

SFUSD SCHOOL HEALTH PROGRAMS DEPARTMENT

# EXCEL AFTER SCHOOL PROGRAMS

FOOD SECURITY FOR OUR FAMILIES EDITION

JANUARY/FEBRUARY 2008



## HOW TO START A FOOD PANTRY AT YOUR SCHOOL

### Phase I: Expressing Interest

First, determine the level of need in your community. For example, are there people in your community who are forced to make difficult choices about basic needs, such as food, health care and rent? Is food often the last need met? Next, determine if you would like a school food pantry or a community pantry. Making this decision may be based on who will help you run your pantry. Draft a plan for recruiting volunteers and students to assist in your efforts. Also decide about the location of the pantry within your school, and the available space that you will have in order to keep track of supplies.

### Phase II: Planning and Preparation

Set up a meeting with your representative from the San Francisco Food Bank, school principal, and whoever else has expressed a lot of dedication and interest to this project. During your meeting, set up a time for your representative from the SF Food Bank to come to your site to host an orientation for volunteers. Now it is time to advertise and reach out to your community! Make signs and flyers to post around your neighborhood.

### Phase III: Operation

On the first day of the food pantry, be sure there is a wheel-chair accessible space for the pantry to

operate. When food is delivered, have volunteers ready to start unpacking food onto tables so that a display is presented. Have a sign-in sheet available for participants to provide their names and zip codes. Have bags on hand for participants who do not bring their own. At the end of the day, congratulate everyone for their effort!

### Phase IV: Sustainability

Talk to local businesses, non-profits, and faith-based organizations to encourage donations and fiscal partnership.

-Ariel Speser, AmeriCorp VISTA. For more information on starting a pantry, email Ariel at ariel.jasmine@gmail.com.

## ASK A PROJECT LIAISON

Dear P.L.,

*What are some ways that Site Coordinators can help to ensure that our students and families have enough food to eat?*

Signed,  
Want to Help

Dear Want to Help,

Good question! We do what we can at Starr King. We have potluck dinners and ask all parents to participate in any way they can. For example, we just had a Thanksgiving dinner about three weeks ago where some parents helped us serve food. Our school also participates as a food pantry with the local Family Resource Center and we encourage families to come to the pantry to pick up a box of food and other household items. I also have a Parent Advisory Council that helps us spread the word about donating fresh fruit to the ASP to distribute throughout the program. Whatever you choose to do will help, and it will not go unnoticed by your youth and families. Good luck!

-Jorge Garcia, Site Coordinator of Starr King Elementary School and Project Liaison for the Emerging Site Support Cohort.

## REVOLUTION IN ART AND DANCE IS COMING SOON!

The *Revolution in Art and Dance (RAD)* showcase will take place on January 24, 2008 from 4-6 pm at Everett Middle School. RAD is a great opportunity for after school programs to highlight and share the talent and hard work of its

students. This year, our theme is: *Celebrating Community through Art and Dance*. We are asking audience members to bring a non-perishable food item to the performance to donate to the San Francisco Food Bank.

If you have any questions, please contact Eva Jo Meyers at 242-2615, or meyerse@sfusd.edu. For a ticket request form, visit [www.healthiersf.org/excelafterschool](http://www.healthiersf.org/excelafterschool).



ExCEL ASP can help by supporting families in completing the Meal Application. To find out more information on Meal Applications, contact Student Nutrition Services at 749-3604 or visit:

[www.sfusdfood.org](http://www.sfusdfood.org)

## MEAL APPLICATIONS PROMOTE FOOD SECURITY

Food security is defined as a family who has a sufficient amount of food to eat daily. According to Deborah Tammanie of the California Department of Education, as many as 34% of Californians do not have food security, and of the Californians that are eligible for food stamps and other food supplemental services, only 46% participate.

As an after school program, the need to direct families to available food services cannot be understated. One way that you

can help to increase the food security of the families that you serve is to encourage your families to complete the free/reduced applications for breakfast and lunch.

A completed Meal Application Form means that children are eligible to receive two nutritionally balanced meals, which allows them to learn better, work faster, and score higher on tests. It also means our schools qualify for much needed grant funding, which

is directly related to the percentage of applications returned from qualifying families.

Also, Student Nutrition Services has adopted a new and improved Meal Application Form that is easy to read, understand, and ties the family unit together. This means that only one Meal Application Form is needed per family to apply. If one sibling qualifies for Free Meal Benefits, then all siblings would qualify within the same household.

JANUARY IS:  
SCHOOL SAFETY  
AND VIOLENCE  
PREVENTION  
MONTH



FEBRUARY IS:  
PHYSICAL  
ACTIVITIES  
AWARENESS  
MONTH

## RESOURCES THAT YOU CAN USE

\*Alemany Farms, uses a community supported agriculture model to empower Alemany and Bernal Heights residents to grow their own food. For more information on their Youth Outdoor Education Program, visit:

[www.alemanyfarms.org](http://www.alemanyfarms.org)

\*For comprehensive information regarding eligibility rules, statistics and

trends in food insecurity, the anti-hunger efforts of local organizations, and how you can help end hunger in California, visit:

[www.myfoodstamps.org](http://www.myfoodstamps.org)

\*The San Francisco Food Bank collects donated food from growers, manufacturers, and grocers, and distributes them to people in need. For a listing of participating agencies or

information on the Healthy Children, Brown Bag, and Immigrant Food Assistance Pantry Networks, visit :

[www.sffoodbank.org](http://www.sffoodbank.org)

\*The Food Research and Action Center (FRAC) offers tips and resources for applying nutrition topics into after school programming. For more information, visit: [www.frac.org](http://www.frac.org)

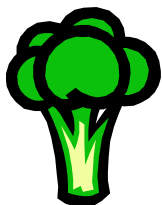
January Harvest of the Month

ORANGES



February Harvest of the Month

BROCCOLI



## ASSET BUILDING

#7 Community Values Youth #8 Youth as Resources #9 Service to Others  
#36 Peaceful Conflict Resolution #17 Creative Activities #18 Youth Programs

The January Asset Building Focus is **Empowerment**. Through **Empowerment**, young people feel safe at home, at school, and connected to their neighborhood. Schools can provide students with community service opportunities, conflict resolution skills, and access to community resources. Foster a community that values

youth by creating “props” boxes within school classrooms for students to acknowledge peers’ contributions. Work with students to plan “Day of Kindness” activities throughout the school day.

The February Asset Building Focus is **Constructive Use of Time**. Schools can encourage students to participate in

clubs and provide structured physical education activities. Create a school-wide chart that illustrates the school’s physical activity success (e.g. number of students that walk to school) or designate a day (e.g. Workout Wednesday) when everyone in the school will do a physical activity (e.g. jump rope for 10 minutes, 100 jumping jacks).

## THE 2ND ANNUAL YOUTH ACTION CONFERENCE

On November 21st, over 40 middle and high school students participated in the 2nd Annual Youth Action Conference (YAC) at Everett Middle School. The idea originated from discussions by the Youth Involvement Cohort, led by Ali Vieira-Metzler, who had the goal of creating a conference for after school youth to enhance their leadership skills. This year's conference was a rousing success, based on the comments by some of the conference attendees. One attendee stated that the YAC "made me a better

leader." Another attendee mentioned the novelty of some of the workshops by stating, "Before this conference, I did not know what facilitation was!"

The conference was opened by our keynote speaker, Terrance Li, a senior at Mission High School, who spoke about the need for students to be proactive and to rely on others for a united effort. Next, students had an opportunity to get to know each other through a series of

activities lead by the Americorp VISTAs, who work with the Cesar Chavez After School Service Clubs. Students had an opportunity to participate in various workshops covering topics such as diversity, event planning, and fundraising.

Overall, the conference was a success, and we look forward to offering YAC workshops in the spring. We would like to thank Ruben Urbina, Site Coordinator at Everett Middle School for hosting this event.



Above: Students in the Team Building Workshop worked together to create a structure.

Below: students work together to perform a dance at the Facilitation Skills Workshop



## CELEBRATION OF MARTIN LUTHER KING, JR. DAY!

Please join SHPD ExCEL After School Programs as we honor the legacy of Martin Luther King, Jr. during the week of January 21, 2008. If you need assistance in doing a project, we are offering kits to help make the celebration come alive at your school site.

\*Civil Rights Movement Word Search: the purpose is to learn key concepts relevant

to Dr. King and the Civil Rights Movement.

\*"I Have a Dream" Mobile: used to educate students about Dr. King's work, review his "I Have a Dream" speech, and enable students to describe their own dreams for their communities.

\*Civil Rights and Social Justice Poetry Session:

provides students with an opportunity to analyze the messages presented in poetry and music about the Civil Rights Movement.

Each kit is appropriate for all grade levels and includes a lesson plan, tip sheet, and other useful resources. Contact your ExCEL ASP District Coordinator for more details.

"AN INDIVIDUAL HAS NOT STARTED LIVING UNTIL HE CAN RISE ABOVE THE NARROW CONFINES OF HIS INDIVIDUALISTIC CONCERNS TO THE BROADER CONCERNS OF ALL HUMANITY."  
-MARTIN LUTHER KING, JR.

## EXCELEBRATION IS COMING SOON!

*ExCElebration!* is an annual event that celebrates San Francisco's families and the schools and community based organizations that collaborate to support them. This year, the celebration will take place May 10th, 2008 at Monster Park!

Each year, the participating agencies provided families with organized physical fitness activities, face painting, safety and support, food and beverages, live music and youth performances, and great resources for the summer months. During last year's *ExCElebration!* nearly 450

families attended the event. We anticipate nearly 1000 participants this year! Be on the lookout for more information regarding this special event!

**ExCElebration!**

May 10th, 2008

Monster Park





## SFUSD SCHOOL HEALTH PROGRAMS DEPARTMENT

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To:

### SHOW ME THE MONEY!



**Mr. Holland's Opus Foundation (MHOFF) Special Projects Program** helps after school music programs by donating new and refurbished musical instruments to underserved schools in an effort to give students the many benefits of music education. Music programs must be at least 3 years old or have a music related umbrella organization that is at least 3 years old to apply. For more information, visit:

[www.mhopus.org/teachers](http://www.mhopus.org/teachers)

Award: \$500-\$8000 worth of instruments

Deadline: August 1, 2008

**Team Up for Youth** is offering grants between \$5000-\$75000 to programs that offer out-of-school sport activities to low-income children and youth in San Francisco or Alameda counties. Team-Up accepts applications year-round for the Small Grants program or the Pacesetter Grants program. For more information, visit:

[www.teamupforyouth.org](http://www.teamupforyouth.org)

Award: \$5000-\$75000

Deadline: year-round

### Tips for Youth and Asset Building

- \*Make time to foster caring relationships with students.
- \*Smile and address students by name.
- \*Shift from an adult-led to a youth-led program by incorporating youth ideas, providing opportunities for youth leadership, and training youth as activity facilitators.
- \*Communicate with youth using asset-based language by building on strengths and teachable moments.



### Mark Your Calendars!

- Martin Luther King, Jr. Holiday January 21
- Revolution in Art and Dance Everett Middle School January 24, 4-6pm
- Semester Break (no school) January 28
- HS Teens Tackle Tobacco Conference Berkeley February 4, 9:30-11:00am
- Lunar New Year February 7
- ExCEL Cohort Meetings SHPD February 12-13
- ExCEL Optional Workshop SHPD February 29, 9-1pm