



# FRAC: Afterschool Nutrition Programs

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## Model Programs

### Serving Snacks to School and Community-Based Programs through CACFP Dade County Food Service Authority, FL

#### Overview

- The Dade County School Food Service Authority in Florida feeds approximately 5,100 children an afterschool snack at 74 school-based afterschool programs throughout the county.
- Seventy-two of the programs are located in low-income areas.
- The county began participating in the afterschool snack program in 2000-2001. Prior to that, the school food service provided snacks, but charged afterschool programs 50 cents per snack.

#### Process for Meal Service

- The snacks are prepared by the Food Service Department at the kitchen of each school.
- The snacks are then left in an agreed-upon area, such as the refrigerator or the milk box, that the afterschool program can access.
- Since the children have not eaten in three or four hours since lunch, they are hungry when they arrive at the afterschool program.
- The afterschool staff serve the snack at the beginning of the program so that the children are not hungry and can fully participate in all of the educational activities.
- By giving the children the fuel they need to learn, the snack plays a similar role at the end of the day that School Breakfast plays at the start.

#### Funding and Costs

- Each snack cost between 56 and 58 cents to prepare.
- Most of that cost is covered by NSLP, and the afterschool program pays 5 cents per snack to cover labor, supplies, and indirect costs - a small portion of what they had been paying previously for a less substantial snack.

#### Response to Program

- Dade County's participation in NSLP snacks is working well and has been a positive experience for everyone involved.
- Participating in NSLP snacks has improved the quality of the snack and helped to dramatically reduce the food cost for the afterschool programs.

#### Advice for New Programs

- The key to success is to put clear guidelines in place for the school food service department and the afterschool programs before starting the program.
- It is also important to provide training to the afterschool program staff, which ensures that the full snack is served and that the afterschool program takes a proper meal count each day.



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### Creative Practices

- In addition to providing snacks through NSLP to the 74 school-sponsored programs, the Dade County School Food Service is also the vendor for 70 other programs, including the YWCA's, the Family Christian Association, and migrant programs.
- Participating in CACFP means that the programs do not need to cover the cost of the afterschool snacks through their program budget.

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## Model Programs

### **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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## Model Programs

### Serving Churches through the Afterschool Nutrition Program Worcester County Public Schools, MD

#### Overview

- The Worcester County, Maryland, Public Schools food service department feeds snacks to approximately 385 children each day through the National School Lunch Program at eight afterschool programs in the county.
- Five of the afterschool programs take place at local churches and three are in schools.
- The school bus drops the children off at the churches as part of its regular route.

#### Process for Meal Service

- Each afterschool program director picks up the snacks from the cafeteria each day.
- The snacks are self-contained, and the ones that require refrigeration are placed in coolers.

#### Funding and Costs

- The snacks cost the school district between 40 and 42 cents each, with the additional reimbursement covering labor costs.
- The afterschool programs work with the school food service department to ensure the success of the snack program.
- The cafeteria manager trains the afterschool program on how to serve the snacks and fill out the paperwork.
- The school food service department makes menu substitutions when children do not like an item.

#### Response to Program

- There have not been any problems with providing the snacks, mostly because of the good relationship between the school cafeteria staff and the afterschool program providers.
- Receiving the snacks from the school is a real bonus for the afterschool programs because it allows them to feed the children at no cost.
- Leiko Flint, an Educational Assistant with Buckingham Elementary School, runs the afterschool program at Buckingham Presbyterian Church. She says that receiving snacks from the school is great.
- The process is easy, and the children like the snacks.
- Without the help of the school, Buckingham Presbyterian Church would probably not be able to provide snacks to the children at their afterschool program.

For more information, contact:

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## Model Programs

### 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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## Model Programs

### YMCA Serves Breakfast and Snacks through CACFP

YMCA- Long Beach, CA

#### Program Demographics

- The YMCA operates three afterschool programs that serve a total of 90 to 130 children each day.
- Approximately 70% of the students qualify for free or reduced-price meals.
- The students range in age from 5 to 12 years old.
- All of the programs are located in low-income urban areas.

#### Meal Program

- The YMCA serves breakfast at one of their before school programs, where all YMCA students can be dropped off before school, and afterschool snacks at all three of the afterschool programs through the Child and Adult Care Food Program (CACFP).

#### Menus

- Some of the children's favorite snacks include fresh fruit with yogurt, peanut butter and jelly sandwiches, different types of salads, and cold cereal.
- The students also like any type of snack where they can dip items such as bread sticks and marinara sauce or carrot sticks and low-fat ranch dressing.
- Throughout the year the YMCA has theme weeks and tries to have the snacks and meals mirror the activities that are going on at the program.
- The afterschool programs have set up suggestion boxes so children can tell the staff what type of items they would like to see on the menu.

#### Process for Meal Service

- All of the meals and snacks are prepared on-site.
- Every afterschool program has one staff member designated to do the meal counts and make sure that the snacks are served in accordance with all health and safety rules.

#### Funding and Costs

- The CACFP reimbursement does not entirely cover the cost of the meal but California requires all licensed childcare centers to serve snacks so the reimbursement helps cover a large portion of the cost of snacks that the YMCA needs to serve.
- The staff members believe that the reimbursement is well worth the time involved in filling out all of the paperwork.

#### Challenges and Solutions

- The YMCA has found that one challenge with CACFP is learning to complete all of the paperwork properly and incorporate the correct proportions of food into the menu cycle.
- To address the issues of portion sizes, the staff has created a 3 week snack menu cycle that is repeated, which makes snack preparation easier.
- If a student does not like one of the menu items they take it out and replace it with another component.



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## Model Programs

### Response to the Program

- Staff at the afterschool programs have found that providing students with snacks before they start their homework in the afternoon really helps them concentrate and do better on their work.
- There are some families that need help providing healthy meals to their children. The breakfasts and snacks at the program help parents stretch their food budget.
- Since the students receive breakfast at the before school program, they eat later. There is less time between breakfast and lunch so they do not get as hungry in the morning at school.
- Serving breakfast at the program also helps parents save time in the morning as the family is getting ready.

For more information, contact:

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## Model Programs

### 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.

For more information, contact:

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## Model Programs

### Food Bank Uses CACFP to Serve Suppers Food Bank of Northern Nevada, NV

#### Overview

- In Northern Nevada, approximately 900 children in 18 afterschool programs are receiving CACFP-funded suppers thanks to a partnership between their programs and the Food Bank of Northern Nevada's "Kids Café" - America's Second Harvest's meal service and nutrition education program operated by members of its network of food banks or food-rescue programs.
- One afterschool program is located in a church, another is in a community recreation center, and the rest are in schools.
- Many of the school sites receive 21st Century Community Learning Center funding.
- Approximately half of the school sites provide snacks in addition to suppers through the National School Lunch Program.

#### Process for Meal Service

- The school food service department prepares the suppers for all locations.
- It delivers the meals to the two afterschool programs not physically located at schools at no additional charge to the food bank.
- Since the programs allow children to "drop in," one of the challenges is ensuring that the correct number of meals is prepared so that food is not wasted.
- The cafeteria staff tracks participation to better determine how many meals are needed each day.
- Since Nevada is not one of the eight supper states with special area eligibility rules, the food bank has to individually determine which of the children age 12 and under are eligible for free, reduced-price, or paid meals.
- It receives the students' eligibility status from the school, which saves a tremendous amount of time and effort.
- Older children, age 13 through 18, are only eligible for snacks.
- The food bank chooses to serve the older children suppers, but only receives the snack reimbursement and absorbs the difference between the cost of the meal and the snack reimbursement.
- The food bank covers the additional costs of feeding the older children suppers because it is a nutritious, well-balanced evening meal that some of them might not receive otherwise.

#### Creative Practices

- During the summer, the food bank switches to the Summer Food Service Program.
- This summer it will provide meals to 14 sites.
- It tailors the type of meal service - whether the program receives breakfasts, lunches, dinners, or snacks (but no more than two meals) - to meet the needs of each summer program.

For more information, contact:

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## Model Programs

### **Boys and Girls Club Serves Snacks through CACFP** **Boys and Girls Club of Tampa Bay, FL**

#### **Overview**

- The Boys and Girls Club of Tampa Bay in Florida provides snacks to approximately 1,200 children each day after school at 11 sites through CACFP.
- All the sites are located in low-income areas, which means the Club receives the highest rate of reimbursement without having to individually qualify the children.

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

- The Club purchases snacks from a private vendor that delivers them to the afterschool programs.
- Snacks include items such as juice, string cheese, peaches, pears, and applesauce.
- All of the sites have refrigeration to store the food.
- The sites provide nutrition education using materials and activities they receive from both the Boys and Girls Club of America and the Department of Child Care and Nutrition Services.

#### **Funding and Costs**

- The snack reimbursement covers the Club's food costs.
- The paperwork is not difficult compared to other grants that the Club manages, especially considering the amount of funding CACFP provides.
- The state Department of Child Care and Nutrition Services, which administers CACFP in Florida, is extremely helpful and responsive, which helps make participation easier.

#### **Response to Program**

- The children love the snacks.
- Many eat lunch in school as early as 11:00 am. If the Club did not provide snacks, the children could go for six to seven hours without any food.
- The snacks ensure that the children's stomachs are not growling, which allows the children to focus and enjoy the activities provided by the Club.

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## Model Programs

### Library Feeds Children Suppers through CACFP

**Braddock Carnegie Library/Community Center, PA**

#### Overview

- In Pittsburgh, Pennsylvania, the Braddock Carnegie Library/Community Center feeds between 50 and 100 children Monday through Thursday using CACFP's new supper option.
- The library has a small kitchen where the meals are prepared by a cook who is assisted by the older children.
- The younger children set the table each evening.
- Involving the children really helps to foster the community atmosphere at the program.

#### Creative Practices

- The afterschool program is operated in conjunction with the Woodland School District, which provides staff for the program.
- It offers tutoring from both certified teachers and peer tutors, library time, and enrichment activities.
- Since the library is also a community center, it has a gymnasium, which allows the program to offer recreational activities as well.

#### Response to Program

- Participating in CACFP Suppers has helped to ensure the future of the Community Center's program and has allowed them to serve better and higher quality food.
- The greatest thing about CACFP is that the children have started drinking more milk.
- The Community Center finds the paperwork and reimbursement process each month for CACFP to be relatively easy.

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## Model Programs

### Air Force Base Combines Snack Program with Children's Garden Travis Air Force Base Youth Center, CA

#### Program Demographics

- The Travis Air Force Base Youth Center is located on a military base near Fairfield, California and offers programming for students throughout the year.
- 190 students attend the program each day.
- Students range in age from first to sixth grade.

#### Meal Program

- During the school year, the center serves breakfast to children before they go to school and a snack after school through the Child and Adult Care Food Program (CACFP).
- During the summer, school breaks and holidays, when the children are at the center all day, they use CACFP to serve breakfast, lunch and a snack.

#### Menus

- The center tries to incorporate as many fresh fruits and vegetables into the meal pattern as possible. The children particularly enjoy fresh cherries and melons.
- Staff members ask the children what food they like and, when possible, incorporate those items into the menu. Youth center staff also take the time to note on the menus which items were suggested by each student. Children feel very proud when an item they chose is included in the menu for the rest of their peers to try.

#### Process for Meal Service

- The center has one cook that prepares all of the snacks and meals along with the help of a few student interns that assist with the food preparation, meal service, and clean up. The interns also pack bag lunches when the children take field trips.
- All the food is prepared on site and is served family style.
- The cook puts together a suggested plate with the appropriate servings of each item on display so the students can see what their plate should look like.
- The center sets meal times (i.e., breakfast is served from 7:00-8:00am and lunch is served from 11:00am-12:00pm.) However, students can choose when they go to the cafeteria to eat. This process allows children to eat when they are ready instead of eating before they are hungry and also affords children enough to eat. This system prevents children from getting into the habit of eating when they are not hungry or eating too quickly.

#### Funding and Costs

- The program made the decision to serve very high quality food, which costs more than the USDA reimbursement so the center combines a modest amount of program funds with the federal CACFP reimbursement to cover the full cost of the meal service.



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### Creative Practices

- The Air Force is very concerned about nutrition for the students on its base and has started a program called Fit Factor that includes nutrition education. It has an online component that encourages children to log their activities each day. Each activity, such as going for a walk, washing the car or doing yard work, is awarded a certain level of points. There are five Fit Factor levels: Energy, Strength, Agility, Adventure, and Endurance. Once the children accumulate different levels of points, they receive prizes such as pedometers.
- California is able to grow a wide variety of produce throughout the year and the youth center takes advantage of this by growing fruits and vegetables in their garden, which is nearly the size of a football field. The garden features raised vegetable beds, orchards and flower beds. Children help in the garden and grow plums, apples, herbs, strawberries, corn, pumpkins, zucchini and a variety of other items that are incorporated into the meals and snacks served at the center.

### Response to the Program

- Many parents have been impressed with all of the different foods their children are willing to try and learn to enjoy through the meal program at the center. This is most likely due to the emphasis that staff place on growing food in the garden, tasting new items and eating healthy.
- Parents and staff believe that the students benefit from eating breakfast at the center before they leave for school. Children have a hard time learning and focusing on their school work if they are hungry. Some children that attend the before school program might not eat breakfast if the center did not provide it.
- The Center opens at 6:30 am each day. When children arrive they have an opportunity to unwind, eat breakfast, spend time with their friends and play before they get on the bus for school. This allows them to have a healthy and relaxing start to their day.

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## Model Programs

### 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.



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### 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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