

# break bread

Illinois Community Action Association  
Food Security & Advocacy News

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2004

## Illinois School Breakfast Program Detailed

The Illinois Community Action Association (ICAA) partnered with the Illinois State Board of Education (ISBE), the Illinois Hunger Coalition, and the Mid-West Dairy Council to apply for a federal grant to fund School Breakfast Program (SBP) start-up grants. This collaborative effort was formed to promote a solution that can address Illinois' failure to provide breakfast to its neediest students. The ISBE was awarded \$765,150 in federal funds by the U.S. Department of Agriculture in late September. The 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.

*see BREAKFAST on page 9*



Ollice Holden  
Midwest Regional Administrator  
FNS/USDA

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Creative Ideas

## U.S. Conference of Mayors Hunger and Homelessness Survey 2003

Source: [http://www.usmayors.org/uscm/news/press\\_releases/documents/hunger\\_121803.asp](http://www.usmayors.org/uscm/news/press_releases/documents/hunger_121803.asp)

During the last year, requests for emergency food assistance increased in 88 percent of the 25 cities surveyed by the U.S. Conference of Mayors (USCM). In "Hunger and Homelessness 2003," USCM reported that, across the cities, requests increased an average of 17 percent. USCM collected the data for the period November 1, 2002 through October 31, 2003. The annual survey documented increased needs among families with children and elderly persons as well as insufficient resources to fully meet needs in many cities. An average of 14 percent of the demand for emergency food assistance is estimated to have gone unmet in survey cities during the last year. Chicago reported 13 percent of the reported demand went unmet. Forty percent of cities said emergency food assistance programs were not able to provide an adequate quantity of food.

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# Public Policy Spotlight

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## Clinton Introduces Amendment to Make School Lunches Safer

Source: [www.actionnetwork.org/campaign/  
ClintonSchoolLunchAmendCSPI](http://www.actionnetwork.org/campaign/ClintonSchoolLunchAmendCSPI)

Senator Hillary Rodham Clinton's (D-NY) amendment to the school lunch spending bill would ban the purchase by the United States Department of Agriculture of chicken treated with fluoroquinolones (an antibiotic closely related to Cipro). Fast food chains including McDonald's and Wendy's have pledged not to use chicken that has been treated with fluoroquinolones, an antibiotic for humans, in an effort to protect their customers. Children are at a greater risk of developing food borne illness, and infections from antibiotic-resistant bacteria.

## Comprehensive Child Nutrition Bill Introduced

Source: [www.communitynutrition.org](http://www.communitynutrition.org)

The Healthy Children Through Better Nutrition Act of 2003 (H.R. 3416), a comprehensive bill to target childhood obesity and improve access to school food and other child nutrition programs, was introduced on October 30 by 36 Democrats, including 20 of 21 members on the House Education and the Workforce Committee.

Key elements of the bill include: directing the Institute of Medicine to recommend nutritional standards for competitive foods; requiring schools to establish a nutrition policy and give operation authority to the school food service director; expanding the fruit and veg-

*see CHILD on page 11*

## CFNP Appropriations Still Undecided

Source: [www.communitynutrition.org](http://www.communitynutrition.org)

As Congress adjourned for the year, the fiscal year 2004 appropriations process remained unfinished. However, the situation remains fluid. A House Appropriations Committee staffer told CFNP Report on November 25 that "there is not an absolute need" to pass an omnibus bill before the end of the year since Congress has enacted a continuing

*see CFNP on page 11*

## Menu Labeling Bill Hits the Federal Level

Source: Center for Science in the Public Interest New Release  
<http://www.cspinet.org/new/200311051.html>

Fast-food and other chain restaurants would be required to disclose more nutrition information if legislation recently introduced by Representative Rosa DeLauro (D-CT) became law. The Menu Education and Labeling (MEAL) bill would require fast-food chains to list calorie counts on fast-food menu boards,



and would require table-service chains to list calories, saturated plus trans fat, carbohydrate, and sodium on printed menus. The bill applies only to standard menu items and to chains with 20 or more outlets. Senator Tom Harkin (D-IA) announced he will introduce a companion measure in the Senate in 2004. State legislation similar to the MEAL act is currently pending in Maine, New Hampshire, New York, Pennsylvania, and in the District of Columbia.

## Illinois Sets Up Web Site to Help Determine Eligibility for Food Stamps and Other Services

Source: News Channel 8, Moline, IL, December 30, 2003

Residents of Illinois are now able to determine their eligibility for food stamps and other social services through a new web site set up by the Illinois Department of Human Services. The online calculator allows users to determine their eligibility for the Food Stamp, Medicaid and/or TANF programs. Users are also able to fill out an application online, print the document, and submit it at local DHS offices. This ability will hopefully simplify the application process for applicants. In addition, stations have been set up in government offices in Chicago to help people learn about and apply for assistance through the Women, Infants and Children (WIC) Program.



## Illinois Soybean Farmers/ADM Partner to Introduce Soyfoods to Schools

Source: www.agweb.com; December 10, 2003

A unique partnership between Illinois soybean farmers and Archer Daniels Midland Company (ADM) will help incorporate soy foods into the state's school lunch program through a pilot that could be replicated nationwide. The partnership, which is the first of its kind to introduce soy into the school lunch program, will develop foods with soy protein that can be incorporated easily in school lunches. Studies recently conducted at Illinois Head Start Centers concluded that preschool children showed preference for foods with soy protein incorporated, and led to this move to incorporate soy in school programs statewide.

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*The Illinois Community Action Association staff adopted a family in need for the holiday season this year. The staff successfully raised enough funds to purchase winter coats, hats, gloves, undergarments, numerous gifts, and Thanksgiving and Christmas dinner for six children and their grandmother.*

## A Man of Courage and Integrity is Lost

Sources: Christianity Today, December 10, 2003 and www.siu.edu



The War on Poverty and struggle for social justice and equity lost one of its greatest crusaders on December 9, 2003. Paul Simon, born November 29, 1928, in Eugene, Oregon attended the University of Oregon and Dana College in Blair, Nebraska. At the age of 19, Simon became the nation's youngest editor-publisher. He built a chain of 13 newspapers in southern and central Illinois, which he sold in 1966 to do public service and writing.

see SIMON on page 10

## Annual Food Expenses for U.S. Households Expected to Rise Faster Than Inflation in 2004

Source: WTOP Radio, Washington, D.C., December 26, 2003

Annual household food and beverage expenses increased at four times the overall rate of inflation in the six months ending November 2003 and even exceeded inflation in health care costs. Food costs are expected to rise further, by three percent or more, during 2004, or twice the predicted overall inflation rate, according to private and government economists. This would be a jump of more than \$270 on average for households. Rising prices charged by farmers, increasing transportation and energy costs and growing demand are expected to mean higher prices for consumers. Rising food prices will hit middle- to lower-income households the hardest, notes Joel Naroff of Naroff Economic Advisors.

## Breakfast Cereal May Keep Kids Slim

Source: Journal of American Dietetic Association, December 2003

Results of a study published in the Dec. 3, 2003, issue of the Journal of the American Dietetic Association showed that youngsters between the ages of 4 and 12 who ate eight or more servings of cereal for breakfast over two weeks were significantly thinner than kids who ate three servings or less of breakfast cereal. It did not matter whether the cereal was whole-grain, presweetened or con-

tained added fat: almost 80 percent of the kids who ate the most cereal had an appropriate weight for their age and gender.

In addition, the study showed that the kids who ate the most cereal also had more vitamins A and B6, thiamin, riboflavin, niacin, folate, calcium, iron and zinc compared with kids who ate little or no cereal.



## What Did You Spend Your Money On in 2003?

Source: [www.biz.yahoo.com/fool/](http://www.biz.yahoo.com/fool/)

The typical “consumer unit” — essentially a household, whether it’s a four-person family or an independent bachelor — spent a total of \$39,518, up 3.9% from 2000. Housing was the biggest expense, costing \$13,011.

That included spending on utilities, fuel, and public services (up 11.2%) and outlays for home furnishings (down 5.9%). The average consumer unit spent \$5,321 on food — \$3,086 at home and \$2,235 eating out. However, that gap is closing: Spending at restaurants increased 4.6% while the grocery bill rose just 2.2%. Transportation cost \$7,633, almost half of which went to vehicle purchases. Annual spending on tobacco products and supplies (\$308) was more than twice as much as expenditures on reading materials (\$141).



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## Poverty and Obesity: The Role of Energy Density and Energy Costs

Source: American Journal of Clinical Nutrition, Vol. 79, No. 1, 6-16, January 2004



Many health disparities in the United States are linked to inequalities in education and income. This review focuses on the relation between obesity and diet quality, dietary energy density, and energy costs. Evidence is provided to support the following points. First, the highest

rates of obesity occur among population groups with the highest poverty rates and the least education. Second, there is an inverse relation between energy density (MJ/kg) and energy cost (\$/MJ), such that energy-dense foods composed of refined grains, added sugars, or fats may represent the lowest-cost option to the consumer. Third, the high energy density and palatability of sweets and fats are associated with higher energy intakes, at least in clinical and laboratory studies. Fourth, poverty and food insecurity

*see POVERTY on page 11*

## USDA's Connection to Cheese Drawing Heat

Source: Chicago Tribune, October 23, 2003

While you might expect Pizza Hut to heavily promote cheese consumption, you probably wouldn't predict that the federal government agency responsible for nutrition guidelines would be helping them out. Yet the U.S. Department of Agriculture, provided consumer research and "menu development expertise" to Pizza Hut to create two of its cheesiest pizzas, in its "Summer of Cheese" campaign. Now with the USDA rewriting the Food Guide Pyramid and dietary guidelines that recommend what Americans should eat, some critics question whether an agency that so heavily subsidizes and promotes many unhealthy commodities produced by U.S. farmers should also decide the nation's nutrition policy.

"The primary mission of the USDA is, after all, to promote the sale of agricultural products," Republican Sen. Peter G. Fitzgerald of Illinois said during a hearing last month in which he announced legislation to end the department's role in writing dietary advice. "So putting the USDA in charge of dietary advice is in some respects like putting the fox in charge of the hen house."



## Food Stamp Households Profiled

Source: www.fns.usda.gov;  
December 2003

Families receiving food stamps are getting poorer, even though many of them work, according to a report released by the U.S. Department of Agriculture (USDA) in December 2003. An average of 19.1 million people received food stamps each month during federal FY 2002. The average gross income for food stamp households between 2001 and 2002, dropped to \$633 per month. Food stamp families had little income and possessed few resources. The average household had a mere \$134 in countable resources. The average monthly food stamp allotment was \$173.

Most food stamp recipients were children or elderly. Over half - 51 percent - of persons receiving food stamps were younger than 18 years old. A third of the children were pre-schoolers. Nine percent of the recipients were age 60 or older. USDA noted that, "Of all food stamp households, 87 percent contained either a child or an elderly or disabled person."

# What's Going On ..... an international perspective

## Digest This

Source: Fall 2003 issue of "Alternatives," a Canadian environmental journal; foodnews@ca.inter.net

Recognizing the right to food could usher in a new era of social and environmental gains. Most people don't realize that we all have a right to food. But we do - at least in theory. The right to food was first proclaimed in 1948 in the United Nations' founding declaration on human rights, and has since been elaborated on by a series of U.N. resolutions, most of which have been signed onto by all countries except the U.S. But to enjoy a right means that a government and its courts have accepted an obligation to respect, protect and fulfil that right. Indeed the full, legal recognition of this right would have far-reaching implications.

Despite wide-ranging repercussions of a government commitment to honour the right to food, food has largely been overlooked by movements to promote human rights. The reasons are cultural, economic and structural.

On a grittier level, governments can't see their way to recognize a right to food because they're not sure that there is such a thing as food. Check any government directory. Try to find the department, division, office, ministry, or Under Secretary of food. So if food doesn't exist, as the very organization of government indicates, how can there be a right to it? Entire regulatory systems are built on the assumption that there is no right to food, or, more properly, no government obligation to respect, protect and fulfill the right to food. This absence of legal rights has severe consequences, most brutally so for the over 815 million people around the world who

are chronically hungry, and the families of some 15,000 children who die each day from the ravages of hunger.(1)

But even in Canada, this absence is apparent. Having a legal right means that one can seek recourse when that right is violated. But where does a welfare mom go when her social assistance can't pay the rent and feed the kids? To the food bank, not the courts.

The default option with food is charity, not government, which is why we have food banks in countries where governments take full responsibility for delivery of public goods such as junk mail, sidewalk shovelling and garbage pickup but not food.

If you still wonder whether the lack of food law is significant, chew on this: one tiny team of US lawyers wise in the general ways of the law threatens to sue junk food companies on behalf of obese customers, and causes more changes in more junk food companies in 2003 - McDonald's is swearing off antibiotics in meat and Kraft is laying off some of the pressure on kids - than a small army of health specialists has accomplished in over a decade. That gives an idea of how the pace of change can pick up once food issues are linked to legal claims that can be enforced by courts.

The right to food will become our first post-modern right. Its unfolding will be as eventful and liberating for the 21st century as were the campaigns to win rights to trial by jury, religious conscience, free speech, the universal vote, free public education and healthcare, sexual preference and equal treatment under the law, in earlier times.



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## Coke, Pepsi Pulling Pop Out of Canada's Schools

Source: The Edmonton Journal; Calgary Herald  
jmarkusoff@thejournal.canwest.com

In response to concerns about obesity in children, the Canadian soft drink industry will pull all its carbonated beverages from elementary and junior high schools in the country by the beginning of the next school year. A spokeswoman for Refreshments Canada, a lobby group for companies such as Coke and Pepsi, said it believes its products are appropriate for school children but has heard the message from Canadian parents.

In place of carbonated drinks, Coke and Pepsi have begun stocking their vending machines with fruit drinks, water and so-called sports drinks produced by other brands they own. Each school sets its own policy on what vending machines can stock.

But most parents are also aware that schools have come to rely on revenues from beverage companies. Gymnasium scoreboards throughout are emblazoned with soft-drink logos. "Especially when the government doesn't fund schools as well as it could, then this is the sort of thing that is often too tempting," said a parent of a nine-year-old boy.

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## Armed Conflict and Hunger

Source: *Conflict: A Cause and Effect of Hunger*, in Environmental Change & Security Project Report, No. 7, The Woodrow Wilson Center

The paper *Conflict: A Cause and Effect of Hunger* argues that armed conflicts (those involving more than 1,000 deaths) or "food wars" constitute a significant cause of deteriorating food scenarios in developing countries. Food wars are defined as wars involving the use of hunger as a weapon or hunger vulnerability that accompanies or follows from destructive conflict (Messer, 1990). They have already been shown to be a salient factor in the famines of the 1980s and 1990s (see Bohle, 1993; Messer, 1994; Macrae and Zwi, 1993, 1994; Messer, 1996a). Although geographic information and famine early warning systems and international food reserves established after the famines of the mid-1970s provide both timely early warning and a capacity for emergency response, the social disorganization that accompanies conflict prevents food distribution.

Food wars are also a growing cause of chronic underproduction and food insecurity, where prolonged conflicts prevent farming and marketing and where land, waterworks, markets, infrastructure, and human communities have been destroyed. The data suggest that most countries and regions that are food insecure are not hopeless under producers but are experiencing the aftermath of conflicts, political instability, and poor

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governance. Their food production capacities are higher than current projections predict.

Reciprocally, food security can help prevent conflict and is essential for sustained and peaceful recovery after wars have ended. A principal source of conflict lies in lack of food security, as experienced by different households and communities; religious, ethnic, and political groups; and states. To many analysts, this pernicious cycle of hunger, followed by conflict, followed by hunger, seems unbreakable.

The paper explores in detail the multiple connections between food insecurity and armed conflict by reviewing the extent of food wars, estimating agricultural and other costs of conflict, and extracting policy lessons from case studies in Rwanda and Eritrea that suggest ways to reduce linkages between conflict and food insecurity through more careful aid programs before, during, and after conflicts.

# Creative.....

# Ideas

## School Garden Projects

Source: [www.hort.ifas.ufl.edu/ggk/benefits](http://www.hort.ifas.ufl.edu/ggk/benefits)

Historically, school gardens in America have been in use since the early 1900s and were created to help foster moral and social skills in the children using the gardens. As the garden grows and becomes fruitful and beautiful, students can take pride in the efforts they put forth. This pride can help bolster self-esteem and allow students to take pride in the beautification of their school. A school garden allows students to work in a non-threatening outdoor



environment where they can interact and learn about nature. To find out more information about starting a school garden project, please visit [www.hort.ifas.ufl.edu/ggk/benefits](http://www.hort.ifas.ufl.edu/ggk/benefits).

## SuperMarket Coop Welcomes Growing Power

Source: [www.supermarketcoop.com](http://www.supermarketcoop.com)

Growing Power, is a nationwide nonprofit organization and land trust based in Milwaukee, WI. It supports people from diverse backgrounds through programs in urban agriculture and the creation of distribution networks of small farmers. Growing Power has helped other communities to be self-sufficient and establish their own Community Food Systems - systems that provide high-quality, healthy, and affordable food for all residents in the community. In February 2002, Growing Power opened a Chicago-based Community Food Center in order to train staff to manage the emerging community food centers and urban farm projects throughout the Chicagoland area. To learn more about Growing Power and cooperative efforts of other small scale farmers or if you are interested in ordering some products please visit [www.supermarketcoop.com](http://www.supermarketcoop.com)

*In 800 square feet or less (the size of an ordinary front lawn and a fraction of the land normally required) you can provide a family of four with fresh, organic and sustainable vegetables for an entire year!*

Source: [www.growbiointensive.org](http://www.growbiointensive.org)

## Kids Against Hunger

Source: [www.feedingchildren.org/startasatellite](http://www.feedingchildren.org/startasatellite)

Kids Against Hunger is a volunteer-driven effort to package and distribute food in communities worldwide where hunger and starvation is rampant. Knowing that everyone can have an impact, the Kids Against Hunger program has been created to give people an opportunity to have a hands-on part in feeding the world. To this end, Kids Against Hunger harnesses volunteer groups - such as school, church, civic and scouting troops - to package food and prepare it for distribution to areas of the world where people are starving. To date, nearly 40,000 Kids Against Hunger volunteers have successfully packed over 8 million servings of food for worldwide distribution!

Kids Against Hunger not only nourishes hungry children, but the spirit of its volunteers. Through their packaging efforts, volunteers learn and reaffirm the importance of looking beyond themselves and towards serving the needs of others. If you would like to donate or start a satellite in your area, please visit [www.feedingchildren.org/startasatellite](http://www.feedingchildren.org/startasatellite).

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*BREAKFAST continued*

On December 12, 2003, the collaborative agencies hosted a SBP Conference titled *Breakfast: Can We Afford to Miss It?*. The partners targeted the 235 schools with the largest population of students eligible for free and reduced price meals to attend. Of those schools, 59 schools attended the conference. The ICAA led a general session where the research findings of its report *The Childhood Hunger Relief Act of 2000: What is working and what still needs to happen?* were presented. Throughout 2004, the ICAA will maintain its collaborative efforts with the ISBE by meeting with the targeted schools individually to encourage their participation in the SBP.

Newly released data from the Food Research and Action Center (FRAC), a Washington, D.C. anti-hunger advocacy organization, indicate that more than 6.7 million low-income children ate breakfast at school during the 2002-2003 school year, the highest number in the history of the School Breakfast Program (SBP). In addition, more than three out of four - 78.3 percent - of the over 97,000 schools in the nation that offered lunch also served breakfast. "However, progress has stalled," claimed the FRAC (FRAC in its School Breakfast Scorecard: 2003). FRAC has been tracking SBP participation statistics for over 12 years. "The ratio of 42.3 children at breakfast for every 100 at lunch remained unchanged" from the previous year, FRAC noted.



Conference Attendees  
SBP: Can We Afford to Miss It?  
Naperville, IL

FRAC reported that study after study has shown that a good breakfast eaten at school boosts student achievement, reduces absenteeism, and improves student nutrition. FRAC added that the best new research tells us that school breakfast is essential to all these goals, however the number of schools starting the SBP is stalling. FRAC stated that this is a problem the Administration and Congress should address in child nutrition reauthorization.

FRAC identified three states - Oregon, West Virginia, and Mississippi - that had the best results reaching low-income students through the SBP in 2002-2003. In each of these states, at least 55 percent of students who ate free or reduced price lunch also ate breakfast. The worst performing states were Wisconsin, New Jersey, Utah, and **Illinois**, all with a student breakfast to lunch ratio below 30:100.

For additional information, see [www.frac.org](http://www.frac.org) or [www.isbe.org](http://www.isbe.org).



More

## Information

*SIMON continued*

Simon served two years, 1951-53, in the U.S. Army and was assigned to the Counter-Intelligence Corps as a special agent. He was elected to the Illinois House in 1954 and to the Illinois Senate in 1962. During his 14 years in the legislature, he won the Independent Voters of Illinois' "Best Legislator Award" every session.

Simon was elected lieutenant governor in 1968 and was the first in the state's history to be elected to that post with a governor of another party. In that office he became the people's man and is widely credited with turning what had been a ceremonial position into one focused on making government better serve its citizens. Soon after Simon started the public affairs reporting program at the University of Illinois at Springfield, and lectured during the 1972-73 school year at the John F. Kennedy School of Government at Harvard University.



Simon was elected to the U.S. House of Representatives in 1974 and served Illinois' 22nd and 24th Congressional Districts for 10 years. Always known as an effective legislator, Simon, according to Time magazine, passed more amendments in 1983 than any other member of the House of Representatives. Following his tenure in the House, Simon was elected to the Senate where he served until 1997.

During his years as a public official, Paul Simon was known for exceptional constituent service. His office handled more cases each year than almost any other Senate office. As a senator, Simon held more than 600 town meetings throughout the state, more than any U.S. senator from Illinois in the state's history. For 40 consecutive years — longer than any other federal officeholder — Simon released an annual detailed financial disclosure report for himself and his wife.

In an interview on June 12, 1987, with Christianity Today, Paul Simon discussed his Christian convictions to help the poor and highlights the good that social programs have done to improve people's lives in America. He pointed out that, when Social Security was passed in the 1930s, the average American lived to be 58 years old, and now that average is 74.5 (in 1987). Senator Simon credited this lengthening of life to changes made through government leadership, among other things. For example, Senator Simon noted that the Food Stamp Program has "improved the nutritional base of the poor tremendously, and that has added to life." Former Senator Simon also said: "My father took Matthew 25 very seriously — 'I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink.' To deny people these things really...is not in line with Christian thinking."

Paul Simon was serving as a professor at Southern Illinois University, where he taught classes in political science, history and journalism. He joined SIU's faculty in 1997 — just weeks after retiring from the U.S. Senate. Simon made his home in tiny Makanda, Illinois (population 402), and taught at the nearby SIU Carbondale campus. Simon held over 55 honorary degrees and wrote 22 books (four with co-authors). Simon was the founder and director of the Public Policy Institute at the Carbondale campus. The Institute opened its doors in 1997 and promises to "find new ways of solving some very old problems," said Simon.

[break bread](#)

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*POVERTY continued*

are associated with lower food expenditures, low fruit and vegetable consumption, and lower-quality diets. A reduction in diet costs in linear programming models leads to high-fat, energy-dense diets that are similar in composition to those consumed by low-income groups. Such diets are more affordable than are prudent diets based on lean meats, fish, fresh vegetables, and fruit. The association between poverty and obesity may be mediated, in part, by the low cost of energy-dense foods and may be reinforced by the tastiness of sugar and fat. This economic framework provides an explanation for the observed links between socioeconomic variables and obesity when taste, dietary energy density, and diet costs are used as intervening variables. More and more Americans are becoming overweight and obese while consuming more added sugars and fats and spending a lower percentage of their disposable income on food.

*CFNP continued*

resolution to keep the government funded through January 31, 2004. In the meantime, CFNP funding will remain at the fiscal year 2003 level, and it is unlikely that the Office of Community Services will release state formula grant funds until appropriations are finally decided.

Meanwhile, a bill to reauthorize the Community Services Block Grant, which includes the Community Food and Nutrition Program, is still pending in Congress. The House Education and the Workforce Committee passed the bill, H.R. 3030, on October 1, but it has yet to be brought to the House floor or voted upon in the Senate. Action on the legislation will resume in 2004.

*CHILD continued*

etabale pilot program; authorizing mandatory funding for nutrition education; providing startup and expansion grants for school breakfast programs; establishing year-round community child nutrition programs; supporting grants for farm-to-cafeteria projects; easing paperwork for summer food program sponsors; and allowing another meal to be served to kids in full day child care programs.

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Winter 2004

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Illinois Community Action Association  
Community Food and Nutrition  
Program  
3435 Liberty Drive  
Springfield, IL 62704  
www.icaanet.org

Staff

.....  
Holly Copeland-Lasley  
Food Security Specialist

John Colgan  
Director of Public Policy

break bread is a quarterly publication completed by Illinois Community Action Association using funds provided through the Community Food and Nutrition Program by the Department of Commerce & Economic Opportunity.

If someone you know has an interest in food assistance programs or nutrition advocacy, we would be happy to add them to our mailing list.

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](mailto: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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### Ex-Officio

**Dalitso Sulamoyo, CCAP, MA, MPA**

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Illinois Community Action Association

3435 Liberty Drive

Springfield, IL 62704

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