roads, and property information. A map was created to symbolize the data, making data collection simple and fast.

The food facility data were symbolized using the field labeled "method." Green points on the map were symbolized to show food facilities that had been field checked using the GPS unit described in the following section. Yellow points represented food facilities that had been verified using on-line resources discussed in Step 2 above. The red points symbolized food facilities that were not found during the field check work for several reasons that will be discussed in later sections. In addition to the symbology of the points, corresponding colored labels were used for easy verification of the points on the map.

### ***Step 4: Field verification***

While an on-line check allowed for accurate location placement and verification of the facilities' existence, in many cases the imagery was outdated for the purposes of the study. The lack of up-to-date sources and the inevitable inconsistencies in any secondary data collection justified the use of fieldwork in collecting additional facilities and verifying the viability of the ones already collected.

To conduct data collection in the field within the short time allotted, it was recommended that a laptop installed with ArcGIS and a GPS unit be used for the study. A Dell Latitude E6410 laptop with 4 GB of RAM and administrator account access was paired with a GlobalSat USB GPS Navigation Receiver (Model Number: BU-353). The GPS receiver interfaced directly with the ArcMap software allowing streaming location data to be used within the GIS program itself. The GPS, which magnetized to the dashboard or roof of the vehicle, allowed us to track movements and determine routes based on current location and the unchecked data.

The current location of the vehicle from the GPS unit was used to verify the existence and correct locations of food facility. New facility points were also added at their correct geographic locations when found. The method and checked fields and any data previously uncollected (phone number, facility type, etc.) were recorded during data collection. The method column was filled with "field check," and the checked column was filled with the date of the field check. Since the symbology of the food facility points was based on a column in the data's attribute table (method), when the attribute of a record changed, so too did the color of the point and its label on the map. For example, when a food facility point originally verified using on-line resources (yellow) was checked in the field and its method attribute changed to field check, the color changed to green. The data collection effort focused first on red-colored facilities (not verified on-line) and collected yellow-colored facilities (verified on-line) along the way. A copy of the database was backed up after each day of field work in case any of the data was lost to unforeseen circumstances.

## Data Classification

At this point in time and with the time frame allotted, the data were only categorized by type of food facility. While the affordability and healthiness of food options are extremely important to the food system, this initial collection does not support that distinction. At this initial stage of the Food System Study, the data collection and verification focused on two distinct components of food outlets: food retail stores and prepared food service outlets. Food outlets that fall under these two categories are listed in the following table.

Classification of food outlets	
Food retail stores	Prepared food service outlets
Supermarkets	Full service restaurants
Small groceries/markets	Fast food restaurants
Ethnic groceries/international markets	Cafés, ice-cream parlors, etc.
Convenience stores	Bakeries
Co-ops	Carry-out places
Gas station stores	Caterers
Food banks	Hotels
Food pantries	Institutional cafeterias
Bakeries	Entertainment venues
Liquor stores	Wedding and event venues
Drug stores	Businesses
Discount Stores	Soup kitchens
Big box department stores	Homes
Membership warehouse clubs	

## Remarks

The data collection and field verification followed several trends that should be taken into account:

- The high turnover rate of food outlets in the County showed in several food facilities that had been closed or replaced.
- Several major supermarkets have been replaced by international grocery stores and general merchandise stores.
- A number of food outlets have residential addresses and could not be accurately located (i.e., caterers and mobile food trucks).
- The absence of advertisement and signage on many business storefronts made it difficult to locate some of these food outlets.
- Several of the food outlets could not be found at their listed addresses during the field collection due to inaccurate addresses, insufficient signage, and/or lack of access.



# Appendix 4: Supermarket HFAI survey instrument

## Prince George's County Food System Study

### Healthy Food Availability Index

<b>Type</b>		Name:	Date:	Time:			
<input type="checkbox"/> Supermarket*		Address:	Data Collector:				
<input type="checkbox"/> Small Grocery							
<b>Hours of Operation</b>							
Mon-Fri:	<input type="checkbox"/> Parking Lot	<b>Departments/ Features</b>					
Sat:	<input type="checkbox"/> Carts						
Sun:	<input type="checkbox"/> Store Card						
<b>Aisles</b>	<input type="checkbox"/> Accept WIC*						
___ Total number	<input type="checkbox"/> Accept SNAP*						
___ Estimated # of aisles of produce section	<input type="checkbox"/> Metal Detector						
	<input type="checkbox"/> Handicap Access						
<b>Registers</b>	<b>Line length</b>				<b>Shelving Type</b>	<input type="checkbox"/> Produce <input type="checkbox"/> Customer Service <input type="checkbox"/> Bakery <input type="checkbox"/> Pharmacy <input type="checkbox"/> Deli <input type="checkbox"/> Hot Prepared Food <input type="checkbox"/> Meat <input type="checkbox"/> Cold Prepared Food <input type="checkbox"/> Seafood <input type="checkbox"/> Salad Bar <input type="checkbox"/> Liquor <input type="checkbox"/> Health Food Section <input type="checkbox"/> Florist <input type="checkbox"/> Healthy Food Marketing/ <input type="checkbox"/> Bank    Signage	
___ Total #	<input type="checkbox"/> Short				<input type="checkbox"/> Conventional		
___ Open	<input type="checkbox"/> Medium				<input type="checkbox"/> Metal		
___ Self	<input type="checkbox"/> Long	<input type="checkbox"/> Stacked Boxes					
		<b>Lighting:</b>	<input type="checkbox"/> Bright	<input type="checkbox"/> Adequate	<input type="checkbox"/> Poor		
		<b>Odor:</b>	<input type="checkbox"/> Clean	<input type="checkbox"/> Tolerable	<input type="checkbox"/> UA*		

<b>Vegetables</b>	
<b># of Types:</b>	<input type="checkbox"/> <25 <input type="checkbox"/> 25-35 <input type="checkbox"/> >35
<input type="checkbox"/> Local* Items	<input type="checkbox"/> Organic* Items
<input type="checkbox"/> Large Carrots, 1 lb. bag	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Large Tomatoes	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Green Bell Peppers	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Broccoli Bunch	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Romaine Lettuce	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb

<b>Meats</b>	
<input type="checkbox"/> Leanest Ground Beef	Price:
Ratio: ___% : ___%	\$
<input type="checkbox"/> Cheapest Ground Beef	Price:
Ratio: _____ : _____	\$
<input type="checkbox"/> Ground Turkey, Leanest	Price:
Ratio: ___% : ___%	\$
<b>Chicken*</b>	
<input type="checkbox"/> Boneless Breast	Price:
<input type="checkbox"/> Skinless <input type="checkbox"/> Fresh	\$
<input type="checkbox"/> Bone-In Thigh	Price:
<input type="checkbox"/> Skinless <input type="checkbox"/> Fresh	\$
<input type="checkbox"/> Organic/Natural Brands (of any meat)	

<b>Fruits</b>	
<b># of Types:</b>	<input type="checkbox"/> <25 <input type="checkbox"/> 25-35 <input type="checkbox"/> >35
<input type="checkbox"/> Local* Items	<input type="checkbox"/> Organic* Items
<input type="checkbox"/> Bananas	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Red Delicious Apple	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Navel Oranges	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Seedless Green Grapes	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb
<input type="checkbox"/> Peaches	<input type="checkbox"/> A <input type="checkbox"/> UA
Price: \$	Unit: piece / lb

<b>Seafood*</b>	
<input type="checkbox"/> Tilapia (or White Fish)*	Price:
<input type="checkbox"/> Fresh <input type="checkbox"/> Frozen	\$
<input type="checkbox"/> Salmon	Price:
<input type="checkbox"/> Fresh <input type="checkbox"/> Frozen	\$

<b>Milk*</b>	
<input type="checkbox"/> Lowest Fat Milk	Price* of a Gallon:
% Fat _____	\$
Shelf space: _____%	
<input type="checkbox"/> Whole Milk	Price* of a Gallon:
Shelf space: _____%	\$
<input type="checkbox"/> Organic Milk	<input type="checkbox"/> Non-dairy milks

Over for Bread & Tortillas, Juice, Cereal and Frozen and Canned Food



Bread and Tortillas
<input type="checkbox"/> <b>100% Whole Wheat Bread</b>
# of Brands: _____
Lowest Price: \$ _____
<input type="checkbox"/> <b>White Bread</b>
# of Brands: _____
Lowest Price: \$ _____
<input type="checkbox"/> <b>6" Corn Tortillas</b>
# of Brands: _____
Lowest Price: \$ _____
<input type="checkbox"/> <b>10" Flour Tortillas</b>
# of Brands: _____
Lowest Price: \$ _____

Juice
<input type="checkbox"/> <b>100% Fruit Juice</b>
# of Varieties: _____

Cereal
_____ # of Low Sugar Brands (7 grams or less sugar)
_____ Rough % of low sugar-to-total

Frozen Food
<input type="checkbox"/> <b>Healthy Frozen Meals*</b>
# of Brands: _____
<input type="checkbox"/> <b>Frozen Vegetables*</b>
# of Varieties: _____

Canned Food
<input type="checkbox"/> <b>Low-Sodium Soup</b>
# of Varieties _____
<input type="checkbox"/> <b>Vegetables</b>
# of Varieties _____
<input type="checkbox"/> <b>Fruits</b>
# of Varieties _____

Comments
----------

* Notes
---------

- ~ Place a check or X in all [ ] boxes to record the presence of those items.
- ~ Check the WIC signs at the entrance door or ask whether they accept WIC.
- ~ You may need to ask about whether they accept SNAP ("food stamps").
- ~ A = Acceptable (For fruits and vegetables: I would buy this, it looks fresh).
- ~ UA = Unacceptable (For fruits and vegetables: I would not buy this, it is moldy, wilted, etc.).
- ~ Local produce will be labeled either "Local" or "From Maryland" - look for labels.
- ~ Organic produce will be labeled as "Organic" or "USDA Certified Organic".
- ~ Circle either "piece" or "lb" for unit.
- ~ Generally record the price of the LEAST expensive option for each item.
- ~ Record regular price of the items that are on sale for store card holders only. Check for small print for Non-Club price.
- ~ Chicken—record whether the LEAST expensive of both breast and thigh is skinless and/or fresh.
- ~ Fish—record the price of the LEAST expensive, and record whether it is fresh or frozen.
- ~ For Tilapia - if there is no Tilapia, record the price and type of the cheapest White Fish variety
- ~ Skim milk = 0% fat.
- ~ "Brand" is the name of the company that produces the item. For example, Chi-Chi's and Mission are tortilla brands and Amy's and Weight Watchers are healthy frozen meal brands.
- ~ "Variety" is regardless of the brand, the kind of juice, vegetable, soup, etc. For example, count all brands of orange juice as 1, all frozen green beans as 1, and all frozen mixed vegetables as 1.
- ~ Healthy Frozen Meals are usually labeled as low-fat, low-sodium, organic, natural, etc.

## Appendix 5: Small markets HFAI survey instrument

Prince George's County Food System Study Small Markets Healthy Food Availability Index						
Store ID: _____					Data Collector: _____	
Type: <input type="checkbox"/> Convenience Store <input type="checkbox"/> Discount Store <input type="checkbox"/> Drug Store <input type="checkbox"/> Gas Station Store <input type="checkbox"/> International Market <input type="checkbox"/> Small Grocery	Store Name:				Date:	Time:
	Store Address:				Subarea:	
	WIC: <input type="checkbox"/> Yes <input type="checkbox"/> No	SNAP: <input type="checkbox"/> Yes <input type="checkbox"/> No	# Registers:	# Aisles:	Pre-prepared Food Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Made to Order Food or Food Bar Available: <input type="checkbox"/> Yes <input type="checkbox"/> No
Note:	Comments:			Parking Lot: <input type="checkbox"/> Yes <input type="checkbox"/> No	Photo: <input type="checkbox"/> Yes <input type="checkbox"/> No	Refusal: <input type="checkbox"/> Yes <input type="checkbox"/> No

Measure 1: MILK	Measure 3: FRUIT	Measure 4: VEGETABLES	Measure 5: MEATS
Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Ground Beef Available: <input type="checkbox"/> Yes <input type="checkbox"/> No
Low Fat (1% or Skim) <input type="checkbox"/> Yes <input type="checkbox"/> No	Quality: <input type="checkbox"/> A <input type="checkbox"/> UA	Quality: <input type="checkbox"/> A <input type="checkbox"/> UA	Quality: <input type="checkbox"/> A <input type="checkbox"/> UA
Available:	Type(s) <input type="checkbox"/> 0	Type(s) <input type="checkbox"/> 0	% Lean: ____ % Fat: ____
<b>Measure 2: JUICE</b>	Available: <input type="checkbox"/> 1-3	Available: <input type="checkbox"/> 1-3	Other Options Available: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Fresh <input type="checkbox"/> Frozen
100% Fruit <input type="checkbox"/> Yes Juice Available: <input type="checkbox"/> No	____ <input type="checkbox"/> 4-6 ____ <input type="checkbox"/> 7-10 ____ <input type="checkbox"/> 11-25 ____ <input type="checkbox"/> >25	____ <input type="checkbox"/> 4-6 ____ <input type="checkbox"/> 7-10 ____ <input type="checkbox"/> 11-25 ____ <input type="checkbox"/> >25	
Comments:	Whole ____ Cut ____	Whole ____ Cut ____ Potatoes ____ Onions ____	Comments:

Measure 6: CHICKEN	Measure 8: FROZEN FOODS	Measure 9: PACKAGED FOODS	Measure 11: BREAD
Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Meal(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Dried Beans Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Available: <input type="checkbox"/> Yes <input type="checkbox"/> No
Quality: <input type="checkbox"/> A <input type="checkbox"/> UA	Healthier Meal(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Rice Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	100% Whole Wheat Available: <input type="checkbox"/> Yes <input type="checkbox"/> No
Option(s) Available: <input type="checkbox"/> Fresh <input type="checkbox"/> Frozen	Fruits(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Pasta(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Corn Tortillas Available: <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Measure 7: SEAFOOD</b>	Vegetables (s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Measure 10: CANNED FOODS</b>	<b>Measure 12: CEREAL</b>
Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Comments:	Soup(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Available: <input type="checkbox"/> Yes <input type="checkbox"/> No
Quality: <input type="checkbox"/> A <input type="checkbox"/> UA		Low-Sodium Soup(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Low Sugar Options: <input type="checkbox"/> Yes <input type="checkbox"/> No
Option(s) Available: <input type="checkbox"/> Fresh <input type="checkbox"/> Frozen		Fruit(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	# Healthy Varieties: <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2+
Comments:		Vegetable(s) Available: <input type="checkbox"/> Yes <input type="checkbox"/> No	Comments:
		Comments:	

## Notes

- ~ If the store is different than the preselected “type” please check the correct type but put the preselected type in the “Note”.
- ~ Place a check or X in all [ ] boxes to record the presence of those items.
- ~ Check the WIC signs at the entrance door or ask whether they accept WIC.
- ~ You may need to ask about whether they accept SNAP ("food stamps").
- ~ Pre-pared food is boxed salads, packaged sandwiches, etc.
- ~ A = Acceptable (For fruits and vegetables: I would buy this, it looks fresh). If majority are acceptable, mark “A”.
- ~ UA = Unacceptable (For fruits and vegetables: I would not buy this, it is moldy, wilted, etc.).
- ~ Healthy Frozen Meals are usually labeled as low-fat, low-sodium, organic, natural, etc.
- ~ Record “Low-Sodium” for soups only if it says on the package.
- ~ “Low-Sugar” cereal means 7 grams or less sugar per serving. This is usually noted on the front of the box. If not, check the nutrition information.
- ~ “Healthy varieties” means how many different varieties of cereal available that has 7 grams or less sugar per serving.

## Additional Comments

## **Appendix 6: Limitations of USDA ERS Food Access Research Atlas and TRF's Limited Supermarket Access (LSA) Areas**

The following tables list some of the limitations of the USDA ERS study to identify food deserts or LA & LI areas and TFR LSA areas study. Limitations and their implications are listed based on the methodology, assumptions, and data used in these studies.

### **Methodology**

<b>Limitation</b>	<b>Implication</b>
Supermarkets with certain criteria are the only food retail outlets included in the analyses.	Other food retail outlets, where even healthier food may be obtained, were not taken into consideration.
Income level is the determining factor in identifying food deserts.	Higher income neighborhoods without supermarkets were omitted. Only low-access areas where income levels are less than the region's median family income (MFI) can be identified as food deserts.
Low-income areas were identified based on the comparison with regional median family income (MFI).	Depending on the region's overall MFI, some areas with decent family income, such as in Prince George's County, are identified as low-income areas. If Prince George's County were in a less wealthy region, there would not be any food deserts in the County.
Physical barriers are not taken into consideration when distance is calculated.	Residential areas where train tracks, limited access highways, rivers, or lack of roads hinder access to a supermarket despite close proximity were not identified as limited access areas.
Existing land use is not considered or verified.	Large nonresidential areas, even cemeteries, are included and identified as limited food access areas.

## Assumptions

Limitation	Implication
Availability of a supermarket means accessibility to healthy food.	<p>As this study shows, not every supermarket is a source for healthy food options. Therefore, when healthy food outlets are not correctly identified, the outcome of the analysis cannot be credible.</p> <p>Accessibility to food is measured, not accessibility to nutritious, affordable, culturally appropriate, and sustainably produced food.</p> <p>Type, variety, and quality of food and physical conditions, hygiene, and customer service of supermarkets were not taken into consideration.</p>
Middle- and high-income areas are adequately served by supermarkets.	<p>Only lower-income neighborhoods can be a "food desert."</p> <p>Even though higher income areas do not have nearby supermarkets, it is assumed that people who live there have the means to access healthy food in different ways.</p> <p>The needs of low-income people who live in census tracts where MFI is higher than the region's MFI were ignored.</p>
Where there is food retail leakage, there is a need for a supermarket.	<p>Ability of alternative food retail outlets to capture leakage was not taken into consideration.</p> <p>Reasons why people shop elsewhere were not identified. As this study shows, people who live next to a supermarket travel to farther supermarkets due to lack of quality, variety, and affordability.</p>

## Data

Limitation	Implication
Limited food access area boundaries are constrained with the smallest geographic area of the dataset used.	The entire census tract was identified as a limited access area, as opposed to a finely drawn actual low-access area, which leads to an overstatement of the actual conditions.
Identified supermarkets do not match the actual inventory.	Location of supermarkets was not accurately mapped, and thus these analyses may not truly represent the existing conditions.
Inconsistent data: Data from different sources and even different years used within the same analysis.	Reliable outcomes could not be produced. For example, 2010 population and 2000 car ownership were used together in determining low-income households with low-access.
Lack of local area knowledge.	Inaccurate data could not be corrected.

## *Appendix 7: Plans, programs, and services in the County that promote healthy living*

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There are various plans, programs, and services that promote healthy eating and provide nutrition education to the County residents. These are offered by federal, state, and county agencies, and nonprofit organizations. Some of them are described below.

### *Plan Prince George's 2035 Approved General Plan*

The Prince George's County Planning Department included healthy food policies and strategies for the County in the recently approved *Plan Prince George's 2035 Approved General Plan*. The policies include:<sup>1</sup>

- Improving residents' access to fresh foods, in particular for households living in low-income areas with limited transportation options, and promoting sources of fresh foods countywide.
- Educating and building awareness of health and wellness initiatives that prevent and control chronic disease.

### *Expanded Food and Nutrition Education Program<sup>2</sup>*

The Expanded Food and Nutrition Education Program (EFNEP) is a federal program administered by the USDA and implemented by the University of Maryland Extension (UME), in collaboration with the University of Maryland's Department of Nutrition and Food Science. This program focuses on diet quality, nutrition, food savings, and food safety. EFNEP helps limited-income families and youth acquire knowledge, skills, attitudes, and behavioral changes necessary to promote health and wellness and reduce chronic disease risk. EFNEP has programs for adults and youth. Programs for youth are described in Appendix 10 on page A-32.

**EFNEP for Families** is delivered as a series of at least 10 lessons over several months. The curriculum incorporates experiential, hands-on learning from peer educators. Participants are encouraged to make nutritious food choices for their families, including selecting and purchasing food, food production, preparation, storage, safety, and sanitation within a food budget.

### *Other University of Maryland Extension programs<sup>3</sup>*

The University of Maryland Extension (UME) provides many food and nutrition as well as health- and wellness-related programs and resources for the community. The programs include:

- **Eat Smart, Be Fit Maryland<sup>4</sup>**: A web site that provides Marylanders resources on healthy eating and being physically active. The materials available on-line support healthy, affordable grocery shopping, and meal preparation.
- **Grow It Eat It**: Maryland's food gardening network. Classes about growing vegetables and fruits, plant clinics, information about local community gardens, youth gardening, and more.
- **The Food Supplement Nutrition Education Program (FSNE)**: This program offers free nutrition education classes and workshops for households that are eligible for federal food assistance. More information on FSNE is provided in Appendix 18 on page A-64.

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<sup>1</sup> M-NCPPC Prince George's County Planning Department, *Plan Prince George's 2035 Approved General Plan*, May 2014, p. 226.

<sup>2</sup> UME, EFNEP for Families. <http://extension.umd.edu/efnep>

<sup>3</sup> University of Maryland Extension. <http://extension.umd.edu/programs>

<sup>4</sup> UME. Eat Smart, Be Fit Maryland. [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

## ***Dine & Learn Initiative<sup>5</sup>***

Through a partnership between the Prince George’s County Health Department, The Maryland-National Capital Park and Planning Commission, and Suburban Hospital, participants:

- Learn the importance of eating a balanced daily diet
- Learn how to cook healthier foods
- Are offered the opportunity to interact with a licensed nutritionist
- Get blood pressure and cholesterol checks

This program is conducted at the Suitland Community Center and Rolling Crest-Chillum Community Center.

## ***Recipes on the Run: A Virtual Food Demonstration<sup>6</sup>***

Through a partnership between the Prince George’s County Health Department and the Capital Area Food Bank, a series of nine short videos guide participants toward making delicious, easy, and affordable recipes. The recipes also provide low-sodium, low-sugar meal and snack options.<sup>7</sup>

## ***ECO City Farms<sup>8</sup>***

Eco City Farms is a model urban farm system that promotes good health and grows great food, farm, and farmers in Prince George’s County. ECO City Farms also partners with graduates of the Maryland University of Integrative Health to grow community nutrition educators. Using a train the trainer model, the community nutrition educators teach peers how to facilitate conversations about Healthy Eating and Active Living (HEAL) for children and adults in Prince George’s County. ECO City Farms has trained over 30 community nutrition educators who are leading these classes and HEAL conversations throughout Prince George’s County’s inner Beltway neighborhoods.

## ***Alliance for a Healthier Generation<sup>9</sup>***

The Alliance for a Healthier Generation was founded by the American Heart Association and the Clinton Initiative to work with schools, communities, companies, and healthcare providers to create healthier environments. Each year, they host a Leaders Summit to celebrate schools around the nation that have met the program’s benchmarks. More detail is provided in “How healthy are school meals” section on page 83.

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<sup>5</sup> Interview with staff at Prince George’s County Health Department.

<sup>6</sup> Ibid.

<sup>7</sup> The system can be accessed via [www.MyPGCHealthyRevolution.org](http://www.MyPGCHealthyRevolution.org) web site and hyperlinks posted on the Capital Area Food Bank web site.

<sup>8</sup> ECO City Farms. [www.ecocityfarms.org](http://www.ecocityfarms.org)

<sup>9</sup> Alliance for a Healthier Generation. [www.healthiergeneration.org](http://www.healthiergeneration.org).

## Appendix 8: Healthy, Hunger-Free Kids Act of 2010

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA)<sup>1</sup> set new guidelines for achieving healthy eating in schools and improving child nutrition based on recommendations from the Institute of Medicine's (IOM) 2009 report, *School Meals: Building Blocks for Healthy Children*.<sup>2</sup> The guidelines affect all school meals and Smart Snacks.<sup>3,4</sup> This act provides an extra six cents per lunch to help schools cover associated costs. The HHFKA guidelines include:<sup>5</sup>

- Increasing the number and variety of fruits and vegetables every day.
- Limiting calories per meal and per week.
- Limiting total and saturated fats.
- Eliminating added trans-fats.
- Serving only low-fat (no sugar added) and fat-free flavored (sugar-added) dairy.
- Serving more whole grains.
- Phasing in low sodium limits.
- Ensuring access to free drinking water.



Neither HHFKA nor the IOM's report recommends limiting sugars, including naturally occurring or added sugars. The American Heart Association defines added sugars as those included through processing or preparation.<sup>6</sup> Limiting added sugars may help reduce obesity and diet-related diseases. The Center for Science in the Public Interest<sup>7</sup> and the Union of Concerned Scientists<sup>8</sup> recommend HHFKA adopt limits for added sugars. Researchers from Johns Hopkins Bloomberg School of Public Health agree and also specify minimal processing and higher quality carbohydrates.<sup>9</sup> Many required school foods, such as fruit and milk, contain added sugar when served as canned fruit (allowed in light syrup) or flavored milk (allowed in fat-free form).<sup>10</sup>

*The American Heart Association recommends children aged four to eight should have **no more than three grams of added sugar** per day.*

HHFKA has specific nutrition standards<sup>11</sup> for school meals served to children at different grade levels as shown in the following table.

<sup>1</sup> USDA FNS. Healthy Hunger-Free Kids Act. [www.fns.usda.gov](http://www.fns.usda.gov) HHFKA was signed into law by President Obama and championed by First Lady Obama through the Let's Move! initiative.

<sup>2</sup> Report recommendations. Institute of Medicine. *School Meals: Building Blocks*.

<sup>3</sup> New lunch standards had to be implemented for 2012–2013 (with sodium limits being phased in). New breakfast standards were phased in over three years. HHFKA uses a food-based menu planning approach (instead of nutrient-based standards) and narrower age/grade groups for meal planning.

<sup>4</sup> Smart Snacks replace "Foods of Minimal Nutritional Value" and include all foods sold at school beyond the cafeteria, including a la carte and vending machines. Smart Snack guidelines must be followed as of the 2014–2015 school year.

<sup>5</sup> USDA FNS. Nutrition standards for school meals. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>6</sup> American Heart Association. Added sugars. [www.heart.org](http://www.heart.org)

<sup>7</sup> USDA, FNS, Comments of the Center for Science in the Public Interest on Nutrition Standards in the National School Lunch and School Breakfast Program proposed rule.

<sup>8</sup> Center for Science and Demography at the Union of Concerned Scientists, *Added Sugar, Subtracted Science*, June 2014.

<sup>9</sup> Johns Hopkins Bloomberg School of Public Health, "New school meal requirements: More harm than good?" News Tips from the American Public Health Association Annual Meeting in New Orleans. News Release, November 19, 2014. [www.jhsph.edu](http://www.jhsph.edu)

<sup>10</sup> Ibid.

<sup>11</sup> Final rule for most nutrition standards may be found in "Nutrition Standards" under the National School Lunch and School Breakfast Programs (77 FR 4088) in the USDA Food and Nutrition Services web site. [www.fns.usda.gov](http://www.fns.usda.gov)

<b>Elementary and High School Breakfast and Lunch Requirements</b>		
<b>Measure</b>	<b>Limits</b>	
	<b>Grades K-5</b>	<b>Grades 9-12</b>
<b>Calorie limits</b>	Breakfast: 350–500. Lunch: 550–650	Breakfast: 450–600 Lunch: 750–850
<b>Total fat (g)</b> To calculate percentage of fat: Multiply total fat by 9, divide by total calories, multiply by 100.	Less than or equal to 35 percent of calories.	Less than or equal to 35 percent of calories.
<b>Saturated fat (g)</b> To calculate percentage: Multiply total fat by 9, divide by total calories, multiply by 100.	Less than 10 percent of calories.	Less than 10 percent of calories.
<b>Salt (mg)</b> Limited for the first time in 2014–2015 school year, with additional limits possibly to be phased in for future years.	Breakfast: less than or equal to 540 mg in 2014. Lunch: less than or equal to 1,230 mg in 2014.	Breakfast: less than or equal to 640 mg in 2014. Lunch: less than or equal to 1,420 mg in 2014.
<b>Whole grains</b>	100 percent of grains offered must be whole grain rich, meaning they must contain at least 50 percent whole grains.	100 percent of grains offered must be whole grain rich, meaning they must contain at least 50 percent whole grains.
No added trans-fats are allowed as part of the ingredients of any school food.		

HHFKA is not without further controversy. While the regulations are being implemented widely, proponents and opponents are gathering data that is sometimes contradictory. The following table gives an overview of the debate about whether HHFKA actually increases access to healthy food in schools.

<b>Proponents and opponents of HHFKA identify conflicting outcomes of the new guidelines.</b>	
<b>Proponents say HHFKA has resulted in:</b>	<b>Opponents say that HHFKA has resulted in:</b>
<ul style="list-style-type: none"> <li>• <i>More fruit and vegetables selected and consumed.</i></li> <li>• <i>The same amount—or lower—plate waste.</i></li> <li>• <i>Over 90 percent of schools participating and meeting new standards.</i></li> <li>• <i>Only 0.15 percent of schools opted out.</i></li> <li>• <i>Additional reimbursements and grants to help cover costs and provide training.</i></li> <li>• <i>Healthier food available for students.</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>More plate waste.</i></li> <li>• <i>Withdrawal from federal school meals by students and school districts.</i></li> <li>• <i>Increased expenses and difficulties in implementation.</i></li> <li>• <i>Sodium reductions without enough research.</i></li> </ul>
<p>Sources:  Harvard School of Public Health, "New school meal standards significantly increase fruit, vegetable consumption." News release, March 4, 2014. <a href="http://www.hsph.harvard.edu">www.hsph.harvard.edu</a>  USDA, FNS, Fact Sheet: HHFKA school meals implementation.  School Nutrition Association, Protect school meals programs. <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a></p>	

## Community Eligibility Provision

HHFKA also introduced Community Eligibility Provision (CEP).<sup>12</sup> CEP is an emerging HHFKA tool that allows for universal feeding in schools with at least 40 percent identified students who are directly certified for free meals.<sup>13</sup>

- Universal feeding allows all students, regardless of household income or application, to access free school breakfast and lunch.
- This strategy helps reduce the stigma of receiving free meals. When everyone eats school meals, nobody stands out.

CEP became available in Maryland for the 2013–2014 school year. In 2014–2015, 28 (or 14 percent of) schools in PGCPs with over 11,000 students became eligible to elect CEP.<sup>14</sup>

PGCPs already offers universal free breakfast to over 100 schools in the County. This allows for all students—free, reduced, and paid—to participate in breakfast without the stigma of receiving free meals. As of the 2014–2015 school year, no school in Prince George’s County elected CEP in the 2014–2015 school year due to concerns about losing Title I funding without applications to document the numbers of eligible students.<sup>15</sup> This concern is shared by some of the 48 percent of qualifying schools across the U.S. that also did not elect CEP in its first year of nationwide availability. USDA has confirmed that Title I funding will not be lost with the adoption of CEP.<sup>16</sup>



<sup>12</sup> USDA FNS. Community Eligibility Provision. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>13</sup> Identified students who are directly certified do not require household applications for F.A.R.M. enrollment, because as of the previous year, they were participating in SNAP, Temporary Assistance for Needy Families (TANF), or the Food Distribution Program on Indian Reservations (FDPIR), or by another designation (such as being homeless, runaway, or Head Start).

<sup>14</sup> Maryland Hunger Solutions. Reducing Childhood Hunger with the School Breakfast Program: Maryland’s report card. 2012–2013.

<sup>15</sup> Interview with PGCPs FNS Director. PGCPs FNS staff stated that CEP was also not elected because only a percentage of meals served would be eligible for reimbursement, and the district must commit to supplementing the food service department.

<sup>16</sup> Kevin Concannon, Agriculture Under Secretary. Press Release, December 9, 2014. [www.fns.usda.gov](http://www.fns.usda.gov)



## Appendix 9: Federal school meal programs

### National School Lunch Program

The National School Lunch Program (NSLP), the first school meal program in the United States, was established under the National School Lunch Act, which was signed into law by President Harry Truman in 1946.<sup>1</sup>

In 2014, almost seventy years later:

- 30.3 million U.S. children are enrolled in NSLP.
- In Prince George’s County, almost 80,000 students participate in NSLP.

### Free and Reduced-Price Meals

The Free and Reduced-Price Meals (F.A.R.M.) program strives to provide nutritionally balanced meals for children eligible to receive breakfast and lunch for free or at a reduced price.<sup>2</sup> Family income levels determine the children’s eligibility, as shown below.<sup>3,4</sup>

- **Free meals:** Children from families with incomes  $\leq$ 130 percent of the poverty level.
- **Reduced-price meals (maximum 40 cents):** Children from families with incomes between 130 and 185 percent of the poverty level.
- **Full-price meals:** Children from families with incomes  $>$ 185 percent of the poverty level.

All meals are subsidized, including the full-price meals to some extent, through state and federal funds. Some of the funding is used to purchase commodity foods through Schools/Child Nutrition USDA Foods Program.<sup>5,6</sup> The cost of full-price meals are set by local school food authorities. The following table includes the cost of PGCPs reduced-price and full-price meals for students.

Reduced-price and paid meal prices in PGCPs, for the 2014–2015 school year.		
Meal type	Reduced-price meals cost for students	Full-price meals price cost for students
Student Breakfast	\$0.30	\$1.50
Elementary Lunch	\$0.40	\$2.60
Secondary Lunch	\$0.40	\$2.85

Source: PGCPs Food and Nutrition Services.

<sup>1</sup> USDA Food and Nutrition Services (FNS). National School Lunch Program. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>2</sup> USDA FNS. Applying for free and reduced-price meals. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>3</sup> USDA FNS. National School Lunch Program Fact Sheet. Between July 1, 2013, to June 30, 2014, 130 percent of the poverty level is \$30,615 for a family of four; 185 percent is \$43,568.

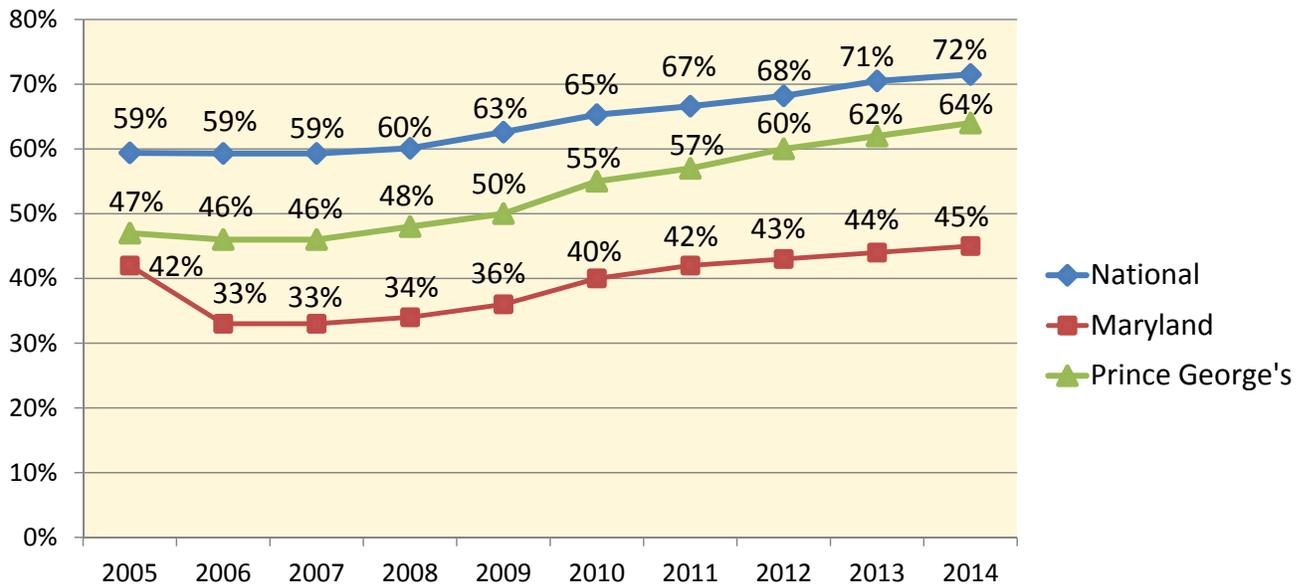
<sup>4</sup> For reimbursement rates, see the FNS web site: [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>5</sup> USDA FNS. Food distribution: Schools/CN USDA Foods Program. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>6</sup> Food Research & Action Center. Commodity foods and the nutritional quality of the National School Lunch Program. <http://frac.org> Agricultural commodities are unprocessed and partially processed foods that USDA buys in bulk and makes available for school meals. The monetary value of these commodities is at least 12 percent of total federal funding (and up to 20 percent if personnel and other costs are not included).

During the 2014–2015 school year, approximately 64 percent of PGCPs students participating in NSLP were F.A.R.M. enrolled. The following chart compares the United States, Maryland, and Prince George’s County F.A.R.M. enrollment percentages from 2005 to 2014.

**Percent of students enrolled in F.A.R.M. in the U.S., Maryland, and Prince George’s County, 2005–2014.**



Sources: National data from USDA Food and Nutrition Service. Maryland and Prince George’s County data from Kids Count Data Center.

As of 2011, 86 percent of PGCPs students eligible to receive free lunch and 75 percent of PGCPs students eligible to receive reduced-price lunch were enrolled in the F.A.R.M. program.<sup>7</sup>

PGCPs maximizes participation of F.A.R.M. eligible students in school meals programs by direct certification, a USDA requirement to automatically qualify certain households based on their enrollment in federal food assistance programs. In the 2012–2013 school year:<sup>8</sup>

- Seven schools had over 90 percent F.A.R.M. enrollment
- 42 schools had over 80 percent F.A.R.M. enrollment
- 134 (two of every three) schools had over 50 percent F.A.R.M. enrollment

**School Breakfast Program**

Schools with over 15 percent of F.A.R.M. eligible students must offer the School Breakfast Program; however, participation is open to all students.<sup>9</sup>

School breakfast has generally been available in the cafeteria and served before the first bell. Even when school breakfast is available for free, many students do not access it because of various barriers to participation, including:<sup>10</sup>

<sup>7</sup> The most recent data available from the Maryland Office of Legislative Audits

<sup>8</sup> PGCPs F.A.R.M. enrollment rates. 2012–2013.

<sup>9</sup> School Breakfast Program History. USDA FNS. <http://www.fns.usda.gov/sbp/program-history>

<sup>10</sup> Start school with breakfast. A guide to increasing school breakfast participation. NEA Health Information Network and Share our Strength. <http://www.neahin.org/assets/pdfs/hin-sos-for-web-final.pdf>

- Limited time in the mornings
- Not being hungry in the morning
- Reliance on school bus/ carpool schedules that may not arrive early enough for breakfast
- Social pressure to hang out or play, instead of eat breakfast
- Social stigma that “only low-income students” eat breakfast in the cafeteria

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

The Fresh Fruit and Vegetable Program (FFVP) provides fresh fruits and vegetables to students during school and outside of school breakfast and lunch meals. The foods are accompanied by education materials to be used in class.<sup>11</sup> Children get to taste fruits and vegetables that are new to them and learn the names, health benefits, and country of origin.<sup>12</sup> The educational component is especially important to the program’s proper implementation.

In Prince George’s County in the 2014–2015 school year, 27 schools offered FFVP. While all schools with over 50 percent F.A.R.M. eligibility are eligible for FFVP, they are not guaranteed to receive the benefits, as it depends on the availability of resources and goes in order of greatest need.

### ***The Summer Food Service Program***

The Summer Food Service Program (SFSP) provides free and nutritious summer meals and snacks for children age 18 and under who rely on school lunch and breakfast during the school year.<sup>13</sup> This program is very important in addressing their nutrition gap over the summer.<sup>14</sup>

Areas or programs with 50 percent of F.A.R.M. eligible children qualify for an SFSP that is available to all local youth, even those who are not F.A.R.M. eligible. SFSP reimburses summer sites that offer nutritious and free food up to two meals and one snack, per child, five days a week.

In Prince George’s County, the Department of Social Services and PGCPs run the SFSP, and the Capital Area Food Bank supplies the food.<sup>15</sup> Share our Strength offers grants to sites and sponsors for summer meals.<sup>16</sup>

### ***At-Risk Afterschool Meal and Snack Programs***

The Afterschool Meal and Snack Programs may offer snacks and suppers to students who may not have access to any food until their next school breakfast. Afterschool Meal and Snack Programs are available through the Child and Adult Care Food Program (CACFP), administered through the Maryland State Department of Education.<sup>17</sup> In Prince George’s County, afterschool suppers consist of a bagged meal offered in the cafeteria.

<sup>11</sup> Fresh Fruit and Vegetable Program. FNS USDA. <http://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program> FFVP began as a pilot in the 1994–1995 school year, using \$3.2 million of produce. In 2012–2013, FFVP purchased over \$100 million of fruits and vegetables.

<sup>12</sup> Fresh Fruit and Vegetable Program. PGCPs FNS. <http://www1.pgcp.org/foodandnutrition/index.aspx?id=13278>

<sup>13</sup> Summer Food Service Program. USDA FNS. <http://www.fns.usda.gov/sfsp/summer-food-service-program-sfsp>

<sup>14</sup> Individuals 19 years and over who have mental or physical disabilities may also be eligible for the SFSP.

<sup>15</sup> CAFB also started the Kids Cafe program in 1998 as part of the national Feeding America program to provide afterschool and summer meals to children. They partner with programs in community centers, schools, churches, clubs, and Parks & Recreation locations serving at least 50 percent F.A.R.M. eligible youth.

<sup>16</sup> Interview with staff at Prince George’s County Department of Social Services.

<sup>17</sup> Afterschool Meal Program. MD Hunger Solutions. [http://mdhungersolutions.org/fedfoodprogs/afterschool\\_meals.shtm](http://mdhungersolutions.org/fedfoodprogs/afterschool_meals.shtm)

## *Weekend Bag*

Weekend Bag provides bags of groceries for children ages 5 to 18 who rely on school meals during the week. When schools are closed, those children are especially vulnerable to hunger. Weekend Bag is part of Feeding America's national BackPack Program; it is administered locally by Capital Area Food Bank, which began the program in 2002.<sup>18</sup>

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<sup>18</sup> Weekend Bag. Capital Area Food Bank. <http://www.capitalareafoodbank.org/programs/kids/weekend-bag>

## ***Appendix 10: Other USDA-funded child nutrition programs focused on health***

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USDA supports various programs to improve children's health, particularly through healthier school food. A few are described below.

### ***Team Nutrition***

Team Nutrition is an initiative of the USDA FNS to provide training and technical assistance for the child nutrition programs.<sup>1</sup> Team Nutrition also offers training grants and administers the Healthier U.S. School Challenge, described below.

### ***Healthier U.S. School Challenge***

Healthier U.S. School Challenge (HUSSC) is a voluntary program, initiated in 2004, available to all schools enrolled in Team Nutrition. HUSSC provides financial awards to schools encouraging kids to be physically active and make healthy choices in ways that go above and beyond the federal requirements for school meals.<sup>2</sup>

### ***HUSSC: Smarter Lunchrooms***

HUSSC: Smarter Lunchrooms is the partnership between HUSSC and the Smarter Lunchrooms Movement.<sup>3</sup> Smarter Lunchrooms is an initiative of the Cornell Center for Behavioral Economics in Child Nutrition Programs and is funded by the USDA.<sup>4</sup> The program uses evidence-based, easy-to-implement, affordable best practices to encourage healthier choices and less plate waste.

Strategies include:

- Changing display and placement of fruit
- Positioning healthy foods first
- Creatively naming foods
- Listing the healthiest entrée option first
- Introducing a "healthy choices only" convenience line
- Having cafeteria staff dialog with students

These strategies have shown to greatly increase sales of healthy foods in the cafeteria.<sup>5</sup> The Maryland State Department of Education helps schools to submit successful HUSSC applications.<sup>6</sup> Of the 285 Maryland schools that have qualified for Bronze, Silver, or Gold, there are no Prince George's County schools listed (as of March 19, 2014).<sup>7</sup>

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<sup>1</sup> USDA FNS, Team Nutrition. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>2</sup> USDA FNS, 'USDA Helps Schools Make Lunchrooms "Smarter" as Students Head Back to Class.' Press release August 21, 2014. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>3</sup> USDA FNS, HUSSC: Smarter Lunchrooms. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>4</sup> USDA. FNS, "USDA Announces Support for Smarter Lunchrooms." Press release March 12, 2014. [www.fns.usda.gov](http://www.fns.usda.gov)

<sup>5</sup> Smarter Lunchrooms Movement, Our ideas. <http://smarterlunchrooms.org>

<sup>6</sup> Programs. MSDE. See: <http://www.marylandpublicschools.org/msde/programs/schoolnutrition/pd/index.html>

<sup>7</sup> HUSSC: Maryland School Winners. <http://www.fns.usda.gov/hussc/healthierus-school-challenge-maryland-award-winners>

## ***Expanded Food and Nutrition Education Program for Youth***<sup>8</sup>

This federal USDA program is offered through University of Maryland Extension. The Expanded Food and Nutrition Education Program (EFNEP) for Youth provides education to youths from 6- to 12-years old at schools as an enrichment of the curriculum, in after-school care programs, through 4-H EFNEP clubs, day camps, community centers, neighborhood groups, and gardening and cooking workshops.

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<sup>8</sup> <http://extension.umd.edu/efnep>

## ***Appendix 11: University of Maryland Extension Food Supplement Nutrition Education Child Programs<sup>1</sup>***

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There are many Food Supplement Nutrition Education (FSNE) school-based programs available. A few examples are described briefly below.

### ***Color Me Healthy***

Color Me Healthy (CMH) is a program for 4- to 5-year olds from limited-income families. The program encourages young children in family day-care homes, Head Start classrooms, and child care centers to develop healthy eating habits and increase their physical activity. The program is highly visual and interactive, using color, music, dance, and imaginary play to provide opportunities for physical activity and to teach children about fruits and vegetables.

### ***Growing Healthy Eating Habits***

Growing Healthy Habits is a gardening and nutrition education curriculum used in classrooms, after-school clubs, and summer programs for youth. The program uses growing food to teach about the link between nutrition and gardening. The curriculum introduces children to fruits and vegetables through multiple tasting experiences as they grow, harvest, and prepare foods that they have grown.

### ***Nutrition Nuggets***

Nutrition Nuggets curriculum is designed for youth in after-school settings. Each of the 12 lessons provides basic nutrition information as well as two activities that engage participants in a variety of food-related tasks. This curriculum provides opportunities for students to develop cooking skills and to try new foods. Recipes are quick and easy to make and are designed for after-school sites. This program is administered in partnership with Prince George's County Health Department.

### ***ReFresh***

The ReFresh curriculum focuses on encouraging students to consume more fruits, vegetables, and whole grains and is designed to meet the learning needs of 4th- and 5th-grade students. Rather than presenting nutrition as a stand-alone topic, lessons relate to topic areas within math, language arts, social studies, arts and science, technology, engineering, and math curriculum. ReFresh focuses on increasing exposure to fruits, vegetables, and whole grains through fun and engaging hands-on activities, food demonstrations and tastings. A one-page family newsletter is sent home with participants to reinforce each theme.

### ***Grow It, Try It, Like It!***

Grow It, Try It, Like It! is a garden-themed nutrition education program that introduces preschoolers to fruits and vegetables. Lessons are based on the "Imaginary Tasty Acres Farm" where participants color the map showing Crookneck Squash Row, Spinach Lane, Sweet Potato Hill, Cantaloupe Corner, Peach Tree Orchard, and the Strawberry Patch as each unit is covered. The program includes hands-on, planting and nutrition education activities. Grow It, Try It, Like It! links activities with resources for use

<sup>1</sup> University of Maryland Extension, Food Supplement Nutrition Education Program. [www.extension.umd.edu](http://www.extension.umd.edu)

at home. Growing at Home materials keep parents informed about what their children are learning during the day. Each set promotes continued growth at home through child/parent-centered activities and recipes.

### ***Serving Up MyPlate: A Yummy Curriculum***

Serving Up MyPlate is a new collection of classroom materials that helps elementary school teachers integrate nutrition education into math, science, English, language arts, and health for first grade through sixth. The curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities.

## Appendix 12: Other innovative programs about healthy school food

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### Alternative Breakfast Models: Beyond the Cafeteria

To increase the number of students eating breakfast, recently, alternative breakfast programs have been developed. These programs are available at eligible elementary and middle schools with at least 40 percent F.A.R.M.-enrolled students. Generally, alternative breakfast is served to all students (regardless of application or eligibility) at no cost in a variety of creative ways, often outside of the cafeteria. Strategies include serving breakfast:<sup>1</sup>

- In the cafeteria, to eat in the classroom
- On carts in the school or classroom, to eat in the classroom
- After the first bell
- For all students regardless of eligibility or application
- As part of the school day

**Share our Strength—No Kid Hungry** sponsors and supports alternative breakfast programs through grant funding for equipment and infrastructure needed to help move breakfast out of the cafeteria.<sup>2</sup>

In August, 2014, the Maryland Share our Strength—No Kid Hungry partnership launched a statewide **Breakfast Challenge**.<sup>3</sup> Their goal is to sign up 70 percent of students who are F.A.R.M. enrolled in a school breakfast program. A school that meets this goal is considered a “Hunger-Free School”.<sup>4</sup> Findings suggest that integrating breakfast into the school day increases participation.<sup>5</sup>

Prince George’s County Public Schools (PGCPS) participate in two alternative breakfast programs:

#### **Maryland Meals for Achievement (MMFA)**

PGCCPS Food and Nutrition Services (FNS) applies to the statewide MMFA on behalf of all schools, and MMFA is awarded to schools that qualify.<sup>6</sup>

#### **Breakfast in the Classroom (BIC) Grab n’ Go**

BIC<sup>7</sup> is privately funded and administered through PGCPS FNS. BIC uses a Grab n’ Go model, where the students grab a bagged meal and go to eat in their classroom. Schools that do not qualify for MMFA may be eligible for BIC.

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<sup>1</sup> First class breakfast in Maryland: A guide to expanding school breakfast. Kaiser Permanente and the Maryland Partnership to End Childhood Hunger. [http://mdhungersolutions.org/pdf/first\\_class\\_breakfast\\_toolkit.pdf](http://mdhungersolutions.org/pdf/first_class_breakfast_toolkit.pdf)

<sup>2</sup> Nicete Moodie, Nutrition Outreach Coordinator, Share our Strength.

<sup>3</sup> Maryland Breakfast Challenge. <http://marylandbreakfastchallenge.org>

<sup>4</sup> Maryland’s No Kid Hungry program reports that if participation in School Breakfast increased to 70%, Maryland would receive almost \$10 million more in federal funding and serve 38,556 additional students a free or reduced-price school breakfast. <http://md.nokidhungry.org/maryland-breakfast-challenge-rules-and-guidelines>

<sup>5</sup> First class breakfast in Maryland: A guide to expanding school breakfast. Kaiser Permanente and the Maryland Partnership to End Childhood Hunger. [http://mdhungersolutions.org/pdf/first\\_class\\_breakfast\\_toolkit.pdf](http://mdhungersolutions.org/pdf/first_class_breakfast_toolkit.pdf)

<sup>6</sup> Nicete Moodie. Nutrition Outreach Coordinator, Share our Strength.

<sup>7</sup> Breakfast in the Classroom comes to PGCPS. <http://www1.pgcps.org/interior.aspx?id=144647>

The following table compares MMFA and BIC in PGCPs. First Class Breakfast in Maryland: A Guide to Expanding School Breakfast offers more details on these programs.<sup>8</sup>

<b>Comparing MMFA and BIC alternative breakfast programs in Prince George’s County.</b>					
Alternative Breakfast Program	Funding source	First year program in PGCPs	Who does it serve?	Where and when is it served?	Number of schools (2014-2015)
Maryland Meals for Achievement (MMFA)	Maryland state government	1998	Maryland elementary schools with 40% F.A.R.M. enrolled.	In the classroom, following the opening bell.	85
Breakfast in the Classroom (BIC)	Partially funded through the Walmart Foundation	2011	PGC elementary and middle schools with high proportion of F.A.R.M. eligible students.	Served in the cafeteria. Students grab breakfast to eat in their classroom.	22

### **Healthy School Food Maryland**

Healthy School Food Maryland is a coalition of organizations and individuals across the state working for whole, real, local, and safe foods for children in Maryland school cafeterias.<sup>9</sup> In the fall of 2014, the coalition began working on a statewide legislative agenda about school food.

Six pieces of legislation are proposed for the 2015 legislative session:

- Jane Lawton Farm-to-School Act Expansion
- Thirsty Kids Act
- School Lunch Diabetes & Obesity Reduction Act
- Healthy School Snacks and Marketing Act
- School Wellness Committee Act
- Chemical-free School Food Act

### **Let’s Move!**

Let’s Move! is an initiative, launched by First Lady Michelle Obama in 2010, dedicated to raising a healthier generation of kids and solving the problem of obesity within a generation.<sup>10</sup> One of the five pillars of the initiative is to provide healthy food in schools.



<sup>8</sup> [http://mdhungersolutions.org/pdf/first\\_class\\_breakfast\\_toolkit.pdf](http://mdhungersolutions.org/pdf/first_class_breakfast_toolkit.pdf)

<sup>9</sup> Healthy School Food for Maryland. [www.healthyschoolfoodmd.org](http://www.healthyschoolfoodmd.org)

<sup>10</sup> Let’s Move! [www.letsmove.gov](http://www.letsmove.gov)

## Alliance for a Healthier Generation

The Alliance for a Healthier Generation was founded by the American Heart Association and the Clinton Initiative to create healthier environments.<sup>11</sup> Each year, they host a Leaders Summit to celebrate schools around the nation that have met the Healthy Schools Program benchmarks, including improved nutrition and physical and health education. In 2009, the Healthy School Program began working with the UME FSNE program to promote shared messages and healthier options for PGCPs.<sup>12</sup> By the 2014–2015 school year, numerous schools in PGCPs had signed up for the challenge, and 24 were acknowledged with bronze or silver National Recognition Awards, listed in the table below.<sup>13</sup>

<b>PGCPs National Recognition Awards from the Alliance for a Healthier Generation</b>	
<b>Elementary:</b>	<b>Middle and Other</b>
✓ Arrowhead	✓ Buck Lodge Middle <sup>5</sup>
✓ Beacon	✓ Samuel Ogle Middle
✓ Chillum	✓ Walker Mill Middle
✓ Clinton Grove	✓ John Hanson French Immersion
✓ Deerfield Run	✓ Tanglewood Regional
✓ Doswell E Brooks	
✓ Francis Scott Key	
✓ Gladys Noon Spellman	
✓ Glenridge	
✓ Hillcrest Heights	
✓ High Bridge	
✓ Hollywood	
✓ Judge Sylvania W Woods Sr	
✓ Kenilworth	
✓ Kenmoor	
✓ Lamont	
✓ Montpelier	
✓ Springhill Lake	
✓ Valley View	

<sup>11</sup> Alliance for a Healthier Generation. [www.healthiergeneration.org](http://www.healthiergeneration.org)

<sup>12</sup> Alliance for a Healthier Generation, State reports: Prince George's County. 2012 [www.healthiergeneration.org](http://www.healthiergeneration.org)

<sup>13</sup> Alliance for a Healthier Generation. Maryland. [www.healthiergeneration.org](http://www.healthiergeneration.org)



# Appendix 13: PGCPS Lunch Nutrition Facts 2013-2014

## PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS 2013-2014

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

REVISION DATE: 02/27/2014

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>ENTRÉE ITEMS</b>											
Bean and Cheese Burrito	1 EACH	290	7	4	42	6	15	1.8	100	500	18
Bean and Cheese Chalupa	1 EACH	245	11.43	4.05	21.15	2.9	16.33	1.4	307.25	637	1.28
Blackened Pollock	1 EACH	189	14.3	2.11	1.73	0.59	13.37	0.32	5.88	612	0.24
Cheese Pizza, 4x6	1 EACH	350	15	7	36	4	18	1.8	350	400	0
Cheese Quesadilla	1 EACH	330	14	8	34	3	18	1.8	450	300	0
Chicken Nuggets	5 EACH	216	11.99	2	12.99	2	13.99	2	28.98	73	10.99
Chicken Tenders	3 EACH	172	8.04	2.01	9.05	2.01	15.08	2.01	22.12	129	1.01
Eggo Waffles	1 package	200	5	1.5	35	4	5	2.7	100	500	0
Fish Nuggets	4 EACH	240	10	1	23	1	14	0.72	0	400	0
General Tso's Chicken	3 oz.	200	4	1	26	2	14	1.44	0	0	0
Japanese Cherry Blossom Chicken	4 oz.	200	4	1	27	2	13	1.26	0	0	0
Mini Pizza Bagels	4 EACH	200	6	4	21	3	18	1.8	250	200	3.6
Mozzarella Cheese Sticks	5 EACH	370	18	7	35	3	19	1.8	500	500	0
New Orleans Chicken	3 oz.	146	2.5	1	14	0	15	1.08	0	0	0
Oven Fried Chicken	7 oz.	215	13	3	11	1	12	1	12	71	1
Pasta Bites in Marinara Sauce	8 oz.	182	5.09	2.84	26.22	3.05	8.82	2.46	158.4	573	12.42
Pizza Fiesta	1 EACH	350	14.41	6.18	39.11	3.09	16.47	4.63	257.28	515	0
Pork Sausage Patty	1 EACH	61	3.5	1.2	0.5	0.1	6.4	0.4	12	22	0
Roasted BBQ Chicken	1 Serving	255	9	3	23.71	0	14	1	9	105	1
Soft Shell Taco	1 EACH	272	12.86	4.52	23.23	4.14	18.53	3.5	214.55	997	7.79
Spaghetti and Meat Sauce	3/4 c. noodles + 1/2 c. sauce	328	16.51	6.02	27.16	4.86	18.53	2.7	45.49	562	18.16
Spicy Chicken	3 oz.	110	2.5	1	5	0	15	1.08	0	0	0
Stuffed Crust Pizza, Cheese	1 EACH	360	16	6	39	4	15	2.7	350	500	0
Taco Nachos, Beef	1 oz. chips, 2 oz. beef, 1/2 oz. chs	298	16.21	5.62	21.57	1.76	13.76	2.62	178.21	409	1.52
Tangerine Chicken	3 oz.	190	4	1	25	2	14	1.44	0	0	0
Teriyaki Beef Bites	4 EACH	160	9	3.5	6	0	14	1.44	20	0	0
Turkey Corn Dog	1 EACH	270	14	4	27	1	10	2.7	80	0	0

**PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS  
2013-2014**

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Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>ENTRÉE ITEMS</b>											
Turkey Corn Dog Nuggets	6 EACH	249	9.95	1.49	30.84	0.99	10.94	3.58	0	0	0
Turkey Lasagna Roll Up	1 EACH	273	8.33	4	33	3.33	17.33	2.64	213.33	533.3	8

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>SANDWICH ENTRÉE ITEMS</b>											
Café Burger	1 EACH	270	10	3.5	30	4	18	2.88	40	0	0
Café Burger (w/Cheese)	1 EACH	376	18.86	9.08	30.45	4	24.28	2.93	196	272	0
Chicken Patty Sandwich	1 EACH	346	13.5	2	40	6	20	3.44	49	73	11
Chicken Patty Sandwich, Spicy	1 EACH	346	13.5	2	40	6	20	3.44	49	73	11
Chicken Salad Sandwich	1 EACH	279	10.23	0.01	34.01	2.17	16.83	2.5	136.59	174	0.29
Chicken Salad Wrap	1 EACH	239	11.23	0.01	24.01	2.17	13.83	2.86	96.59	174	0.29
Chris P Chicken Sandwich	1 EACH	346	9.5	1	43	6	26	2.44	41	188	0
Chris P Chicken Sandwich, Spicy	1 EACH	346	9.5	1	43	7	24	2.44	38	174	0
Fish Filet Sandwich	1 EACH	360	11.01	1	49.01	6	19.01	2.88	20	0	0
Garden Patty on Swirl Roll	1 EACH	379	17.6	4.7	40.4	5.4	16.4	3.04	224	2700	2
Grilled Chicken Wrap	1 EACH	244	8.69	1.68	20.28	2.19	23.71	3.4	236.63	282	0.45
Hot Dog on Bun	1 EACH	320	17.5	7	29	4	12	2.52	60	0	0
PBJ Sandwich & Cheese Stick	1 EACH	459	20.98	4.57	51.42	4.06	21.1	2.18	338.97	301	0.19
Peanut Butter and Jelly Sandwich	1 EACH	399	17.98	3.07	50.42	4.06	13.1	2.18	138.97	1	0.19
String Cheese Stick	1 EACH	60	3	1.5	1	0	8	0	200	300	0
Pork BBQ Rib Sandwich	1 EACH	297	10.4	3.4	36.87	3.4	16.2	2.4	79.5	178	0
Sloppy Joe on Bun (Beef)	1 EACH	290	8.11	2.42	38.02	6.2	20.33	3.64	57.47	506	6.61
Taco Burger on Bun	1 EACH	320	9	1	43	10	20	2.88	60	0	0
Texas Style Pork BBQ Sandwich	1 EACH	419	18.1	5.44	43.51	4.91	24.94	2.69	60.82	398	0.5
Toasted Cheese Sandwich	1 EACH	364	22.75	10.52	28.02	2	16.01	1.44	420.1	722	0.01
Tuna Salad Sandwich	1 EACH	256	8.82	0.85	32.38	2.43	15.73	1.98	137.49	102	0.86

**PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS**  
**2013-2014**

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<b>SANDWICH ENTRÉE ITEMS</b>											
Tuna Salad Wrap	1 EACH	213	9.77	0.85	21.62	2.38	12.57	2.3	94.25	102	0.86
Turkey and Cheese Sandwich	1 EACH	250	7.25	2.87	28	2	22	1.71	202.5	150	0.45
Turkey and Cheese Wrap	1 EACH	210	8.25	2.87	18	2	19	2.07	162.5	150	0.45
Turkey Bacon Club Sandwich	1 EACH	290	9.26	2.84	29.45	2.42	24.91	2.06	214.96	1189	4.1
Turkey Bacon Club Wrap	1 EACH	250	10.26	2.84	19.45	2.42	21.91	2.42	174.96	1189	4.1
Turkey Burger w/Turkey Bacon & Cheese	1 EACH	341	14.55	4.52	29	4	27.64	2.17	95	150	0
Turkey Ham and Cheese Sandwich	1 EACH	265	9.87	3.62	28.75	2	19.75	2.25	195	150	0.9
Turkey Ham and Cheese on Swirl Roll	1 EACH	295	11.37	4.12	30.75	3	18.75	2.25	95	150	0.9
Turkey Ham and Cheese Wrap	1 EACH	225	10.87	3.62	18.75	2	16.75	2.61	155	150	0.9
Turkey Italian Cold Cut Sub	1 EACH	280	12.07	4.64	28.06	3	17.13	2.59	159.97	192	1.25

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>BREAD AND GRAIN ITEMS</b>											
Broccoli Cheddar Rice	1/2 CUP	104	1.24	0.25	20.39	0.99	2.49	0.18	9.95	0	0
Garlic Breadstick	1 EACH	82	1.01	0	15.33	2.05	3	0.41	7.53	1.2	0.1
Honey BBQ Red Beans & Rice	1/2 CUP	99	0.5	0	21.39	2.49	2.98	0.54	19.89	0	0
Pretzel Rod	1 EACH	70	0.5	0	14	1	2	0.72	0	0	0
Saltine Crackers	1 EACH	50	1	0	9	0	1	0.36	0	0	0
Santa Fe Black Beans & Rice	1/2 CUP	104	1.24	0.5	19.89	1.99	3.48	0.72	29.84	0	1.19
Steamed (White) Rice	1/2 CUP	105	0.16	0.14	23.17	0.48	1.92	1.01	0	0	0
Tortilla Chips	1 OZ	140	6	1	19	1	0	1.08	20	0	0
Whole Wheat Roll (1 oz.)	1 EACH	80	1	0	16	2	3	1.08	0	0	0
Whole Wheat Roll (1.5 oz.)	1 EACH	140	2.5	0.5	24	5	6	0.99	14.74	0	5.09

**PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS  
2013-2014**

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REVISION DATE: 02/27/2014

SALAD ENTRÉE ITEMS											
Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
Chef Salad Platter	1 EACH	158	8.86	4.34	6.97	2.15	13.65	2.27	185.54	4030	35.15
Cheese and Vegetable Salad Platter	1 EACH	241	15.37	9.55	11.3	3.47	15.9	1.74	488.1	12487	28.4
Fiesta Chicken Salad Platter	1 EACH	133	2.21	0.04	13.6	3.71	15.32	3	90.27	3771	28.16
Fruit Salad and Yogurt Platter	1 EACH	235	5.85	3.61	33.56	0.96	11.05	0.32	315.54	2830.7	25
Popcorn Chicken Salad Platter	1 EACH	376	15.84	4.24	35.28	4.71	18.15	4.27	234.02	3928	35.55
Chicken Salad Platter	1 EACH	174	8.48	0.06	12.77	2.51	13.37	2.71	88.08	3957	45.61
Tuna Salad Platter	1 EACH	158	7.96	0.37	11.02	2.68	11.86	2.1	83.63	3885	46.18

FRUITS AND VEGETABLES											
Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
100% Fruit Juice, Cranberry Apple	1 EACH	60	0	0	14	0	0	0	20	0	1.2
100% Fruit Juice, Grape	1 EACH	80	0	0	20	0	0	0	100	0	0
100% Fruit Juice, Orange	1 EACH	50	0	0	13	0	1	0	100	0	42
Apple, Fresh	1 EACH	72	0.23	0.04	19.06	3.31	0.36	0.17	8.28	75	6.35
Applesauce	1/2 CUP	84	0.21	0.04	21.51	1.48	0.2	0.15	3.69	7	2.09
Broccoli, steamed	1/2 CUP	42	2	0.36	5.8	2.67	1.36	0.79	44.09	582	3.74
California Vegetable Blend, steamed	1/2 CUP	45.5	1.82	0.325	4.8	1.95	1	1.4	0.07	4470	29.2
Carrot Sticks, Fresh	1/2 CUP	24	0.14	0.02	5.64	1.64	0.54	0.18	19.44	9904	3.48
Carrots, steamed	1/2 CUP	50	2.44	0.43	7.03	2.99	0.53	0.48	31.82	15438	2.09
Celery and Carrot Sticks, Fresh	1/2 CUP	18	0.14	0.03	4.02	1.45	0.54	0.17	24.92	5294	2.95
Cinnamon Apples, Hot	1/2 CUP	87	0.44	0.08	22.28	2.54	0.33	0.27	12.64	45	1.2
Coleslaw	1/2 CUP	84	6.09	0.64	7.33	0.7	0.82	0.34	23.25	150	13.7
Corn, sweet, steamed	1/2 CUP	89	2.43	0.41	17.53	2.21	2.32	0.44	2.28	261	3.21
Crinkle Cut Fries	3 oz.	110	3	0	20	2	25	0.36	0	0	24
Cry Baby Sour Fruit Ice	1 EACH	99	0	0	25	0	0	0	0	0	12
Cucumbers and Tomatoes, Fresh	1/2 CUP	11	0.1	0.02	2.39	0.58	0.5	0.17	7.89	338	5.83

**PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS  
2013-2014**

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REVISION DATE: 02/27/2014

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>FRUITS AND VEGETABLES</b>											
Cucumbers and Tomato Salad	1/2 CUP	103	8.87	1.37	5.71	0.95	0.83	0.29	16.61	360	7.1
Garden Salad	1 CUP	16	0.1	0.02	3.01	1.07	1.4	0.99	43.93	2345	13.23
Grapes, Fresh	1/2 CUP	31	0.16	0.05	7.89	0.41	0.29	0.13	6.44	46	1.84
Green Beans, steamed	1/2 CUP	42	1.96	0.36	5.82	2.67	1.36	0.79	44.09	583	3.74
Green Peas, steamed	1/2 CUP	63	2.16	0.39	8.2	2.81	3.18	2.18	53.59	1270	19.96
Kiwifruit	1/2 CUP	55	0.47	0.03	13.19	2.7	1.03	0.28	30.6	78.3	83.4
Mandarin Orange Cup	1/2 CUP	90	0	0	21	1	0	0.36	0	0	6
Mashed Potatoes	1/2 CUP	128	3.58	0.83	21.93	2.01	2.58	0.37	44.1	176	30.15
Mixed Vegetables, steamed	1/2 CUP	75	1.95	0.35	11.89	3.99	2.6	0.74	22.75	3961	2.91
Orange, Fresh	1 EACH	62	0.16	0.02	15.4	3.14	1.24	0.14	52.4	294	69.7
Pear, Fresh	1 EACH	96	0.2	0.02	25.66	5.15	0.63	0.28	14.94	38	6.97
Peas and Carrots	1/2 CUP	60	2.21	0.41	9.2	2.81	2.81	0.85	20.93	8712	7.4
Pineapple Tidbits Cup	1/2 CUP	70	0	0	16	1	0	0.36	0	0	15
Potato Wedge	3 oz.	140	5	1	21	2	2	0.36	20	0	0.6
Sno Joe Apple Ice	1 EACH	99	0	0	25	0	0	0	0	0	12
Soup, Tomato	8 oz.	90	0	0	20	1	2	0.72	0	400	6
Soup, Vegetable	8 oz.	90	0.5	0.5	18	3	3	0.36	0	2500	0
Spinach, steamed	1/2 CUP	64	1.83	0.34	6.55	4.9	6.54	2.94	212.35	191864	8.8
Sweet Potato Fries	3 oz.	170	6	1	27	2	1	0.36	20	4000	4.8
Tator Tots	3 oz.	160	7	1	21	2	2	0.72	20	0	1.2
Tex Mex Black Beans	1/2 CUP	158	1.94	1.2	24.18	6.48	10.14	2.34	97.6	205.7	2.4
Tropical Fruit Salad Cup	1/2 CUP	70	0	0	17	2	1	0.36	0	500	36
Vegetarian Baked Beans	1/2 CUP	161	0.18	0.01	33.29	6.36	7.33	1.93	57.33	25.4	2.9

**PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS**  
**2013-2014**

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REVISION DATE: 02/27/2014

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>MISCELLANEOUS ITEMS</b>											
Pudding, Chocolate	1 EACH	120	0	0	28	0	2	0	60	0	0
Pudding, Vanilla	1 EACH	110	0	0	27	0	2	0	60	0	0

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>MILK VARIETIES</b>											
Milk, Fat Free, Chocolate	1 EACH	130	0	0	23	0	8	0.36	300	500	1.2
Milk, Fat Free, Plain	1 EACH	90	0	0	13	0	9	0	300	500	1.2
Milk, Fat Free, Strawberry	1 EACH	130	0	0	23	0	8	0	300	500	1.2
Milk, Low Fat, Plain	1 EACH	110	2.5	1.5	13	0	8	0	300	500	1.2

**PGCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS  
2013-2014**

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REVISION DATE: 03/06/2014

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>ENTRÉE ITEMS</b>											
Bean and Cheese Burrito	1 EACH	290	7	4	42	6	15	1.8	100	500	18
Bean and Cheese Chalupa	1 EACH	245	11.43	4.05	21.15	2.9	16.33	1.4	307.25	637	1.28
Blackened Pollock	1 EACH	189	14.3	2.11	1.73	0.59	13.37	0.32	5.88	612	0.24
Cheese Pizza, 4x6	1 EACH	350	15	7	36	4	18	1.8	350	400	0
Cheese Quesadilla	1 EACH	330	14	8	34	3	18	1.8	450	300	0
Chicken Fajita	1 EACH	335	12.89	1.55	36.73	4.85	16.94	3.28	83.49	229.7	17
Chicken Nuggets	5 EACH	216	11.99	2	12.99	2	13.99	2	28.98	73	10.99
Chicken Tenders	3 EACH	172	8.04	2.01	9.05	2.01	15.08	2.01	22.12	129	1.01
Eggo Waffles	1 package	200	5	1.5	35	4	5	2.7	100	500	0
Fiesta Mac & Beef Casserole	6 oz.	294	12	4.5	28	3	18	3	61	1390	9
Fish Nuggets	4 EACH	240	10	1	23	1	14	0.72	0	400	0
General Tso's Chicken	3 oz.	200	4	1	26	2	14	1.44	0	0	0
Japanese Cherry Blossom Chicken	4 oz.	200	4	1	27	2	13	1.26	0	0	0
Mini Pizza Bagels	4 EACH	200	6	4	21	3	18	1.8	250	200	3.6
Mozzarella Cheese Sticks	5 EACH	370	18	7	35	3	19	1.8	500	500	0
New Orleans Chicken	3 oz.	146	2.5	1	14	0	15	1.08	0	0	0
Oven Fried Chicken	7 oz.	215	13	3	11	1	12	1	12	71	1
Pasta Alfredo	6 oz.	263	9.88	5.09	26.8	3.04	16.13	1.09	313.23	388.6	0.6
Pasta Bites in Marinara Sauce	8 oz.	182	5.09	2.84	26.22	3.05	8.82	2.46	158.4	573	12.42
Pizza Fiestada	1 EACH	350	14.41	6.18	39.11	3.09	16.47	4.63	257.28	515	0
Pork Sausage Patty	1 EACH	61	3.5	1.2	0.5	0.1	6.4	0.4	12	22	0
Roasted BBQ Chicken	1 Serving	255	9	3	23.71	0	14	1	9	105	1
Soft Shell Taco	1 EACH	272	12.86	4.52	23.23	4.14	18.53	3.5	214.55	997	7.79
Spaghetti and Meat Sauce	3/4 c. noodles + 1/2 c. sauce	328	16.51	6.02	27.16	4.86	18.53	2.7	45.49	562	18.16
Spicy Chicken	3 oz.	110	2.5	1	5	0	15	1.08	0	0	0
Stuffed Crust Pizza, Cheese	1 EACH	360	16	6	39	4	15	2.7	350	500	0
Taco Nachos, Beef	1 oz. chips, 2 oz. beef, 1/2 oz. dns	298	16.21	5.62	21.57	1.76	13.76	2.62	178.21	409	1.52
Tangerine Chicken	3 oz.	190	4	1	25	2	14	1.44	0	0	0
Teriyaki Beef Bites	4 EACH	160	9	3.5	6	0	14	1.44	20	0	0

**PGCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS  
2013-2014**

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Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>ENTRÉE ITEMS</b>											
Turkey Carnitas Cilantro Lime Rice Bowl	1 EACH	275	6.08	1.46	36.63	2.83	18.83	3.82	65.13	888.4	7.8
Turkey Corn Dog	1 EACH	270	14	4	27	1	10	2.7	80	0	0
Turkey Corn Dog Nuggets	6 EACH	249	9.95	1.49	30.84	0.99	10.94	3.58	0	0	0
Turkey Lasagna Roll Up	1 EACH	273	8.33	4	33	3.33	17.33	2.64	213.33	533.3	8

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>SANDWICH ENTRÉE ITEMS</b>											
Café Burger	1 EACH	270	10	3.5	30	4	18	2.88	40	0	0
Café Burger (w/Cheese)	1 EACH	376	18.86	9.08	30.45	4	24.28	2.93	196	272	0
Chicken Patty Sandwich	1 EACH	346	13.5	2	40	6	20	3.44	49	73	11
Chicken Patty Sandwich, Spicy	1 EACH	346	13.5	2	40	6	20	3.44	49	73	11
Chicken Salad Sandwich	1 EACH	279	10.23	0.01	34.01	2.17	16.83	2.5	136.59	174	0.29
Chicken Salad Wrap	1 EACH	239	11.23	0.01	24.01	2.17	13.83	2.86	96.59	174	0.29
Chris P Chicken Sandwich	1 EACH	346	9.5	1	43	6	26	2.44	41	188	0
Chris P Chicken Sandwich, Spicy	1 EACH	346	9.5	1	43	7	24	2.44	38	174	0
Fish Filet Sandwich	1 EACH	360	11.01	1	49.01	6	19.01	2.88	20	0	0
Garden Patty on Swirl Roll	1 EACH	379	17.6	4.7	40.4	5.4	16.4	3.04	224	2700	2
Grilled Chicken Wrap	1 EACH	244	8.69	1.68	20.28	2.19	23.71	3.4	236.63	282	0.45
Gyro Sandwich	1 EACH	320	10.6	5.22	35.79	3.99	19.94	9.66	179.73	418	7.37
Hot Dog on Bun	1 EACH	320	17.5	7	29	4	12	2.52	60	0	0
PBJ Sandwich & Cheese Stick	1 EACH	459	20.98	4.57	51.42	4.06	21.1	2.18	338.97	301	0.19
Peanut Butter and Jelly Sandwich	1 EACH	399	17.98	3.07	50.42	4.06	13.1	2.18	138.97	1	0.19
String Cheese Stick	1 EACH	60	3	1.5	1	0	8	0	200	300	0
Philly Steak & Cheese on Flatbread	1 EACH	316	11.87	6.03	32.32	3.85	20.04	8.31	200.28	272	23.81
Philly Steak & Cheese on Hoagie	1 EACH	326	12.87	6.53	33.32	3.85	22.04	9.03	180.28	272	23.81
Pork BBQ Rib Sandwich	1 EACH	297	10.4	3.4	36.87	3.4	16.2	2.4	79.5	178	0
Sloppy Joe on Bun (Beef)	1 EACH	290	8.11	2.42	38.02	6.2	20.33	3.64	57.47	506	6.61

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2013-2014**

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Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>SANDWICH ENTRÉE ITEMS</b>											
Taco Burger on Bun	1 EACH	320	9	1	43	10	20	2.88	60	0	0
Texas Style Pork BBQ Sandwich	1 EACH	419	18.1	5.44	43.51	4.91	24.94	2.69	60.82	398	0.5
Toasted Cheese Sandwich	1 EACH	364	22.75	10.52	28.02	2	16.01	1.44	420.1	722	0.01
Tuna Salad Sandwich	1 EACH	256	8.82	0.85	32.38	2.43	15.73	1.98	137.49	102	0.86
Tuna Salad Wrap	1 EACH	213	9.77	0.85	21.62	2.38	12.57	2.3	94.25	102	0.86
Turkey and Cheese Sandwich	1 EACH	261	7.38	2.94	28	2	24.4	1.76	203.83	150	0.53
Turkey and Cheese on Hoagie Roll	1 EACH	261	7.38	3.44	27	3	24.4	2.12	143.83	150	0.53
Turkey and Cheese Wrap	1 EACH	311	9.38	3.44	32	4	23.4	2.12	143.83	150	0.53
Turkey Bacon Club Sandwich	1 EACH	290	9.26	2.84	29.45	2.42	24.91	2.06	214.96	1189	4.1
Turkey Bacon Club Wrap	1 EACH	358	11.48	3.45	33.45	4.42	27.88	2.5	157.17	1189	4.23
Turkey Burger w/Turkey Bacon & Cheese	1 EACH	341	14.55	4.52	29	4	27.64	2.17	95	150	0
Turkey Ham and Cheese Sandwich	1 EACH	265	9.87	3.62	28.75	2	19.75	2.25	195	150	0.9
Turkey Ham and Cheese on Swirl Roll	1 EACH	295	11.37	4.12	30.75	3	18.75	2.25	95	150	0.9
Turkey Ham and Cheese Wrap	1 EACH	225	10.87	3.62	18.75	2	16.75	2.61	155	150	0.9
Turkey Italian Cold Cut Sub	1 EACH	280	12.07	4.64	28.06	3	17.13	2.59	159.97	192	1.25

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>BREAD AND GRAIN ITEMS</b>											
Broccoli Cheddar Rice	1/2 CUP	104	1.24	0.25	20.39	0.99	2.49	0.18	9.95	0	0
Cilantro Lime Rice	1/2 CUP	143	2.07	0.35	27.6	0.82	2.78	1.81	22	7	0.77
Garlic Breadstick	1 EACH	82	1.01	0	15.33	2.05	3	0.41	7.53	1.2	0.1
Honey BBQ Red Beans & Rice	1/2 CUP	99	0.5	0	21.39	2.49	2.98	0.54	19.89	0	0
Pretzel Rod	1 EACH	70	0.5	0	14	1	2	0.72	0	0	0
Saltine Crackers	1 EACH	50	1	0	9	0	1	0.36	0	0	0
Santa Fe Black Beans & Rice	1/2 CUP	104	1.24	0.5	19.89	1.99	3.48	0.72	29.84	0	1.19
Steamed (White) Rice	1/2 CUP	105	0.16	0.14	23.17	0.48	1.92	1.01	0	0	0
Tortilla Chips	1 OZ	140	6	1	19	1	0	1.08	20	0	0

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**PGCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS  
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<b>BREAD AND GRAIN ITEMS</b>											
Whole Wheat Roll (1 oz.)	1 EACH	80	1	0	16	2	3	1.08	0	0	0
Whole Wheat Roll (1.5 oz.)	1 EACH	140	2.5	0.5	24	5	6	0.99	14.74	0	5.09

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>SALAD ENTRÉE ITEMS</b>											
Chef Salad Platter	1 EACH	177	8.56	4.32	6.8	2.15	19.15	2.25	189.95	4030	35.2
Cheese and Vegetable Salad Platter	1 EACH	241	15.37	9.55	11.3	3.47	15.9	1.74	488.1	12487	28.4
Fiesta Chicken Salad Platter	1 EACH	133	2.21	0.04	13.6	3.71	15.32	3	90.27	3771	28.16
Fruit Salad and Yogurt Platter	1 EACH	235	5.85	3.61	33.56	0.96	11.05	0.32	315.54	2830.7	25
Popcorn Chicken Salad Platter	1 EACH	291	11.96	3.71	20.7	4.6	21.89	3.75	221.42	4267	40.9
Chicken Salad Platter	1 EACH	174	8.48	0.06	12.77	2.51	13.37	2.71	88.08	3957	45.61
Tuna Salad Platter	1 EACH	158	7.96	0.37	11.02	2.68	11.86	2.1	83.63	3885	46.18

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>FRUITS AND VEGETABLES</b>											
100% Fruit Juice, Cranberry Apple	1 EACH	60	0	0	14	0	0	0	20	0	1.2
100% Fruit Juice, Grape	1 EACH	80	0	0	20	0	0	0	100	0	0
100% Fruit Juice, Orange	1 EACH	50	0	0	13	0	1	0	100	0	42
Apple, Fresh	1 EACH	72	0.23	0.04	19.06	3.31	0.36	0.17	8.28	75	6.35
Applesauce	1/2 CUP	84	0.21	0.04	21.51	1.48	0.2	0.15	3.69	7	2.09
Broccoli, steamed	1/2 CUP	42	2	0.36	5.8	2.67	1.36	0.79	44.09	582	3.74
California Vegetable Blend, steamed	1/2 CUP	45.5	1.82	0.325	4.8	1.95	1	1.4	0.07	4470	29.2
Carrot Sticks, Fresh	1/2 CUP	24	0.14	0.02	5.64	1.64	0.54	0.18	19.44	9904	3.48
Carrots, steamed	1/2 CUP	50	2.44	0.43	7.03	2.99	0.53	0.48	31.82	15438	2.09
Celery and Carrot Sticks, Fresh	1/2 CUP	18	0.14	0.03	4.02	1.45	0.54	0.17	24.92	5294	2.95

**PGCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS  
2013-2014**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

REVISION DATE: 03/06/2014

FRUITS AND VEGETABLES											
Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
Cinnamon Apples, Hot	1/2 CUP	87	0.44	0.08	22.28	2.54	0.33	0.27	12.64	45	1.2
Coleslaw	1/2 CUP	84	6.09	0.64	7.33	0.7	0.82	0.34	23.25	150	13.7
Corn, sweet, steamed	1/2 CUP	89	2.43	0.41	17.53	2.21	2.32	0.44	2.28	261	3.21
Crinkle Cut Fries	3 oz.	110	3	0	20	2	25	0.36	0	0	24
Cry Baby Sour Fruit Ice	1 EACH	99	0	0	25	0	0	0	0	0	12
Cucumbers and Tomato Salad	1/2 CUP	103	8.87	1.37	5.71	0.95	0.83	0.29	16.61	360	7.1
Garden Salad	1 CUP	16	0.1	0.02	3.01	1.07	1.4	0.99	43.93	2345	13.23
Grapes, Fresh	1/2 CUP	31	0.16	0.05	7.89	0.41	0.29	0.13	6.44	46	1.84
Green Beans, steamed	1/2 CUP	42	1.96	0.36	5.82	2.67	1.36	0.79	44.09	583	3.74
Green Peas, steamed	1/2 CUP	63	2.16	0.39	8.2	2.81	3.18	2.18	53.59	1270	19.96
Kiwifruit	1/2 CUP	55	0.47	0.03	13.19	2.7	1.03	0.28	30.6	78.3	83.4
Mandarin Orange Cup	1/2 CUP	90	0	0	21	1	0	0.36	0	0	6
Mashed Potatoes	1/2 CUP	128	3.58	0.83	21.93	2.01	2.58	0.37	44.1	176	30.15
Mixed Vegetables, steamed	1/2 CUP	75	1.95	0.35	11.89	3.99	2.6	0.74	22.75	3961	2.91
Orange, Fresh	1 EACH	62	0.16	0.02	15.4	3.14	1.24	0.14	52.4	294	69.7
Pear, Fresh	1 EACH	96	0.2	0.02	25.66	5.15	0.63	0.28	14.94	38	6.97
Peas and Carrots	1/2 CUP	60	2.21	0.41	9.2	2.81	2.81	0.85	20.93	8712	7.4
Pineapple Tidbits Cup	1/2 CUP	70	0	0	16	1	0	0.36	0	0	15
Potato Wedge	3 oz.	140	5	1	21	2	2	0.36	20	0	0.6
Sno Joe Apple Ice	1 EACH	99	0	0	25	0	0	0	0	0	12
Soup, Tomato	8 oz.	90	0	0	20	1	2	0.72	0	400	6
Soup, Vegetable	8 oz.	90	0.5	0.5	18	3	3	0.36	0	2500	0
Spinach, steamed	1/2 CUP	64	1.83	0.34	6.55	4.9	6.54	2.94	212.35	191864	8.8
Sweet Potato Fries	3 oz.	170	6	1	27	2	1	0.36	20	4000	4.8
Tator Tots	3 oz.	160	7	1	21	2	2	0.72	20	0	1.2
Tex Mex Black Beans	1/2 CUP	158	1.94	1.2	24.18	6.48	10.14	2.34	97.6	205.7	2.4
Tropical Fruit Salad Cup	1/2 CUP	70	0	0	17	2	1	0.36	0	500	36
Vegetarian Baked Beans	1/2 CUP	161	0.18	0.01	33.29	6.36	7.33	1.93	57.33	25.4	2.9

**PCCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS  
2013-2014**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

REVISION DATE: 03/06/2014

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>MISCELLANEOUS ITEMS</b>											
Cookie, Chocolate Chip	1 EACH	110	4	1	18	1	1	0.36	0	0	0
Cookie, Carnival	1 EACH	115	4	1	18	1	1	0.36	0	0	0
Cookie, Oatmeal Raisin	1 EACH	110	4	1	18	1	1	0.36	0	0	0
Pudding, Chocolate	1 EACH	120	0	0	28	0	2	0	60	0	0
Pudding, Vanilla	1 EACH	110	0	0	27	0	2	0	60	0	0

Product Description	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Carbo-hydrates (g)	Dietary Fiber (g)	Protein (g)	Iron (mg)	Ca (mg)	Vit. A (IU)	Vit. C (mg)
<b>MILK VARIETIES</b>											
Milk, Fat Free, Chocolate	1 EACH	130	0	0	23	0	8	0.36	300	500	1.2
Milk, Fat Free, Plain	1 EACH	90	0	0	13	0	9	0	300	500	1.2
Milk, Fat Free, Strawberry	1 EACH	130	0	0	23	0	8	0	300	500	1.2
Milk, Low Fat, Plain	1 EACH	110	2.5	1.5	13	0	8	0	300	500	1.2

# Appendix 14: School Breakfast and Lunch menus

**First things First**

## BREAKFAST @SCHOOL

For first-class learning!

Prince George's County Elementary Schools

Featuring  
Healthy Fruits  
& Grains!

BREAKFAST MENU  
FOR NOVEMBER 2014

USDA is an equal opportunity provider and employer.

Available Daily!	Monday, November 3	Tuesday, November 4	Wednesday, November 5	Thursday, November 6	Friday, November 7
<p><b>Daily Breakfast Offerings</b></p> <p>Assorted General Mills Cereals w/Graham Crackers+ Seasonal Fresh Fruit &amp; Fruit Cup 100% Fruit Juice Milk: 1% Plain, Fat-Free Plain</p> <p>Full student breakfast includes choice of one entree (grain or meat/meat alternate w/grain), up to two fruits and a choice of one milk.</p> <p>Fruit Parfait selection includes choice of one fruit only.</p> <p>*Item Contains Pork +Item is Meatless Menus are subject to change.</p>	<p><b>No School Today</b></p>	<p><b>No SCHOOL TODAY</b> Make sure your family votes!</p>	<p>Kellogg's Jump Start +</p> <p>Choose One Fresh Fruit</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Eggo Waffles + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Fresh Pear Orange Juice</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Beef Sausage Link on Bun General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Applesauce Assorted Juices</p> <p>Choose One Assorted Milk</p>
<p>First things First -- New This Year!</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">For a Complete Breakfast select at least <b>ONE FRUIT</b> and <b>TWO other food items.</b></p> <p style="color: red; font-weight: bold; font-size: 1.2em;">BREAKFAST@SCHOOL</p> <p style="color: red; font-weight: bold; font-size: 0.8em;">For first-class learning!</p>	Monday, November 10	Tuesday, November 11	Wednesday, November 12	Thursday, November 13	Friday, November 14
	<p>Choose One: Banana Bread + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Fresh Apple Orange Juice</p> <p>Choose One Assorted Milk</p>	<p><b>No School Today!</b></p>	<p>Kellogg's Jump Start +</p> <p>Choose One Fresh Fruit</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Southwestern Breakfast Sliders + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Fresh Pear Orange Juice</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Trix Yogurt w/Graham Crackers + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Pineapple Tidbits Assorted Juices</p> <p>Choose One Assorted Milk</p>

A traditional Japanese breakfast is nutritious and varied. It starts with miso soup and steamed rice, and often includes a piece of cooked fish, various pickled vegetables, and perhaps a piece or two of "Tamagoyaki," a kind of rolled omelette.



Monday, November 17	Tuesday, November 18	Wednesday, November 19	Thursday, November 20	Friday, November 21
<p>Choose One: Pillsbury Turkey Sausage Sunrise Flatbread General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Tropical Fruit Salad Orange Juice</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Turkey Bacon, Egg &amp; Cheese Pan Scramble General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Fresh Apple Grape Juice</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Eggo Pancakes + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Pineapple Tidbits Apple Juice</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Strawberry &amp; Yogurt Parfait w/Graham Crackers + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Fresh Pear Orange Juice</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Breakfast Wrap + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Applesauce Assorted Juices</p> <p>Choose One Assorted Milk</p>

Monday, November 24	Tuesday, November 25
<p>Choose One: Cinnamon Bread + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Fresh Fruit Assorted Juices</p> <p>Choose One Assorted Milk</p>	<p>Choose One: Egg &amp; Cheese on Bun + General Mills Cereal w/Graham Crackers +</p> <p>Choose Up to Two: Fresh Fruit Assorted Juices</p> <p>Choose One Assorted Milk</p>

Happy Thanksgiving!

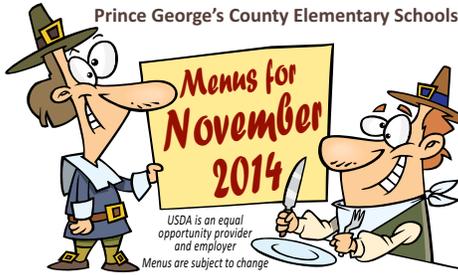
See you on Monday!

NEW THIS YEAR FOR YOUR BREAKFAST @SCHOOL!

For a Complete Breakfast select at least **ONE FRUIT** and **TWO other food items.**

Some choices may count as 2 items. Please ask for help if you need it.

Featuring Healthy Fruits & Grains!

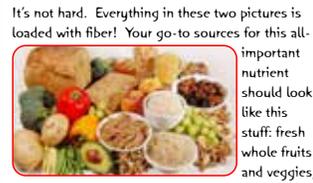


**Monday, November 3**

**Teachers' Professional Day**

**No School Today**

**FIND THE FIBER.**



It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-important nutrient should look like this stuff: fresh whole fruits and veggies, beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get most of your fiber where it occurs naturally, rather than from highly processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER!**  
**WELLNESS IS A WAY OF LIFE!**

**Tuesday, November 4**

**NO SCHOOL TODAY**

**Make sure your family votes!**

**Wed., November 5**

**Entrée Choices**  
Turkey Corn Dog Nuggets  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Tuna Salad Platter & Pretzel Rods

**Sides**  
Steamed Edamame Soybeans  
Steamed California Blend Vegetables  
Tropical Fruit Salad

**Today's Dessert:** Pudding

**DON'T GET IT!**

Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

**Thursday, November 6**

**Entrée Choices**  
Cheese Pizza+  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Pretzel Rods

**Sides**  
Crinkle Cut Fries  
Steamed Broccoli  
Mandarin Oranges

**Friday, November 7**

**Entrée Choices**  
Taco Nachos & Santa Fe Black Beans & Rice  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Pretzel Rods

**Sides**  
Steamed Corn  
Seasoned Spinach  
Fresh Apple

**Monday, November 10**

**Entrée Choices**  
Stuffed Crust Cheese Pizza+  
Turkey Bacon Club Wrap+  
PB & J Sandwich & Cheese Stick+  
Popcorn Chicken Salad Platter & Tortilla Chips

**Sides**  
Steamed Spinach  
Steamed Mixed Vegetables  
Orange Smiles

**Tuesday, November 11**

**Parents/Teacher Conferences**

**No School Today!**

**Wed., November 12**

**Entrée Choices**  
Chicken Fatty Sandwich  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Chicken Salad Platter & Pretzel Rods

**Sides**  
Steamed Broccoli  
Steamed Sweet Corn  
Pineapple Tidbits

**Penguin Word play**

"Penguin" comes from the words meaning "white head" in Welsh. Anyone notice a problem here?

**Available Daily**

PB & J Sandwich and Cheese Stick+  
Garden Salad w/Fresh Tomatoes offered w/Reduced Fat Dressing  
Seasonal Fresh Fruit Bowl and Fruit Cup  
100% Fruit Juice is offered on Tuesday and Thursday

\*Item is Available:  
\*Item Contains Pork  
\*Item Contains Beef  
\*Item Contains Turkey

Full student lunch includes choice of entrée (meat or meat substitute w/ grain item), up to two vegetables, one fruit, and choice of milk. Elementary students in grades 4-6 will be offered an additional grain with the cold Deli Sandwich.

**Thursday, November 13**

**Entrée Choices**  
New Orleans Chicken & Steamed Rice  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Pretzel Rods

**Sides**  
Steamed California Blend Vegetables  
Steamed Green Peas  
Mandarin Oranges

**Friday, November 14**

**Entrée Choices**  
Toasted Cheese Sandwich+  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Pretzel Rods

**Sides**  
Steamed Green Beans  
Tomato Soup+  
Applesauce

**OUR NATION'S HISTORY**

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 16-22.

**Teacher**

EDUCATION

**WITH LIBERTY & JUSTICE FOR ALL**

**Monday, November 17**

**Entrée Choices**  
Teriyaki Beef Bites & Whole Wheat Roll  
Turkey Bacon Club Wrap+  
PB & J Sandwich & Cheese Stick+  
Popcorn Chicken Salad Platter & Tortilla Chips

**Sides**  
Steamed California Blend Vegetables  
Tater Tots  
Pineapple Tidbits

**Tuesday, November 18**

**Entrée Choices**  
Cheese Pizza+  
Tuna Salad Sandwich  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter+ & Pretzel Rods

**Sides**  
Steamed Spinach  
Mashed Potatoes w/Gravy  
Orange Smiles



**Feast o' Fiber!**

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

**Broccoli Carrots Pumpkin Pie Sweet Potatoes Cranberry Sauce**



**ANSWER:** \_\_\_\_\_

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Wed., November 19**

**Entrée Choices**  
Pork BBQ Rib Sandwich+  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Tuna Salad Platter & Pretzel Rods

**Sides**  
Vegetarian Baked Beans  
Steamed Peas & Carrots  
Tropical Fruit Salad

**Thanksgiving Feast!**

**Please Join Us! Thursday, November 20**

**Thursday, November 20**

**Holiday Meal**  
Sliced Turkey w/Gravy & Whole Wheat Roll  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Pretzel Rods

**Sides**  
Mashed Potatoes w/Gravy  
Candied Yams  
Steamed Green Beans  
Hot Cinnamon Apples

**Today's Dessert:** Pumpkin Shaped Sugar Cookie

**Friday, November 21**

**Entrée Choices**  
Sloppy Joe on Bun+  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Pretzel Rods

**Sides**  
Sweet Potato Fries  
Cole Slaw  
Fresh Apple

**Monday, November 24**

**Entrée Choices**  
Turkey Corn Dog Nuggets  
Turkey Bacon Club Wrap  
PB & J Sandwich & Cheese Stick+  
Popcorn Chicken Salad Platter & Tortilla Chips

**Sides**  
Broccoli & Cheese Beans  
Celery Sticks w/Dip  
Orange Smiles

**Tuesday, November 25**

**Entrée Choices**  
Hot Dog on Bun  
Chicken Salad Sandwich  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter+ & Pretzel Rods

**Sides**  
Vegetarian Baked Beans  
Cucumber & Tomato Salad  
Fresh Pear

**Happy Thanksgiving!**

**See you on Monday!**

First things First



# BREAKFAST @SCHOOL

**For first-class learning!**  
 Prince George's County Secondary Schools  
 BREAKFAST MENUS FOR NOVEMBER 2014  
 USDA is an equal opportunity provider and employer.

Featuring Healthy Fruits & Grains!



**Available Daily!**

**Daily Breakfast Offerings**  
 Assorted General Mills Cereals w/Graham Crackers+  
 Seasonal Fresh Fruit & Fruit Cup  
 100% Fruit Juice  
 Milk: 1% Plain, Fat-Free Plain  
 Full student breakfast includes choice of one entree (grain or meat/meat alternate w/grain), up to two fruits and a choice of one milk.  
 \*Fruit Parfait selection includes choice of one fruit only.  
 \*Item Contains Pork  
 +Item is Meatless  
 \*Item contains Beef  
 Menus are subject to change.

**Monday, November 3**

*Teachers Professional Day*



**No School Today**

**Tuesday, November 4**



**NO SCHOOL TODAY**  
 Make sure your family votes!

**Wednesday, November 5**

Choose One:  
 Pumpkin Bread+  
 Egg & Cheese on Bun+  
 Yoplait Yogurt w/Graham Crackers+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Pineapple Tidbits  
 Apple Juice

Choose One:  
 Assorted Milk

**Thursday, November 6**

Choose One:  
 Warm Bagel w/Choice of Spread+  
 Maple Pancake Wraps\*  
 Ham, Egg & Cheese Tac-Go\*  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Pear  
 Orange Juice

Choose One:  
 Assorted Milk

**Friday, November 7**

Choose One:  
 Turkey Bacon, Egg & Cheese Pan Scramble  
 Apple Cinnamon Scone+  
 Cinnamon French Toast Sticks+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Applesauce  
 Assorted Juices

Choose One:  
 Assorted Milk

First things First -- New This Year!

**For a Complete Breakfast select at least ONE FRUIT and TWO other food items.**

**BREAKFAST@SCHOOL**  
 For first-class learning!

**Monday, November 10**

Choose One:  
 Warm Bagel w/Choice of Spread+  
 Turkey Pancake Wrap on a Stick  
 Assorted Muffins+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Apple  
 Orange Juice

Choose One:  
 Assorted Milk

**Tuesday, November 11**

*Parents/Teacher Conferences*



**No School Today!**

**Wednesday, November 12**

Choose One:  
 Maple Pancake Wraps\*  
 Peanut Butter Jamwich+  
 Turkey Bacon, Egg & Cheese Pan Scramble  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Orange  
 Apple Juice

Choose One:  
 Assorted Milk

**Thursday, November 13**

Choose One:  
 Eggo Waffles+  
 Banana Bread+  
 Turkey Sausage Breakfast Pizza  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Pear  
 Orange Juice

Choose One:  
 Assorted Milk

**Friday, November 14**

Choose One:  
 Yoplait Yogurt w/Graham Crackers+  
 Cinnamon Pancake Sandwich+  
 Chicken Biscuit  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Pineapple Tidbits  
 Assorted Juices

Choose One:  
 Assorted Milk



A traditional Japanese breakfast is nutritious and varied. It starts with miso soup and steamed rice, and often includes a piece of cooked fish, various pickled vegetables, and perhaps a piece or two of "Tamagoyaki," a kind of rolled omelette.



First things First



**NEW THIS YEAR FOR YOUR BREAKFAST @SCHOOL!**

**For a Complete Breakfast select at least ONE FRUIT and TWO other food items.**

Some choices may count as 2 items. Please ask for help if you need it.



**Monday, November 17**

Choose One:  
 Toast & Pork Sausage\*  
 Turkey Sausage Breakfast Pizza  
 Eggo Waffles+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Tropical Fruit Salad  
 Orange Juice

Choose One:  
 Assorted Milk

**Tuesday, November 18**

Choose One:  
 Apple Cinnamon Roll+  
 Strawberry & Yogurt Parfait w/Graham Crackers+<sup>1</sup>  
 Turkey Bacon, Egg & Cheese Pan Scramble  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Apple  
 Grape Juice

Choose One:  
 Assorted Milk

**Wednesday, November 19**

Choose One:  
 Warm Bagel w/Choice of Spread+  
 Cinnamon French Toast Sticks+  
 Beef Sausage Link on Bun<sup>1</sup>  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Pineapple Tidbits  
 Apple Juice

Choose One:  
 Assorted Milk

**Thursday, November 20**

Choose One:  
 Ham, Egg & Cheese Tac-Go\*  
 Assorted Muffins+  
 Yoplait Yogurt w/Graham Crackers+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Pear  
 Orange Juice

Choose One:  
 Assorted Milk

**Friday, November 21**

Choose One:  
 Pillsbury Turkey Sausage Sunrise Flatbread  
 Maple Pancake Wraps\*  
 Cinnamon Roll+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Applesauce  
 Assorted Juices

Choose One:  
 Assorted Milk

**Monday, November 24**

Choose One:  
 Cinnamon Roll+  
 Yoplait Yogurt w/Graham Crackers+  
 Egg & Cheese on Bun+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Fruit  
 Assorted Juice

Choose One:  
 Assorted Milk

**Tuesday, November 25**

Choose One:  
 Southwestern Breakfast Empanada+  
 Egg, Turkey Sausage & Cheese Stuffer  
 Cinnamon Pancake Sandwich+  
 Sausage Biscuit\*  
 Choose Up to Two:  
 Fresh Fruit  
 Assorted Juice

Choose One:  
 Assorted Milk





Prince George's County Public Schools  
Secondary Menu (6-8, 9-12)  
USDA is an equal opportunity provider and employer.  
Menu is subject to change.

### AVAILABLE DAILY

Peanut Butter & Jelly Sandwich w/ Cheese Stick +  
Deli Sandwich & Grain Includes a Grain Item and a Choice of One of the Following Sandwiches: Turkey & Cheese, Turkey Ham & Cheese, Turkey Italian Cold Cut Sub, Chicken Salad, Tuna Salad  
Salad Platter & Grain Includes a Grain Item and Choice of One of the Following Salads: Popcorn Chicken Salad, Chef Salad, Tuna Salad, Chicken Salad, Fiesta Chicken Salad, Cheese & Veggie Salad, Chicken Fajita Salad  
Garden Salad w/ Fresh Tomatoes w/ Reduced Fat Dressing  
Seasonal Fresh Fruit Bowl and Fruit Cup  
100% Fruit Juice Offered on Tuesday & Thursday  
Full student lunch includes choice of entrée (meat, meat alternative w/ grain item), up to two fruits, up to two vegetables and choice of milk (1% plain or fat-free plain).  
Students in grades 9-12 will be offered an additional grain item w/ hot sandwiches.  
Pudding cups offered daily at High Schools (grades 9-12).  
+ Item is Meatless  
\* Item Contains Pork  
Item Contains Beef  
Item Contains Only Turkey

### Featured Specials of the Day

**Monday, November 3**  
Grading Teacher Planning  
**No School**

**Tuesday, November 4**  
Election Day  
**NO SCHOOL TODAY**

**Wednesday, November 5**  
**ENTRÉES:** Bean & Cheese Burrito +, Turkey Corn Dog, French Bread Pizza +, Chicken Tenders & Grain **SIDES:** Steamed Corn, Steamed Broccoli, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

**Thursday, November 6**  
**ENTRÉES:** Pizza Pasta Bake & Garlic Breadstick, Turkey Burger w/ Turkey Bacon & Cheese, Cheese Pizza Slice +, Popcorn Chicken & Grain **SIDES:** Steamed Green Peas, Steamed California Blend Vegetables, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

**Friday, November 7**  
**ENTRÉES:** New Orleans Chicken & Steamed Rice, Turkey Meatball Sub, Cheese Pizza Bagel +, Chicken Patty Sandwich **SIDES:** Steamed Carrots, Steamed Edamame Soybeans, Crinkle Cut Fries, Applesauce, Fresh Orange

**85 BY THE NUMBERS**  
PERCENTAGE OF STUDENTS WHO REPORTED THAT THEY HAD MOSTLY GOOD TEACHERS IN HIGH SCHOOL.

## FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-important nutrient should look like this stuff: fresh whole fruits and veggies, beans, nuts,



and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get most of your fiber where it occurs naturally, rather than

from highly processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

## OUR NATION'S HISTORY

**D**uring World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help students learn. Please remember to thank your teachers during this year's American Education Week, which will be celebrated later this month, from November 16-22.

**WITH LIBERTY & JUSTICE FOR ALL**

SOME QUESTIONED JOE'S **TASTE IN HEADGEAR** AND SOME WONDERED ABOUT HIS **CHOICE OF DENTISTS**. BUT NO ONE DOUBTED THE SIZE OF EITHER HIS **APPETITE** OR HIS **MOUTH**. AND NO ONE WAS FOOLISH ENOUGH TO STAND IN HIS WAY WHEN HE **GOT IN THE LUNCH LINE AT SCHOOL!**

**NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:**

ROAST TURKEY W/GRAND	TOTAL CALORIES: 655
GREEN BEANS	CALORIES FROM PROTEIN: 20%
CRANBERRY SAUCE	CAL FROM CARBOHYDRATES: 52%
WHOLE WHEAT ROLL W/BUTTER	CALORIES FROM FAT: 28%
NONFAT CHOCOLATE MILK	GRAMS: 50% OR LESS FAT CALORIES

### Featured Specials of the Day

**Monday, November 10**  
**ENTRÉES:** Pizza Fiesta, Texas Style Pork BBQ on Bun\*, Stuffed Crust Cheese Pizza +, Chicken Tenders & Grain **SIDES:** Vegetarian Baked Beans, Cole Slaw, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

**Tuesday, November 11**  
Parent/Teacher Conferences  
**No School**

**Wednesday, November 12**  
**ENTRÉES:** Spaghetti & Meat Sauce & Garlic Breadstick, Chris P. Chicken Sandwich, French Bread Pizza +, Chicken Tenders & Grain **SIDES:** Steamed Spinach, Steamed Carrots, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

**Thursday, November 13**  
**ENTRÉES:** Soft Shell Taco, Toasted Cheese Sandwich +, Cheese Pizza Slice +, Popcorn Chicken & Grain **SIDES:** Tomato Soup +, Steamed Sweet Corn, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

**Friday, November 14**  
**ENTRÉES:** Lemon Popper Pollock & Cilantro Lime Rice, Café Burger\*, Cheese Pizza Bagel +, Chicken Patty Sandwich **SIDES:** Steamed Green Peas, Steamed Broccoli & Cheese, Crinkle Cut Fries, Applesauce, Fresh Orange

Please see reverse for items available daily

## eatfit

wanna stay fit?  
gotta eat right!

**item:** roast turkey  
**verdict:** no fiber, but...

**tip:** While we're on the subject of fiber, it's worth noting that the star of many Thanksgiving dinners -- roast turkey -- contains no fiber at all. But that's OK! Turkey is a low-fat, low-calorie source of high-quality protein, worthy of your plate any day of the year! Just don't go too crazy with the gravy on Thanksgiving or with the mayo when you're eating the leftovers on a sandwich. And look for other good sources of fiber on the holiday table: broccoli, carrots, sweet potatoes, and even cranberry sauce and pumpkin pie are all good fiber sources, although, as always, watch the sweet stuff.

Based on 3 ozs. of roasted white meat without skin

### Featured Specials of the Day

**Monday, November 17**  
**ENTRÉES:** Taco Nachos\* & Sante Fe Black Beans & Rice, Bean & Cheese Chalupa + & Sante Fe Black Beans & Rice, Stuffed Crust Cheese Pizza +, Chicken Tenders & Grain **SIDES:** Steamed Sweet Corn, Steamed Carrots, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

**Tuesday, November 18**  
**ENTRÉES:** Fiesta Mac n' Beef & Whole Wheat Roll, Gyro Sandwich\*, Cheese Pizza Slice +, Popcorn Chicken & Grain **SIDES:** Steamed Spinach, Steamed Mixed Vegetable, Crinkle Cut Fries, Applesauce, Fresh Orange **Today's Dessert:** Pudding

**Wednesday, November 19**  
**ENTRÉES:** General Tso's Chicken & Steamed Rice, Fish Fillet Sandwich, French Bread Pizza +, Chicken Tenders & Grain **SIDES:** Steamed Broccoli, Carrot & Celery Sticks w/Dip, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

**Thursday, November 20**  
**HOLIDAY MEAL**  
**ENTRÉES:** Sliced Turkey w/Gravy & Whole Wheat Roll, Café Burger\* **SIDES:** Mashed Potatoes w/Gravy, Candied Yams, Steamed Green Beans, Hot Cinnamon Apples, Tropical Fruit Salad **Today's Dessert:** Pumpkin Shaped Sugar Cookie

**Friday, November 21**  
**ENTRÉES:** Mozzarella Cheese Sticks + w/Marinara, Pork BBQ Rib Sandwich\*, Cheese Pizza Bagel +, Chicken Patty Sandwich **SIDES:** Tomato Soup +, Cole Slaw, Seasoned Potato Wedges, Applesauce, Fresh Orange

**Monday, November 24**  
**ENTRÉES:** Teriyaki Beef Bites & Steamed Rice, Café Burger, Stuffed Crust Cheese Pizza +, Chicken Tenders & Grain **SIDES:** Steamed Broccoli & Cheese, Carrot Sticks w/Dip, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

**Tuesday, November 25**  
**ENTRÉES:** Soft Shell Taco, Taco Burger on Bun +, Cheese Pizza Slice +, Popcorn Chicken & Grain **SIDES:** Tex Mex Black Beans +, Steamed Mixed Vegetables, Crinkle Cut Fries, Applesauce, Fresh Orange

**Happy Thanksgiving!**  
**See you on Monday!**

## Appendix 15: Evaluation of PGCPs school meals

Evaluation of four randomly selected PGCPs school meals*				
Meal	Elementary Breakfast	Elementary Lunch	High School Breakfast	High School Lunch
<b>Date</b>	November 24, 2014	November 17, 2014	November 10, 2014	November 25, 2014
<b>An example meal</b>	<ul style="list-style-type: none"> <li>• General Mills Cereal (e.g., Apple Cinnamon Cheerios).</li> <li>• Graham crackers.</li> <li>• Fresh fruit (e.g., apple).</li> <li>• 100% fruit juice (e.g., cranberry apple juice).</li> <li>• Assorted milk (e.g., fat free strawberry).</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn chicken salad.</li> <li>• Tortilla chips.</li> <li>• Tater tots.</li> <li>• Pineapple tidbits.</li> <li>• California blend vegetables.</li> <li>• Assorted milk (e.g., low-fat, plain milk).</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey pancake on a stick.</li> <li>• Fresh apple.</li> <li>• Orange.</li> <li>• Assorted milk (e.g., fat free chocolate).</li> </ul>	<ul style="list-style-type: none"> <li>• Soft shell taco.</li> <li>• Tex Mex black beans.</li> <li>• Steamed mixed vegetables.</li> <li>• Crinkle cut fries.</li> <li>• Applesauce.</li> <li>• Fresh Orange.</li> <li>• Assorted milk (e.g., low-fat, plain milk).</li> </ul>
<b>Assessment</b>	<p><b>Double the AHA recommended amount of sugar per day.</b> (Note: sugar is not limited in HHFKA.)</p> <ul style="list-style-type: none"> <li>• This breakfast has over six teaspoons of added sugar.**</li> <li>• Six teaspoons is double the three teaspoon daily limit for children (age 4 to 8) and approximately the daily limit for teens and pre-teens, as recommended by the American Heart Association.</li> <li>• Caloric, fats (total and saturated), and sodium limits were met.</li> </ul>	<p><b>Exceeds caloric limits.</b></p> <ul style="list-style-type: none"> <li>• The range for elementary lunches is 550-650 calories; at 761 total calories, this meal exceeds the upper limit.</li> <li>• Total and saturated fats overall are within guidelines, but the popcorn chicken salad has &gt; 35 percent total fat and &gt; 10 percent saturated fat. The tortilla chips have &gt; 35 percent total fat.</li> <li>• Sodium and sugar contents were not available for evaluation.</li> </ul>	<p><b>Not quite enough calories.</b></p> <ul style="list-style-type: none"> <li>• This school breakfast has 434 calories, falling just shy of the 450-600 range.</li> <li>• Total and saturated fat limits are met.</li> <li>• Sodium and sugar contents were not available for evaluation.</li> </ul>	<p><b>Just over caloric limits.</b></p> <ul style="list-style-type: none"> <li>• At 871 calories, this school lunch is just over the range for high school lunch of 750-850 calories.</li> <li>• This lunch falls within fats limits, though the soft shell taco contains &gt;42 percent total fat and 15 percent saturated fat.</li> <li>• Sodium and sugar contents were not available for evaluation.</li> </ul>
<p>* The evaluation was conducted by Dr. Yona Sipos, Ph.D., Food System Analysis.  ** The six teaspoons does not count the sugars in the 100 percent juice or the naturally occurring sugars in milk. HHFKA Final Rule Nutrition Standards in the National School Lunch and Breakfast Program. <a href="http://www.fns.usda.gov">www.fns.usda.gov</a></p>				

Source: PGCPs FNS school menus.



## Appendix 16: Healthy food initiatives in individual schools in the County

There are many initiatives across PGCPS working to support healthy food for students and communities. Below are just a few examples.

### School gardening programs

There are many school gardens throughout PGCPS, and the numbers are growing every year. Some of the most established gardening and food programs are introduced briefly below.



Photo courtesy of Buck Lodge, MS

- Buck Lodge Middle School has a gardening program, as well as a gardening curriculum, supported by local growers. Inside the school courtyard they have raised beds and a hoop house, which helps them garden year-round.
- Fairmont Heights High School has an urban gardening program, accomplished through partnership with the University of Maryland. The program was endorsed by the Mayor and City Council. Fairmont Heights also has a school garden and a greenhouse that was re-opened after it had been closed for 20 years. Students are growing herbs and spices in the greenhouse. They offered a successful culinary program for many years.
- Bladensburg High School has an agriculture club and a greenhouse on-site and associations with the ECO City Bladensburg Farm.
- Gwynn Park High School has an agricultural sciences garden, culinary program, school gardens and composting, and a greenhouse that is re-opened with a grant from the Southern Maryland Agricultural Development Commission.

### Student investigations into the food system

- Fairmont Heights High School students surveyed all food outlets in Seat Pleasant and learned that out of the various grocery stores, convenience stores, greasy spoons, Chinese restaurants, and fast food outlets, only Shoppers and Safeway, plus one soul-food restaurant, offered what they would consider healthy vegetables and food for a well-rounded meal.
- Port Towns Youth Council's Wellness Ambassadors conducted a community assets mapping survey in Bladensburg. Survey results revealed that there are limited to moderate access to fresh fruits and vegetables, and there are more places where unhealthy food is found.



### Teaching the food system with cooking lessons for parents

Fairmont Heights High School is one of 12 Maryland high schools that provide cooking lessons to parents through a grant from the Johns Hopkins University's "Teaching the Food System" program. Every other week, 15–20 parents participate in a 30-minute cooking demonstration and sampling.<sup>1</sup>

<sup>1</sup> Bringing parents to the school was a big challenge; they did not come even when a free laptop was offered to each parent. Eventually, parents came to school to watch their children perform and then were able to be engaged.  
— Interview with Bonita Curtis, Fairmont Heights High School teacher.



**COUNTY COUNCIL OF PRINCE GEORGE'S COUNTY, MARYLAND**  
**2014 Legislative Session**

Bill No. CB-37-2014  
Chapter No. 41  
Proposed and Presented by Council Member Lehman  
Introduced by Council Members Lehman, Toles, Olson, Franklin, Davis and Patterson  
Co-Sponsors \_\_\_\_\_  
Date of Introduction July 23, 2014

**BILL**

1 AN ACT concerning  
2 SNAP to Health Program  
3 For the purpose of encouraging and supporting Supplemental Nutrition Assistance Program  
4 (SNAP) acceptance and processing technology at farmer’s markets

5 BY adding:

6 SUBTITLE 12. HEALTH.  
7 Sections 12-116, 12-117, 12-118, 12-119, 12-120, and  
8 12-121  
9 The Prince George's County Code  
10 (2011 Edition; 2013 Supplement).

11 WHEREAS, The Supplemental Nutrition Assistance Program (SNAP) is a federal program  
12 that is administered through the United States Department of Agriculture (USDA) to provide  
13 nutritional assistance to millions of eligible, low income individuals and families, thereby  
14 providing economic benefits to communities; and

15 WHEREAS, Prince George’s County residents have high incidents of extremely poor  
16 health indicators such as diabetes, obesity, and heart disease and the USDA’s declaration that  
17 areas of Prince George’s County are a “food desert”, underscore a need for greater access to  
18 fresh foods by County residents; and

19 WHEREAS, Most of the farmer’s markets in Prince George’s County do not have  
20 electronic bank transfer (EBT) or SNAP benefits acceptance and processing technology; and

21 WHEREAS, The USDA has a program with available funding that is distributed to the

1 states to provide at no cost to the farmer’s market, a device that accepts and processes SNAP  
2 benefits; and

3 WHEREAS, The State of Maryland’s Department of Agriculture is responsible for  
4 accepting applications for such devices; and

5 WHEREAS, a combination of federal and county assistance is needed to overcome  
6 impediments to obtaining and maintaining SNAP benefits acceptance and processing technology  
7 to be used by farmer’s markets; now, therefore,

8 SECTION 1. BE IT ENACTED by the County Council of Prince George's County,  
9 Maryland, that Sections 12-116, 12-117, 12-118, 12-119, 12-120 and 12-121 of the Prince  
10 George's County Code be and the same is hereby added:

11 **SUBTITLE 12. HEALTH.**

12 **DIVISION 2. FOOD SERVICE FACILITIES.**

13 **SUBDIVISION 4. SNAP TO HEALTH PROGRAM.**

14 **Sec. 12-116. SNAP to Health Program.**

15 (a) The Department shall establish a program entitled “SNAP To Health” to provide  
16 technical assistance:

17 (1) to a Farmer’s Market as defined by Section 27-107.01(87.1) of the County Code, in  
18 acquiring technology necessary to accept and process benefits under the Supplemental Nutrition  
19 Assistance Program (SNAP).

20 (2) To train managers at a Farmer’s Market how to manage the reporting requirements  
21 and responsibilities associated with managing a system that accepts and processes SNAP  
22 benefits.

23 **Sec. 12-117. Grants under the SNAP to Health Program.**

24 (a) The Department shall provide grants:

25 (1) To a Farmer’s Market to offset the initial cost of establishing a SNAP acceptance  
26 and processing system.

27 (2) To a Farmer’s Market to offset the costs associated with managing SNAP  
28 acceptance and processing such as fees associated with hosting an Electronic Bank Transfer  
29 (EBT) device, transaction fees associated with SNAP purchases on the EBT device, and staff  
30 costs.

31 (b) Contingent upon available funding, a Farmer’s Market applying for the type of grant

1 assistance found in this Section is eligible for to three (3) years of assistance in the following  
2 increments:

3 (1) In the first year, the grant may offset up to One Hundred Percent (100%) of the  
4 costs.

5 (2) In the second year, the grant may offset up to Fifty Percent (50%) of the costs.

6 (3) In the third year, the grant may offset up to Twenty Five Percent (25%) of the costs.

7 (c) A farmer’s market may not receive more than \$5,000 in county grants under this  
8 program in a single fiscal year.

9 (d) The Department shall establish the eligibility requirements the managing entity of a  
10 farmer’s market must meet in order to qualify for a grant through program regulations  
11 promulgated pursuant to Section 12-120.

12 **Sec. 12-118. Outreach and Advertising.**

13 (a) The Department shall collaborate with the Farmer’s Markets, the Department of Social  
14 Services, the Prince George’s County Visitors Bureau and non-profit organizations on  
15 advertising and outreach targeting Prince George’s County residents participating in SNAP to  
16 inform them which Farmer’s Markets accept and process SNAP benefits as well as the health  
17 benefits of buying fresh produce at the farmer’s market.

18 **Sec. 12-119. Funding.**

19 (a) The administration and implementation of this program shall be funded initially for an  
20 amount of One Hundred Thousand Dollars (\$100,000.00) as appropriated in the Fiscal Year  
21 2015 budget.

22 **Sec. 12-120. Regulations.**

23 (a) The Department shall promulgate regulations necessary to implement the requirements  
24 of this subdivision by January 1, 2015.

25 **Sec. [12-116.] 12-121. through Sec. 12-129. Reserved.**

26 \* \* \* \* \*

27 SECTION 2. BE IT FURTHER ENACTED that the provisions of this Act are hereby  
28 declared to be severable; and, in the event that any section, subsection, paragraph, subparagraph,  
29 sentence, clause, phrase, or word of this Act is declared invalid or unconstitutional by a court of  
30 competent jurisdiction, such invalidity or unconstitutionality shall not affect the remaining  
31 words, phrases, clauses, sentences, subparagraphs, paragraphs, subsections, or sections of this

1 Act, since the same would have been enacted without the incorporation in this Act of any such  
2 invalid or unconstitutional word, phrase, clause, sentence, subparagraph, subsection, or section.

3 SECTION 4. BE IT FURTHER ENACTED that this Act shall take effect on January 1,  
4 2015.

Adopted this 9<sup>th</sup> day of September, 2014.

COUNTY COUNCIL OF PRINCE  
GEORGE'S COUNTY, MARYLAND

BY: \_\_\_\_\_  
Mel Franklin  
Chairman

ATTEST:

\_\_\_\_\_  
Redis C. Floyd  
Clerk of the Council

APPROVED:

DATE: \_\_\_\_\_ BY: \_\_\_\_\_  
Rushern L. Baker, III  
County Executive

KEY:  
Underscoring indicates language added to existing law.  
[Brackets] indicate language deleted from existing law.  
Asterisks \*\*\* indicate intervening existing Code provisions that remain unchanged.

## ***Appendix 18: Other programs, initiatives, and services related to food security***

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The following are various programs offered by several governmental agencies and nonprofit organizations to support food security for Prince George's County residents.

### ***Prince George's County Department of Social Services***

Prince George's County Department of Social Services (DSS) offers services for individuals, families, and communities. Their mission is to support County residents to become independent, responsible, and stable members of the community. DSS administers Temporary Cash Assistance, SNAP/FSP, and the Emergency Food Assistance Program. DSS also offers other community-based programs, including:

#### ***Mission: Nutrition<sup>1</sup>***

Mission: Nutrition was introduced in 2010 for underserved children, families, and elderly residents struggling to access affordable fresh produce and basic staples. In 2013, an average of over 170 households received a bag of food twice a month.

Community partners for Mission Nutrition include:

- Prince George's County DSS
- Capital Area Food Bank
- Community Support Systems
- University Town Center
- The Blvd! at the Capital Center
- The Prince George's County Department of Corrections
- Victory Christian Ministries International

### ***Prince George's County Department of Family Services***

#### ***Senior Nutrition Program<sup>2</sup>***

The Senior Nutrition Program provides healthy, well-balanced meals to persons 60 years of age and older and their spouses regardless of age. Nutrition Sites located throughout the County serve meals at noon daily. The Senior Nutrition Program also delivers a hot noontime meal to homebound seniors that meet program eligibility.

### ***University of Maryland Extension***

The University of Maryland Extension (UME) offers a host of courses and resources related to food security.<sup>3</sup> Some of their many programs include:

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<sup>1</sup> Mission: Nutrition! [www.princegeorgescountymd.gov](http://www.princegeorgescountymd.gov)

<sup>2</sup> Prince George's County Department of Family Services. Nutrition Services. [www.princegeorgescountymd.gov](http://www.princegeorgescountymd.gov)

<sup>3</sup> University of Maryland Extension (UME). <http://extension.umd.edu>

## *Grow It Eat It Preserve It<sup>4</sup>*

UME's home food preservation program has classes and an on-line curriculum to teach skills in growing edible gardens and preserving the bounty for later in the season.

## *Grow It Give It<sup>5</sup>*

This program encourages gardeners to donate surplus garden produce to local soup kitchens or food pantries. UME provides a list of local organizations that may accept fresh produce.

## *Expanded Food and Nutrition Education Program<sup>6</sup>*

The Expanded Food and Nutrition Education Program (EFNEP) helps limited-income families and youth achieve health and wellness. This federal USDA program is implemented through UME, in collaboration with University of Maryland's Department of Nutrition and Food Science. EFNEP for Families is discussed in Appendix 7 on page A-21, and EFNEP for Youth is discussed in Appendix 10 on page A-32.

## *Food Supplement Nutrition Education Program<sup>7</sup>*

The Food Supplement Nutrition Education Program (FSNE), also called Maryland SNAP-Ed, offers free nutrition education classes and workshops for households that receive or are eligible for federal food assistance. FSNE programs include:

- **Healthy Cents:** This program is designed to help participants save money while purchasing healthy food by promoting nutritious, affordable grocery shopping and building skills in meal planning, reducing food expenses, and container gardening.
- **Market to Mealtime:** UME educators partner with farmers' markets to encourage shoppers to add new nutrient-rich fruits and vegetables. Educators provide recipe cards and nutrition handouts that are also appropriate for use at food banks and food pantries.
- **Nutrition to Go!** This program offers table top displays that provide information on nutrition and quick lessons in stretching food dollars, reading calorie labels, and much more.
- **Cooking Matters at the Store:** A collaboration between Share our Strength, UME, and PGWorks to take participants on an hour-long grocery store tour, focusing on how to stretch dollars for healthier food choices, shop strategically, and be self-sufficient.
- **Eat Smart, Live Strong:** This nutrition education program is available for older adults, often in senior centers. It aims to increase consumption of fruits and vegetables, along with physical activity, for participants aged 60 to 74 years old who are eligible or participate in federal nutrition assistance programs.

## *The Capital Area Food Bank*

The Capital Area Food Bank (CAFB) is a member of Feeding America, a national network of 200 food banks. CAFB works with a network of partner agencies to distribute food to those struggling with hunger, as well as educate, empower, and enlighten the community about hunger and nutrition. The Emergency Food Program (TEFAP) and others provide the food that is distributed. CAFB works to provide fresh fruits and vegetables through their mobile pantry whenever possible.<sup>8</sup>

<sup>4</sup> UME, Grow It Eat It Preserve It. <http://extension.umd.edu/learn/grow-it-eat-it-preserve-it-food-preservation-curriculum>

<sup>5</sup> UME, Grow It Give It. <http://extension.umd.edu/growit/grow-it-give-it>

<sup>6</sup> UME, Expanded Food and Nutrition Education Program. <http://extension.umd.edu/efnep>

<sup>7</sup> UME, Food Supplement Nutrition Education Program. <http://extension.umd.edu/fsne>

<sup>8</sup> Capital Area Food Bank, about us. See: <http://www.capitalareafoodbank.org/learn/about-cafb>

In Prince George's County in 2012, the CAFB served 7,650,986 individual meals and reached about 6,600 households through 229 Food Assistance Partners, including:<sup>9</sup>

- 124 partner agencies
- 35 mobile pantry sites
- 18 Weekend Bag sites—with 979 children served each weekend
- 17 senior brown bag sites—with 848 seniors served each month
- 19 kid's afterschool feeding programs—with 736 children fed daily
- 15 kid's summer feeding programs—with 703 children fed daily
- One family market—serving approximately 200 individuals per month

### ***Share our Strength—No Kid Hungry***

Share our Strength is a national nonprofit organization working to end child hunger and address food insecurity in America by connecting children and families with nutritious food every day. The No Kid Hungry campaign is a national effort to enroll children in federal nutrition programs, support the expansion of school breakfasts, and support afterschool meals and summer feeding programs. In Prince George's County, Share our Strength—No Kid Hungry is actively working on these issues.<sup>10</sup>

### ***Maryland Hunger Solutions***

Maryland Hunger Solutions is an initiative of the Food Research and Action Center that works to end hunger and promote well-being in Maryland. It is part of a national campaign connecting efforts against obesity and hunger to create a healthier country. They offer data and resources highlighting the need and solutions to understand and address hunger, including in Prince George's County.<sup>11</sup>

### ***SHARE Food Network***

SHARE (Self Help and Resource Exchange) is a non-profit operated by the Catholic Diocese to implement a self-help approach to meeting food needs of communities. Participants can access basic and healthy groceries at a discount of 50 percent or more at volunteer-run locations, including in Prince George's County. SHARE also collaborates with the Capital Area Food Bank.<sup>12</sup>

### ***ECO City Farms***

Established in 2010, ECO City Farms is an educational, non-profit organization operating in Prince George's County as a prototype for sustainable local urban farming. ECO City Farms grows healthy and nutritious vegetables, fruit, and herbs year-round on two urban farms; they sell their produce and other farm products through farmers' markets, on-farm sales, and a sliding scale CSA (community supported agriculture), available for people on federal assistance programs such as WIC, SNAP, and disability. The organization also teaches classes and programs for the community in nutrition education, urban farming, farmer training, composting and rebuilding soil, and more.<sup>13</sup>

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<sup>9</sup> Capital Area Food Bank, Prince George's County Fact Sheet. See: <http://www.capitalareafoodbank.org/wp-content/uploads/2011/01/PG-Fact-Sheet.pdf>

<sup>10</sup> No Kid Hungry. <http://www.nokidhungry.org>

<sup>11</sup> Maryland Hunger Solutions. <http://www.marylandhungersolutions.org>

<sup>12</sup> SHARE food network. <http://www.catholiccharitiesdc.org/share>

<sup>13</sup> ECO City Farms. <http://www.ecocityfarms.org>

## ***Martha's Table/Arcadia mobile markets***

Arcadia Center for Sustainable Food and Agriculture has partnered with Martha's Table to launch a second mobile market, owned, managed, and operated by Arcadia. These bright green, "pop-up" farm markets supply food insecure communities with healthy, affordable, local, and sustainability produced food, including fresh produce and a variety of proteins.<sup>14,15</sup> Arcadia's mobile markets set up at 18 different sites in the Metro D.C. area each week, including one stop in Prince George's County.

- In 2013, the original mobile market operated a weekly stop at the Mary's Center in Adelphi.
- In 2014, the second mobile market operated in Mount Rainier at Thomas Stone Elementary.

Arcadia underwent lengthy permitting processes to operate in Prince George's County, resulting in high fees and delaying the start of the 2013 market season by two months. Both of these factors inhibit economic viability. Arcadia is interested in finding solutions to these barriers and is seeking partnerships to meaningfully expand their services into Prince George's County.

Arcadia offers the following programs/resources:

### ***Bonus Bucks***

Arcadia's mobile markets accepts SNAP, WIC, and Senior FMNP vouchers and doubles their purchasing power through a matching incentive "Bonus Bucks" program. Purchases made with food assistance payment methods comprised more than 40 percent of sales in 2013, and more than 50 percent in 2014, illustrating the unmet demand for farm fresh foods by low-income customers.<sup>16</sup>

### ***The Arcadia Mobile Market Seasonal Cookbook***

Arcadia offers cooking demonstrations and has published *The Arcadia Mobile Market Seasonal Cookbook* to highlight recipes incorporating WIC staples with seasonal produce in simple and delicious preparations. These cookbooks are provided free of charge for customers using any form of food assistance.

### ***Martha's Market***

In 2014, Arcadia's mobile market in Prince George's County also accepted 10 dollar vouchers for fruits and vegetables provided to families with students at Thomas Stone Elementary by Martha's Table. This partnership extended the Martha's Market program into the summer months when school is not in session and when the monthly grocery distribution program goes on hiatus. It also allowed Martha's Table families to select their produce distribution from the bounty of local, seasonal produce.

## ***Crossroads Community Food Network***

The mission of Crossroads Community Food Network mission is to improve access to fresh, local, healthy food through innovative programs and models that support both those who grow our food and those who eat it. They focus on residents of Takoma/Langley Crossroads. This diverse, largely immigrant area sits at the border of Montgomery and Prince George's Counties. Some of their programs include:

<sup>14</sup> New mobile market launches. <http://marthastable.org>

<sup>15</sup> Interview with Benjamin Bartley, Food Access and Mobile Market Director, Arcadia Center for Sustainable Food and Agriculture. September 18, 2014.

<sup>16</sup> Pamela Hess, Executive Director, Arcadia Center for Sustainable Food and Agriculture. Presenter, Prince George's County Food Equity Forum. September 18, 2014.

### ***Crossroads Farmers Market<sup>17</sup>***

Located in Montgomery County on the border with Prince George's County, serving both communities equally. Crossroads also helps people apply for SNAP at the market.

### ***Fresh Checks coupons***

The first farmers' market program in the U.S. to match federal nutrition benefits so that dollars are doubled. The market provides Fresh Checks through private funding to extend the purchasing power of SNAP, WIC FVC, WIC FMNP, and SFMNP. For example, if someone spends \$10 in SNAP benefits, they will be able to buy \$20 of food. This model is now replicated in over 500 U.S. farmers' markets.

### ***The Microenterprise Training Program***

For individuals with passion, food preparation skills, and a business concept but who need help turning their idea into reality. Microenterprise Training Program offers a series of 10 classes, taught in English and Spanish, for participants to master the basics of starting a food business in the D.C. Metro Area. Other services include one-on-one coaching and referral for further business development.

### ***Chesapeake Bay Foundation's Clagett Farm<sup>18</sup>***

The Chesapeake Bay Foundation's Clagett Farm offers opportunities to enjoy the farm's organic nutritious bounty for free with a couple of programs.

### ***Clagett Farm Workshare***

Pick your own veggies! Those who work five hours or more at the farm can take home a share of produce that a paying Community Supported Agriculture (CSA) member would take.

### ***From the Ground Up Program***

The Clagett Farm collaborates with Capital Area Food Bank to bring together local, sustainable, organic agriculture, and social justice. For the last 20 years, their From the Ground Up Program has provided free, fresh produce for the Food Bank to distribute to people living in or near poverty in Washington, D.C. The farm donates 40–50 percent of its annual production, which is an average of 35,000 pounds of produce per year. The Clagett Farm CSA shareholders help to subsidize the donated produce.

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<sup>17</sup> Crossroads Community Food Network. [www.crossroadscommunityfoodnetwork.org](http://www.crossroadscommunityfoodnetwork.org)

<sup>18</sup> Chesapeake Bay Foundation, About CBF's Clagett Farm, [www.cbf.org/join-us/more-things-you-can-do/at-clagett-farm](http://www.cbf.org/join-us/more-things-you-can-do/at-clagett-farm)



# Appendix 19: Access to healthy food survey for participants of the federal nutrition assistance programs

## Access to Healthy Food Survey

Please take a few minutes to answer the questions on this survey. Your responses will help us to identify the needs of Prince George's County residents in accessing to healthy food choices. This survey is anonymous and confidential.

**1. Where do you live?**

Neighborhood: \_\_\_\_\_

Zip Code: \_\_\_\_\_

**2. How often do you shop for food?**

a. Daily                                      b. 4-6 times a week

c. 2-3 times a week                      d. Once a week

e. Every other week                      f. Monthly

g. Other (Please specify) \_\_\_\_\_

**3. Where do you shop for food? (Circle all that apply)**

a. Major supermarket

b. Small grocery store

c. Ethnic market

d. Convenience store

e. Big-box store (Walmart, Target, etc.)

f. Membership club (Costco, Sam's Club, BJ's)

g. Farmers market

h. Farm/Community Supported Agriculture (CSA)

i. Grow my own

j. Food pantry

k. Other (Please specify) \_\_\_\_\_

**4. How much time does it take you to travel one-way to the place you most frequently shop for food?**

a. Less than 5 minutes                      b. 5-10 minutes

c. 11-20 minutes                              d. 21-30 minutes

e. More than 30 minutes

**5. How do you usually get to the place you most frequently shop for food?**

a. Walk                      b. Drive                      c. Bus                      d. Metro

e. Bicycle                      f. Taxi                      g. Get a ride

h. Other (Please specify) \_\_\_\_\_

**6. Do you own or have access to a vehicle (car/truck)?**

a. Yes                      b. No

**7. In your opinion, what is a healthy diet?**

\_\_\_\_\_

**8. During the past 7 days, how many times did you eat each of the following items?**

\_\_\_\_ a. Home cooked meal

\_\_\_\_ b. Boxed or frozen meal

\_\_\_\_ c. Take-out food

\_\_\_\_ d. At a fast food restaurant

\_\_\_\_ e. At a sit-down restaurant

\_\_\_\_ f. Other (Please specify) \_\_\_\_\_

**9. During the past 7 days, how often did you eat fresh vegetables (raw or cooked, not including potatoes)?**

a. 4 or more times a day                      b. 2-3 times a day

c. Once a day                      d. 4-6 times during the past 7 days

e. 1-3 times during the past 7 days                      f. None

**10. During the past 7 days, how often did you eat fresh fruit?**

a. 4 or more times a day                      b. 2-3 times a day

c. Once a day                      d. 4-6 times during the past 7 days

e. 1-3 times during the past 7 days                      f. None

**11. During the past 7 days, how often did you drink sodas or soft drinks?**

a. 4 or more times a day                      b. 2-3 times a day

c. Once a day                      d. 4-6 times during the past 7 days

e. 1-3 times during the past 7 days                      f. None

**12. During the past 7 days, how often did you drink 100% fruit juices, such as orange juice, apple juice, or grape juice? (Do NOT count fruit punch, Kool-Aid, sports drinks, energy drinks, vitamin water, or other fruit-flavored drinks.)**

a. 4 or more times a day                      b. 2-3 times a day

c. Once a day                      d. 4-6 times during the past 7 days

e. 1-3 times during the past 7 days                      f. None

**13. During the past 7 days, how often did you eat chips or other salty snacks?**

a. 4 or more times a day                      b. 2-3 times a day

c. Once a day                      d. 4-6 times during the past 7 days

e. 1-3 times during the past 7 days                      f. None

**14. During the past 7 days, how often did you eat sweets, such as sweet rolls, doughnuts, Pop-Tarts, Twinkies, cookies, brownies, pies, or cake?**

a. 4 or more times a day                      b. 2-3 times a day

c. Once a day                      d. 4-6 times during the past 7 days

e. 1-3 times during the past 7 days                      f. None

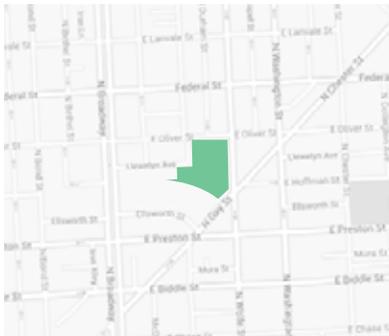
15. During the past 7 days, how often did you eat candy?  
 a. 4 or more times a day    b. 2-3 times a day  
 c. Once a day    d. 4-6 times during the past 7 days  
 e. 1-3 times during the past 7 days    f. None
16. Did you have enough food to eat in the past 7 days?  
 a. Yes    b. No
17. Did you and your household members have enough food to eat in the past one year?  
 a. Yes    b. No
18. Did you or your household members skip any meals in the past year because of not having enough food?  
 a. Yes    b. No
19. Did you have difficulty to purchase the kind of food you want in the past one year because you could not afford it?  
 a. Yes    b. No    c. Sometimes
20. Did you have difficulty to purchase the amount of food you want in the past one year because you could not afford it?  
 a. Yes    b. No    c. Sometimes
21. Do your current SNAP benefits cover the cost of food that is enough to feed your household breakfast, lunch, and dinner every day?  
 a. Yes    b. No
22. Do you run out of your SNAP benefits before the end of the month?  
 a. Always    b. Frequently    c. Occasionally    d. Never
23. How often do you buy fresh fruits and vegetables?  
 a. Weekly    b. Twice a month    c. Monthly  
 d. Less than 12 times a year    e. Never
24. Are you willing to increase your consumption of fruits, vegetables, and high-quality grains to increase fiber in your diet so that you can stave off hunger longer and thus cut down on food consumption throughout the day?  
 a. Yes    b. No    c. Maybe
25. If you could double your SNAP or WIC benefits, on which items would you spend these additional food dollars? (*Circle only one*)  
 a. Meat/fish    b. Grains    c. Vegetables/fruits  
 d. Other (please specify) \_\_\_\_\_
26. If a farmers market gives you an additional dollar for each dollar you spend there, but you can use the additional dollars to buy only vegetables and fruits, would you make a special effort to shop at this farmers market?  
 a. Yes    b. No    c. Maybe
27. How many people are there in your household?  
 \_\_\_\_\_
28. How many children do you have in your household?  
 0-4 years old \_\_\_\_\_  
 5-17 years old \_\_\_\_\_  
 18 years old and above \_\_\_\_\_
- PLEASE ANSWER THE FOLLOWING QUESTIONS ONLY IF YOU HAVE A CHILD UNDER 18 YEARS OLD IN YOUR HOUSEHOLD
29. Does your child eat at least three meals a day?  
 a. Yes    b. No    c. Sometimes
30. Are you able to feed your child enough nutritious food?  
 a. Yes    b. No    c. Sometimes
31. If your child attends a daycare, does the daycare provide meals? (*Circle all that apply*)  
 a. Breakfast    b. Lunch    c. Dinner    d. Snack  
 e. No
32. If you have a school-age child, does he/she get free/reduced meals at school? (*Circle all that apply*)  
 a. Breakfast    b. Lunch    c. Dinner    d. None
33. If you have a school-age child, would you be in favor of schools providing afternoon/evening bag dinners to help offset the cost of cooking at home?  
 a. Yes    b. No    c. Maybe

*Thank you!*

## Appendix 20: Baltimore Food Hub



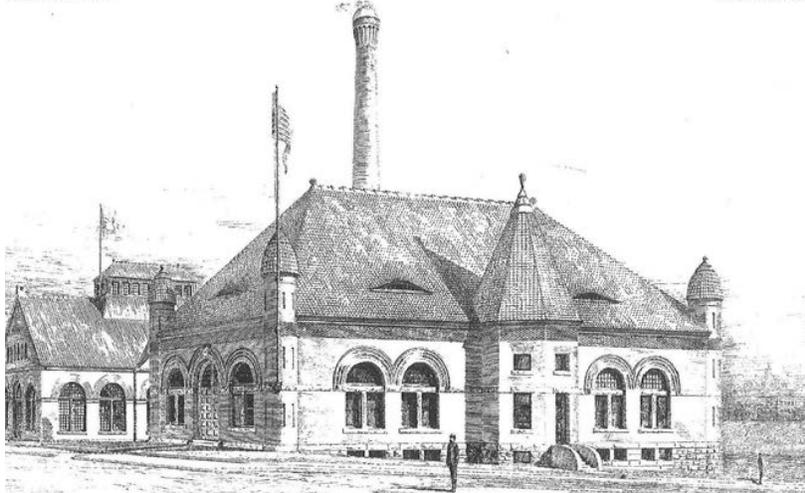
We're growing something big in East Baltimore



A 3.5-acre campus of food ventures in East Baltimore that incorporates the old Eastern Pumping Station, the Baltimore Food Hub will bring new life to a disinvested neighborhood while providing opportunities for microenterprise, job creation, and community education. The campus will cluster synergistic uses to capitalize on the potential of the food industry — one of the top growth sectors nationally — to foster entrepreneurship and economic opportunity. We are creating a place where entrepreneurs can collaborate, food businesses can scale up, and neighbors can learn what it takes to make a career in the kitchen.

BY R. MARTIN-CHEZ ENDRICK ---

--- JACOBUS C. GOET - ARCHT



Just because the lights are off doesn't mean we aren't working.

The Eastern Pumping Station includes three 2-story, late 19th-century buildings which will be renovated with Historic Tax Credits. Located in the designated Enterprise and HUB Zones, businesses locating at the site may take advantage of property tax credits, employment tax credits as well as low-interest loan programs.

**PHASE I**

Newly-constructed kitchen incubator, classroom, social enterprise and urban farming will be completed by *Summer 2016*.

(Buildings 4 & 6 on pg3)

**PHASE II**

Renovated historic buildings will be available for lease in *Spring 2017*.

(Buildings 1,2,3, & 5 on pg3)



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## Project Site / Leasing Info

### 1. FLEX 1

- 9,961 sq. ft
- 1 Level
- 1st Level Loading Dock Access
- 30ft Ceiling Height
- Potential 2nd Floor Office Space

### 2. FLEX 2

- 13,965 sq. ft
- 2 Levels + Mezzanine
- 1st Level Loading Dock Access

Think of this as your own secured container to make all food business dreams a reality. Food manufacturing, preparation or storage are all potential uses. 750-8,000 sq. ft spaces are available for any food-related business.

### 3. COWORKING

- 9,888 sq. ft
- 2 Levels

A destination for food entrepreneurs and businesses who want an office that doesn't double as a kitchen table. Access to beautiful workspace as you need it,

with opportunities for collaboration, support and resources at your fingertips. Flexible workspace is provided to up to sixty members. Private office space is available for up to six organizations. Conference room and technology equipment can be available for anyone at anytime depending on your membership access.

TENANT: One office leased - Maryland Farmer's Market Association.

### 4. KITCHEN INCUBATOR

- 15,000 sq. ft
- 1 Level

#### Opening summer 2016

Become a member to access our commercial kitchen with state of the art equipment to scale your food business. Join our commercial production kitchen enterprise or teach your best culinary skills. This facility has what you need, even if you don't realize it yet.

TENANT: 100% Leased - City Seeds, a Social Enterprise of Humanim.

### 5. FOOD TRUCK

#### PARKING & COMMISSARY

We like food and we like trucks that make it easy for us to access it. Park your truck, store and prep your food and even have space to write some emails. The Baltimore Food Hub was made for you. With 6 spots for Food Trucks, get in touch today to secure yours.

### 6. URBAN FARMING

- 3,300 sq. ft
- 3 22'x50' hoop houses planned

Local sourcing at its finest year round. Get your hands dirty and learn what it means to grow real food from the ground up. Farmer or grower, this is your land, make it grow! We have ¼ of an acre ready for you to dig in.

