



## **Food Security**

### **DRAFT SCOPE OF WORK**

The La Paz/Mohave Regional Partnership Council has identified the need to address food security among families with children ages birth through age five.

#### Geographic Boundaries

The La Paz/Mohave Regional Partnership Council geographic boundaries include La Paz and Mohave Counties, including the tribal lands of the Fort Mojave Indian Tribe, and excluding the tribal lands of the Colorado River Indian Tribes and the Hualapai Tribe.

#### Assessment of Need

Research has shown that even moderate under-nutrition, the type seen most frequently in the United States, can have lasting effects on the brain development of children. According to the Center on Hunger and Poverty, inadequate nutrition is a major cause of impaired cognitive development, and is associated with increased educational failure among impoverished children.

Fifteen percent of families in Arizona report their children have skipped meals because there was not enough money for food. According to the 2010 Hunger in America Report, 32 percent of clients in Arizona report having to choose between buying food and paying for medical care; and 49 percent report having to choose between buying food and paying for utilities.

Demand for emergency food assistance has grown. In 2010, a total of 477,500 unduplicated individuals received food from the St. Mary's Food Bank Alliance in Arizona, an increase of 171% from 2006. Many food banks are reporting that an increasing number of middle-income families are seeking food assistance for their families as the economy becomes increasingly unstable and job loss grows.

At the same time that demand is increasing, emergency food resources appear to be static or declining. In 2007, more than 1,250 food banks and other agencies provided first-line defenses against hunger for Arizona's children, yet 36 percent of pantry programs reported lack of food as the most frequent reason for having to turn families away.

Arizona food banks are also reporting decreases in corporate contributions, and state budget cuts have dramatically decreased funding that was typically directed towards the purchase of food. Currently, many food banks are placing quotas on the amount of food families are able to receive. Other food pantries and agencies, such as those operated by St. Vincent de Paul, have shortened their hours of operation due to insufficient amounts of food for those seeking assistance.

#### Program Information

The La Paz/Mohave Food Security Program will purchase food and related commodities for distribution to families with children ages birth through age five in the region. The program will utilize existing partnerships at the local, state and federal level, or create new partnerships, in order to leverage resources and address community food security. Services contracted will complement existing services by providing the maximum amount of food and other benefits for hungry people. It is the preference of



First Things First that the food banks utilized be members of the Association of Arizona Food Banks and actively participate in the Arizona Gleaning Project by both contributing and receiving food.

Services under the agreement will require coordination of various organizations to distribute, handle, transport and store the necessary food across the region. The La Paz/Mohave Food Security Program must comply with the First Things First Food Security Standards of Practice (Exhibit A). Components of the program may include, but are not limited to:

- Distribution of a supplemental food packages for children ages birth through five and their families to accompany existing food box distribution;
- Bulk purchases of food products or products such as diapers that can be distributed to families through existing distribution efforts, such as provision of food boxes;
- Distribution of infant boxes containing formula, diapers, infant food, or other such commodities to families with young children.

The program will be required to work in tandem with the Supplemental Nutrition Assistance Program (SNAP) and the Women, Infants and Children (WIC) programs. For example, the program may provide supplemental food boxes through WIC providers. The purchase of non-food related items typically included in food boxes for families of children ages birth through age five will also be allowed. This includes the purchase of diapers, diaper ointment, diaper wipes, and baby formula.

Because First Things First would like to encourage healthy eating among families, the program will also be required to identify the types and quantities of nutritious foods that would be purchased or included in food distribution efforts as a result of this funding. The First Things First Food Security Standards of Practice (Exhibit A) provides a listing of foods deemed nutritious for children in this age group.

#### Operation Requirements

- Purchase food and related commodities that will be distributed to families with children ages birth through age five in the region.
- Identify, recruit, and/or establish local distribution sites throughout the region.
- Establish and maintain agreements with recipient organizations to distribute food.
- Provide technical assistance and training to recipient organizations as needed.
- Provide information to individuals about other food and nutrition programs.
- Purchase/request/accept commodities in quantities that can be utilized without waste.
- Store and/or distribute perishable foods in a timely manner to ensure safety and minimize waste.
- Utilize an equitable formula to distribute products throughout the region.
- Collaborate with community organizations to increase locally donated products.
- Provide copies of applicable rules, regulations, administrative directives, and forms from applicable providers to recipient organizations.
- Coordinate with statewide food organizations, other members of the statewide food bank network, and statewide gleaning projects to decrease distribution costs, equalize distribution of food, and increase participation in the statewide gleaning network.
- Expand and maintain public relations and information exchanges with food bank agencies, organizations, businesses, and/or individuals related to food programs.
- Administrative costs may not exceed 10 percent.



### Eligibility Requirements

Different food banks across the state use varying methods and criteria for determining eligibility for food assistance. Generally, food assistance is not limited to families living in poverty. It is also available to low-income families and to families experiencing crises such as unemployment. The La Paz/Mohave Food Security Program will be required to identify existing eligibility criteria and how eligibility will be determined. It is not the intent of First Things First to establish new eligibility requirements beyond those currently used by providers. However, this funding shall only be used to address the hunger needs of families with children ages birth through age five in the La Paz/Mohave region. Evidence of how such a population is targeted must be present in the final agreement.

While some people receiving food assistance might also be receiving resources from SNAP or WIC, the amount of food available through these existing programs is inadequate to meet the needs of many children and families. Many middle-income families are struggling in today's economy, and food boxes may be needed by more families than those typically served by providers serving low-income families.

First Things First funding cannot be used to supplant other funding. A.R.S. §8-1183 provides for a prohibition on supplanting of state funds by First Things First expenditures, meaning that no First Things First monies expended are to be used to take the place of any existing state or federal funding for early childhood development and health programs.

### Projected Award

The amount allocated for this agreement is **\$102,000**. The anticipated start date is July 1, 2011. FTF intends to establish an agreement with an initial contract term through June 30, 2012 with options to renew. This service shall be provided in La Paz and Mohave Counties.

### Implementation Requirements

This agreement will address these specific Goals and Key Measures:

#### First Things First Goal Area

- Family Support

#### First Things First Goal

- First Things First will coordinate and integrate with existing education and information systems to expand families' access to high quality, diverse and relevant information and resources to support their child's optimal development.

#### First Things First Key Measures

- Percentage of families with children birth through age five who report they are satisfied with the accessibility of information and resources on child development and health
- Percentage of families with children birth through age five who report they are competent and confident about their ability to support their child's safety, health, and well-being

#### Performance Measures

- Number of food boxes distributed/proposed service number
- Number of children and families provided with food assistance/proposed service number
- Number of people who received information on nutrition or resources/ proposed service number



## Exhibit A

### **Food Security Standards of Practice**

The American Academy of Pediatrics recognizes that proper nutrition begins at the supermarket with the foods parents buy and continues in the home as parents prepare and serve meals. Giving children a healthy start with good eating habits promotes his or her lifelong health. A variety of foods provides the nutrients that young children need to build strong bodies and stay healthy. Food also supplies the energy that children need to grow normally, play, learn, and explore the world around them. The American Academy of Pediatrics encourages families to think of their nutritional decisions as **health** decisions. Ideally, all young children and families would have access to healthy food and educational information, but recent studies indicate otherwise. As many as one in five Arizona children suffer from hunger, and with the continued economic downturn food pantries have seen demand for food boxes continue to rise.

The problem of childhood hunger is not simply a moral issue. Scientific evidence suggests that hungry children are less likely to become productive citizens. According to the Center on Hunger and Poverty, inadequate nutrition is a major cause of impaired cognitive development, and is associated with increased educational failure, elevated occurrence of health problems, higher levels of aggression, hyperactivity, and anxiety among impoverished children.

To support families facing food insecurity, and prevent potential long-term negative effects of under-nutrition in young children, the American Academy of Pediatrics has created a general outline of daily feeding schedules for infants, toddlers, and preschoolers. Food Security Programs who provide food boxes should work to support families with young children when they lack access to sufficient, safe and nutritious food in order to meet the dietary needs of both young children and parents who care for them.

All Food Security Programs must:

- Coordinate, collaborate and communicate with community partners such as universities, local farmers, schools, food banks, State agencies, Tribal entities, faith based community, and private businesses to ensure that families have access to all available food assistance providers in the surrounding area and to help prevent duplication of assistance.
- Provide information on comprehensive social services and supports available to families.
- Develop a partnership with WIC (Women, Infant and Children) to make certain that mothers are first receiving support and infant formula through the WIC resources and that First Things First funding does not supplant services currently available or covered by existing federal funding or other existing sources.

Programs may also help families with:

- Financial literacy education to support families toward independence and breaking the constant state of crisis in which families may find themselves. The Food Security Programs need to utilize a positive, family centered, and evidence-based financial literacy curriculum.
- Other resources including diapers, books, clothing and other appropriate items for children birth through five years of age.



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### Suggested Daily Feeding Schedule for Infants

Food should only be given if the infant is developmentally ready, as recommended by a health provider. Indicators of readiness may include: infants are able to sit up, they open their mouths when they see a spoon coming towards them, they can move the food from the spoon and swallow without pushing it back out of their mouths, they make chewing motions, they have doubled their birth weight, and they have the ability to reject food (turning head and keeping mouth tightly closed).

Following is a general outline suggested by the American Academy of Pediatrics.

Food Group	1-3 Months	4 Months	5 Months	6 Months	7 Months	8 Months	9 Months	10 Months	11 Months	12 Months
<b>Breast milk</b>	Provides the best nutrition throughout the first year of life. Feed according to baby's hunger cues.									
<b>Formula</b>	18-32 ounces	30-32 ounces	30-32 ounces	30-32 ounces	29-31 ounces	26-31 Ounces	24-30 ounces	22-30 Ounces	20-28 ounces	18-24 ounces
<b>Infant Cereal</b>				4-6 Tbsp.	4-6 Tbsp.	4-6 Tbsp.	¼ -½ Cup	¼ -½ Cup	½ -¾ Cup	½ -¾ Cup
<b>Vegetables</b>				1-5 Tbsp. strained	1-5 Tbsp. strained	¼ -½ Cup strained or mashed	8-10 Tbsp. strained or mashed	½ -¾ strained or mashed	½ -¾ Cup Chopped	½ -¾ Cup Chopped
<b>Fruits</b>				1-5 Tbsp. strained	1-5 Tbsp. strained	¼ -½ Cup strained or mashed	¼ -½ Cup strained or mashed	½ Cup Chopped	½ Cup Chopped	½ Cup Chopped
<b>Crackers, Teething Biscuits, Dry Toas</b>						1 cracker 1 biscuit	1 cracker 1 biscuit	1 cracker 1 biscuit	1 cracker 1 biscuit	2 cracker 2 biscuit
<b>Meat, Poultry, Fish, Tofu, Cottage Cheese, Cheese</b>						1-3 Tbsp strained	1-4 Tbsp strained or ground	2-4 Tbsp ground	2-4 Tbsp ground	1 ounce or ¼ cup ground
<b>Egg Yolk (hard cooked)</b>						1 Tbsp mashed	1 Tbsp mashed	2 Tbsp Mashed	1 Egg Yolk	1 Whole egg
<b>Potatoes, Rice, Pasta, Mashed Beans</b>						2-4 Tbsp.	2-4 Tbsp.	2-4 Tbsp.	¼ Cup	¼ -½ Cup



# FIRST THINGS FIRST

La Paz/Mohave Regional Partnership Council

## Suggested Dietary Needs for Young Children Ages One through Five

Following is a general outline suggested by the American Academy of Pediatrics.

Food Group	Number of Servings Each Day	Ages 1-2 years	Ages 3-5 years	Example Food Item
<b>Bread, Cereal, Rice, Pasta</b>	6-11	¼ cup dry cereal ½ slice of bread ¼ cup rice ¼ cup pasta	½ cup dry cereal ½ slice bread ⅓ cup rice or pasta ¼ cup cooked cereal ½ 6" tortilla	Dry Cereal, Whole Grain Bread, Rice or pasta, cooked cereal, 6" tortilla
<b>Vegetables</b>	3-5	1-2 Tbsp.	3-5 Tbsp.	Fresh or frozen, raw, or cooked
<b>Fruits</b>	2-4	¼ -½ apple orange, banana ¼ cup fresh fruit ¼ cup fruit juice	½ apple, orange, banana ¼ cup fresh fruit ¼ cup fruit juice	Apple, orange or banana, fresh fruit, fruit juice
<b>Milk, Yogurt &amp; Cheese</b>	3 or more. No more than 20 ounces per day	½ cup milk ½ yogurt ¼ cup ice cream 1 oz. cheese	¾ cup milk ¾ cup yogurt ½ cup frozen yogurt or ice cream 1½ oz. cheese	whole milk, yogurt, frozen yogurt or ice cream, cheese
<b>Meat, Poultry, Fish, Dry Beans, Eggs &amp; Peanut Butter</b>	2-3	¼ cup meat 1oz fish 1oz dry beans 1 egg None-peanut butter	½ cup beans or peas 1 egg 1oz. tuna 2 Tbsp. Peanut butter	Cooked or dried beans or peas, eggs, lean meat (turkey), peanut butter



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**Infant Food Box: Birth to 12 months of age:**

The following is a general outline for a three day food box for infants only.

Food Group	1-3 Months	4 Months	5 Months	6 Months	7 Months	8 Months	9 Months	10 Months	11 Months	12 Months
Formula	powder formula 1 can									
Infant Cereal	1 box									
Vegetables	4 canned or Fresh Vegetables									
Fruits	4 canned or Fresh Fruits									
Crackers, Teething Biscuits, Dry Toast	1 box									
Meat, Poultry, Fish, Tofu, Cheese	½ lb cheese 2 cans of tuna									
Egg Yolk (hard cooked)	3 eggs									
Potatoes, Rice, Pasta, Mashed Bean	½ lb.									

**Early Childhood Food Box: One through Five Years of Age**

Food boxes for young children include food for family of four with at least one child under five years old. Following is a general outline for a three day food box.

Food Group	Options for food items in a food box Ages 1-5 years
Bread, Cereal, Rice, Pasta	Bread one loaf 1 -3 lb bag of rice 2 packs of pasta 1-2 boxes of whole grain cereal 1 pack of yellow corn tortillas
Vegetables	1-2 jars of spaghetti sauce 7 cans of assorted vegetables
Fruits	6 cans of assorted fruits Fresh fruits, 1 quart fruit juice
Milk, Yogurt & Cheese	1 gallon of milk, 40 ounces of yogurt 1 lb of cheese
Meat, Poultry, Fish, Dry Beans, Eggs & Peanut Butter	2 lbs cooked or dried beans or peas 12 eggs 1 jar of peanut butter

Sources: "Children's Health Topics: Nutrition Family Community Resources." American Academy of Pediatrics. The Center on Hunger and Poverty. Arizona Highlights: 2010 Hunger in America Report.