

# Research Rundown

## Article:

## Marginal, Low, and Very-Low Food Security among Children Are Associated with Intake of Select Dietary Factors during Summer

### What did this study examine?

The association between food security status among children and intake of select dietary factors during summer in children certified for free and reduced-price school meals by age group.



#### Which dietary factors were examined?

Dietary factors examined were consumption of total fruits and vegetables; fruits and vegetables, excluding fried potatoes; whole grains; added sugars; added sugars, excluding cereals; added sugars from sugar-sweetened beverages; and dairy products.



#### How was food security status assessed?

Children were classified as either high, marginal, low, or very-low food security.



#### Which age groups were assessed?

Age groups included were 3 to 4 years, 5 to 8 years, 9 to 12 years, and 13 to 17 years.

### Key findings:

Lower food security was associated with reduced consumption of fruits and vegetables and dairy products during summer in children from low-income households.

Children from households with very-low food security consumed **0.73 to 0.99 cups less per day of fruits and vegetables** compared with children from households experiencing high food security.

Children from households with very-low food security consumed **0.49 to 0.68 cups less per day of dairy** compared with children from households experiencing high food security.

### Put it into practice!

- Aim to serve breakfast and lunch meals during the summer months through the Summer Food Service Program (SFSP) to make free meals available to children from low-income households
- Attract participants to your SFSP meal sites by arranging fun activities at your sites such as athletics, art activities, and visits from your local animal shelter or fire department
- Aim to offer a variety of fruits, vegetables, and milk options in summer meals

### Reference:

Soldavini, J., & Ammerman, A. S. (2020). Marginal, Low, and Very-Low Food Security among Children Are Associated with Intake of Select Dietary Factors during Summer. *Journal of the Academy of Nutrition and Dietetics*, Volume 121, Issue 4, 2021, Pages 728-737, ISSN 2212-2672, <https://doi.org/10.1016/j.jand.2020.11.010>.



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