

break bread

Illinois Community Action Association
Food Security & Advocacy News

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2003

Illinois is Selected for a School Breakfast Start-Up Grant

Source: Community Food Security Coalition

Over \$2.2 million in federal funds were awarded by the U.S. Department of Agriculture in late September for School Breakfast Program (SBP) start-up grants. The states selected had significantly lower participation in the SBP than the national average. Funds will be used for statewide outreach programs, to expand the SBP to serve more schools and students, and in covering the costs associated with implementing the School Breakfast Program.

The following state agencies received awards: Alaska Department of Education, \$269,464; Colorado Department of Education, \$500,000; **Illinois State Board of Education, \$765,150**; Nebraska Department of Education, \$164,250; North Dakota Department of Education, \$97,141; and Ohio Department of Education, \$500,709. The ICAA has partnered with ISBE in this endeavor and will actively encourage non-participating schools to begin the SBP.

QUICK QUIZ

Source: Dairy Education Board

Article source: Organic Consumers Association

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Question: How is it that every industrialized nation in the world has banned Monsanto's RBGH as unsafe, but it's legal (and unlabeled) in the United States?

Answer: In order for the FDA to determine if Monsanto's growth hormones were safe or not, Monsanto was required to submit a scientific report on that topic. Margaret Miller, one of Monsanto's researchers put the report together. Shortly before the report submission, Miller left Monsanto and was hired by the FDA. Her first job for the FDA was to determine whether or not to approve the report she wrote for Monsanto. In short, Monsanto approved its own report. Assisting Miller was another former Monsanto researcher, Susan Sechen. Deciding whether or not RBGH-derived milk should be labeled fell under the

see QUIZ on page 9

Public Policy Spotlight

“Handing Out Hardship”

Washington Post, September 16, 2003

The Bush Administration wants \$87 billion in spending for Iraq without rolling back any of the recently passed tax cuts. Vice President Cheney has talked about imposing “fiscal discipline on the rest of the budget.” Senator Rick Santorum (R-PA), opposes an amendment that would have added funds for child care to the TANF bill now being considered for reauthorization, and said that “making people struggle a little bit is not necessarily the worst thing,” while warning against the idea of child care as an entitlement. These budget steps creat[e] even more excuses to short the working poor. You should be inspired by Sen. Santorum’s words the next time you see a mother working behind the counter at an ice cream place or a Burger King with her kids in tow. Just tell her having the kids around is good for family values. Struggle will build character.

CFNP Appropriations and Reauthorization Update

Source: Community Food Security Coalition

Funding for federal programs in fiscal year 2004, which began October 1, 2003, remains in limbo. Congress passed and the President signed a fiscal year 2004 “continuing resolution” (House Joint Resolution 69) that funds ongoing activities through October 31 under fiscal year 2003 terms, conditions, and funding rates.

Consequently, although the Community

see CFNP on page 9

break bread

Legal Immigrant Children Eligible for Food Stamps

Source: Community Food Security Coalition

As of October 1, 2003, legal immigrant children in low-income households, regardless of how long they have been in the country or the legal status of their parents, are once again eligible to participate in the Food Stamp Program. All legal immigrants were barred from getting food stamps

see CHILDREN on page 3

Presidential Candidate Calls for Universal School Breakfast

Nashua Telegraph, Nashua, NH, July 10, 2003

At a meeting with public health workers in Nashua, New Hampshire, Democratic presidential candidate and Senator from

Massachusetts John Kerry called for making school breakfast univer-

sally available for children. “We

ought to have universal school breakfast in America. It’s not that expensive,” said Kerry. A three-year pilot program in 143 elementary schools around the country that provide universal breakfast for students have seen participation in the program double since the pilot started. “A quarter of these children did not get basic breakfast at home or school and one in five children came from poor homes,” according to the



see UNIVERSAL on page 9



Minority Neighborhoods in Chicago Lack Major Grocery Stores

(Metro Chicago Information Center, August 2003)

The Metro Chicago Information Center (MCIC), a consortium of local business and philanthropic leaders, published a brief report that found of 86 “major” grocery stores in Chicago, approximately 60% are located on the City’s predominantly white north side even though population on the north and south sides is roughly equal. All eight wards in Chicago lack “major” grocery stores and are predominantly inhabited by minorities. City-wide there are: 3.4 “major” grocery stores per 100,000 population in white wards; 2.6 per 100,000 in black wards; and 2.3 per 100,000 in Latino wards. A separate study sponsored by the Food Marketing Institute found that African American consumers make more trips to the grocery store than the average shopper (2.2 trips per week compared to 1.8 trips) and spend more per week than the average consumer (\$94 dollars a week compared to \$85 dollars for the average shopper). The MCIC report concludes that access to a full-line grocery store is a quality of life issue as well as a health issue.



Kraft to Revamp Products Amid Increasing Obesity Crisis

By Deborah Cohen

CHICAGO (Reuters) - Kraft Foods Inc., the biggest maker of processed foods, on Tuesday said it would cap portion sizes, eliminate marketing in schools and reformulate some products as the food industry faces increasing legal blame for obesity and unhealthy eating trends.

The maker of Oreo cookies and Velveeta cheese spreads said this year it will develop a range of standards to improve the overall nutritional content of its products and the way it sells them. It will begin making changes in the way it manufactures and markets foods beginning next year. The cost of the measures, which are sweeping, could not be estimated, according to a spokesman for the company, based in the Chicago suburb of Northfield, Illinois.

CHILDREN continued

in 1996, but legislation was passed last year to restore eligibility. State agencies and advocacy organizations acknowledge that outreach must be done to needy, immigrant populations in order to inform them of the renewed availability of food stamp benefits. For more information, visit the web page of the Food Research and Action Center (FRAC) at <http://www.frac.org>. Free outreach materials are available at <http://www.fns.usda.gov/fsp/outreach/order-form.htm>

Critics are quick to point out that Kraft may be on the defensive at a time of heightened criticism over the role big food companies play in contributing to growing health problems in the United States. No. 1 fast-food chain McDonald’s Corp. has already been the target of a highly publicized lawsuit linking its burgers to obesity in children.

Misleading Food Labels Make Products Seem Far Healthier and Less Fattening Than They Are

The Agribusiness Examiner, July 16, 2003, Issue #269

Many shoppers rely on food labels to help them pick nutritious and low-calorie foods, but a closer look at labels shows many are misleading, making products seem far healthier or less fattening than they really are. It's the reason you may think a 20-ounce bottle of Coke has only 100 calories (it really has 250), why cooking sprays loaded with fat can boast they are fat-free, and why a brand of peaches-and-cream oatmeal actually contains no peaches.

During the first week in July, the Food and Drug Administration announced a major change in the ten-year-old nutrition label, ruling that food companies need to disclose the amount of artery-clogging trans fats in their products. While information about trans fats is a much-needed addition, far more needs to be done to fix the food label.

The flaws in food labels mean consumers may

see FEEDING on page 10

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 30
Total Fat 3g 6%	
Saturated Fat 0g 0%	
Cholesterol 0mg 0%	
Sodium 300mg 13%	
Total Carbohydrate 13g 4%	
Dietary Fiber 3g 12%	
Sugars 3g	
Protein 3g	
Vitamin A 80% • Vitamin C 60%	
Calcium 4% • Iron 4%	
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
Calories 1-200 1-500	
Total Fat	Less than 5g 5g
Sat Fat	Less than 2g 2g
Cholesterol	Less than 30mg 30mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 45g
Dietary Fiber	2g 3g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

The Pumpkin Project Community Food Security Coalition

Each year, on the day after Halloween, millions of pumpkins that weren't sold for Jack-O-

Lanterns by churches, stores, garden centers and roadside markets are discarded, tossed into dumpsters or left to rot. Wouldn't it be a



great project to write a pumpkin

recipe book, including notes on the nutritional value of pumpkins, and collect these unused fruit and deliver them to homeless shelters, food pantries and soup kitchens.

Grade level: K - 12, group activity suitable for most functioning levels

Time Line: 2 to 4 weeks, or more

Activity: collecting pumpkins for soup kitchens and food pantries.

Objective: to rescue a wasted food resource, create a sense of community, cooperate in a community service project

Materials needed: library, Internet, pumpkins, local community food pantry or soup kitchen, and a

Obesity Rates for Low-Income Minority Children Related to Access to Healthy Food

Democrat and Chronicle, Rochester, NY
September 21, 2003

Childhood obesity has tripled over the past 30 years according to the Centers for Disease Control and Prevention. Even higher rates of obesity are found among minority and poor children. Dr Steven Cook, of the Golisano

see OBESITY on page 11

see PUMPKIN on page 9

Coke Moves To Remain In Schools

The Washington Post, September 3, 2003, Wednesday

By SHERRI DAY (NYT)



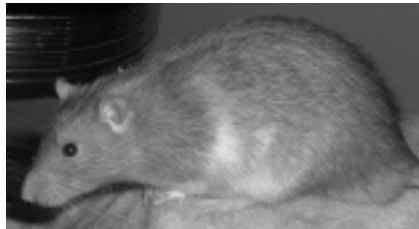
Coca-Cola Co vowed in July to roll back all of its marketing efforts to children under 12, but Coke has not disappeared from lives of schoolchildren. Consumer groups and some parents were dismayed in June when Coca-Cola Enterprises became an official sponsor of the National PTA. What was not widely known at time was that PTA has also given John H Downs Jr, Coca-Cola's senior vice president and chief lobbyist, a seat on its board. PTA says its ties with Coke help pay for its programs and that Downs's appointment will help its marketing efforts. Both moves have outraged some parents, who say their children have been put up for sale. One of Coke's chief challenges is determining how to sell and promote its products while remaining in the good graces of parents. Its first attempt is to introduce a line of milk-based drinks, Swerve, to be sold only in schools.

At USDA, the Mouse Is in the House

Washington Post, Wednesday, July 30, 2003

By Al Kamen

Employees at the Department of Agriculture's main cafeteria were just sitting down to lunch on Friday when security guards ordered everyone in the



huge eatery to leave. Al Qaeda? Bomb scare? No. Mouse droppings. The D.C. Department of Health closed the cafeteria for failing to pass inspection.

Yes, the USDA, home to the Animal and Plant Health Inspection Service, the meat and poultry inspectors — the agency that is part of the federal system for protecting the nation's food supply, was in violation of the D.C. Health Code. There were several citations, according to the inspection report, including: "water leaking excessively" in the ceiling, employees not wearing hair restraints, and inadequate cleaning of the inside of ice machines, cabinets, surfaces and equipment. The biggest problem, however, seemed to be mouse droppings found everywhere — in the dry storage room, by the salad bar, behind the ovens, near the serving line, behind the soda machines. There were dead mice in one trap.

Officials moved over the weekend to make repairs, reinforcing barriers to any possible entrance

Cheeseburger and Fries, Wrapped Up in One

The Washinton Post

September 23, 2003

By Tania Ralli

National Cattlemen's Beef Association is hoping to inject some red meat into American snack food diet with cheeseberger fries; fries, which look like a squat version of standard French fries. They are made of a meat-and-cheese compound that tastes like a cheeseburger. Cheeseburger fries have been sold in Nebraska, Minnesota and Texas since June. National beef consumption continues to decline. Americans ate 77.1 pounds of beef per capita and 51.3 pounds of chicken two years ago, whereas in 2003 Americans have consumed 66.2 pounds of beef per capita and 75.6 pounds of chicken.

What's Going On

.....an international perspective

Pumpkin Liberation Army Steals Pumpkins to Make Soup

Source: <http://www.ananova.com>

Members of the Belgian Pumpkin Liberation Army stole 53 Halloween pumpkins to turn into soup for poor people. The decorative pumpkins were taken from the gardens of houses in Leuven. The activists sent a letter to a Belgian press agency saying they will continue taking action against the "improper use of pumpkins" as long as there are poor regions in the world.

They also told Belga they don't like the commercial use of pumpkins in Halloween festivities. They said they had sent the pumpkins to the organization Food not Bombs, who will make soup from them to feed the poor.

Members of the Liberation Army left stickers behind for the people whose pumpkins they'd stolen, saying they would be sent to people who will use them properly. They want to start a worldwide web of organizations fighting against the improper use of pumpkins.



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position when negotiations eventually restart. "This is the first time we have experienced a situation where, by combining our technical expertise, we can sit as equals at the table," said Alec Erwin, South Africa's trade minister. "This is a change in the quality of negotiations between developing and developed countries."

With the world economy already fragile, analysts fear the collapse could further damage business confidence. Chances of real progress are seen as slim for at least the next year, given approaching elections in the US, India and France, three of the WTO's key members. Oxfam said the refusal of the EU and US to cede any ground to developing countries on agriculture - and Europe's attempt to force a global investment and competition treaty on to the table - had forced poor countries to walk out.

"You ask me who is to blame," said Kenya's Mr. Oduor. "I would say it is those who have been trying to manipulate the process. Those who have been trying to manufacture consensus. The EU and the US, we believe are to blame."

Poor Countries Ban Together to Gain Collective Negotiating Power

Larry Elliott, Charlotte Denny and David Munk
Monday September 15, 2003, The Guardian

The fragile global economy received a damaging blow September 15 when trade talks in Cancun collapsed after a walkout by African countries protesting at the West's failure to open its markets to the poor.

WTO ministers issued a terse statement admitting that the negotiations had broken down and that trade officials would have to try to bridge the gulf between rich and poor countries back at the organization's Geneva headquarters over the coming months.

Five days of brinkmanship in Cancun had been dominated by a struggle between the WTO's traditional powerbrokers, the EU and the US, and a new group of militant developing countries, flexing their negotiating muscles for the first time. Led by Brazil, India and China, they are counting on yesterday's breakdown to put them in a stronger



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UK's Tesco found using 'spy chips'

The Guardian , London, Sunday, July 20, 2003

The UK supermarket chain Tesco has admitted testing controversial technology that tracks customers buying certain products through its stores. Anyone picking up Gillette Mach3 razor blades at its store in Cambridge, in the east of England will have his or her picture taken. Tags in the razor blades trigger a CCTV camera when a packet is removed from the shelf. A second camera takes a picture at the checkout and security staff then compares the two images, raising the possibility that they could be used to prevent theft. The trial uses radio frequency identification (RFID) in which tiny chips can communicate with detectors up to 20ft away. The chip can then return information — anything from a unique serial number to more complex product details. Or, as in Tesco's case, it could trigger a camera.

Retailers have hailed the technology as the "holy grail" of supply chain management but civil liberties groups argue that the so-called "spy chips" are an invasion of consumers' privacy and could be used as a covert surveillance device. The technology is mostly used to track batches of products through the supply chain. But manufacturers want to go a step further and tag each individual product: everything from pudding to clothes.

One potential problem with RFID tags is that they can still work long after the product has been bought. If the tags become as widespread as the manufacturers would like, people could be bristling with the chips in clothes and possessions. Anyone from police to potential thieves could find out exactly what you are wearing and carrying. Manufacturers, however, insist that the chips can be disabled at the point of sale.

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China. This is the first time food producers have publicly committed to such a policy in China, the largest food market in the world.

The companies now committed to eliminating GE ingredients include internationally known brand names such as Wyeth, Mead Johnson, Wrigley and Lipton, which already have non-GE policy in many other countries. The local companies include large soy sauce producers in the Southern China region, as well as a major soymilk brand, Vitasoy.

When Rich and Poor Kids Eat the Same Diet, Poor Ones Get Fatter

By Brad Evenson

National Post Canada, September 12, 03'

Liz Goodman is part of a growing group of researchers who believe growing up poor, or feeling poor, makes you fat. As another scientist puts it, "Poverty really does get under your skin." In Canada, kids from poor families are twice as likely to be obese as rich kids. A study published in August in the International Journal of Obesity found 6.4% of children in the wealthiest quarter of the Canadian population were obese, compared with 12.8% of those in the poorest quarter. The heaviest children live in single-parent homes, with 46% either overweight or obese.

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see DIET on page 10

Companies in China Clear Genetically Engineered Food Off Their Shelves

Hong-Kong/Beijing, July 18, 2003 *

Genet News, Barbara Kuepper

Thirty-two food producers operating in China today announced they are now officially committed to not selling genetically engineered (GE) food in

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Creative.....

Ideas.....

Guiding the Conversation Back to Community Gardening

Roof gardening is an energy saving and air quality improving strategy. The more surface area of this planet that is covered by green, either at ground level or at 60, 100 or 1000 feet, is a very, very, good thing.

However, with the intractable (it seems) problem of hunger in this country volunteer efforts will necessarily need to be made to feed the destitute, our seniors, children and interestingly, the working poor that are increasingly filling our food pantries and soup kitchens.

Yes, the working urban poor - the folks who park cars, make deliveries and even work the check-out counters at the supermarkets are frequent users of our voluntary, emergency food security system. With the current financial recession and funding cuts, we are turning hungry people away from our soup kitchens while demand is increasing.



the purpose of these roofs is to grow fresh produce in the summer and serve as greenhouses in the winter.

Community roof gardens can be started on schools, hospitals, senior centers or even prisons with reasonable rain and sunshine. <http://www.communitygarden.org/>

Ways to Raise Funds

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|---------------------|-------------------------|
| Family square-dance | Gift Wrap Booth |
| Fashion Show | Golf Tournament |
| Father-Son Night | Hamburger/Hotdog Picnic |
| Fishing Derby | Haunted House |
| Food Booth—Fair | House Party |
| Formal Dress Swap | Ice Cream Social |
| Fruit Basket Sale | ID Tag Sale |
| Garage Sale | Jog-a-Thon |
| Gift basket auction | Jump-a-Thon |

In an effort to expand the food security net of municipalities, low lying industrial buildings with strong roofs should be retrofitted and/or designed to house roof gardens that can be used to feed our hungry. Whether they are tended by employees of the building (as a volunteer effort) or by gangs of community garden volunteers,

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PUMPKIN continued

sense of compassion.

Getting Started: This is a project that requires a lot of effort, coordination, cooperation and careful planning.

Millions of pounds of good food are wasted every year, and there are so many homeless and hungry people. 1 in 5 American children are malnourished. 1 in 5 senior citizens in America don't get enough to eat.

Are there other wasted food resources that could be rescued?

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CFNP continued

Food and Nutrition Program (CFNP) will tentatively be held at the current level until final appropriation decisions are made, next year's funds will not be released by the Office of Community Services in October.

Political observers expect few of the standard 13 appropriations bills to pass individually. Instead, subsequent continuing resolutions will likely be enacted, though their conditions and duration are unknown at this time. As the Senate plans to recess from October 3-14, action on appropriations may not be completed until sometime in late October or November.

In regard to reauthorization of the CFNP, the House Education and the Workforce Committee reported out a bill, H.R. 3030, on October 1 that makes no changes in the CFNP other than extending the life of the program through 2009.

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UNIVERSAL continued

Food Research and Action Center. When breakfast was also offered in the classroom participation tripled. Child nutrition advocates point out that offering free meals to all students removes the social stigma associated with free and reduced-price meals at school.

QUIZ continued

jurisdiction of another FDA official, Michael Taylor, who previously worked as a lawyer for Monsanto.

How Monsanto's Policies
Have Become U.S. Policy

Prior to being a Supreme Court Judge, Clarence Thomas was Monsanto's lawyer. The U.S. Secretary of Agriculture (Anne Veneman) was on the Board of Directors of Monsanto's Calgene Corporation. The Secretary of Defense (Donald Rumsfeld) was on the Board of Directors of Monsanto's Searle pharmaceuticals. The U.S. Secretary of Health, Tommy Thompson, received \$50,000 in donations from Monsanto during his winning campaign for Wisconsin's governor. The two congressmen receiving the most donations from Monsanto during the last election were Larry Combest (Chairman of the House Agricultural Committee) and Attorney General John Ashcroft.

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Information

FEEDING continued

easily misunderstand the true content of foods, though manufacturers are complying with FDA regulations. Here are some areas that bear a closer look:

Misleading serving sizes. In the real world, a bag of chips or a bottle of soda is one serving. But on the food label, it can be listed as two or three servings. By manipulating the serving-size portion of the label, popular cooking sprays, made of 100% fat, can boast they are fat-free and calorie-free. That's because the FDA states that any product with less than 0.5 grams of fat per serving can claim to be fat-free. So Pam spray says a "serving" of the product equals just 0.266 grams — or a spray of one-third of a second.

Inconsistent labeling. A shopper choosing a Mrs. Smith's pie might be delighted to learn a 210-calorie slice of Boston cream pie has 38% fewer calories than a 290-calorie slice of lemon meringue. But all slices aren't created equal. A serving of cream pie equals one-tenth of the pie, while a slice of lemon meringue is one-eighth of the pie.

Mystifying ingredient claims. Foods with added fruits are popular these days among consumers clamoring for healthier fare. But often, the fruit on the label isn't even in the food. Quaker Instant Oatmeal peaches & cream contains dehydrated apple and artificial peach flavor, but no peaches. Smucker's makes a brand of spread called Simply 100% Fruit. But the strawberry version contains just 30% strawberries (the rest is fruit syrup and juices).

DIET continued

It's easy to blame obesity on poor diet and lack of exercise. But this is overly simplistic, like blaming high unemployment on the number of people watching afternoon television. It doesn't explain underlying causes. Experts say the deeper roots of the obesity problem lie at the crossroads between social status and biology. Generally speaking, even if rich kids and poor kids eat exactly the same diet — from Big Macs and fries to tofu and granola — the poor kids get fatter.

"I believe that there's much more biology to this than what we've been willing to recognize in the past," says Dr. Goodman. The center of this poverty-obesity link is a hormonal pathway known as the HPA axis. This is a loop connecting the hypothalamus, a jellybean-size part of the brain that governs appetite, and the pituitary and adrenal glands, which secrete a variety of hormones, including the stress hormone cortisol. Cortisol helps the liver convert fat into the lightning bursts of energy the body needs to escape danger, a vital function. But it also signals the body to accumulate mounds of fat in the abdomen, building the "apple" shape that is so hazardous to health.

In a 2001 study, researchers from McGill University measured the hormone levels of 300 children from poor to wealthy families. They found three times as much cortisol in low-income kids compared with rich kids. The differences are especially big in elementary school," says lead researcher Sonia Lupien. Not only does increased cortisol lead directly to a fat waistline, Dr. Lupien points out it can also trigger depression, which opens a surprising new chapter in obesity research.

Inaccurate weights. Surprisingly, many single-serving baked goods contain bigger portions than the label says. One study found these packages can contain 25% or more of the product, and thus more fat and calories, than promised on the label.

coming Events

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3rd Annual Illinois
Food Security Summit
“Bringing Change to the Table”

Where: Bloomingdale, IL
When: November 7-9, 2003
Contact: LaVida Davis at 708-602-9098
(hotel and childcare is provided FREE)

MOUSE continued

for the critters and adding traps — none have been caught — and fixing the ceiling. However, the building is at 14th and Independence, not far from the large grassy Mall areas.

The inspectors returned Monday, pronounced everything much improved and allowed the cafeteria to reopen. Bon appetit!

CHINA continued

The Chinese Government has recently stepped up its efforts to enforce the GE labeling legislation and conducted inspections. Officials have emphasized producers selling unlabelled GE products would be penalized.

“Food businesses in China are joining the ranks of a growing number of companies world-wide by committing to non-GE standards. Chinese consumers are no different from people elsewhere: people want non-GE food. The Chinese Government is taking seriously their right to choose. Greenpeace urges more companies to follow suit to address consumers’ growing concern on GE food.

OBESITY continued

Children’s Hospital, points out that poverty and parents’ education level are key predictors of obesity. Risk factors that make it harder for low-income people to eat healthy include: less access to fresh fruits and vegetables at neighborhood corner stores and lack of local chain grocery stores. At three Rochester minimarts, checked at random by the reporter, none sold fresh fruits or vegetables and a half-gallon of milk or a loaf of bread cost almost twice what it cost at a grocery store in a wealthier neighborhood. www.rochesterdandc.com/news

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Fall 2003

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The *break bread* staff would like to thank the USDA’s midwest region, food and nutrition service for the inspiration for this newsletter. Their newsletter, *insight...out*, focuses on nutrition news and can be obtained by contacting kathleen.fiorito@fns.usda.gov.

ICAA's Mission Statement

The Illinois Community Action Association is a membership organization which serves as the network for Illinois' not-for-profit corporations and units of government which strive to raise the health, education and economic standards of the low income population in every county within the State of Illinois. The Illinois Community Action Association serves the collective interests of its members by: advocating public policies, promoting the value of the Association, providing information on issues relevant to the membership, and building partnerships that advance the community action network.

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