



FRAC: Afterschool Nutrition Programs

Model Program

Public Schools Serve Snacks through NSLP **Somerville Public Schools, MA**

Overview

- The Somerville Public Schools Food Service Department in Massachusetts feeds snacks to between 350 and 500 children through NSLP.
- The afterschool programs are located in several area eligible elementary schools and each program is operated by either the school or another organization such as the local Boys and Girls Club or the YMCA.

Process for Meal Service

- Each day before the school food service staff leaves at 3 o'clock, the afterschool program staff goes to the cafeteria to get the snacks.
- The food service staff pack the right number of snacks in a cooler.
- The program staff is responsible for handing out the snack and keeping track of the number of kids in the program that eat each day, usually by using an attendance roster to check off the names of the children who eat.
- The snacks are usually milk plus fruit, juice, cereal, or a sandwich.
- The key to success is to keep things simple and to serve snacks that are easy to eat, not messy, and that the children will like.

Funding and Costs

- The snack program is a way to bring in more dollars and utilize existing labor, but participation and volume are key.
- The more snacks that are served, the better, and overhead costs need to be kept down, since the reimbursement covers little more than food costs.
- The food service staff uses the same items for snacks that are used in school lunch, which makes the program easier and less expensive to run, as well as ensuring the children will eat the snack.

Response to Program

- The school food department has received positive feedback that afterschool programs are happy to have the snacks.
- The food is important to the afterschool programs because it keeps the children well-nourished and on task.

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