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Appendix 1: Eating habits and nutritional knowledge of County residents

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.

Do you follow a health diet?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly</td>
<td>68.36%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>29.19%</td>
</tr>
<tr>
<td>Rarely</td>
<td>2.26%</td>
</tr>
<tr>
<td>No opinion</td>
<td>0.19%</td>
</tr>
</tbody>
</table>

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.**

- Yes: 98%
- No: 2%

**Would recipes in stores be helpful?**

- Yes: 47%
- No: 13%
- Maybe: 30%
- No Opinion: 10%

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?**

- Yes: 98%
- No: 1%
- No opinion: 1%

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

- Yes: 93%
- No: 2%
- No opinion: 5%
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”.¹ A vast majority of respondents are not aware of the basic nutritional guide that is provided by the government to encourage healthy eating.

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.
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  f. 55-64  g. 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

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 Locater 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.

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

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.
### Prince George's County Food System Study

**Healthy Food Availability Index**

<table>
<thead>
<tr>
<th>Type</th>
<th>Name:</th>
<th>Date:</th>
<th>Time:</th>
<th>Data Collector:</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ] Supermarket*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>[ ] Small Grocery</td>
<td></td>
<td></td>
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**Hours of Operation**

<table>
<thead>
<tr>
<th>Mon-Fri</th>
<th>[ ] Parking Lot</th>
<th>[ ] Carts</th>
<th>[ ] Store Card</th>
</tr>
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<tbody>
<tr>
<td>Sat:</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Sun:</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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**Aisles**

<table>
<thead>
<tr>
<th></th>
<th>[ ] Accept WIC*</th>
<th>[ ] Accept SNAP*</th>
<th>[ ] Metal Detector</th>
<th>[ ] Handicap Access</th>
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<table>
<thead>
<tr>
<th>Registers</th>
<th>Line length</th>
<th>Shelving Type</th>
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<tbody>
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<td>[ ] Short</td>
<td>[ ] Conventional</td>
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<tr>
<td>___</td>
<td>[ ] Medium</td>
<td>[ ] Metal</td>
</tr>
<tr>
<td>___</td>
<td>[ ] Long</td>
<td>[ ] Stacked Boxes</td>
</tr>
</tbody>
</table>

**Delegates/ Features**

| [ ] Produce | [ ] Customer Service |
| [ ] Bakery  | [ ] Pharmacy         |
| [ ] Deli    | [ ] Hot Prepared Food|
| [ ] Meat    | [ ] Cold Prepared Food|
| [ ] Seafood | [ ] Salad Bar        |
| [ ] Liquor  | [ ] Health Food Section|
| [ ] Florist | [ ] Healthy Food Marketing/ |
| [ ] Bank    | [ ] Signage         |

**Lighting:**

- [ ] Bright
- [ ] Adequate
- [ ] Poor

**Odor:**

- [ ] Clean
- [ ] Tolerable
- [ ] UA*

**Vegetables**

<table>
<thead>
<tr>
<th># of Types:</th>
<th>[ ] &lt;25</th>
<th>[ ] 25-35</th>
<th>[ ] &gt;35</th>
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<tbody>
<tr>
<td>[ ] Local* Items</td>
<td>[ ] Organic* Items</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| [ ] Large Carrots, 1 lb. bag | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Large Tomatoes | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Green Bell Peppers | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Broccoli Bunch | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Romaine Lettuce | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |

**Meats**

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<th>[ ] Leanest Ground Beef</th>
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<tbody>
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<td>$</td>
</tr>
<tr>
<td>[ ] Cheapest Ground Beef</td>
<td>Price:</td>
</tr>
<tr>
<td>Ratio: <strong><strong><strong>:</strong></strong></strong></td>
<td>$</td>
</tr>
<tr>
<td>[ ] Ground Turkey, Leanest</td>
<td>Price:</td>
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<td>Ratio: ___% : ___%</td>
<td>$</td>
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**Chicken***

<table>
<thead>
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<th>[ ] Boneless Breast</th>
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<tr>
<td>[ ] Skinless [ ] Fresh</td>
<td>$</td>
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<tr>
<td>[ ] Bone-In Thigh</td>
<td>Price:</td>
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<tr>
<td>[ ] Skinless [ ] Fresh</td>
<td>$</td>
</tr>
<tr>
<td>[ ] Organic/Natural Brands (of any meat)</td>
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</table>

**Seafood***

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<th>[ ] Tilapia (or White Fish)*</th>
<th>Price:</th>
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<tbody>
<tr>
<td>[ ] Fresh [ ] Frozen</td>
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<tr>
<td>[ ] Salmon</td>
<td>Price:</td>
</tr>
<tr>
<td>[ ] Fresh [ ] Frozen</td>
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**Fruits**

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</thead>
<tbody>
<tr>
<td>[ ] Local* Items</td>
<td>[ ] Organic* Items</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| [ ] Bananas | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Red Delicious Apple | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Navel Oranges | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Seedless Green Grapes | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |
| [ ] Peaches | [ ] A | [ ] UA |
| Price: $ | Unit: piece / lb |

**Milk***

<table>
<thead>
<tr>
<th>[ ] Lowest Fat Milk</th>
<th>Price* of a Gallon:</th>
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<tbody>
<tr>
<td>% Fat: ______</td>
<td>$</td>
</tr>
<tr>
<td>Shelf space: ______%</td>
<td></td>
</tr>
<tr>
<td>[ ] Whole Milk</td>
<td>Price* of a Gallon:</td>
</tr>
<tr>
<td>Shelf space: ______%</td>
<td>$</td>
</tr>
<tr>
<td>[ ] Organic Milk</td>
<td>[ ] Non-dairy milks</td>
</tr>
</tbody>
</table>

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

[ ] 100% Whole Wheat Bread
# of Brands: _____
Lowest Price: $_________

[ ] White Bread
# of Brands: _____
Lowest Price: $_________

[ ] 6" Corn Tortillas
# of Brands: _____
Lowest Price: $_________

[ ] 10" Flour Tortillas
# of Brands: _____
Lowest Price: $_________

Juice

[ ] 100% Fruit Juice
# of Varieties: _____

Cereal

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

Frozen Food

[ ] Healthy Frozen Meals*
# of Brands: _____

[ ] Frozen Vegetables*
# of Varieties: _____

Canned Food

[ ] Low-Sodium Soup
# of Varieties _____

[ ] Vegetables
# of Varieties _____

[ ] Fruits
# 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**

<table>
<thead>
<tr>
<th>Store ID: ___________</th>
<th><strong>Measure 1: MILK</strong></th>
<th><strong>Measure 3: FRUIT</strong></th>
<th><strong>Measure 4: VEGETABLES</strong></th>
<th><strong>Measure 5: MEATS</strong></th>
<th><strong>Measure 2: JUICE</strong></th>
<th><strong>Measure 6: CHICKEN</strong></th>
<th><strong>Measure 7: SEAFOOD</strong></th>
<th><strong>Measure 8: FROZEN FOODS</strong></th>
<th><strong>Measure 9: PACKAGED FOODS</strong></th>
<th><strong>Measure 10: CANNED FOODS</strong></th>
<th><strong>Measure 11: BREAD</strong></th>
<th><strong>Measure 12: CEREAL</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Type:</td>
<td>[ ] Convenience Store</td>
<td>[ ] Discount Store</td>
<td>[ ] Drug Store</td>
<td>[ ] Gas Station Store</td>
<td>[ ] International Market</td>
<td>[ ] Small Grocery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Store Name:</td>
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<tr>
<td>Store Address:</td>
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<tr>
<td>WIC: [ ] Yes [ ] No</td>
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<td></td>
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<tr>
<td>SNAP: [ ] Yes [ ] No</td>
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<td></td>
<td></td>
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<tr>
<td># Registers:</td>
<td></td>
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<tr>
<td># Aisles:</td>
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<tr>
<td>Pre-prepared Food</td>
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<tr>
<td>Made to Order Food or</td>
<td></td>
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</tr>
<tr>
<td>Food Bar: [ ] Yes</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Available: [ ] No</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Note:</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Comments:</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Measure 1: MILK

- Available: [ ] Yes [ ] No
- Quality: [ ] A [ ] UA
- Type(s): [ ] 0

#### Measure 2: JUICE

- 100% Fruit: [ ] Yes [ ] No
- Juice Available: [ ] Yes [ ] No

#### Measure 6: CHICKEN

- Available: [ ] Yes [ ] No
- Quality: [ ] A [ ] UA
- Option(s): [ ] Fresh [ ] Frozen

#### Measure 7: SEAFOOD

- Available: [ ] Yes [ ] No
- Quality: [ ] A [ ] UA
- Option(s): [ ] Fresh [ ] Frozen

#### Measure 8: FROZEN FOODS

- Available: [ ] Yes [ ] No
- Type(s): [ ] 0

#### Measure 9: PACKAGED FOODS

- Available: [ ] Yes [ ] No
- Type(s): [ ] 0

#### Measure 10: CANNED FOODS

- Available: [ ] Yes [ ] No
- Type(s): [ ] 0

#### Measure 11: BREAD

- Available: [ ] Yes [ ] No
- Type(s): [ ] 0

#### Measure 12: CEREAL

- Available: [ ] Yes [ ] No
- Type(s): [ ] 0
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

<table>
<thead>
<tr>
<th>Limitation</th>
<th>Implication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supermarkets with certain criteria are the only food retail outlets included in the analyses.</td>
<td>Other food retail outlets, where even healthier food may be obtained, were not taken into consideration.</td>
</tr>
<tr>
<td>Income level is the determining factor in identifying food deserts.</td>
<td>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.</td>
</tr>
<tr>
<td>Low-income areas were identified based on the comparison with regional median family income (MFI).</td>
<td>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.</td>
</tr>
<tr>
<td>Physical barriers are not taken into consideration when distance is calculated.</td>
<td>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.</td>
</tr>
<tr>
<td>Existing land use is not considered or verified.</td>
<td>Large nonresidential areas, even cemeteries, are included and identified as limited food access areas.</td>
</tr>
</tbody>
</table>
## Assumptions

<table>
<thead>
<tr>
<th>Limitation</th>
<th>Implication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of a supermarket means accessibility to healthy food.</td>
<td>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.</td>
</tr>
<tr>
<td>Type, variety, and quality of food and physical conditions, hygiene, and customer service of supermarkets were not taken into consideration.</td>
<td>Accessibility to food is measured, not accessibility to nutritious, affordable, culturally appropriate, and sustainably produced food.</td>
</tr>
<tr>
<td>Only lower-income neighborhoods can be a “food desert.”</td>
<td></td>
</tr>
<tr>
<td>The needs of low-income people who live in census tracts where MFI is higher than the region’s MFI were ignored.</td>
<td></td>
</tr>
<tr>
<td>Ability of alternative food retail outlets to capture leakage was not taken into consideration.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

## Data

<table>
<thead>
<tr>
<th>Limitation</th>
<th>Implication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limited food access area boundaries are constrained with the smallest geographic area of the dataset used.</td>
<td>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.</td>
</tr>
<tr>
<td>Identified supermarkets do not match the actual inventory.</td>
<td>Location of supermarkets was not accurately mapped, and thus these analyses may not truly represent the existing conditions.</td>
</tr>
<tr>
<td>Inconsistent data: Data from different sources and even different years used within the same analysis.</td>
<td>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.</td>
</tr>
<tr>
<td>Lack of local area knowledge.</td>
<td>Inaccurate data could not be corrected.</td>
</tr>
</tbody>
</table>
Appendix 7: Plans, programs, and services in the County that promote healthy living

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:

- 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**

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**

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**: 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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1 M-NCPPC Prince George’s County Planning Department, Plan Prince George’s 2035 Approved General Plan, May 2014, p. 226.
3 University of Maryland Extension. http://extension.umd.edu/programs
4 UME. Eat Smart, Be Fit Maryland. www.eatsmart.umd.edu
**Dine & Learn Initiative**

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**

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.

**ECO City Farms**

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**

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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5 Interview with staff at Prince George’s County Health Department.
6 Ibid.
7 The system can be accessed via www.MyPGCHealthyRevolution.org web site and hyperlinks posted on the Capital Area Food Bank web site.
8 ECO City Farms. www.ecocityfarms.org
Appendix 8: Healthy, Hunger-Free Kids Act of 2010

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) 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*. The guidelines affect all school meals and Smart Snacks. This act provides an extra six cents per lunch to help schools cover associated costs. The HHFKA guidelines include:

- 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. Limiting added sugars may help reduce obesity and diet-related diseases. The Center for Science in the Public Interest and the Union of Concerned Scientists 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. 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).

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

---

1 USDA FNS. Healthy Hunger-Free Kids Act. www.fns.usda.gov HHFKA was signed into law by President Obama and championed by First Lady Obama through the Let’s Move! initiative.
3 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.
4 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.
6 American Heart Association. Added sugars. www.heart.org
7 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.
10 Ibid.
11 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
Elementary and High School Breakfast and Lunch Requirements

<table>
<thead>
<tr>
<th>Measure</th>
<th>Limits</th>
<th>Grades K-5</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lunch: 550–650</td>
<td>Lunch: 750–850</td>
<td></td>
</tr>
<tr>
<td>Total fat (g)</td>
<td>To calculate percentage of fat: Multiply total fat by 9, divide by total calories, multiply by 100.</td>
<td>Less than or equal to 35 percent of calories.</td>
<td>Less than or equal to 35 percent of calories.</td>
</tr>
<tr>
<td>Saturated fat (g)</td>
<td>To calculate percentage: Multiply total fat by 9, divide by total calories, multiply by 100.</td>
<td>Less than 10 percent of calories.</td>
<td>Less than 10 percent of calories.</td>
</tr>
<tr>
<td>Salt (mg)</td>
<td>Breakfast: less than or equal to 540 mg in 2014. Lunch: less than or equal to 1,230 mg in 2014.</td>
<td>Breakfast: less than or equal to 640 mg in 2014. Lunch: less than or equal to 1,420 mg in 2014.</td>
<td></td>
</tr>
<tr>
<td>Whole grains</td>
<td>100 percent of grains offered must be whole grain rich, meaning they must contain at least 50 percent whole grains.</td>
<td>100 percent of grains offered must be whole grain rich, meaning they must contain at least 50 percent whole grains.</td>
<td></td>
</tr>
</tbody>
</table>

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.

Proponents and opponents of HHFKA identify conflicting outcomes of the new guidelines.

<table>
<thead>
<tr>
<th>Proponents say HHFKA has resulted in:</th>
<th>Opponents say that HHFKA has resulted in:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• More fruit and vegetables selected and consumed.</td>
<td>• More plate waste.</td>
</tr>
<tr>
<td>• The same amount—or lower—plate waste.</td>
<td>• Withdrawal from federal school meals by students and school districts.</td>
</tr>
<tr>
<td>• Over 90 percent of schools participating and meeting new standards.</td>
<td>• Increased expenses and difficulties in implementation.</td>
</tr>
<tr>
<td>• Only 0.15 percent of schools opted out.</td>
<td>• Sodium reductions without enough research.</td>
</tr>
<tr>
<td>• Additional reimbursements and grants to help cover costs and provide training.</td>
<td></td>
</tr>
<tr>
<td>• Healthier food available for students.</td>
<td></td>
</tr>
</tbody>
</table>

Sources:
USDA, FNS, Fact Sheet: HHFKA school meals implementation.
School Nutrition Association, Protect school meals programs. www.schoolnutrition.org
**Community Eligibility Provision**

HHFKA also introduced Community Eligibility Provision (CEP). 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.

- 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.

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. 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.

---

13 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).
15 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.
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 1946.1

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.2 Family income levels determine the children’s eligibility, as shown below.3, 4

- **Free meals:** Children from families with incomes ≤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.5,6 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.

<table>
<thead>
<tr>
<th>Meal type</th>
<th>Reduced-price meals cost for students</th>
<th>Full-price meals price cost for students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Breakfast</td>
<td>$0.30</td>
<td>$1.50</td>
</tr>
<tr>
<td>Elementary Lunch</td>
<td>$0.40</td>
<td>$2.60</td>
</tr>
<tr>
<td>Secondary Lunch</td>
<td>$0.40</td>
<td>$2.85</td>
</tr>
</tbody>
</table>

Source: PGCPS Food and Nutrition Services.

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2 USDA FNS. Applying for free and reduced-price meals. www.fns.usda.gov
3 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.
4 For reimbursement rates, see the FNS web site: www.fns.usda.gov
6 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.


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.7

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:8

• 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.9

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:10

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7 The most recent data available from the Maryland Office of Legislative Audits
9 School Breakfast Program History. USDA FNS. http://www.fns.usda.gov/sbp/program-history
• 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.\(^\text{11}\) Children get to taste fruits and vegetables that are new to them and learn the names, health benefits, and country of origin.\(^\text{12}\) 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.\(^\text{13}\) This program is very important in addressing their nutrition gap over the summer.\(^\text{14}\)

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.\(^\text{15}\) Share our Strength offers grants to sites and sponsors for summer meals.\(^\text{16}\)

**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.\(^\text{17}\) In Prince George's County, afterschool suppers consist of a bagged meal offered in the cafeteria.

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\(^{12}\) Fresh Fruit and Vegetable Program. PGCPS FNS. http://www1.pgcps.org/foodandnutrition/index.aspx?id=13278

\(^{13}\) Summer Food Service Program. USDA FNS. http://www.fns.usda.gov/sfsp/summer-food-service-program-sfsp

\(^{14}\) Individuals 19 years and over who have mental or physical disabilities may also be eligible for the SFSP.

\(^{15}\) 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.

\(^{16}\) Interview with staff at Prince George's County Department of Social Services.

\(^{17}\) Afterschool Meal Program. MD Hunger Solutions. 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 2002.18

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

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. 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.

**HUSSC: Smarter Lunchrooms**

HUSSC: Smarter Lunchrooms is the partnership between HUSSC and the Smarter Lunchrooms Movement. Smarter Lunchrooms is an initiative of the Cornell Center for Behavioral Economics in Child Nutrition Programs and is funded by the USDA. 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. The Maryland State Department of Education helps schools to submit successful HUSSC applications. 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).

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1 USDA FNS, Team Nutrition. www.fns.usda.gov
5 Smarter Lunchrooms Movement, Our ideas. http://smarterlunchrooms.org
6 Programs. MSDE. See: http://www.marylandpublicschools.org/msde/programs/schoolnutrition/pd/index.html
Expanded Food and Nutrition Education Program for Youth

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.

http://extension.umd.edu/efnep
Appendix 11: University of Maryland Extension Food Supplement Nutrition Education Child Programs

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.

1 University of Maryland Extension, Food Supplement Nutrition Education Program. www.extension.umd.edu
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

Alternative Breakfasts 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:

- 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.

In August, 2014, the Maryland Share our Strength—No Kid Hungry partnership launched a statewide Breakfast Challenge. 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”. Findings suggest that integrating breakfast into the school day increases participation.

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

**Maryland Meals for Achievement (MMFA)**

PGCPS Food and Nutrition Services (FNS) applies to the statewide MMFA on behalf of all schools, and MMFA is awarded to schools that qualify.

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

BIC 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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2. Nicete Moodie, Nutrition Outreach Coordinator, Share our Strength.
4. 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
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.⁸

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

**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.⁹ 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.¹⁰ One of the five pillars of the initiative is to provide healthy food in schools.

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⁹ Healthy School Food for Maryland. [www.healthyschoolfoodmd.org](http://www.healthyschoolfoodmd.org)
¹⁰ 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. 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. 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.

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

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11 Alliance for a Healthier Generation. www.healthiergeneration.org
12 Alliance for a Healthier Generation, State reports: Prince George’s County. 2012 www.healthiergeneration.org
13 Alliance for a Healthier Generation. Maryland. www.healthiergeneration.org
## 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.


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

2013-2014

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

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REVISION DATE: 02/27/2014

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<th>Product Description</th>
<th>Portion Size</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Carbohydrates (g)</th>
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<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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<td><strong>CARROT STICKS, FRESH</strong></td>
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<td>0.02</td>
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<td>1.64</td>
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<td><strong>CRINKLE CUT FRIES</strong></td>
<td>3 oz.</td>
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<td>0.36</td>
<td>0</td>
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<tr>
<td><strong>CRY BABY SOUR FRUIT ICE</strong></td>
<td>1 EACH</td>
<td>99</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>12</td>
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<tr>
<td><strong>CUCUMBERS AND TOMATOES, FRESH</strong></td>
<td>1/2 CUP</td>
<td>11</td>
<td>0.1</td>
<td>0.02</td>
<td>2.39</td>
<td>0.58</td>
<td>0.5</td>
<td>0.17</td>
<td>7.89</td>
<td>338</td>
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PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS  
2013-2014

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<table>
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<tr>
<th>Product Description</th>
<th>Portion Size</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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</thead>
<tbody>
<tr>
<td>Cucumbers and Tomato Salad</td>
<td>1/2 CUP</td>
<td>103</td>
<td>8.87</td>
<td>1.37</td>
<td>5.71</td>
<td>0.95</td>
<td>0.83</td>
<td>0.29</td>
<td>16.61</td>
<td>360</td>
<td>7.1</td>
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<tr>
<td>Garden Salad</td>
<td>1 CUP</td>
<td>16</td>
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<td>0.02</td>
<td>3.01</td>
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<td>31</td>
<td>0.16</td>
<td>0.05</td>
<td>7.89</td>
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<tr>
<td>Green Beans, steamed</td>
<td>1/2 CUP</td>
<td>42</td>
<td>1.96</td>
<td>0.36</td>
<td>5.82</td>
<td>2.67</td>
<td>1.36</td>
<td>0.79</td>
<td>44.09</td>
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<td>3.74</td>
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<tr>
<td>Green Peas, steamed</td>
<td>1/2 CUP</td>
<td>63</td>
<td>2.16</td>
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<td>8.2</td>
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<td>Mandarin Orange Cup</td>
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<td>90</td>
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<td>0</td>
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<td>0</td>
<td>0.36</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Mashed Potatoes</td>
<td>1/2 CUP</td>
<td>128</td>
<td>3.58</td>
<td>0.83</td>
<td>21.93</td>
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<td>Mixed Vegetables, steamed</td>
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<td>0.35</td>
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<td>0</td>
<td>16</td>
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<td>0</td>
<td>0.36</td>
<td>0</td>
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<td>21</td>
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<td>2</td>
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<td>Sno Joe Apple Ice</td>
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<td>25.0</td>
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<td>0</td>
<td>0</td>
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<tr>
<td>Soup, Tomato</td>
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<td>0</td>
<td>20</td>
<td>1</td>
<td>2</td>
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<tr>
<td>Soup, Vegetable</td>
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<td>0.5</td>
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<td>3</td>
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<td>1.2</td>
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<tr>
<td>Vegetarian Baked Beans</td>
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<td>1.93</td>
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## PGCPS NUTRITION FACTS SHEET: ELEMENTARY/MIDDLE SCHOOL LUNCH MENU ITEMS
### 2013-2014

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<th>Carbo-hydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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<td>13</td>
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<td>8</td>
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**MISCELLANEOUS ITEMS**

**MILK VARIETIES**

REVISION DATE: 02/27/2014
### PGCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS 2013-2014

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<th>Carbo-hydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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<tr>
<td><strong>ENTRÉE ITEMS</strong></td>
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PGCPs NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS 2013-2014

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REVISION DATE: 03/06/2014

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**PGCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS**

**2013-2014**

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<table>
<thead>
<tr>
<th>Product Description</th>
<th>Portion Size</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Carbo-</th>
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<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
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<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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<td>0.14</td>
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### BREAD AND GRAIN ITEMS

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<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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<tbody>
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### SALAD ENTRÉE ITEMS

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<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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### FRUITS AND VEGETABLES

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<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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<tbody>
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<td>60</td>
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<td>14</td>
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<td>0</td>
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<td>0</td>
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<td>0</td>
<td>1</td>
<td>100</td>
<td>0</td>
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<td>21.51</td>
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PGCPS NUTRITION FACTS SHEET: HIGH SCHOOL LUNCH MENU ITEMS
2013-2014

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<table>
<thead>
<tr>
<th>Product Description</th>
<th>Portion Size</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
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<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
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<td>2.32</td>
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<td>1.84</td>
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<tr>
<td>Green Peas, steamed</td>
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<td>2.16</td>
<td>0.39</td>
<td>8.2</td>
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<th>Product Description</th>
<th>Portion Size</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Carbo-hydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Ca (mg)</th>
<th>Vit. A (IU)</th>
<th>Vit. C (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MISCELLANEOUS ITEMS</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Cookie, Chocolate Chip</td>
<td>1 EACH</td>
<td>110</td>
<td>4</td>
<td>1</td>
<td>18</td>
<td>1</td>
<td>1</td>
<td>0.36</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cookie, Carnival</td>
<td>1 EACH</td>
<td>115</td>
<td>4</td>
<td>1</td>
<td>18</td>
<td>1</td>
<td>1</td>
<td>0.36</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cookie, Oatmeal Raisin</td>
<td>1 EACH</td>
<td>110</td>
<td>4</td>
<td>1</td>
<td>18</td>
<td>1</td>
<td>1</td>
<td>0.36</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pudding, Chocolate</td>
<td>1 EACH</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>28</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>60</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pudding, Vanilla</td>
<td>1 EACH</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>27</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>60</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>MILK VARIETIES</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk, Fat Free, Chocolate</td>
<td>1 EACH</td>
<td>130</td>
<td>0</td>
<td>0</td>
<td>23</td>
<td>0</td>
<td>8</td>
<td>0.36</td>
<td>300</td>
<td>500</td>
<td>1.2</td>
</tr>
<tr>
<td>Milk, Fat Free, Plain</td>
<td>1 EACH</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>0</td>
<td>9</td>
<td>0</td>
<td>300</td>
<td>500</td>
<td>1.2</td>
</tr>
<tr>
<td>Milk, Fat Free, Strawberry</td>
<td>1 EACH</td>
<td>130</td>
<td>0</td>
<td>0</td>
<td>23</td>
<td>0</td>
<td>8</td>
<td>0</td>
<td>300</td>
<td>500</td>
<td>1.2</td>
</tr>
<tr>
<td>Milk, Low Fat, Plain</td>
<td>1 EACH</td>
<td>110</td>
<td>2.5</td>
<td>1.5</td>
<td>13</td>
<td>0</td>
<td>8</td>
<td>0</td>
<td>300</td>
<td>500</td>
<td>1.2</td>
</tr>
</tbody>
</table>
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

Appendix 14: School breakfast and lunch menus
Elementary Schools Lunch Menu

Monday, November 3

**Entrée Choices**
- Turkey & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Whole Wheat Roll & Pretzel Kicks
- Turkey Bacon Club Wrap
- Pizza+
- Chicken Salad Platter & Tortilla Chips

**Sides**
- Steamed Broccoli
- Steamed Spinach
- Cucumber & Tomato with Dill
- Fresh Apple

Wednesday, November 5

**Entrée Choices**
- Turkey Ham & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Tasty Black Beans & Rice
- Steamed California Blend Vegetables
- Tropical Fruit Salad

**Today's Dessert**
- Steamed Broccoli
- Steamed Spinach
- Fresh Apple

**Available Daily**
- PB & J Sandwich & Cheese Stick+
- Whole Wheat Roll & Pretzel Kicks
- Turkey Bacon Club Wrap
- Whole Wheat Roll & Pretzel Kicks
- Whole Wheat Roll & Pretzel Kicks
- Turkey & Cheese Sandwich
- Cheese Stick+
- Steamed California Blend Vegetables
- Steamed Green Beans
- Steamed Sweet Corn
- Pineapple Tidbits
- Mandarin Oranges

**Our Nation’s History**

Did you know that 21% of Americans drink more than two cups of coffee a day? To help reduce 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 14-20.

**Our Nation’s History**

Did you know that 21% of Americans drink more than two cups of coffee a day? To help reduce 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 14-20.

**Find the Fiber**

It’s not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-nutritious nutrient should look like this: 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.”

**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 “fber foods,” and then unscramble the 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 rich in vitamins and calcium compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff.

Learn more at ChooseMyPlate.gov or health.gov/documents/choosemyplate.html
BREAKFAST @ SCHOOL
For First-class Learning!

Featuring Healthy Fruits & Grains!

Available Daily!

Daily Breakfast Offerings

- Assorted Geddis Milk Carries w/Graham Crackers
- Seasoned Fresh Fruit & Fruit Cup
- 100% Apple Juice
- Milk: 2% Fat, Free-Fat-Plain

Full student breakfast includes choice of one entire grain or two items of cereal (no more than two grams of sugar per serving), up to two fruit and/or a choice of one fruit only.

Truck Perfect selection includes choice of one fruit only.

*Yern contains Pork
**Yern contains Meat

Menus are subject to change.

First things First -- New This Year!

Choose Up to Two:

- Turkey Sausage Breakfast
- Toast & Pork Sausage
- Tropical Fruit Salad
- Cinnamon Roll
- Sausage Biscuit
- Eggo Waffles
- Assorted Milk

Choose One:

- Assorted Fruit and/or Assorted Juice
- Fresh Fruit
- Crackers

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

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!

Choose Up to Two:

- Turkey Sausage Breakfast
- Assorted Milk
- Apple Cinnamon Roll
- Sausage Biscuit
- Cinnamon Pancake
- Yoplait Yogurt w/Graham Crackers
- Sausage Biscuit
- Chicken Biscuit
- Empanada
- Assorted Milk

Choose One:

- Assorted Fruit and/or Assorted Juice
- Fresh Fruit
- Crackers

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

Happy Thanksgiving! See you on Monday!

For First-class Learning!
### Featured Specials of the Day

**Monday, November 3**  
Scout Troop 3 produces the following for National Student Leadership Month, No School.

---

### Featured Specials of the Day

**Tuesday, November 4**  
No School

---

### Featured Specials of the Day

**Wednesday, November 5**

**ENTRÉES**
- Beef & Broccoli, Turkey Cutlet, Turkey Burger, Cheese Pizza Slice – 100% Turkey Burger, Cheese Pizza Slice, and a Turkey Patty Sandwich.
- Shrimp Scampi – Shrimp Scampi with Shrimp Scampi, and a Shrimp Scampi Salad.

**SIDES**
- Green Beans, Garden Salad, and a Garden Salad w/Fresh Tomatoes w/Reduced Fat Dressing.

---

### Featured Specials of the Day

**Thursday, November 6**

**ENTRÉES**
- Pizza, Turkey Burger, and a Turkey Burger with a Turkey Burger.
- Chicken Tenders & Grain, a Chicken Tenders & Grain, and a Chicken Tenders & Grain.

**SIDES**
- Orange Juice, and a Orange Juice.

---

### Featured Specials of the Day

**Friday, November 7**

**ENTRÉES**
- Turkey Burger, Turkey Burger, and a Turkey Burger.
- Turkey Burger, Turkey Burger, and a Turkey Burger.

**SIDES**
- Turkey Burger, Turkey Burger, and a Turkey Burger.

---

### Featured Specials of the Day

**Monday, November 17**

**ENTRÉES**
- Turkey Cutlet, Turkey Burger, Turkey Burger, and a Turkey Burger.
- Chicken Tenders & Grain, a Chicken Tenders & Grain, and a Chicken Tenders & Grain.

**SIDES**
- Mashed Potatoes w/Gravy, and a Mashed Potatoes w/Gravy.

---

**Featured Specials of the Day**

**Monday, November 24**

**ENTRÉES**
- Chicken Tenders & Grain, a Chicken Tenders & Grain, and a Chicken Tenders & Grain.
- Turkey Burger, Turkey Burger, and a Turkey Burger.

**SIDES**
- Mashed Potatoes w/Gravy, and a Mashed Potatoes w/Gravy.
## Appendix 15: Evaluation of PGCPS school meals

### Evaluation of four randomly selected PGCPS school meals*

<table>
<thead>
<tr>
<th>Meal</th>
<th>Elementary Breakfast</th>
<th>Elementary Lunch</th>
<th>High School Breakfast</th>
<th>High School Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date</strong></td>
<td>November 24, 2014</td>
<td>November 17, 2014</td>
<td>November 10, 2014</td>
<td>November 25, 2014</td>
</tr>
<tr>
<td><strong>An example meal</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• General Mills Cereal (e.g., Apple Cinnamon Cheerios).</td>
<td>• Popcorn chicken salad.</td>
<td>• Turkey pancake on a stick.</td>
<td>• Soft shell taco.</td>
<td></td>
</tr>
<tr>
<td>• Graham crackers.</td>
<td>• Tater tots.</td>
<td>• Fresh apple.</td>
<td>• Tex Mex black beans.</td>
<td></td>
</tr>
<tr>
<td>• Fresh fruit (e.g., apple).</td>
<td>• Pineapple tidbits.</td>
<td>• Orange.</td>
<td>• Steamed mixed vegetables.</td>
<td></td>
</tr>
<tr>
<td>• 100% fruit juice (e.g., cranberry apple juice).</td>
<td>• California blend vegetables.</td>
<td>• Assorted milk (e.g., fat free chocolate).</td>
<td>• Crinkle cut fries.</td>
<td></td>
</tr>
<tr>
<td>• Assorted milk (e.g., fat free strawberry).</td>
<td>• Assorted milk (e.g., low-fat, plain milk).</td>
<td>• Assorted milk (e.g., low-fat, plain milk).</td>
<td>• Applesauce.</td>
<td></td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td><strong>Double the AHA recommended amount of sugar per day.</strong> (Note: sugar is not limited in HHFKA.)</td>
<td><strong>Exceeds caloric limits.</strong></td>
<td><strong>Not quite enough calories.</strong></td>
<td><strong>Just over caloric limits.</strong></td>
</tr>
<tr>
<td></td>
<td>• This breakfast has over six teaspoons of added sugar.**</td>
<td>• The range for elementary lunches is 550-650 calories; at 761 total calories, this meal exceeds the upper limit.</td>
<td>• This school breakfast has 434 calories, falling just shy of the 450-600 range.</td>
<td>• At 871 calories, this school lunch is just over the range for high school lunch of 750–850 calories.</td>
</tr>
<tr>
<td></td>
<td>• 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.</td>
<td>• 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.</td>
<td>• Total and saturated fat limits are met.</td>
<td>• This lunch falls within fats limits, though the soft shell taco contains &gt;42 percent total fat and 15 percent saturated fat.</td>
</tr>
<tr>
<td></td>
<td>• Caloric, fats (total and saturated), and sodium limits were met.</td>
<td>• Sodium and sugar contents were not available for evaluation.</td>
<td>• Sodium and sugar contents were not available for evaluation.</td>
<td>• Sodium and sugar contents were not available for evaluation.</td>
</tr>
</tbody>
</table>

* 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. www.fns.usda.gov

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.

- 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.¹

¹ 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, Fairmount Heights High School teacher.
AN ACT concerning SNAP to Health Program

For the purpose of encouraging and supporting Supplemental Nutrition Assistance Program (SNAP) acceptance and processing technology at farmer’s markets

BY adding:

SUBTITLE 12. HEALTH.
Sections 12-116, 12-117, 12-118, 12-119, 12-120, and 12-121

The Prince George’s County Code

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

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

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

WHEREAS, The USDA has a program with available funding that is distributed to the
states to provide at no cost to the farmer’s market, a device that accepts and processes SNAP benefits; and

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

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

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

**SUBTITLE 12. HEALTH.**

**DIVISION 2. FOOD SERVICE FACILITIES.**

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

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

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

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

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

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

(a) The Department shall provide grants:

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

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

(b) Contingent upon available funding, a Farmer’s Market applying for the type of grant
assistance found in this Section is eligible for to three (3) years of assistance in the following
increments:

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

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

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

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

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

Sec. 12-118. Outreach and Advertising.

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

Sec. 12-119. Funding.

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

Sec. 12-120. Regulations.

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

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

* * * * * * * *

SECTION 2. BE IT FURTHER ENACTED that the provisions of this Act are hereby
declared to be severable; and, in the event that any section, subsection, paragraph, subparagraph,
sentence, clause, phrase, or word of this Act is declared invalid or unconstitutional by a court of
competent jurisdiction, such invalidity or unconstitutionality shall not affect the remaining
words, phrases, clauses, sentences, subparagraphs, paragraphs, subsections, or sections of this
Act, since the same would have been enacted without the incorporation in this Act of any such invalid or unconstitutional word, phrase, clause, sentence, subparagraph, subsection, or section.

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

Adopted this 9th 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

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**

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**

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. Some of their many programs include:

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Grow It Eat It Preserve It
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
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
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
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.

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5 UME, Grow It Give It. http://extension.umd.edu/growit/grow-it-give-it
6 UME, Expanded Food and Nutrition Education Program. http://extension.umd.edu/efnep
8 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:

- 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.

**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.

**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.

**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.

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10 No Kid Hungry. [http://www.nokidhungry.org](http://www.nokidhungry.org)
11 Maryland Hunger Solutions. [http://www.marylandhungersolutions.org](http://www.marylandhungersolutions.org)
12 SHARE food network. [http://www.catholiccharitiesdc.org/share](http://www.catholiccharitiesdc.org/share)
13 ECO City Farms. [http://www.ecocityfarms.org](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.\(^14\)\(^15\) 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.\(^16\)

**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:

\(^14\) New mobile market launches. [http://marthastable.org](http://marthastable.org)

\(^15\) Interview with Benjamin Bartley, Food Access and Mobile Market Director, Arcadia Center for Sustainable Food and Agriculture. September 18, 2014.

\(^16\) 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**

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**

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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17 Crossroads Community Food Network. www.crossroadscommunityfoodnetwork.org
18 Chesapeake Bay Foundation, About CBF’s Clagett Farm, 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, BJs)
   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?

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)
   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!
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.
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)
**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

   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.

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

   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.

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.

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’ × 50’ 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.

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