SERVE NUTRITIOUS MEALS AND SNACKS IN YOUR AFTERSCHOOL PROGRAM… AND GET REIMBURSED TOO!

BOOST CONFERENCE APRIL 27-30, 2011
PALM SPRINGS, CA

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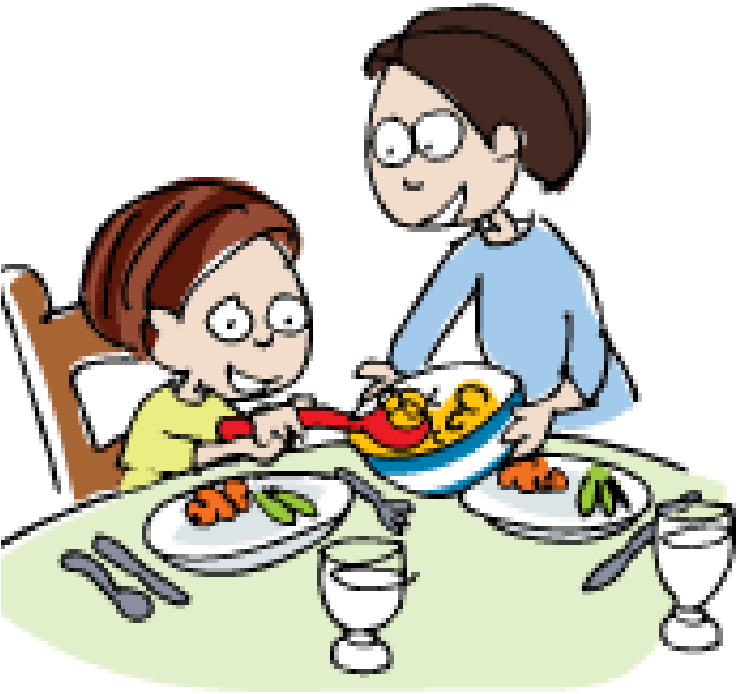
USDA United States Department of Agriculture
Food and Nutrition Service

…OPTIONS?



1. **Child and Adult Care Food Program (CACFP) At-Risk Afterschool Care**
2. **CACFP Outside-School-Hours Care**
3. **Afterschool snacks through the National School Lunch Program**
4. **Summer Food Service Program**

Child and Adult Care Food Program (CACFP): Eligible Afterschool Centers

- Public or Private Non-Profit Organizations
- For-Profit Organizations must have 25% of enrolled children eligible for free/reduced meals or be Title XX beneficiaries
- Nonresidential childcare for children in approved afterschool care program
- Participate in CACFP as an independent or sponsored center

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1. Child and Adult Care Food Program (CACFP): At-risk Afterschool Care

- Recently expanded by the Healthy, Hunger-Free Kids Act of 2010 so all States are eligible to receive reimbursements at the "free" rate for 1 meal served per child per day in addition to 1 snack.

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Determining Program Eligibility

- Open to children age 18 or under (at start of school year)
- Operates after school, weekends, and holidays
- Must meet State or local care licensing requirements, or local health and safety standards
- All snacks and meals served free

Determining Program Eligibility (continued)

- Regularly scheduled, organized activities
- Supervised educational or enrichment activities (excluding organized athletic programs)
- Program located in a low-income area

Area Eligibility:

Determining Low-Income Areas

- Located in school attendance area where at least 50% of enrolled children are certified eligible for free or reduced-price school meals
- Based on school's totals for the previous October, or another month designated by NSLP State agency
- Valid for five years

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2. Child and Adult Care Food Program (CACFP): Outside-School-Hours Care

- Provides reimbursement for up to 2 meals (Breakfast and Supper) and 1 Snack per child per day
- Reimbursement is determined based on individual income eligibility according to the free/reduced/paid categories

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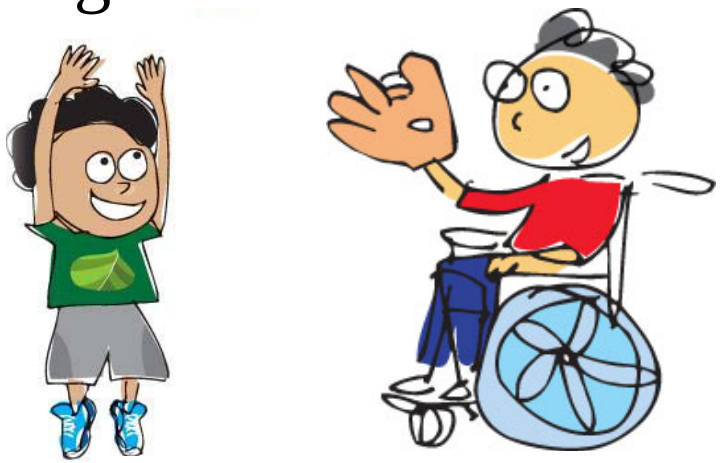
CACFP Outside-School Hours Care

Determining Program Eligibility

- Regularly scheduled child care services for children 12 and under
- Distinct from any organized extracurricular programs for scholastics or athletics
- Must meet State or local care licensing requirements, or local health and safety standards
- Individual income eligibility information collected for every child to determine reimbursement based on free/reduced/paid categories

3. Snacks for children in the National School Lunch Program (NSLP)

- Afterschool program sponsored or operated by school district
- Located in district where at least one school participates in NSLP
- Children age 18 or under (at start of school year)
- All snacks served free at area eligible schools
- Reimbursement based on free/reduced/paid categories non-area eligible schools
- Available on regular school days only



4. Summer Food Service Program (SFSP)

- Provides reimbursements for free meals and snacks served when schools are closed during the summer

- Open to children age 18 and under; and young adults with disabilities enrolled in educational programs

- Sites are eligible as Open, Enrolled, or Camps

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Reimbursement Rates*

Effective from July 1, 2010 - June 30, 2011

	CACFP Centers/ NSLP Afterschool Snacks			SFSP
Type of Meal	**Free**	**Reduced Price**	**Paid**	
Breakfast	1.48	1.18	.26	1.8475
Lunch/ Supper	2.72	2.32	.26	3.2475
Snack	.74	.37	.06	.7625

*For contiguous states

www.fns.usda.gov

Click “Contact Us” and then “Child Nutrition Programs” to find the list of State Agencies administering CACFP, NSLP and SFSP

Funding for Afterschool Meals & Improving Nutrition in your Program

Make Nutrition a Part of Your Program

Signe Anderson
Food Research and Action Center

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Overview of Today's Topics

- Get to know FRAC
- Hunger in the United States
- Why Participate in the Afterschool Meal and Summer Programs
- Strategies to improve nutrition
- Nutrition Education Programming
- FRAC Resources

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What is FRAC?

- National anti-hunger organization
- Nonprofit and nonpartisan

What does FRAC do?

- Conduct research and policy analysis
- Serve as a clearinghouse
- Provide technical assistance
- Lobby Congress

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Ketchup is **NOT** a Vegetable

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Growing Need

- In 2009, 50.2 million people live in food insecure households including 17.2 million children
- More afterschool and summer programs are becoming eligible as more children qualify for free or reduced-price meals
- Hunger and food insecurity goes up during the summer

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Child Nutrition Reauthorization

- Expands the Afterschool Meal Program to all states
- Requires schools to do outreach for the Summer Food Program
- Eliminates the limit to the number of sites that a sponsor may serve

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Afterschool Meals in Action

- DC Office of the State Superintendent of Education and DC Hunger Solutions
- DC Public Schools participating
- Afterschool program participation up by 2,000 children
- Cite Afterschool Meal Program for increase

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Sustainable Funding Source

- Provides a permanent, entitlement source of funding for your programs
- Money adds up:

  Snack = $133 per year*

  Suppers = $489 per year*

  Suppers + Snacks = $622 per year*

  Breakfast and lunch = $206 per summer*

* Calculated per child

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Serving Food is Important

- Attracts children to programs
- Allows them to be more engaged
- Improves children's health

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Improving Nutrition

- Combat the obesity epidemic
- Increased risk of obesity during the summer months
- A program's nutritional requirements improves quality, but afterschool programs can/should go further

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FRAC Recommends Serving

- Fresh fruits and vegetables
- Whole grains
- Lean meats
- Low fat milk
- Juice infrequently
- Always offer water

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Developing Menus

- Include input from kids
- Offer taste tests to introduce new foods
- Take note of what kids like

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Afterschool Standards of Excellence

- Outlines best practices for afterschool programs to promote nutrition and health

- Gives bronze, silver, and gold level rankings based upon meeting the criteria

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Afterschool Standards of Excellence

Divided into Three Categories

1. Quality Food
2. Health Promoting Environment
3. Nutrition Education and Physical Activity

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Afterschool Standards of Excellence

- Use as a self assessment tool
- Identify and honor high quality programs
- Use to set goals

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Nutrition Education After School

- Afterschool programs create an excellent opportunity for nutrition education
- Change attitudes about certain foods
- Teach students how to incorporate healthy eating into their diets

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Adding Nutrition Education

Tap into community resources

- Chefs
- Cooperative Extension
- Food Banks
- Action for Healthy Kids
- Nutrition and Health Students

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Lessons in Gardening

- Teach lessons in nutrition, health, sciences, math, reading
- Allow kids to be active
- Teach simple business skills to older students
- Additional skills

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Resources

- **FRAC's website: www.frac.org**
  Afterschool Resource Center and Legislative Action Center
- **USDA's website www.fns.usda.gov**
- **sanderson@frac.org**

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Remember

- Providing healthy food to children after school and in the summer is important
- Money is available for snacks and meals
- Call your state child nutrition agency for more information

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Implementing the Afterschool Meal Program

The Afterschool Meal Program offers federal funding to afterschool programs that serve a meal to children in low-income areas. State child nutrition agencies—those that are new to the Afterschool Meal Program and those that have been operating the program for years—can take a number of steps to maximize participation. They can reduce administrative requirements and aggressively promote the program to potential new sponsors.

Reducing Administrative Work

The Afterschool Meal Program, similar to the Afterschool Snack Program, was designed with afterschool programs in mind. The goal was to create an option within the Child and Adult Care Food Program (CACFP) that would make it easier for organizations with limited staff to operate. Both the meal and snack programs are options through CACFP. State agencies can implement a number of paperwork reduction measures and take pro-active steps to ensure that these programs are not required to fill out unnecessary paperwork.

- State agencies can make it a smooth, easy process for organizations already operating the Afterschool Snack Program through CACFP to add a supper. The programs have already applied to operate the snack program, shown that they are financially capable of running it, and set up a system for getting the food and serving it. Plus, the eligibility rules are the same for both the snack and meal programs. States should minimize the amount of paperwork required to add a meal service by having organizations sign an addendum to their existing CACFP contract.

- State agencies can also make it easier for schools to participate. School food service departments are experts at operating the school nutrition programs, but many do not participate in CACFP. To encourage school participation, USDA developed guidance to ease some of the administrative requirements for schools. The guidance states that school food authorities do not have to prove administrative capacity and financial viability; are not required to develop a management plan; and can submit an addendum to their existing school lunch agreement. State agencies can also streamline the monitoring requirements. The memo is available online at http://www.fns.usda.gov/cnd/care/Regs-Policy/policymemo/2007-2009/CACFP-08-2008.pdf.

- USDA also has developed guidance to make it easier for afterschool programs to participate in the Afterschool Snack and Meal Programs. The guidance clarifies that there is no requirement for production records, a management plan (unless sponsoring multiple sites), or enrollment forms. In addition, afterschool programs that are not required by state or local law to be licensed are only required to meet health and safety standards. States also can give some latitude with their budget and are encouraged to establish permanent agreements and three year renewal cycles. By taking a little time to evaluate the current requirements, states can ease the administrative burdens for operating the Afterschool Meal Program significantly. The memo is on-line at www.fns.usda.gov/snd/care/Regs-Policy/policymemo/2007-2009/CACFP_11-2007.pdf.

Conducting Outreach

State agencies can increase participation dramatically by actively promoting the program and providing information that counters common misperceptions about the program.

- There are many new opportunities for outreach to the afterschool community. Most states have statewide afterschool networks that have relationships with afterschool programs throughout the state and may be able to help with outreach. For a complete list, visit http://www.statewideafterschoolnetworks.net.

- Summer Food sponsors are in an excellent position to sponsor the Afterschool Meal Program. They have experience operating a federal child nutrition program. They already have a vendor or are able to prepare the meals themselves. The program staff is already trained on handing out meals and keeping meal counts. Large sponsors have a relationship with summer programs and in many states during the school year these programs also operate after school, on weekends, and on school holidays. States can aggressively recruit Summer Food sponsors to operate the Afterschool Meal Program.

- Many afterschool programs already provide a snack (whether or not it is federally reimbursed), but are intimidated by the prospect of serving a full meal. Common misperceptions include: a supper must be served hot; a full kitchen is required in order to participate; and that the length of the afterschool program does not provide adequate time to serve a meal. States can dismiss these myths in their outreach efforts. For example, FRAC has developed a fact sheet called *Moving from Afterschool Snack to a Meal: It is easier than you think!,* which is available online and can be modified for your state. http://frac.org/newsite/wp-content/uploads/2009/09/moving_snack_to_meal.pdf

- States should actively recruit programs that operate on weekends and school holidays and encourage full participation (serving a meal and a snack) at these programs to ensure that children have access to nutritious food when school is not in session.