Welcome!

We’ll get started in just a few minutes. While you wait, answer the Question of the Day in the chat box:

Do you run an afterschool meals program? If yes, through CACFP At-risk, NSLP Snacks, or self funded? If no, why? And would you be interested in starting a program?

Tell us in the chat!
School’s Out, Food’s in!

Year-Round Meals: Tips for Transitioning from Summer to Afterschool Meals

June 20, 2023
HOUSEKEEPING
Agenda

Welcome & Introductions

Resources from No Kid Hungry
- Paige Pokorney, Share Our Strength

Serving Year-Round Meals
- Maggie Lynch, Director of Nutrition Services, MetroWest YMCA, MA
- Andrea Garcia Schoelzel, Health Initiatives Administrator, Denver Office of Children’s Affairs, CO

Q&A
Summer Meals vs. Afterschool Meals
Sponsor Eligibility

Same

• Public school
• Private non-profit school
• State or local government agency
• Private non-profit organization

Different

• SFSP allows:
  • public or private non-profit colleges or universities participating in National Youth Sports Programs (NYSP)
  • public or private non-profit camps
• CACFP allows:
  • Eligible for-profit child care centers
Site Type

Same

• Affiliated (share sponsor’s legal identity)

• Unaffiliated (separate legal entity from sponsor)
  • Non-cash agreements (sponsor assumes all costs and retains full reimbursement)

Different

• SFSP/SSO has defined types: open/open-restricted, closed enrolled, camp, migrant, NYSP

• CACFP has no official site-type designations, but programs can be drop-in (open) or enrolled

• CACFP allows cash agreements (sponsor disburses reimbursement minus administrative fee)
Site Eligibility

Same

• For all CACFP At-Risk Afterschool sites and SFSP open or open restricted sites:
  • Located within attendance zone of public elementary, middle, or high school with ≥50% eligible for free and reduced-price meals (FARM)
  • Eligibility determination is valid for 5 years

Different

• Non-area eligible sites:
  ○ SFSP/SSO sites that are not area eligibility can be closed enrolled sites and collect free and reduced-price meal applications
  ○ CACFP sites that are not area eligible may participate in CACFP as Outside-School-Hours Care Centers if they meet eligibility standards

• CACFP sites can only use school data for determining area eligibility
Activity Requirements

Same

• Supervision

Different

• SFSP/SSO activities are *encouraged* as a best practice
• CACFP *requires* regularly scheduled educational or enrichment programming
  ○ Children and young people do NOT need to participate in the activity or enrichment program to receive a meal
Operational Days

**Same**

- Programs may operate up to seven days per week

**Different**

- SFSP
  - Summer break
  - Vacation breaks for year-round schools
  - Unanticipated school closures during regular school year
- CACFP
  - During regular school year
    - after school hours
    - on weekends, holidays, or breaks
    - during unanticipated school closures
  - Year-round in areas with year-round schools
Participants

Same

• All children and teens through age 18
• Persons with disabilities regardless of age

Different

• In CACFP a 19 year-old could participate if 18 at start of the school year
Meal Pattern

Same

- School food authorities may opt to follow National School Lunch Program/School Breakfast Program meal patterns

Different

- CACFP has a different meal pattern from SFSP/SSO. See Part Three of USDA's Handbook!
Meal Records

Same

• Menus for each meal or snack
• Number of meals prepared/delivered and served

Different

• SFSP/SSO requires the number of first meals, second meals, and any leftover meals or meals served to non-program adults
• CACFP requires daily attendance (e.g. attendance sheets or rosters, can be as simple as first name and last initial)
Meal Service Models

Same

• Congregate meals (meals served and consumed on location)

• Mobile meal programs ("pop-up" style sites using vehicles that travel across communities)

Different

• SFSP/SSO programs operating in rural communities without access to a congregate site may be eligible to offer non-congregate ("to-go" style) meals

• Promising practices in meal service models for CACFP include:
  ○ Umbrella model (meals are offered to the entire campus/community with an overarching, optional enrichment program offered)
  ○ Supper in the Classroom
## Reimbursement Rates

### SFSP

<table>
<thead>
<tr>
<th>Meal</th>
<th>Rural or self-prep</th>
<th>All other sites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$2.83</td>
<td>$2.77</td>
</tr>
<tr>
<td>Lunch/ Supper</td>
<td>$4.95</td>
<td>$4.87</td>
</tr>
<tr>
<td>Snack</td>
<td>$1.17</td>
<td>$1.14</td>
</tr>
</tbody>
</table>

### SSO*

<table>
<thead>
<tr>
<th>Meal</th>
<th>Lower 48 States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$1.97</td>
</tr>
<tr>
<td>Lunch/ Supper</td>
<td>$3.66</td>
</tr>
<tr>
<td>Snack</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

### CACFP At-Risk*

<table>
<thead>
<tr>
<th>Meal</th>
<th>Lower 48 States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$2.21</td>
</tr>
<tr>
<td>Lunch/ Supper</td>
<td>$4.03 + $0.30 = $4.33</td>
</tr>
<tr>
<td>Snack</td>
<td>$1.18</td>
</tr>
</tbody>
</table>

*Will update to SY23-24 reimbursement rates beginning July 1, 2023*
New Guidance from USDA!

Best Practices for Streamlining Applications for Year-Round Program Operations

This guidance recommends options for streamlining the SFSP and CACFP application process for experienced program operators in states where the same administering agency is responsible for both programs.
Resources from No Kid Hungry
New to Afterschool Meals?

Check out our website to get started!

bestpractices.nokidhungry.org
Updated! Afterschool Meals and Summer Meals Comparison Chart

Check out all of our Afterschool Meals resources on our website!
Resources

Starting Afterschool Meals FAQs
Feeding A Crowd - Tips For Congregate Meal Service
Supper Makes Cents For Sponsors
Best Practices For Working With Vendors
Supper in the Classroom: Increase Access to Afterschool Meals
Afterschool Meals Umbrella Model
FAQs On Serving Afterschool Meals To Student Athletes
365 Days Of Service With Child Nutrition Programs

Staffing
- Hiring & Retaining Staff: Your Most Precious Commodity (webinar recording)
- Staffing Up: Strategies For Working Through Labor Shortage Challenges
- Tips For Staffing Summer Meals Programs

Area Eligibility:
- Navigating Area Eligibility In Summer And Afterschool Meals
- USDA's Capacity Builder Map
- Averaged Area Eligibility Map
Programming resources

- USDA’s [Summer Food, Summer Moves Resource Kit](#)
- [National Summer Learning Association](#)
- Partner with local youth-serving organizations
Resources from No Kid Hungry

Summer Meals Outreach Toolkit

- Sample social media posts
- Website blurbs
- Customizable flyers
- Template letters to caregivers
- Template FAQs

All in English and Spanish!
No Kid Hungry Texting Line and Free Meal Finder Map

Text “FOOD” or “COMIDA” to 304-304 to find the nearest summer meals site to you!

You can also visit NoKidHungry.org/Help or NoKidHungry.org/Ayuda for our interactive Free Meal Finder map of summer meals sites.
School’s Out, Food’s In!
No Kid Hungry Summer Webinar Series

February 28th at 3pm EST- **Planning for Summer Meals: Strategies to plan smarter, not harder**

March 28th at 3pm EST - **Make it Mobile: A deep dive into mobile meal programs**

April 25th at 3pm EST - **Spread the Word: Summer Meals and Summer Pandemic EBT outreach and promotion**

May 23rd at 3pm EST - **Strategies to Improve the Summer Meals Experience for Kids and Families**

June 20th at 3pm EST - **Year-Round Meals: Tips for transitioning from summer to afterschool meals**
Maggie Lynch, Director of Nutrition Services, MetroWest YMCA, MA
Maggie Lynch RDN LDN
Director of Nutrition Services
MetroWest YMCA
Framingham, MA
CACFP

● Sponsor since 2015
● Currently serve as sponsor for:
  ○ 2 childcare settings
  ○ 5 Outside School Time sites
  ○ 5 At-risk afterschool sites
● Allows us to operate 7 days a week- on weekends, vacation weeks, no school days
  ○ Breakfast and lunch or lunch and a snack during vacation weeks and no school days
  ○ Suppers on weekends
● Family style

SFSP

● Sponsor since 2019 (site previously for many years)
  ○ Currently serve as a sponsor for:
    ■ 2 camps
    ■ 3 enrolled
    ■ 14 open sites
      ● 5 of which are mobile in parks
● Allows us to operate 7 days a week
  ○ Weekend lunches at 2 open sites
● Pre-plated/unitized
# Meal Patterns

## Child and Adult Care Food Program Lunch and Supper

<table>
<thead>
<tr>
<th>Food components and food items</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12</th>
<th>Adult participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid Milk*</td>
<td>4 fluid</td>
<td>6 fluid</td>
<td>8 fluid</td>
<td>8 fluid</td>
</tr>
<tr>
<td>Meat/meat alternates (edible portion as served)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>1 ounce</td>
<td>1 1/2 ounce</td>
<td>2 ounces</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Tofu, soy products, or alternate protein products</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
<td>1 1/2 ounce</td>
<td>1 ounce</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or other nut or seed butters</td>
<td>2 Tbsp</td>
<td>3 Tbsp</td>
<td>4 Tbsp</td>
<td>4 Tbsp</td>
</tr>
<tr>
<td>Yogurt, plain or flavored unsweetened or sweetened*</td>
<td>4 ounces</td>
<td>8 ounces</td>
<td>8 ounces</td>
<td>8 ounces</td>
</tr>
<tr>
<td>The following may be used to meet no more than 50% of the requirement:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)</td>
<td>1/2 ounce = 50%</td>
<td>1 ounce = 50%</td>
<td>1 ounce = 50%</td>
<td>1 ounce = 50%</td>
</tr>
<tr>
<td>Vegetables*</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
</tbody>
</table>

## Child and Adult Care Food Program Snack

<table>
<thead>
<tr>
<th>Food components and food items</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fluid Milk*</td>
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<td>8 fluid</td>
<td>8 fluid</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>1/2 ounce</td>
<td>1 ounce</td>
<td>1 ounce</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Tofu, soy products, or alternate protein products</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>1/2 ounce</td>
<td>1 ounce</td>
<td>1 ounce</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Large egg</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or other nut or seed butters</td>
<td>1 Tbsp</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Yogurt, plain or flavored unsweetened or sweetened*</td>
<td>2 ounces</td>
<td>4 ounces</td>
<td>4 ounces</td>
<td>4 ounces</td>
</tr>
<tr>
<td>The following may be used to meet no more than 50% of the requirement:</td>
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<td></td>
<td></td>
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<td>1 ounce = 50%</td>
<td>1 ounce = 50%</td>
<td>1 ounce = 50%</td>
</tr>
<tr>
<td>Vegetables*</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Fruits*</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Grains (oz. eq.)**</td>
<td>1/2 cup equivalent</td>
<td>1/2 cup equivalent</td>
<td>1/2 cup equivalent</td>
<td>1/2 cup equivalent</td>
</tr>
</tbody>
</table>

## Summer Food Service Program Meal Patterns

### Meal Patterns

<table>
<thead>
<tr>
<th>Meal</th>
<th>Breakfast</th>
<th>Lunch or Supper</th>
<th>Snack (Choose two of the four)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, fluid</td>
<td>1 cup (8 fl. oz.)</td>
<td>1 cup (8 fl. oz.)</td>
<td>1 cup (8 fl. oz.)</td>
</tr>
<tr>
<td>Vegetables and/or fruits</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Half-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetables (fruits), and juice</td>
<td>1/4 cup (4 fl. oz.)</td>
<td>1/4 cup (4 fl. oz.)</td>
<td>1/4 cup (4 fl. oz.)</td>
</tr>
<tr>
<td>Bread or cereal</td>
<td>1 slice</td>
<td>1 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>Grains and cereals</td>
<td>1 serving</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Cooked pasta or noodle product</td>
<td>1/4 cup or 1 oz.</td>
<td>1/4 cup or 1 oz.</td>
<td>1/4 cup or 1 oz.</td>
</tr>
<tr>
<td>Cooked cereal or cereal grains in an equivalent quantity of any combination of grains</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
</tbody>
</table>

### Meat and Meat Alternates

<table>
<thead>
<tr>
<th>Meal</th>
<th>Breakfast</th>
<th>Lunch or Supper</th>
<th>Snack (Choose two of the four)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean meat or poultry or fish or alternate protein product*</td>
<td>2 oz.</td>
<td>1 oz.</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz.</td>
<td>1 oz.</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Eggs</td>
<td>1 large egg</td>
<td>1 large egg</td>
<td>1 large egg</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or other nut or seed butters</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts, or seeds</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Fruits*</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Grains (oz. eq.)**</td>
<td>1/2 cup equivalent</td>
<td>1/2 cup equivalent</td>
<td>1/2 cup equivalent</td>
</tr>
<tr>
<td>Vegetables*</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Yogurt, plain or flavored unsweetened or sweetened</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
</tbody>
</table>

*For the purpose of this table, a cup measures a standard measuring cup.**For the purpose of this table, a cup measures a standard measuring cup. The equivalent of 1 ounce of eggs is 1 large egg.
## Menus: CACFP Childcare & At-risk Afterschool

### May 2023

#### MetroWest ELC & PEL

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>W/G Rice Mandarins/Oranges</td>
<td>Grilled Chicken, Rice, Pear</td>
<td>Sliced Green Beans</td>
<td>W/G Pretzel Goldfish Crackers</td>
</tr>
<tr>
<td>Tuesday</td>
<td>W/G Rice Cereal &amp; Banana</td>
<td>W/G Pancakes, Scrumbled Eggs Blueberry Compote &amp; Homi Raisins</td>
<td>W/G French Toast &amp; Diced Peaches</td>
<td>W/G Pretzel Goldfish Crackers</td>
</tr>
</tbody>
</table>

#### Framingham OST

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
</table>
**Menus: SFSP**

### JULY 2023

**Camp OCP, Ninjas, Stepping Stones, Pelham, Pusan & Interfaith**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Breakfast: WG shredded wheat cereal &amp; clementine</td>
<td>Lunch: Ham &amp; cheese on WG bun, snap peas &amp; apple</td>
<td>Breakfast: WG pancake &amp; mixed fruit cup</td>
<td>Breakfast: WG Chex cereal &amp; peach cup</td>
</tr>
<tr>
<td>10</td>
<td>Breakfast: WG Kix cereal &amp; apple</td>
<td>Lunch: Italian sub on WG roll, cherry tomatoes &amp; plum</td>
<td>Lunch: BBQ chicken on a WG bun, carrots &amp; fruit salad</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Breakfast: WG rice crisp cereal &amp; apple</td>
<td>Lunch: Turkey wrap, grapes &amp; carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Breakfast: WG shredded wheat cereal &amp; clementine</td>
<td>Lunch: Ham &amp; cheese on WG bun, snap peas &amp; apple</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 11             | Breakfast: WG apple cinnamon muffin & mixed fruit cup  | Lunch: Chicken kebab with peppers, onion, summer squash, WG pita bread & clementine  |  |  |
| 18             | Breakfast: WG banana muffin & applesauce  | Lunch: Chicken teriyaki with WG noodles, blended vegetables & mandarin oranges  |  |  |
| 25             | Breakfast: WG blueberry muffin & banana  | Lunch: Taco salad with cheese & beans, rice, lettuce, salsa & cornstarch  |  |  |

| 5              | Breakfast: Yogurt Parfait (yogurt, strawberry, granola)  | Lunch: Snack Pack! Salad & cheese, WG wheat thins, pineapple & cucumbers  |  |  |
| 12             | Breakfast: WG oatmeal raisin breakfast bar & banana  | Lunch: Snack Pack! WG Godfish, apple slices, sun butter, celery & cheese stick  |  |  |
| 19             | Breakfast: WG Bagel, cream cheese & banana  | Lunch: Snack Pack! Yogurt, honey dew melon, hummus, zucchini sticks, WG Teddy Grahams  |  |  |
| 26             | Breakfast: Yogurt Parfait (yogurt, strawberry, granola)  | Lunch: Snack Pack! Salad & cheese, WG wheat thins, pineapple & cucumbers  |  |  |

| 7              | Breakfast: WG pancake & mixed fruit cup  | Lunch: Meatball sub on WG bun, broccoli & watermelon  |  |  |
| 14             | Breakfast: WG French toast & mango pieces  | Lunch: Chexx caprese pesto sandwich on WG flatbread, carrots & peach  |  |  |
| 21             | Breakfast: WG Waffle & Blueberry compote  | Lunch: Steak & cheese on WG roll, peppers & onions & pear  |  |  |
| 28             | Breakfast: WG Pancake & mixed fruit cup  | Lunch: Meatball sub on WG bun, broccoli & watermelon  |  |  |

---
What’s cooking in SFSP?!
What’s the difference?

- Community organizations cannot participate in Offer vs serve, instead must have everything pre-plated/packed
  - During school year we operate family style
  - Summer everything packaged in containers or brown bag lunches
- Summer we serve cold menus, school year are able to do mostly hot
- Able to offer more local produce on our menus due to summer availability- partner with local farms for weekly deliveries
- Reimbursement is higher on SFSP versus CACFP- helps us with additional packaging needed for unitized meals
- CACFP required licensing for programs or alternate licensing (fire and building inspection) but SFSP does not
Transitioning to year-round service

- After determining need in your community, talk with other Sponsors, if any, to make sure there is no overlap
  - Different states have mileage minimums between sites
  - Priority goes to SFAs
- Write letter of intent to MA-DESE
- Attend trainings and complete application, talk to local BOH
- Once approved, visit all sites prior to start of program, plan monitoring visits and all trainings for the summer
- Assist from grants to help support expansion
- Easy to transition CACFP to SFSP!!
Benefits to Year-Round Programming

- Reduce risk of malnutrition
- Increase access to nutritious meals
- Engagement during summer months to reduce setbacks in socialization and educational milestones
- Creates community and trust in the community to your organization
- Establish partnerships to utilize year round
How to grow your program

- Where do kids congregate?
- Excellent communication
- Exciting, nutritious, culturally relevant menus
- Feedback and buy in from staff and youth in programs

★ When setting up applications for SFSP begin the conversation that CACFP is an option in the fall to continue providing after school or weekend meals for the kiddos
  ○ Follow up the conversation at site reviews and prior to the summer’s end
Andrea Garcia Schoelzel, Health Initiatives Administrator, Denver Office of Children’s Affairs, CO
Tasty Food: Where Denver Youth Eat Free

SFSP/CACFP
- Sponsorship launched in 2012
- Serving year-round sites for 11 years
- 21 year-round sites; our goal is 40+

SITE TYPES
- Recreation Centers (Open)
- Libraries (Open)
- Community Based Organizations (Closed-enrolled)

STATE AGENCIES
- Colorado Department of Education
- Colorado Department of Public Health & Environment
Benefits of Operating Year-Round Sites

Consistent access to meals & snacks for youth; streamlines outreach

Ease of training and site expansion across SFSP & CACFP

Ability to provide weekend & holiday meals throughout the school year
Stay in Touch!

Sign up for our newsletter:
www.bestpractices.nokidhungry.org/subscribe

Visit the CBP website:
www.bestpractices.nokidhungry.org
We Want Your Feedback!

After exiting the webinar, a short survey will appear on your screen.

*Please take a moment to complete the short survey!*
THANK YOU

Paige Pokorney, MPH
Senior Program Manager,
Center for Best Practices
ppokorney@strength.org