

LUNCH AT THE LIBRARY

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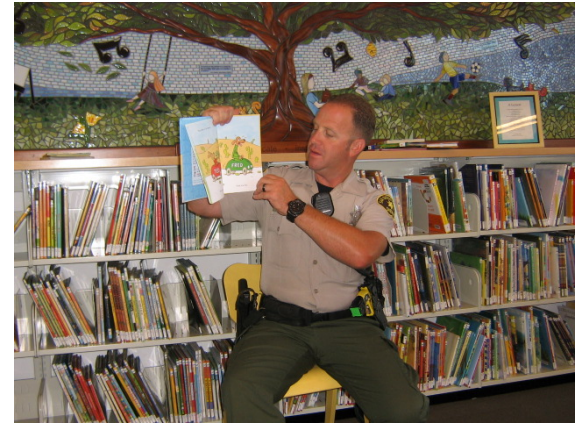


May 1, 2014

Lunch at the Library:
BOOST Best of Out-Of-School-Time Conference 2014

Libraries Make Great Meal Sites

- ❑ Trusted spaces
- ❑ At the heart of the community
- ❑ Welcome all
- ❑ Services and resources
- ❑ Summer reading and other programs
- ❑ But... underutilized for summer meals



Lunch at the Library

- ❑ Collaboration between CLA and CSMC
- ❑ Program model: Oakland Public Library, City of Oakland, Alameda County Food Bank
- ❑ Strong libraries and strong meal sponsors



2013 Libraries

- ❑ Fresno County Public Library (1 site)
- ❑ Los Angeles Public Library (2 sites)
- ❑ Sacramento Public Library (1 site)
- ❑ Oakland Public Library (11 sites; advisors)
- ❑ San Diego County Library (2 sites)

Libraries Are Popular Meal Sites

- ❑ Over 22,000 meals served in 2013
- ❑ Families travel to come to the library meal sites
- ❑ New families come to the library

“Our frontline staff did a great job of letting families know about the program.”



Libraries Are Popular Meal Sites

“At the moment that we persuade a child, any child, to cross that threshold, that magic threshold into a library, we change their lives forever, for the better.”

Barack Obama

Impact

□ Reaching underserved community members

- Increase in summer reading participation
- Increase in library card issues

“We signed a lot of kids up for summer reading and succeeded in helping parents see the library as a place that is multi-faceted in its approach to serving families.”



Impact

☐ Alleviating hunger among library regulars

- ☐ A sense of calm
- ☐ Increased ability to concentrate

“It’s just nice to be part of a program that all-around cares 😊” (Participant)



Enrichment Programming

- ❑ Storytimes
- ❑ Zumba
- ❑ Gardening
- ❑ Writing workshops
- ❑ Play kitchens
- ❑ Wii gaming
- ❑ Crafts



Impact (cont.)

- Visibility for the library, meal sponsors, food insecurity issues, and summer learning loss
- Library staff development



Volunteers

- ❑ Most program volunteers are teens
- ❑ Recruitment through library community service programs, local recruitment efforts, and word of mouth
- ❑ Essential to the programs' success



Teen Development

- ❑ Workforce readiness skills
- ❑ Positive relationships with volunteers & library staff
- ❑ Letters of recommendation



Opportunities for teens in libraries

- ❑ Public libraries are readily accessible to teens.
- ❑ The work carried out in libraries is safe and healthy for young people to do.
- ❑ Youth services staff: natural mentors, supervisors, and sponsors.
- ❑ Teen volunteers can help libraries better understand teen customers.
- ❑ Workforce readiness skills.
- ❑ Opportunities for positive intergenerational interaction.

Project Outcomes

- ❑ 1. Participants know that they can get help and essential resources at the library.
- ❑ 2. Participants feel healthy.



Project Outcomes

Families valued the service

- ▣ *“The lunch program was great. We spent more time at the library and learned about all the services due to the lunch program.”*
- ▣ *“It’s a great program. Thank you for your kindness.”*
- ▣ *“[This program makes me] feel like the community cares about us.”*
- ▣ *“I think it is awesome that you have the library lunch program for us! Also, the library is nice for learning and reading.”*
- ▣ *“I would like to thank everyone for helping me learn to read, eat, and feel safe.”*

Partnerships

□ Primary partnership

□ Libraries and their meal sponsors

“Our greatest success in working with the meal provider was how well they prepared us for serving meals and trained us on all logistics of the program.”



Partnerships

□ Other partnerships

- Boys and Girls Clubs
- Fresno State Humanics Department & Fresno County Public Library
- 916 Ink and Sacramento Public Library

“Community collaborations are key to a successful program.”



Libraries as Community Partners

❑ Summer Matters Library Partnerships

- ❑ Connecting libraries with community-based learning and enrichment programs during the summer.

- ❑ Library partnerships enhance summer learning and enrichment programs:

- ❑ Help the program meet literacy goals
- ❑ Help the program deliver curriculum
- ❑ Introduce kids and their families to the library
- ❑ Encourage kids to keep reading during the summer

- ❑ www.cla-net.org | Programs | Summer Matters

Library Lunch Programs 2014

- ❑ 14 library jurisdictions (approx. 50 sites)
- ❑ Chula Vista, Contra Costa, Daly City, Fresno, Los Angeles, Oakland, Riverside, Sacramento, San Bruno, San Diego, San Francisco, San Mateo, Tulare

2015 and Beyond

- ❑ Programs in 100 libraries by 2016
- ❑ Intentional programming to supplement the meal service
- ❑ Replicable program models
- ❑ Online tools and resources
- ❑ In-person and online training



Contact

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Lunch at the Library:

*Keeping Kids Healthy and Engaged When
School is Out*



USDA Summer Nutrition Programs

- **USDA Summer Nutrition Programs = opportunity to stop nutrition gap left by school's closure in summer**
 - Provide free, nutritious meals to children 0-18 in low-income neighborhoods
 - Some may provide breakfast/lunch, lunch/snack, or just lunch
 - Sponsor is reimbursed for serving meals that meet USDA summer nutrition program guidelines



Summer Meals 101

- **Summer Food Service Program**= option for school districts, nonprofits, municipalities, tribal governments...
- **Seamless Summer Feeding Option** = option for school districts to continue National School Lunch Program in summer...
- **Sponsors** act as fiscal/administrative agent; **summer meal sites** can be churches, parks, schools, Boys & Girls Club, many other options...including libraries! **Must be located in low-income area or serve low-income children**



Why Does Summer Nutrition Matter?

- Need for free/reduced-price (FRP) lunch that exists during the school year does not disappear in summer
- Harder for low-income families to make ends meet in summer
- Food insecurity associated with developmental, cognitive, behavioral and physical issues
- Poverty conditions can affect brain development
 - Effects are reversible!



Sources: California Food Policy Advocates, 2013; Leadership for Healthy Communities, 2012; Texas Hunger Initiative, 2012; JAMA/Journal of Neuroscience-Time Magazine 10/29/13

Making the Health + Academic Connection

- Lack of access to healthy food and safe places to play also increases risk of childhood obesity
 - Kids may gain weight 2-3x faster during the summer than during the school year
 - Lack of emphasis on nutrition during the summer can undermine nutrition promotion efforts during the school year
- Low-income kids may experience greater summer learning loss than more affluent peers



(Source: National Summer Learning Association, 2012)

The Summer Meal Gap

- In CA, only 17% of those receiving FRP lunch participated in a summer meal program; nationally, only 3 million of 21 million participated
 - Programming and site safety are key to attracting kids
 - Loss of summer school=loss of summer meal sites
- Need to find new ways to address the summer nutrition gap; a more holistic approach to serving kids in low-income communities



Food Brings People Together

- Budget cuts leave summer gaps—in CA & nationally
- Opportunity to leverage assets in your community:
 - Schools, offices of education
 - Libraries
 - Community clinics, hospitals
 - Food banks
 - Park & Rec., other city agencies
 - Faith-based organizations
 - City leadership
 - Local business
 - CBOs, social service agencies
 - YMCA's, Boys & Girls Clubs



Loving (and Leveraging) the Library

- Libraries highly valued; particularly among low-income households and those w/lower education, unemployed
- Parents value library for the unique experience and resources for their children
- Most are accessible by public transportation
- Provide experiences for the whole family
- What connection does this hold to your work?



Source: Pew Research Center, 2014

Resources

“The lunch program was great. We spent more time at the library and learned about all the services due to the lunch program.”

--L@L Parent/Caregiver

- www.summerfood.usda.gov
 - www.cde.ca.gov/ls/nu/sf/
 - www.cla-net.org
 - www.summermealcoalition.org
 - www.frac.org
 - www.summerlearning.org
- “Healthy Summers: Turning Risk into Opportunity”*

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It is easier
to build
strong
children
than to
repair
broken men.

-Frederick
Douglass

Lunch @ the Library

San Diego County Library



Setting the Scene

- ▶ 2005: 1 Branch: California Nutrition Council
- ▶ 2012: 3 Branches: Local School Districts
- ▶ 2013: 5 Branches: Feeding America



2013 Meals Served

- ▶ 28,970 Meals Served @ 5 sites
 - Snacks and Meals Included



Making it Happen

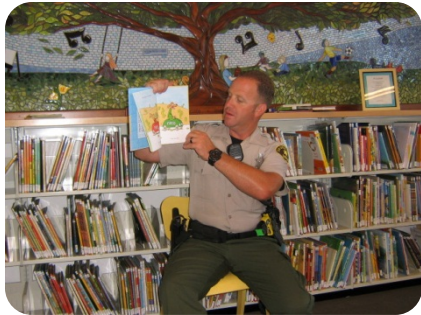
- ▶ School Staff
- ▶ Volunteers
- ▶ **Teens: Service Learners**



Literacy and Enrichment

► Summer Reading

- 138% increase in participation at meal sites that incorporated programming
- 51% increase in teen participation at sites that incorporated Service Learners



Literacy and Enrichment

- ▶ Programming
- ▶ Lincoln Acres–Nutrition Based Programs
 - Nutrition classes for kids, teens, and adults
 - Eat Green Think Green: Olivewood Gardens
 - Teen Nutrition: UC Cooperative Extension/EFNEP
 - Come Bien: UC Cooperative Extension/EFNEP



Literacy and Enrichment

- ▶ Programming
- ▶ Vista–Crafts, science, puppets, magic
 - 780 % increase in programs
 - 213 % increase in attendance



Literacy and Enrichment

- ▶ Programming
- ▶ Spring Valley
 - 279% increase in programs
 - 685% increase in attendance



Challenges

- ▶ Working with partners
 - Communication
 - Flexibility



Key Results

Library Programs + Teens + Meals=Success

Plans for the Future

► Summer 2014

- Lincoln Acres
 - App Academy
- Borrego Springs
 - 1st Rural meal site–Desert Community
 - Partnership with local school district



For More Information

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