

# An afternoon snack just isn't enough?

## Start serving a meal in your after school program!



### Upgrade your after school program by serving meals

The Child and Adult Care Food Program provides federal funds to serve meals to children and youth (ages 18 and under) during after school hours throughout the school year. Also referred to as the “After School Supper Program” or “After School Meal Program,”

- ✓ The meal can be served at any time during the after school program
- ✓ Meals can be served on Saturdays and school holidays within the regular school year
- ✓ Programs can: 1) upgrade snacks to a more substantial meal, or 2) serve a meal in addition to a snack (NOTE: For ASES and 21<sup>st</sup> CCLC funded programs, when serving only a meal, each of the five components of the meal must meet California’s nutrition standard for after school snacks.)
- ✓ Meals cannot be provided in the summer, except in schools operating on a year-round schedule

### Why your program should participate

Providing an after school meal to your students will:

- ✓ Attract more students to your program
- ✓ Improve the health and well-being of the children
- ✓ Ensure that the students are more alert and able to fully benefit from the educational and enrichment activities
- ✓ Counter childhood obesity with healthy food and appropriate serving sizes
- ✓ Increase sponsor reimbursement to \$3.0875 per meal

### How to determine if your program qualifies

To participate, your after school program must:

- ✓ Be operated by a school, private nonprofit or for-profit, or local government agency
- ✓ Reside in an attendance area of a school in which at least 50% of enrolled students are eligible for free or reduced-price meals
- ✓ Offer educational or enrichment activities
- ✓ Meet state and local health and safety standards

### How to get started

You can start by:

- ✓ Approaching your school district food services director to ask about providing a meal or
- ✓ Contacting the Nutrition Services Division of the California Department of Education. For your region’s Child and Adult Care Food Program specialist, go to <http://www.cde.ca.gov/ls/nu/cc/cacfpcontact.asp>.

For more information, please visit the California After School Network website at <http://www.afterschoolnetwork.org/after-school-meal-program>

*For tips when talking with your food services director, see the next page . . .*

## Things to consider when speaking with your district's food service director . . .

### Why contact your district's food services department?

In order to participate in the After School Meal Program, there must be an agency acting as "sponsor" for the meal program. The school district food services department can make an excellent sponsor because the school district:

- ✓ Already meets the health and safety requirements through its participation in the school meal programs
- ✓ Already has experience preparing meals
- ✓ May already provide after school snacks

### Program Information

The After School Meal Program was piloted in 13 states and has now been extended to all 50 states through reauthorization of the Child Nutrition Act (known as the Healthy, Hunger-Free Kids Act of 2010). The after school meals program is part of the Child and Adult Care Food Program (CACFP) . . . not the National School Lunch Program (school meals). It is the "At-risk Afterschool Meals Component" of the CACFP. ("At-risk" means the children and youth may not receive sufficient food each day due to family income.)

### Challenges the food services department may face in serving after school meals that you should keep in mind

In order to be a good partner when working with your food services department, keep these things in mind:

- ✓ If the school district is not already participating in CACFP, your food services department will have to apply and be approved prior to starting the program. However, the application process has been streamlined for districts participating in the National School Lunch Program.
- ✓ The reimbursement for a meal through CACFP is a bit lower than the amount the district receives for school lunches (but definitely more money than for snacks).

### Best practices for after school meals

There are challenges to adding an after school meal, but some districts in California are already up and running. Here are some best practices to make sure your meal program is a success:

- ✓ Pilot the meal program at a few sites to get started.
- ✓ Food services can prepare the meals during the school day hours, and after school staff can serve the meal and take the meal count.
- ✓ Serve cold meals instead of hot meals to reduce costs.

### The meal requirements

An after school meal (supper) must include:

• 8 oz. milk	• 1 serving of bread/grains
• ¾ cup fruits and/or vegetables	• 2 oz. meat/meat alternate

### Successful programs are keeping it simple. For example a meal could include:

- Open-face turkey sandwich, an orange, carrot sticks and milk
- Bean and cheese burrito, with salsa, an orange and milk