Northern Marianas College

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Free Meal Program

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EN 202/001 English Composition

Process Essay

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**Process**

A study of food preferences in the Commonwealth of Northern Mariana Islands to Northern Marianas students is necessary. “Mr. Dale Roberts is aware of the food waste, especially now that all Public-School System Students will get free meals.” He also commented, “The U.S. Department of Agriculture rules that we have to serve the children a nutritious meal and we try our best to feed them properly… that is the program and the rules are written that it is to be a full meal.” Accordingly, the National School Lunch Program fed about 30 million children each school day in 20114 and cost $12.7 billion. The federal government spent another $3.7 billion in 2014 to feed about 14 million children through the School Breakfast Program. A total combined of $16.4 billion and $1.2 billion wasted every year. (<https://www.wilkipedia.org>).

In order to find out the waste foods in the Public-School System and Child Nutrition Program, the student researcher use a triangulated data and was collected from three different entity such as the Northern Marianas College (NMC) students who also experienced a free meal program during their elementary and high school years, survey from three different schools elementary, middle school and high school and an interviewed from a local expert. Original plan was changed due to super typhoon Yutu that destroyed Saipan residences, schools, and commercial establishments.

The student researcher made some changes from the original plan and continued to prepare a questioner’s using Survey Monkey Analyze application. The research questions asked in the survey was redesigned with the help of a tutor from Project PROA. Survey consisted of 10 questions in order to get the pulse of the NMC student participants. Also, the local experts and school vendor accepted the schedule for an interview.

**Analysis and Findings**

Interestingly, students’ participants responded positively on the questionnaire’s survey ( *See Appendix A*). Out of seventeen participants, one male and sixteen females participated from the survey. Most responses indicated that they like poultry and pork meat that voted an average of sixty percent. In a Free Meal Program lunch shows a seventy five percent of consuming their foods. They rated eighty percent approval in the taste of the cafeteria food. Sad to say, fifty percent of responded agreed that a lot of waste is being generated in the program. Asking them any suggestion to minimized food waste in the Free Meal Program, eighty percent suggested that vendors invites students to participate in developing menus and taste test. A tie of fifty percent of a student suggestion box in the cafeteria and use technology to enhance communication with students, parents, and teachers about important of Free Meal Program.

Based on the answered gathered from the key informant interviews (*see Appendix B*) Mr. Dale Roberts a Director of Child Nutrition Program, indicated that the total public-school population as of 2017 was nine thousand nine hundred sixty-five students. A grand total of forty-three schools and day cares. Approximately, fourteen thousand students were provided a free breakfast, free lunch and snacks on a daily basis. Ms. Kaisa Anderson, an authorized Nutritionist of Public-School System is responsible for preparing a well-balanced diet in a six weeks cycle per year. It included twenty menus fort breakfast, and 20 menus for lunch with a combination of vegetables, chicken, pork, beef meats, cereals, fruits, breads, brown and red rice, water, juice or milk. In the vendor notes, they have some daily compliance status to followed such as the services, hygiene and sanitation, business conduct, and food quality. Unfortunately, they do not have an accurate and qualitative research technique about waste food statistics in the Free Meal Program in the CNMI.

Student researcher, send an email from three outside experts who have field research experiences about free meal from other states of America. Sad to say, that until now student researcher is waiting for their responses.

**Discussion**

The National School Program was established in 1949 to provide nourishment to low income children and at the same time, to promote consumption of US agricultural products to boost food prices and support farmers. It seems that everyone is concerned about the Free Meal Program that has been consumed and wasted by students in every school level in the Commonwealth of the Northern Marianas Islands (CNMI). However, “U.S department of Agriculture rules that we have to serve the children a nutritious meal and we try to feed them properly…. That is the program and rules are written that is meant to be a full meal” (Marianas Variety). A complete meal that is compose of grains, meat, milk, water, fruits, and vegetables. As illustrated in the Healthy Diet Pyramid.

**Conclusion**

Student researcher used a triangulation data collection process. Consumed a lot of time and effort to gathered important information about Free Meal Program from NMC students school survey, local newspapers and Northern Marianas College library and search engines. Local experts and outside experts’ interviews gave some input about free meal. A collection and gathered data, statistics, and interviews is shared electronically via Instructor’s class website on the student researcher’s personal student page on nmcstudentwork. weebly.com. Student researcher topic about Free Meal Program, enlighten us how generous was the United States Government and how fortunate students that are benefited from this project. This are some facts that show how the United States government take good care of their future leaders, the students; 1. The Largest of the five school- and center-based programs, the National School Lunch Program (NSLP), fed about 30 million children each school day in 2014 and cost $12.7 billion. The federal government spent another $3.7 billion in 2014 to feed about 14 million children through the School Breakfast Program (SBP), combined total amount of $16.4 billion per annum budget. Truly, they can say,” No Children is Left behind and no children will say “I am hungry”.

Student research learned that the topic involved all the Executive branch, Legislative Branch and Judicial Branch of the United States government to approved second highest annual budget which is a Free Meal Program. This is an eye opener to all students of the United States to take advantage of the benefits given to them from this program. After finished this project, the student researcher has no plan or intention to take the research process into the next level outside of the EN202. Despite it was a very challenging responsibilities, the researcher advice to the future students, to do their best and they can feel the best reward of accomplishment at the end of the semester.