



# FRAC: Afterschool Nutrition Programs

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## Model Program

### YMCA Serves Snacks in Rural Areas

Alta Vista, VA

#### **Overview**

- The AltaVista YMCA in Virginia provides a comprehensive system of feeding the children in its rural community.
- The Y serves three neighboring counties and offers children the unique opportunity to come together.
- The program serves an average of 668 children ranging from 16 months to 13 years and offers traditional childcare as well as before and afterschool programs.

#### **Process for Meal Service**

- The children in childcare receive meals and snacks through CACFP.
- The reimbursement is based upon the household income for the children in the program.
- The before and after school programs both provide snacks through CACFP.
- The Y's 15 year commitment to providing kids with healthy meals and snacks includes serving fresh fruit at least twice a week.
- Working in partnership with local schools has been the main ingredient for success.
- Each year during normal school registration, the YMCA staff is on-site registering kids for its enrichment programs.
- They use this time to provide parents the necessary paperwork to qualify children in the relative sites.
- They have only two sites that have area eligibility, so they use the school numbers to qualify children for reimbursement for each child.
- This is a tremendous relief as well as effective approach to completing paperwork.

#### **Funding and Costs**

- CACFP reimburses the Y approximately \$30,000 each year, which is an important funding source for the program.

#### **Creative Practices**

- For many rural communities transportation is a major issue.
- Sponsors often have trouble transporting the children and the meals to the program.
- The Y is able to address transportation barriers by placing seven of its programs in school facilities.
- To ease the transportation burden of the meals, the site directors pick up food once a week and store it in the school kitchen facilities.
- These very simple measures help tremendously in successfully utilizing CACFP.

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