



FRAC: Afterschool Nutrition Programs

Model Program

Air Force Base Uses CACFP to Feed Children Before and After School Beale Air Force Base School Age Program, CA

Program Demographics

- The Beale Air Force Base School Age Program serves 100 students each day and operates throughout the school year and during the summer vacation.
- At least 60% of the students qualify for free and reduced-price meals.
- The program is located in a rural district.

Meal Program

- The program serves breakfast and a snack during the school year and breakfast, lunch and a snack during the summer months, holidays and spring break through the Child and Adult Care Food Program (CACFP).

Menus

- Some of the children's favorite snacks include fruit, yogurt, cheese and crackers and milk.
- At lunch pizza and chicken are popular items and the students' favorite breakfast components include eggs, pancakes, waffles, toast and cold cereal.
- The cook prepares most of the meals from scratch.
- Menus need to be approved by the Air Force, which sets specific requirements for the amount of vitamins and minerals that meals must contain.

Process for Meal Service

- All of the meals are prepared on site by the program's cook.
- The breakfasts and summer lunches are a combination of hot and cold meals.
- The meals are served buffet style and the children serve themselves.
- The children take turns helping with clean up by bringing the dishes to the kitchen and even loading the dishwasher with the help of staff.

Funding and Costs

- The Beale School Age Program has decided to give students larger serving sizes than the minimum USDA requirements and also provide the children with second helpings if they want them, which causes the program to go over the CACFP meal reimbursement rate.
- The program uses supplemental funds to cover the total cost of the meal service.

Creative Practices

- The program has cooking classes all year and the students learn to prepare everything from stews to Greek stuffed grape leaves.

Challenges and Solutions

- Children request food items they would like to have on the menu such as bagels, peaches, macaroni salad, pita pockets, trail mix, fruit and cheese, watermelon, ham and cheese sandwiches, pizza, and pumpkin spice bread and the cook tries to incorporate those requests into the menu.

Response to the Program

- Parents appreciate that the breakfast program is incorporated into the cost of the before school program so they do not need to pay additional money for their children to eat.
- Because all of the breakfasts meet USDA meal pattern requirements staff believe they are probably healthier than what the children would eat at home and the children appear to really enjoy the food.

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