



Free Lunch?

Really?


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Free Lunch Fallacies

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1. There's no such thing as a free lunch.
 2. If you do get a free meal, it will be inedible.
 3. A library couldn't possibly provide free meals.
 4. Most of our customers won't qualify for free meals.

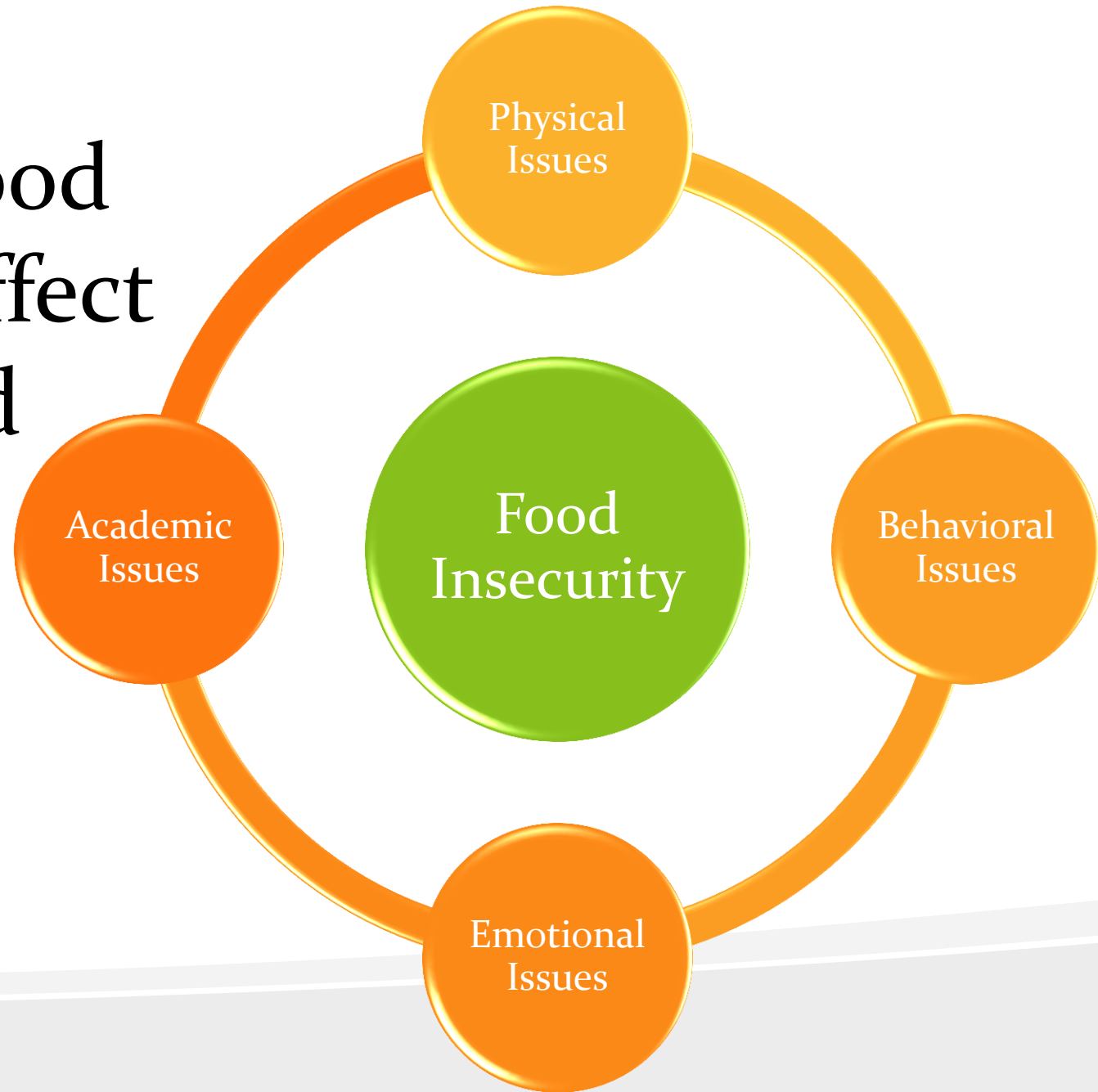
What is food insecurity?

Is it common in Virginia?

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- Food insecurity is a lack of access to safe and nutritious food, preventing people from living healthy and active lives.
 - 300,000 food insecure children in Virginia
 - Food insecurity rates range from 28.1% to 4.3%, depending on the city or county you serve.
 - It's a surprisingly high number because it's not easy to tell which young people are affected.



How does food insecurity affect children and teens?





How did free meal programs begin?

- Post World War II, confirmed that good nutrition = better education
- Concerned not only with the amount of food, but the quality (even families above the poverty level may not be able to afford nutritious meals)



How did free meal programs begin?

- 1960s: Beginning of School Breakfast Program and smaller, restricted programs for some children when school was not in session (Summer Food Service Program)
- Restrictions on Summer Food Program gradually decreased



How did free meal programs begin?

- 2010: Healthy, Hunger-Free Kids Act of 2010 removed limits on the number of sites that private nonprofit organizations may operate in Summer Food Service Program.



Is there a one-size-fits-all
solution?

Breakfast at Pamunkey Regional Library





How we got started

It all began with a conference call.

Initial work:

1. Finding out if your library is in an area that qualifies for SFSP
2. Finding a sponsor
3. Filling out application and attending training

What we did

- Identified areas that would benefit from and qualify for the Summer Food Service Program. Mechanicsville Branch Library and Ashland Branch Library served as open sites.
- Partnered with Summer Food Service Program (SFSP) and FeedMore.
- Developed ways to promote the program.



What the customers received

- Anyone age 18 and under was given a free breakfast three mornings a week throughout the summer.
- Breakfast included milk, grain (breakfast bar or cereal), and fruit.
- Additional enrichment activities.





The numbers...

FY 2015: June-August

Mon, Wed, Fri (29 meal days)

- King and Queen branch – 69 meals served
- Mechanicsville branch – 903 meals served

FY2016: June-August

Mon, Wed, Fri (26 meal days)

- Ashland branch – 151 meals served
- Mechanicsville – 779 meals served



Outcomes at Pamunkey Regional



Lunch at Salem Church Library, Fredericksburg



How we got started

- Fredericksburg Area Food Bank contacted Salem Church Branch Manager about being a site
- Under a USDA grant, Food Bank would be the sponsor and the library would be the site
- Library would be an “open site,” where meals are available to all children and teens (sponsors are reimbursed for meals served to all those 18 and under).





What we did: Distributing Lunches

- The grant required the meal to be eaten on-site, which meant we needed space to do that
- Lots of questions: Can we make this happen? Do we have the space? Do we have the staff?
- Solutions:
 - Meeting room manager worked wonders with the schedule, moved other groups around to free up the largest meeting room for summer food program
 - Recruited a small army of adult volunteers to run the summer food program, with some oversight and supervision by staff

What we did: Distributing Lunches



What we did: Enrichment

- Enrichment: We were determined to make this an opportunity to feed the mind and the body (especially important since people were staying in the room to eat their lunch)
- Educational (and fun) activities for children at every meal
- Books for all ages in the room
- Summer Reading station in the room



What the customers received

- Anyone age 18 and under was given a free lunch three days a week throughout the summer.
- Lunch included an entre, milk, juice and fruit. Entre or side included vegetable, protein, grain.





The numbers...

2016: June 22-August 25

Tuesday, Wednesday, Thursday each week

(total serving days: 27)


- June– 309 meals served
- July – 812 meals served
- August – 624 meals served

1,745 total meals, average 64 per day

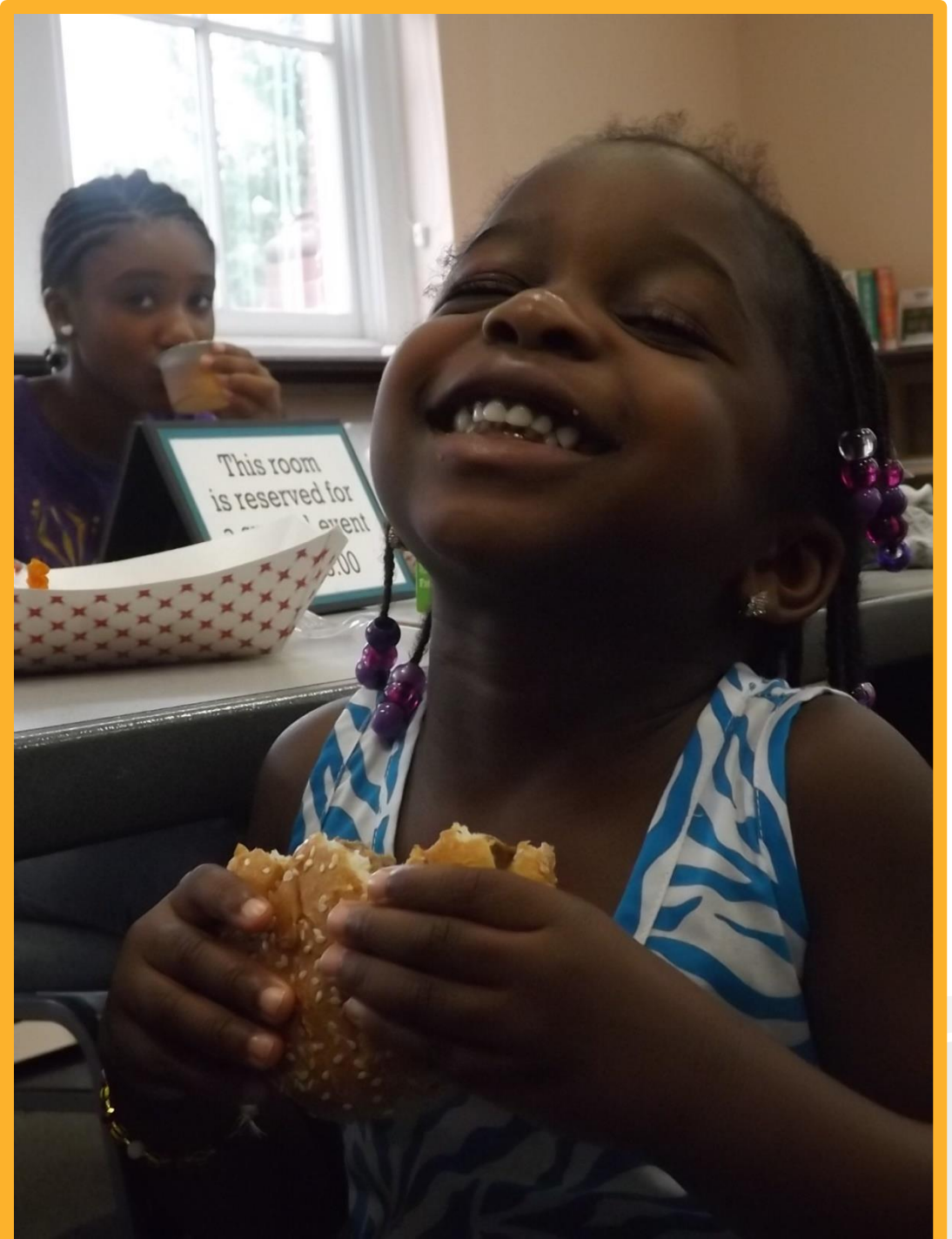


Outcomes at Salem Church





Lunch at Headquarters Library, Fredericksburg





How we got started





What the customers received





What we did





The numbers...

FY 2015: 6/29 – 8/14

Mon through Fri (35 days)

- 2401 meals served
- 3193 customers served
- Program attendance increased by 20%
- SR participation increased by 10%

FY2016: 6/27 - 8/19

Mon through Fri (40 days)

- 2784 meals served
- 3703 customers served
- Program attendance decreased by 1%
- SR participation increased by 16%

Outcomes at Headquarters Library





Tips, tricks, and lessons
learned....