

Why Our School(s) Need a School Food Pantry!

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School Food Pantry

- **What is food insecurity?**
- **What's the school's role?**
- **What is a School Food Pantry?**
- **Can a School Food Pantry Work?**

Food Insecurity

The state of being without reliable access to a sufficient quantity of affordable, nutritious food.

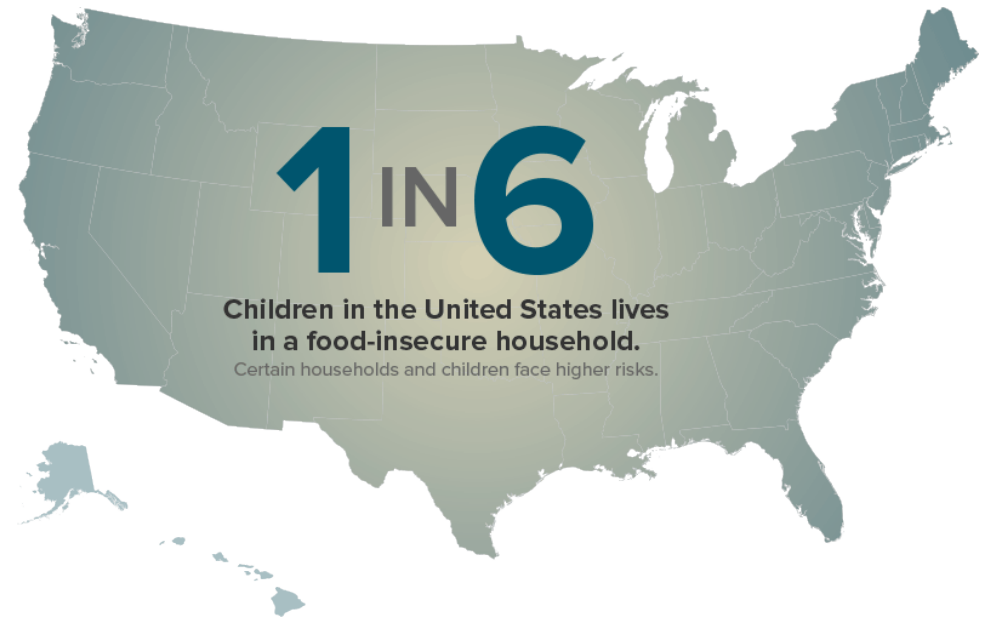




Food Insecurity: National

The U.S. food insecurity rate is 12.9%. These 41 million Americans struggle to put food on the table.

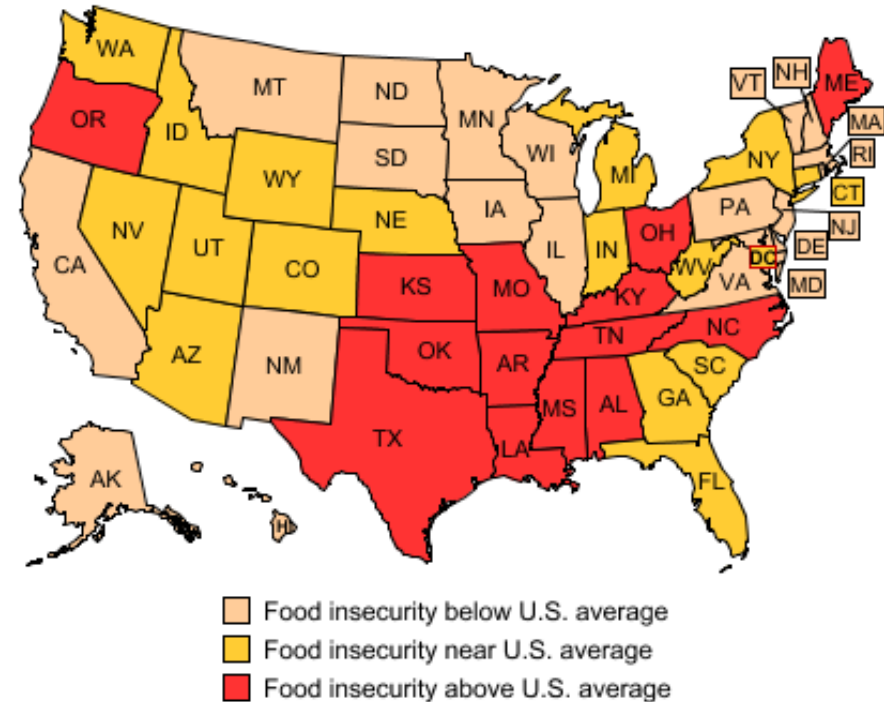
**1 in 6 U.S. children
may not know where
they will get their
next meal.**



Food Insecurity: Texas

The Texas food insecurity rate, 15.4%, is higher than the national rate. There are 1.4 million food-insecure homes.

Texas is 1 of 15 states with the highest food insecurity rates.





Food Insecurity: Impact on Kids

Food insecurity is linked to developmental consequences among children ages 6-12:

- **Poorer mathematics scores**
- **Grade repetition**
- **Absenteeism**
- **Tardiness**
- **Visits to a psychologist**
- **Anxiety**
- **Aggression**
- **Psychosocial dysfunction**
- **Difficulty getting along with other children**



Food Insecurity: Impact on Kids

In youth ages 15-16, food insufficiency was associated with **mental health problems** and **suicide symptoms** after controlling for income and other factors.





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A School's Role

Schools are often the **main food source for many children living in poverty.**



"Food insecurity does exist, and hunger doesn't just stop when the bell rings."

—Jenny Arredondo
Senior Executive Director of Child Nutrition, San Antonio ISD



A School's Role

In Texas, a state law took effect in September 2017 that allows schools to create their own **School Food Pantry and donate certain leftover food to itself, and allow for storage and redistribution.**





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A School Food Pantry

A School Food Pantry can accept, store, and distribute donated and leftover food to students.





A School Food Pantry

Two main types of School Food Pantry



Create “shared tables.” Students can add non-perishable leftover food on one or more shared tables in the cafeteria and/or classroom. Hungry students can access the food on these tables during meal time.



Add food storage to a classroom or other site. A room in the cafeteria or a classroom used by academic counselors also can serve as a place for food storage. A designated campus representative can distribute food from the pantry to students.



How a School Food Pantry Helps

School Food Pantries allow for unwanted & untouched foods to be redirected to student who are hungry and in need

Students can access nutritious food throughout the day & even take food home.

Reduces hunger, promotes nutrition, decreases food insecurity, and prevents food waste. According to a Harvard study, 60% of fresh vegetables & 40% of fresh fruits in schools are wasted.

*Starting a School Food Pantry requires **\$0** budget/funding!*



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Spotlight Salud Hero: Diego Bernal

Texas State Rep. Diego Bernal toured schools in San Antonio (63.2% Latino) and learned leaders were frustrated with how much food is trashed and not given to students who live in poverty and have no food at home.

Even in more affluent school districts, students were going hungry while schools threw away untouched, unopened, ripe, perfectly edible food.

So he championed legislation, with the help of State Sens. Boris Miles, Sylvia Garcia, and José Menéndez, to allow schools to set up food pantries. The idea was for schools to be able to accept and store donated food and surplus food from the cafeteria, and redistribute to hungry students.



Bernal's Full Story:
salud.to/schoolpantry



Spotlight Salud Hero: Jenny Arredondo

Jenny Arredondo knows some San Antonio students leave school and don't eat again until they return to school the next day.

Arredondo, senior executive director of child nutrition at San Antonio ISD (SAISD), found a solution in Texas State Rep. Diego Bernal's new state law about School Food Pantries.

"We had this wonderful opportunity," Arredondo said. "How could we not do this for our kids?"

Arredondo did research, set up meetings, and gathered and shared information for interested campuses. As of April 2018, She helped SAISD set up 10 School Food Pantries.



Jenny's Full Story:
salud.to/SAISDpantries



Is It Possible for Us?

Oh Yes!

We are using School Food Pantry Action Pack by *Salud America!* at UT Health San Antonio to help us think through support, planning, and implementing a School Food Pantry.

We can reach out to Stacy Cantu of *Salud America!* at 210-562-5536 or cantus1@uthscsa.edu to ask questions or get additional assistance.



We Can Do This!



“Never worry about numbers.

Help one person at a time, and
always start with the person
nearest you.”

-Mother Teresa



*Inspiring people to drive community change
for the health of Latino and all kids.*

www.salud-america.org



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