

# SUPPER MAKES CENTS

Serving supper through the CACFP At-Risk Afterschool Meals Program makes good sense—and cents. If you operate or work with enrichment programs in areas where at least half of students are eligible for free or reduced-price school meals, you can provide a well-balanced meal after school and on weekends and holidays.



## Feed Kids What They Need

Working with kids, you know that many in your community need a nutritious meal after the school day ends. You also know that some kids won't eat until the next morning. Give kids the nourishment they need to continue growing and learning after school.



## Collect a High Reimbursement

Suppers are reimbursed through the Child and Adult Care Food Program at \$3.66<sup>1</sup>. Taking cash instead of commodity foods, reimbursement comes up to nearly \$3.92. Sponsors and afterschool programs that participate find that the high reimbursement can cover food and labor costs, often with money to spare that can go toward supplies, equipment, or administrative costs.



## Support Your Operations

Instead of enrichment programs putting their own money toward food for kids, programs can use that money saved for expanding or improving activities, equipment, or other resources without having to sacrifice nutrition. Reimbursements can also be used to help pay staff who work on meal preparation, serving meals, or administration.

**FEED KIDS MORE. BRING IN MORE MONEY. SUPPER IS A WIN-WIN.**



<sup>1</sup> The reimbursement rate for all Afterschool Meals is the “free” reimbursement rate for the Child and Adult Care Food Program. The rate for July 1, 2021 through June 30, 2022 is \$3.66 per lunch or supper plus \$0.26 for cash-in-lieu of commodities. Sponsors that support multiple program locations may use no more than 15 percent of CACFP meal reimbursements for administrative costs.

## FREQUENTLY ASKED QUESTIONS

**Q. Can I still serve a supper if the afterschool program ends before dinner time?**

**A.** Yes! Though often referred to as supper, you can serve the meal at any time during your afterschool program. The only requirement is that the school day has ended. Choose a time that works best for your program and your kids.

**Q. Can I serve a snack as well as a supper?**

**A.** Yes! You can get reimbursement for up to one snack and one meal (like supper) per child per day. You will receive \$1.00 for each snack<sup>2</sup>. You can serve a snack first and the supper later, or vice versa. As with everything, check with your state agency before changing your meal service. Your state agency might have guidelines to follow when serving both a snack and a supper.

**Q. I work with organizations that have weekend programs. Can I serve meals then?**

**A.** Yes! As long there is educational or enrichment programming for kids, you can serve any one meal and/or snack during program hours, regardless of the day of the week. So that could be a breakfast and a snack, or a lunch and a snack, or a supper and a snack. You can also serve meals on holidays or other breaks during the school year as well as during closures due to inclement weather.

**Q. What do I need to serve for supper and snack?**

**A.** There are a lot of options within the USDA's CACFP meal pattern requirements. You just need to make sure that you serve the right number of items from the required food groups. There are also minimum portions based on the ages of the kids you serve.

Snack (Choose Any Two)	Supper (Serve All Five Items)
Milk	Milk
Grain (Bread or Bread Alternate)	Grain (Bread or Bread Alternate)
Protein (Meat or Meat Alternate)	Protein (Meat or Meat Alternate)
Vegetable	Vegetable
Fruit	Fruit (or a second Vegetable)

Read the most updated CACFP meal pattern requirements at [www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks).

**Q. I don't have the capacity to prepare hot meals, or the programs don't have the capacity to hold and serve hot meals. Can I still serve suppers?**

**A.** Yes! Meals can be hot or cold. Try easy, tasty cold meals like sandwiches, wraps, or pasta salads. The USDA's Team Nutrition Library offers a variety of menu tools for school food service providers. Visit [healthymeals.nal.usda.gov](http://healthymeals.nal.usda.gov). The Alliance for a Healthier Generation's Smart Food Planner also offers sample menus and product ideas for afterschool meals. Visit <https://foodplanner.healthiergeneration.org/>.

### Want to Learn More?

Visit [bestpractices.nokidhungry.org/afterschool](http://bestpractices.nokidhungry.org/afterschool). Or, contact [bestpractices@strength.org](mailto:bestpractices@strength.org).

<sup>2</sup> The "free" snack reimbursement rate for July 1, 2021 through June 30, 2022.