



FRAC: Afterschool Nutrition Programs

Model Program

YMCAs Benefit from CACFP

Fargo-Moorhead YMCA, ND, MN

Overview

- The Fargo-Moorhead YMCA, which offers programs for children and youth in both Minnesota and North Dakota, participates in CACFP.
- Since its two drop-in afterschool programs are located in low-income areas, it feeds the 200 children who attend the program a snack and receives the highest rate of reimbursement.
- Some of the 400 children in its four other "enrolled" programs, which are not located in low-income areas, are individually qualified to receive snacks during the school year.
- The YMCA also uses CACFP to serve meals and snacks to the 300 children in its child care centers.

Funding and Costs

- In total, the YMCA receives approximately \$50,000 in CACFP reimbursements each year.
- The YMCA is in the unique situation of serving children in two states, so it has a CACFP contract for each state. This slightly increases the paperwork involved in participating, but the YMCA feels that it is still quite manageable.
- The YMCA spends approximately 60 cents on each snack served.

Process for Meal Service

- The children usually eat their snacks at the start of the afterschool program because they arrive at the program hungry.
- Even on field trip days, the children eat first, prior to leaving for the trip.
- Participating in CACFP has freed up other program dollars and has improved the quality of the snack.
- The YMCA was able to add protein-rich items, such as peanut butter and cottage cheese, and some days it will serve a full meal.
- Parents appreciate that the snack is substantial and that there is variety in the menu.

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