

What kind of food should we serve?

A **lunch** or **supper** must include:

- 1 serving of milk
- 2 servings of fruits and/or vegetables
- 1 serving of grains
- 1 serving of meat or meat alternative

Example: A turkey sandwich with lettuce and tomato, milk, and an apple

A **breakfast** must include:

- 1 serving of milk
- 1 serving of fruit or vegetable
- 1 serving of whole grains

Example: Whole grain cereal, milk, and a pear

A **snack** must include at least two of the following:

- 1 serving of milk
- 1 serving of fruits and/or vegetables
- 1 serving of grains
- 1 serving of protein

Example: Sliced peaches and yogurt

Your state CACFP agency can give you information on developing menus and the exact amounts of food required.



For more information:

FRAC's Afterschool Resource Center

www.frac.org

USDA Food and Nutrition Service

www.fns.usda.gov/end/care



Food Research & Action Center

1875 Connecticut Ave., NW

Suite 540

Washington, DC 20009

Phone: 202-986-2200

www.frac.org

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.

Start Serving Meals at your Afterschool Program



It pays to serve healthy meals and snacks!

Prepared by the Food Research and Action Center

What is the Afterschool Meal Program?

The Afterschool Meal Program through the Child and Adult Care Food Program (CACFP) offers an exciting new opportunity to receive funding to serve meals to children ages 18 and younger. Schools, private nonprofit organization, and local government agencies can participate in the program. Meals can be served at programs operating after school, on weekends, and during school holidays. Extended-day schools that run for an additional hour or more also may be eligible.

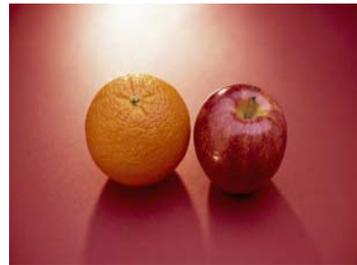


To participate, your program must:

- Operate in a low-income area where 50 percent of the children in the local elementary, middle or high school qualify for free or reduced price meals.
- Offer educational or enrichment activities.
- Meet state and local health and safety standards or when required, be licensed for child care.

What are the benefits of participation?

- Feed hungry children and teens nutritious meals and snacks.
- Attract more students to activities that help them learn and stay safe when school is out.
- Help parents stretch food dollars.
- Save money on food so your organization can provide additional programming or serve more children.
- Give children and teens organized activities, a chance to interact with peers, and opportunities to be physically active.



How do we get started?

To participate in the Afterschool Meal Program call your CACFP state agency. State contacts and additional information can be found at the Food Research and Action Center's Afterschool Resource Center at www.frac.org.

It pays to participate!

The Afterschool Meal Program can save you money if you already spend part of your budget on food. If you do not offer food, participating will provide funding to add meals to your program. A program may be eligible to offer both a meal and a snack. An afterschool program serving 50 children a meal and a snack could receive approximately \$31,100 per year through the Afterschool Meal Program.



Meal Time

The meal can be served at any point during the afterschool program. Even though the meal is often referred to as supper, programs that operate on weekends and school holidays can choose to serve breakfast or lunch instead. Programs can receive funding for a maximum of one meal and one snack per day.