

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

FOUNDATIONS' BEYOND SCHOOL HOURS CONFERENCE

FEBRUARY 18-19, 2010

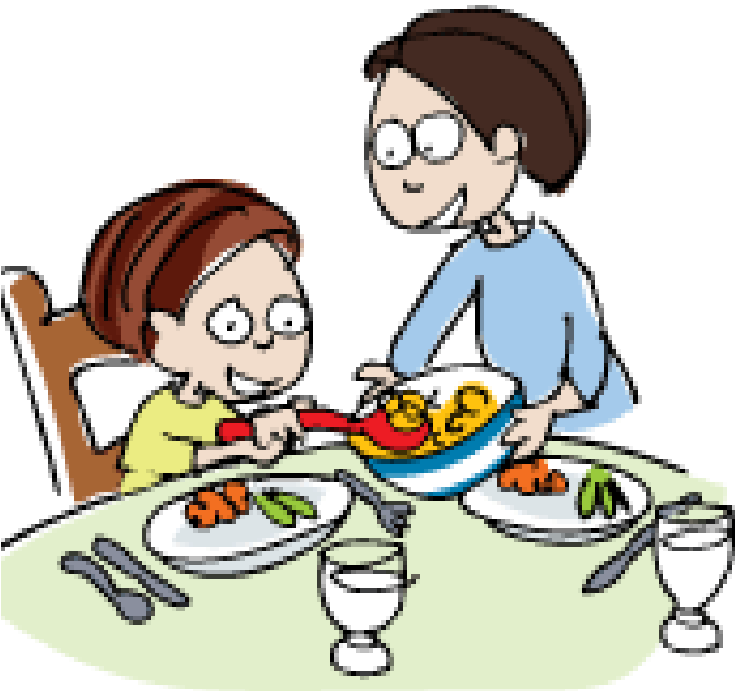
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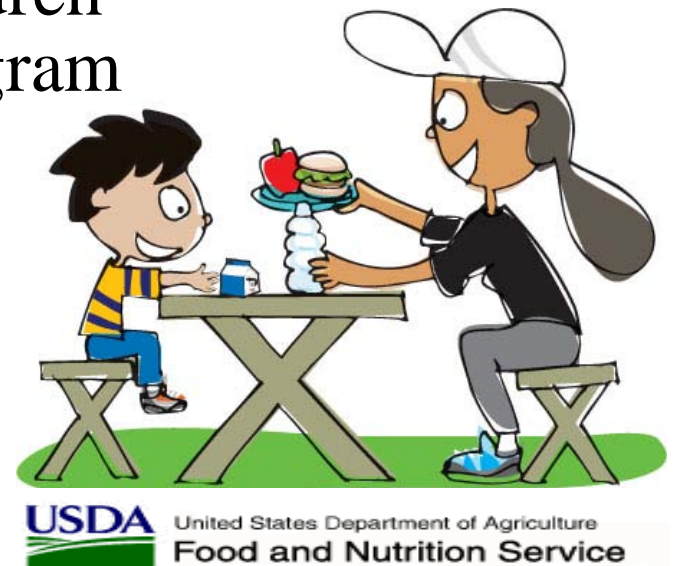
...OPTIONS?

- **Child and Adult Care Food Program (CACFP) At-Risk Afterschool Care**
- **CACFP Outside-School-Hours Care**
- **Afterschool snacks through the National School Lunch Program**
- **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



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

- Provides reimbursement at the “free” rate for **1 Snack** per child per day served in eligible afterschool programs
- Some States are eligible to receive reimbursements at the “free” rate for **1 Supper** served per child per day in addition to **1 Snack**



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 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**

Supper States

- At-risk afterschool programs may be eligible to serve supper in addition to a snack
- Available thru 14 CACFP State agencies
- Same eligibility requirements as CACFP snack programs for at-risk children

Connecticut,
Delaware, District of
Columbia,
Illinois, Maryland,
Michigan, Missouri,
Nevada, New York,
Oregon,
Pennsylvania,
Vermont, West
Virginia, and
Wisconsin

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



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

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



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



Reimbursement Rates

Effective from July 1, 2009 - June 30, 2010

Type of Meal	CACFP Centers/ NSLP Afterschool Snacks			SFSP
	Free	Red. Price	Paid	
Break-fast	1.46	1.16	.26	1.815
Lunch/ Supper	2.68	2.28	.25	3.1825
Snack	.74	.37	.06	.7525

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Nutrition Assistance Programs

No one should go hungry in America. FNS provides children and low-income people access to food, a healthful diet, and nutrition education. We help nearly one in five people. Check out our programs to see if we can help you or your family.

Spotlights More ▶

Fighting Hunger and Promoting Nutrition



What's New

- **Secretary Discusses Importance of Addressing Child Hunger, Health and Nutrition**
- **USDA Report Reveals Highest Rate of Food Insecurity Since Report Was Initiated in 1995**
 - ERS Report
 - FNS: Leading the Fight Against Hunger
- **USDA Report Highlights Positive Effects of Direct Certification on School Meal Access**
- **Obama Administration Expands Efforts To Improve School Meals and Children's Health**
- **IOM Report Highlights Ways to Improve School Lunch, Breakfast Programs**

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

Food Research and Action Center Tools for Afterschool and Summer Programs



When school lets out – either just for the day or for the summer – many children head to afterschool or summer programs. But, for many children, the time they spend at these programs means they have a long time between meals – especially low-income children who rely on the food they receive during the school day. Hungry children cannot participate fully or benefit from the enrichment and learning activities that are often a part of an afterschool or summer program. By serving meals or snacks at these programs, sponsors can help keep hunger at bay so that children are engaged and ready to learn. Programs, like the Afterschool Snack Program and the Summer Food Program, provide crucial funding to allow them to offer meals and snacks.

To increase participation, the Food Research and Action Center (FRAC) works to expand their availability and connect afterschool and summer sites to these valuable programs. FRAC publishes a number of publications designed to introduce sponsors to the programs, help sponsors get started, and share tips on serving meals. All of these materials are available online (www.frac.org/html/publications/pubs.html).

Reports and Publications

- Afterschool Nutrition Standards of Excellence
- Summer Food Standards of Excellence
- Fresh from the Farm: Using Local Foods in the Afterschool and Summer Programs
- Making the Most of Child Nutrition Funding: A Guide for ASES Grantees
- A How-To Guide for Summer Food Sponsors on Purchasing High-Quality Summer Meals
- Hunger Doesn't Take a Vacation: Summer Nutrition Status Report
- School Wellness Policy and Practice: Meeting the Needs of Low-Income Children
- Nourish Their Bodies, Feed Their Minds: Funding Opportunities and Nutrition Resources for Afterschool Programs
- 2007 State of the States: A Profile of Food and Nutrition Programs Across the Nation
- An Advocate's Guide to School Nutrition Programs

FRAC's Online Tools

- Afterschool Resource Center (www.frac.org/afterschool)
- Making the Most of Child Nutrition Funding: A Guide for ASES Grantees (www.frac.org/CA_Guide)
- Simplified Summer Toolkit: Feeding Children During the Summer Just Got Easier (http://www.frac.org/afterschool/summer_toolkit.htm)

Brochures (also available in Spanish)

- Afterschool & Summer Nutrition Program
- Start Serving Suppers at Your Afterschool Program
- Nutrition Guidelines for Afterschool & Summer Programs
- Helping Our Children Achieve
- Striving for Good Nutrition on a Tight Budget
- Food and Nutrition Programs - Getting Connected

Outreach Materials for Boys and Girls Clubs

- How to Get Funding for Afterschool Snacks at your Boys & Girls Club
- How to Get Funding for Afterschool Suppers at your Boys & Girls Club
- How to Get Funding for Summer Meals at your Boys & Girls Club

Making Nutrition Part of Your Program



Food Research and Action Center

Ketchup is **NOT** a Vegetable



Overview

- Why Participate in the Afterschool and Summer Nutrition Programs
- Strategies to improve nutrition
- Child Nutrition Reauthorization
- Resources

Growing Need

- In 2008, over 16.7 million children live in food insecure households up from 12.4 million in 2007
- More afterschool and summer programs are becoming eligible as more children are being qualified for free or reduced-price meals
- Hunger and food insecurity goes up during the summer

Serving Food is Important

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

Sustainable Funding Source

- Provides a permanent, entitlement source of funding for your programs
- Money adds up:
 - Snack per child = \$133 per year
 - Suppers = \$482 per year
 - Breakfast and lunch = \$200 per summer

Improving Nutrition

- Combating the obesity epidemic
- Obesity goes up during the summer months
- Nutrition program's nutritional requirements improves quality, but afterschool programs can/should go further

FRAC Recommends Serving

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

Developing the Menu

- Include the kids.
- Taste testing to introduce new foods.
- Keep track of what kids like.



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

Afterschool Standards of Excellence

Divided into Three Categories

- Quality Food
- Health Promoting Environment
- Nutrition Education and Physical Activity

Afterschool Standards of Excellence

- Can be used as a self assessment tool
- Can be used to set goals
- Can be used to identify and honor high quality programs



Nutrition Education After School

- Can help change attitudes about certain foods
- Can teach students how to incorporate healthy eating into their diets
- Afterschool programs create an important opportunity for nutrition education

Adding Nutrition Education

Tap into community resources

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

Or use “off the self curricula”

Gardening

- Great way to teach nutrition and earth sciences and for kids to be active.



Child Nutrition Reauthorization

- Expand the Supper Program to all states
- Lower area eligibility to 40 percent
- Reduce administrative work
 - Allow community based programs to serve kids year-round through one program
 - Allow schools to feed children meals afterschool through the National School Lunch Program

Resources

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



Remember

- Providing healthy food to children after school is important
- There is money available for snacks and meals
- Call your state child nutrition agency for more information
- And FRAC would love to work with you on reauthorization