

SEE THE BENEFITS

By the time children arrive at their afterschool program, lunch is a distant memory. They need a meal or snack to help get them through the afternoon. Providing healthy food after school allows children to be fully engaged in the activities at their afterschool program.

Suppers are increasingly important because more and more children are spending long hours in afterschool programs while their parents are working, and frequently working nontraditional hours. The children then require more food than a snack provides to sustain them throughout the afternoon and early evening.



Delaware's Afterschool Supper Program



Feed children healthy suppers
at your afterschool program

Prepared by the Food Research and Action Center



Food Research and Action Center
1875 Connecticut Avenue, NW
Suite 540
Washington, DC 20009
www.frac.org/afterschool

The Food Research and Action Center is the leading national nonprofit organization working to improve public policies to eradicate hunger and undernutrition in the United States.

THE AFTERSCHOOL SUPPER PROGRAM

Delaware is one of eight states in the country with the Afterschool Supper Program. It is a part of the Child and Adult Care Food Program (CACFP) and provides federal funds to afterschool programs to serve supper to children age 18 and under during the school year (including weekends and school breaks). The suppers can be served at any time during the afterschool program. If the program operates long enough, both a supper and a snack can be served.

IT PAYS TO SERVE AFTERSCHOOL SUPPERS

Funding from the Afterschool Supper Program can add up. An afterschool program serving supper to 50 children five nights a week during the school year could receive more than \$22,000 in federal funding. Serving a snack in addition to the supper would bring in an extra \$6,100.



HOW DOES AN AFTERSCHOOL PROGRAM QUALIFY?

To participate, an afterschool program must:

- Be operated by a school, local government agency or private nonprofit organization, such as a YMCA or Boys and Girls Club.
- Be located in a low-income area or serve primarily low-income children.
- Offer educational or enrichment activities such as: homework assistance, tutoring, arts and crafts, computer labs, life skills, or physical activities.

The Delaware Department of Education can help you determine whether or not your program qualifies.

Sports and recreation can be part of the afterschool program, but competitive sports teams, such as the varsity football team, are not eligible.

Afterschool programs must be licensed or exempt from state licensing rules. All programs must meet state and local health and safety requirements.

SERVE HEALTHY MEALS

Meals served through the Afterschool Supper Program must include:

- 1 serving of milk
- 2 servings of fruits and vegetables
- 1 serving of grains
- 1 serving of protein

The Delaware Department of Education can provide information on developing menus.

Meals can be served hot or cold and can be as simple as a turkey sandwich, an apple, carrot sticks, and a carton of milk.

GETTING STARTED

Contact the Delaware Department of Education at 302-739-4718 to learn more about how your afterschool program can participate in the CACFP Afterschool Supper Program. For more information on afterschool nutrition, visit FRAC's Afterschool Resource Center at www.frac.org/afterschool.

