



Afterschool Meals: A Win-Win-Win for Schools

Tuesday, March 14, 2017 – 3 PM ET



Housekeeping

- Listen-only mode
- Submit questions in the “Questions” section of the GoToWebinar menu
 - Questions will be addressed at the end
- Evaluation link sent immediately following webinar
 - CEU certificate sent after submission
- Recording and resource links sent later



Introductions

Carolyn Wait, MPH, RD
Senior Program Manager
No Kid Hungry Center for Best Practices



Learning Objectives

1. Summarize the benefits of offering Afterschool Meals for students, families, schools and enrichment programs, and school food service departments.
2. Assess where and how the CACFP At-Risk Afterschool Meals Program can work in your district.
3. Identify at least three (3) specific strategies to effectively implement and/or increase participation in the CACFP At-Risk Afterschool Meals Program

Contents

- Afterschool Meals: A Win-Win-Win
- Afterschool Meals Program Overview
- Implementing Afterschool Meals in Schools
- Innovative Approaches and Best Practices
- Stories from Successful Schools
- Resources
- Q&A



Afterschool Meals: A Win-Win-Win

How Afterschool Meals Can Help Students, Schools, and You

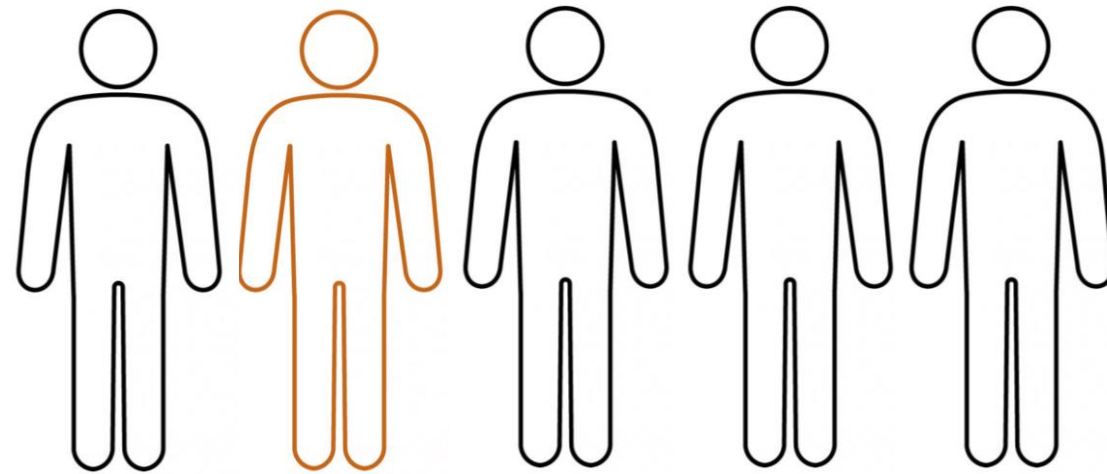


THREE MEALS A DAY: A WIN-WIN-WIN

A Guide to Starting and Improving Your Afterschool Meals Program

1 in 5

children in the U.S. faces hunger



Survey of Low-Income Parents



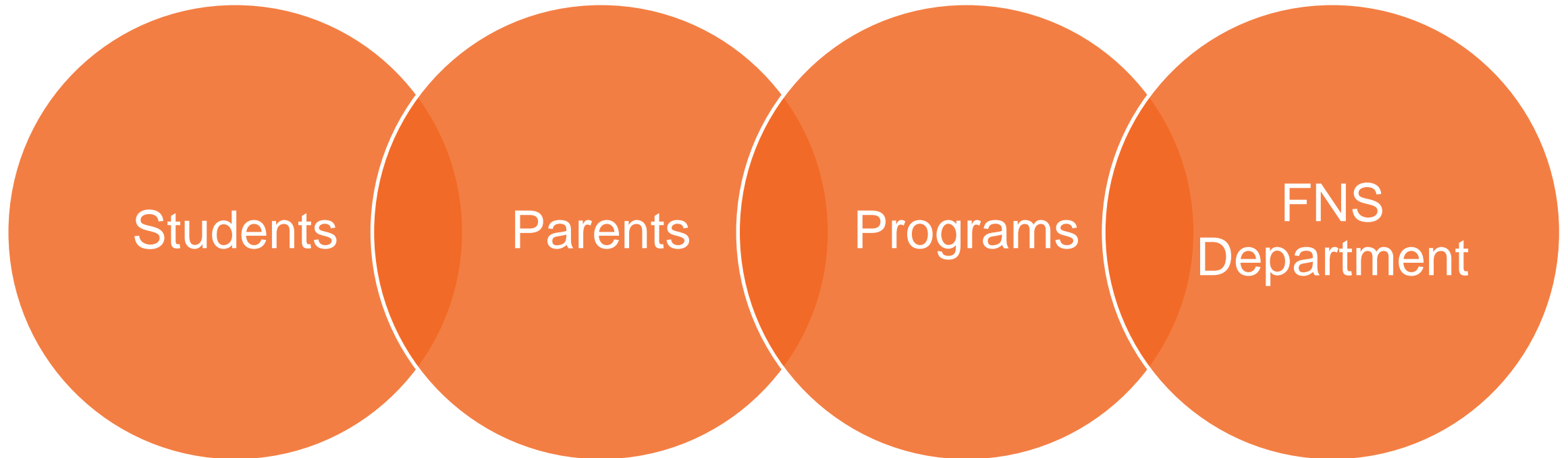
Based on a 2013 survey of low-income parents conducted by APCO Insights.
<https://bestpractices.nokidhungry.org/afterschool/afterschool-meals-survey-findings>

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How Afterschool Meals Can Help





“You know that you’re making a difference. When we first started, the [afterschool program] director had said that the behavior, especially among teens, was better. When they’re not hungry, they don’t fight as much.”

– Donna Carver

School Nutrition Director, Floyd County Public Schools, Georgia

“This is an essential program in our district. The kids are willing to stay after school for tutoring because of the hot meal. The graduation rate has increased, and the athletes are gaining weight and muscle and performing better.”

– Donna Martin

School Nutrition Program Director, Burke County Public Schools, Georgia





“The smaller group at dinner helps the students get to know the staff...The high school kitchen manager said that kids who got to know her at dinner call her grandma now, and they come in for lunch, when they never did before.”

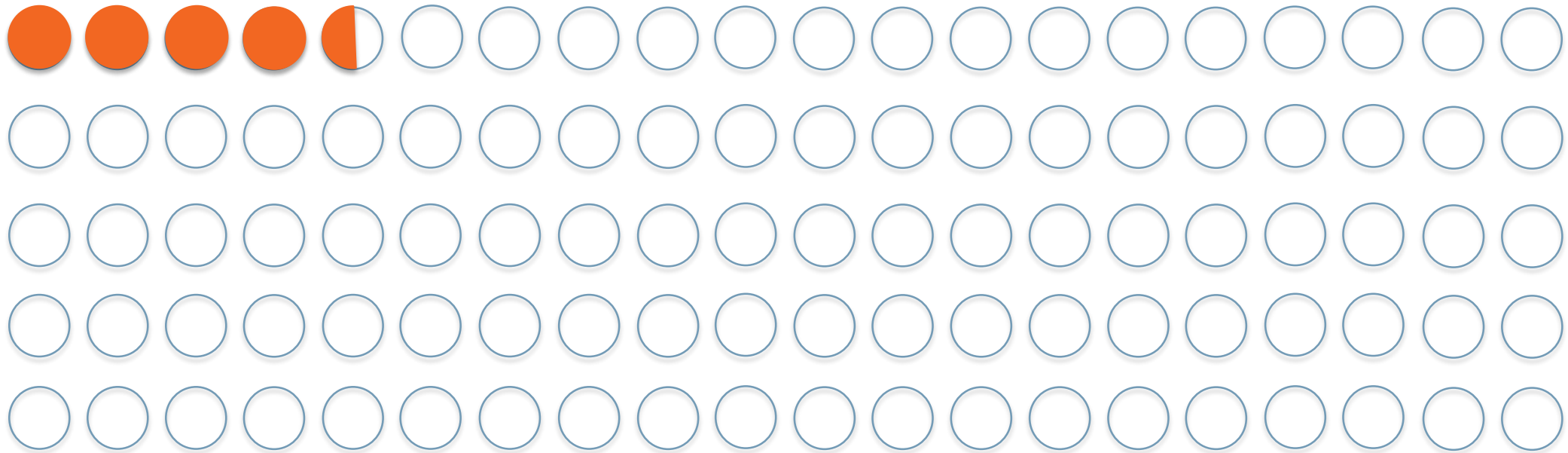
– Helen Philips

Senior Director of School Nutrition, Norfolk Public Schools, Virginia



Fiscal Year 2016 Program Data

For every 100 free or reduced-price school lunches served...



There are just 4.5 afterschool meals served.

Afterschool Meals Program Overview

How It Works

USDA Child Nutrition Programs

US Congress

USDA Food & Nutrition Service

State Agency

National School
Lunch Program

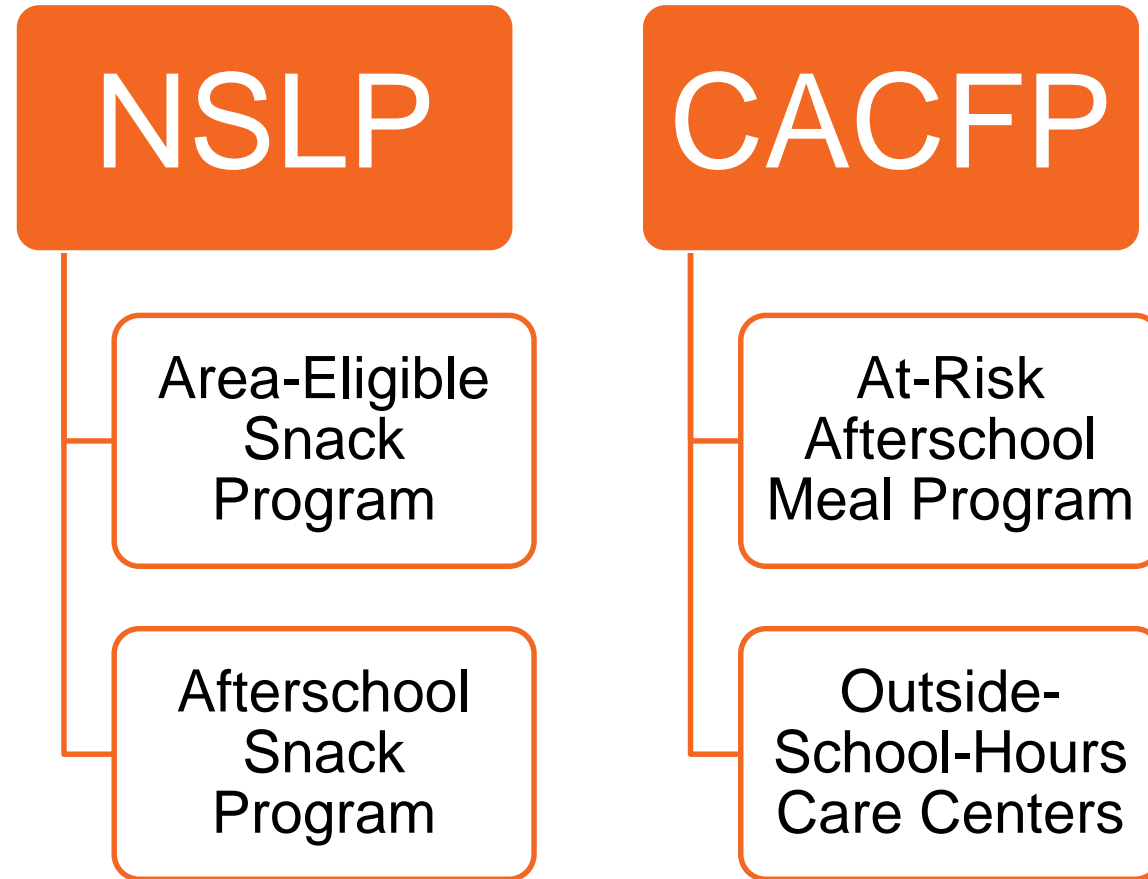
School Breakfast

CACFP

Summer Food
Service Program

WIC

NSLP & CACFP for Afterschool Programs



CACFP Afterschool Meals Program Eligibility

Meets applicable licensing or health and safety standards –
waived for schools

Located in attendance zone of school where $\geq 50\%$ are eligible
for free or reduced-price meals

Provides regularly scheduled educational or enrichment
activities in a supervised setting

Kids in Afterschool Meals Programs



Meal Pattern Basics

- Minimum standards for meal items and portions
- Schools and school-sponsored sites may follow either NSLP or CACFP meal patterns
- Updated CACFP meal pattern requirements take effect October 1, 2017
 - Fruit and vegetable will become separate components
 - Permitted to serve two vegetables at lunch/supper
 - Requirement for whole grain-rich item once daily
 - Limit on juice to once daily
 - No on-site deep frying
 - Limits on sugar in yogurt, breakfast cereal, and flavored milk

Current CACFP Meal Pattern

Lunch or Supper			
Select All Four Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk² fluid milk	1/2 cup	3/4 cup	1 cup
2 fruits/vegetables juice, ³ fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread⁴ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
1 meat/meat alternate meat or poultry or fish ⁵ or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds ⁶ or yogurt ⁷	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1/2 oz. 4 oz.	1½oz. 1½ oz. 1½ oz. 3/4 3/8 cup 3 Tbsp. 3/4 oz. 6 oz.	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.

“Super Snacks” Branding

- “Super snacks”
 - Meet the meal pattern requirements for supper
 - Include the minimum required portion for some or all components
- Consider super snacks for:
 - Programs that do not have the capacity for hot meals
 - More accurate branding & manages expectations
 - Small children with small appetites
 - Older children going to sports practice after the meal
 - Communities that think “supper” is too much food or takes away from an evening meal at home

Afterschool Meals Reimbursement Rates

- Reimbursement Rates for SY 2016-2017

Meal	Reimbursement Rate
Lunch / Supper	\$3.16
Cash-in-lieu of commodities	\$0.23
Snack	\$0.86
Breakfast	\$1.71

CACFP Afterschool Meals Program Record Keeping

Daily Attendance

- Sign-in sheet
- Roster
- Electronic system
- Other method with prior state agency approval

Number of Meals Prepared or Delivered

Number of Meals Served

- To eligible kids; by-name point-of-service meal counts not required
- To food service workers

Menu for Each Meal or Snack

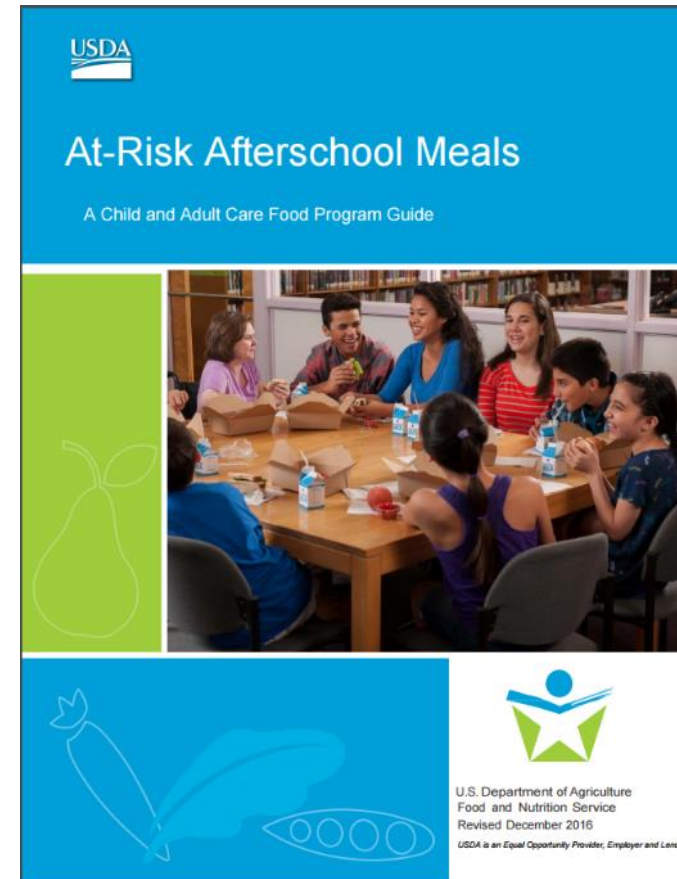


Starting Afterschool Meals in Schools

How It Can Work for You

Learn the Basics

- Call your State Agency
- Learn the requirements
- Contact a successful district



Assess the Need

It's been wonderful. Even in a district that's 45% free or reduced-price eligible, there are still kids that need this after school."

– Sharon Glosson

Executive Director of School Nutrition Services, North East
ISD, Texas

Assess the Interest and Options

“It was nice to work with schools where something is already happening [after school]. Since we got our foot in the door with one program operating at multiple schools, it was easy.”

– Lisa Johnson

Director of Nutrition Services, Highline Public Schools, Washington

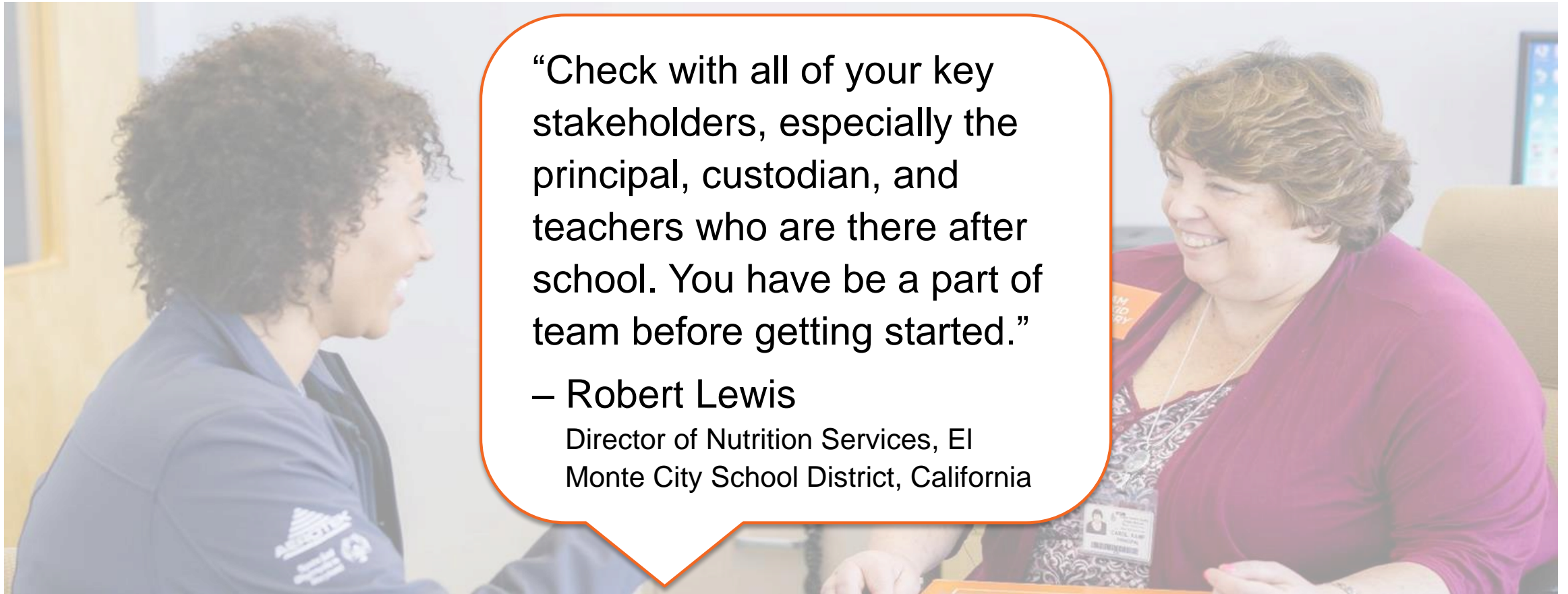


Assess Internal Factors

- Procurement and contract requirements
- Kitchen equipment and storage
- Food service labor
 - Minimum wage / base pay
 - Overtime pay
 - Benefits
 - Current staff bandwidth



Convene Stakeholders



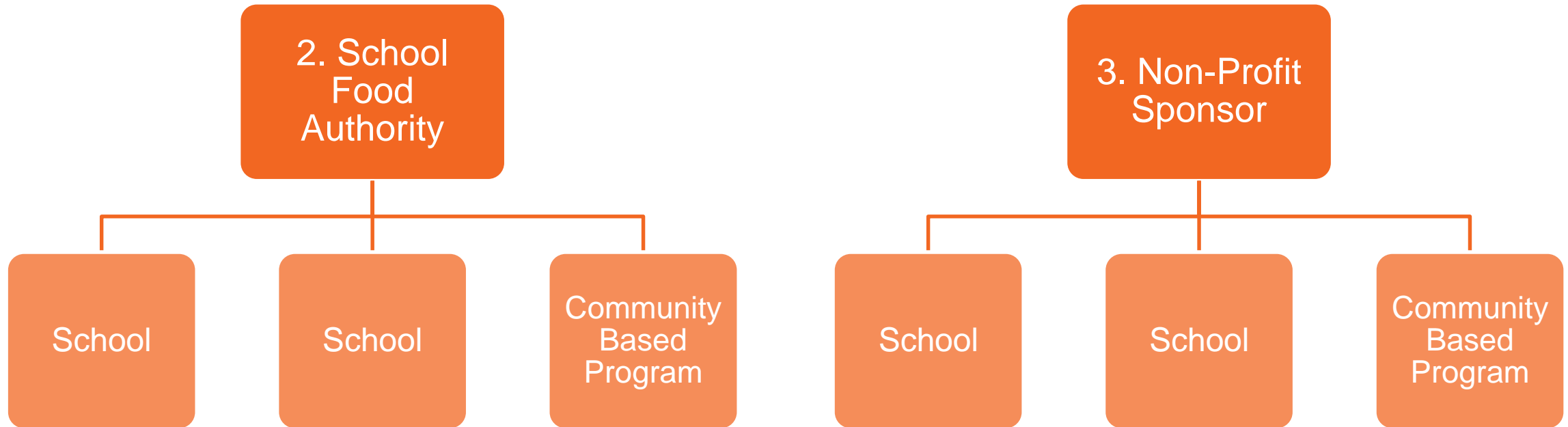
“Check with all of your key stakeholders, especially the principal, custodian, and teachers who are there after school. You have to be a part of the team before getting started.”

– Robert Lewis

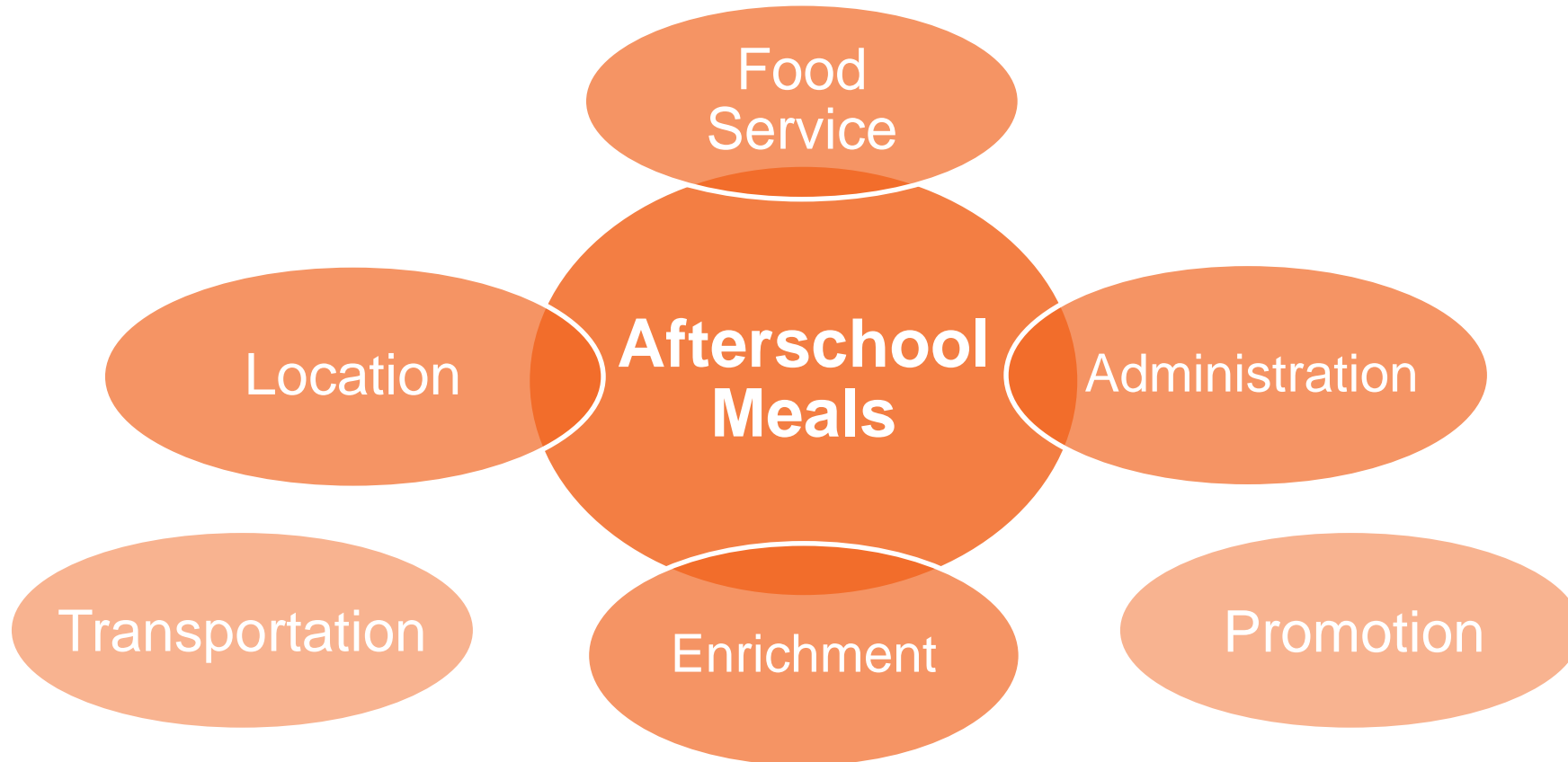
Director of Nutrition Services, El Monte City School District, California

Determine Sponsorship Model

- 1. Schools only
- 2. Schools and community sites
- 3. Partner with a sponsor
- 4. Serve as a vendor



Areas for Partnership



Select Service Model

- Central kitchen and satellite vs. cooking at each location
- Offer Versus Serve (OVS) vs. complete meals
- Unitized meals vs. serving line
- Hot vs. cold meals, or a combination of both

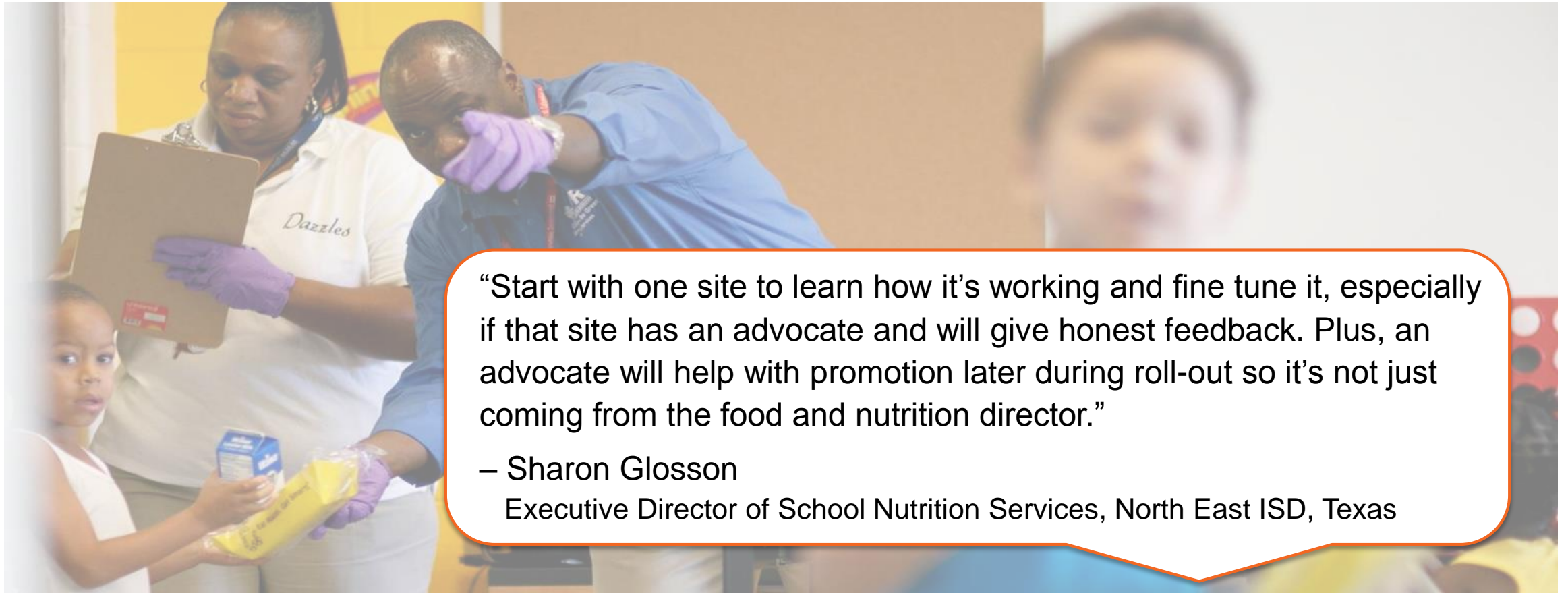


Consider Logistics

- Delivery frequency
- Equipment and space usage
- Staffing model and number of hours needed
- Meal distribution
 - Volunteers
 - Afterschool program staff
 - Food service staff
- Daily schedule and serving time(s)
- Record keeping



Roll Out Slowly or Pilot



“Start with one site to learn how it’s working and fine tune it, especially if that site has an advocate and will give honest feedback. Plus, an advocate will help with promotion later during roll-out so it’s not just coming from the food and nutrition director.”

– Sharon Glosson

Executive Director of School Nutrition Services, North East ISD, Texas



Innovative Approaches and Best Practices

Enhance Operations and Increase Participation

Tailoring the Program: Areas of Flexibility

- **When** meals are served
 - Must be after the final school bell*
 - Must occur during regular hours of operation
 - No Federal requirements regarding meal time, order, or spacing
- **Where** meals are served
 - No requirement to be in cafeteria
 - Groups may eat separately
- **Who** receives meals
 - Athletes may eat through a broader program
 - No requirement to participate in activities

*Except [extended-day or expanded learning time schools](#)

Take Your Afterschool Meals Program from Good to Great...



Encourage all activity students to eat

Coaches and activity leaders promote the program



Allow all students eat, regardless of activity participation

Advertise meal effectively

Serve meal at the bell

School administrators support the program



Offer service alternatives

Allow meal to be transported to activities

Consider transportation

Improve variety, choice, and/or quality of food

Take your program from good to great...

Bronze Medal Tactics

- Encourage all activity students to eat
- Coaches and activity leaders are strong promoters of the program



Take your program from good to great...

Silver Medal Tactics

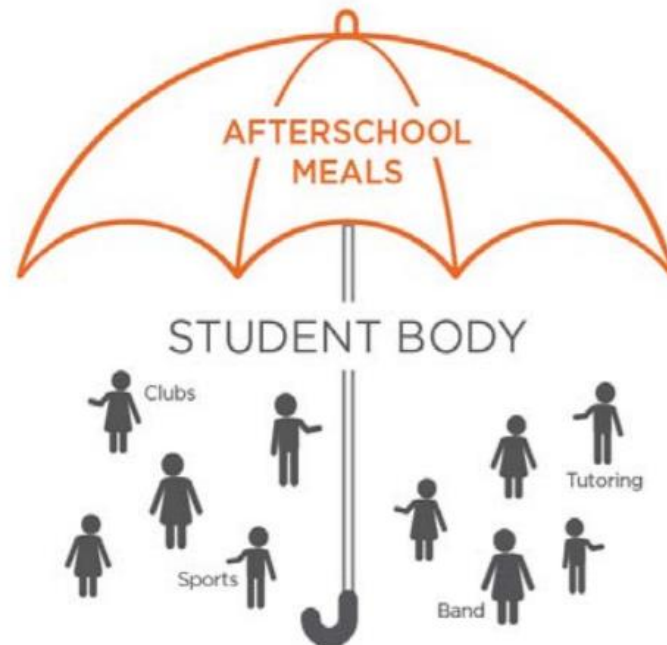
- Allow all students to eat, regardless of participation in activities
- Advertise effectively
- Serve meal right at the final bell
- District and school administrators are strong supporters





Success Factor: The Umbrella Model – Open the Meal to All

A MODEL THAT WORKS





Success Factor: The Umbrella Model – Open the Meal to All

53% increase in participation



Before Pilot



During Pilot

Additional 35 kids per day = \$118 per day in additional reimbursements and commodities.
For a Monday through Thursday program, that's an additional \$17,000 per year.



Success Factor: Administrative Champion

- Address staff concerns (e.g., supervision and discipline)
- Ensure coordination of effort among appropriate staff members
- Ensure the message is delivered in a way that reaches the most kids





Success Factor: Promoting the Program

When students were asked how they heard about the meal (n=1,680):



61% said PA announcements

53% said a friend



51% said a teacher, coach, or other staff member



Success Factor: Promoting the Program

- Other promotion options:
 - Posting afterschool meal menu
 - Posters and flyers
 - Digital display boards
 - School website
 - School social media
 - Letters home to parents
 - Announcements during open house or parent night



Success Factor: Serve Meal Right After the Bell



Take your program from good to great...

Gold Medal Tactics

- Offer service alternatives
- Allow meal to be taken to activities on campus
- Supper in the Classroom
- Consider transportation
- Improve variety, choice, and/or quality of food





Success Factor: Offer Service Alternatives

When asked why they did not try the meal, 44% said they had other things to do after school (like a job, sports practice, or watching siblings).



More than one serving line



Direct delivery to large activities

Non-traditional point of service





Success Factor: Allow Meal to be Transported

If meals are not delivered to activities, make sure that kids can take their meal to their activity if needed.





Success Factor: Supper in the Classroom



Elementary schools in the No Kid Hungry pilot study reached 80% of all students and had more supper eaters than lunch eaters.



Supper in the Classroom Pilot Test

- Lessons Learned
 - Communicate with teachers
 - Consider scheduling, bus timing, and logistics
 - Use Breakfast in the Classroom best practices
 - Get creative with space and equipment
 - Seek grant funding for start-up costs
 - Brand it as a “Super Snack”
 - Try share tables or offer versus serve (OVS)





“It was the stories. How these kids a lot of times don’t get dinner, they nibble on a box of cereal. That’s what won the teachers over – these kids aren’t eating when they go home.”

– Rhonda Hoffine

Food Service Director

North Bend School District, Oregon



Success Factor: Consider Transportation

When asked why they did not try the meal,
17% said they wouldn't have a way home if they stayed.



- Adjust bus schedules
- Optimize logistics of loading kids on buses
- Add later “activity” buses
- Adjust final bell time



Success Factor: Improve Variety, Choice, & Quality

**Of those who tried the meal, 30% said it was because the food looked good!
Of those who didn't try the meal, 36% said they would rather eat the food they
have at home.**

IDEAS TO TRY

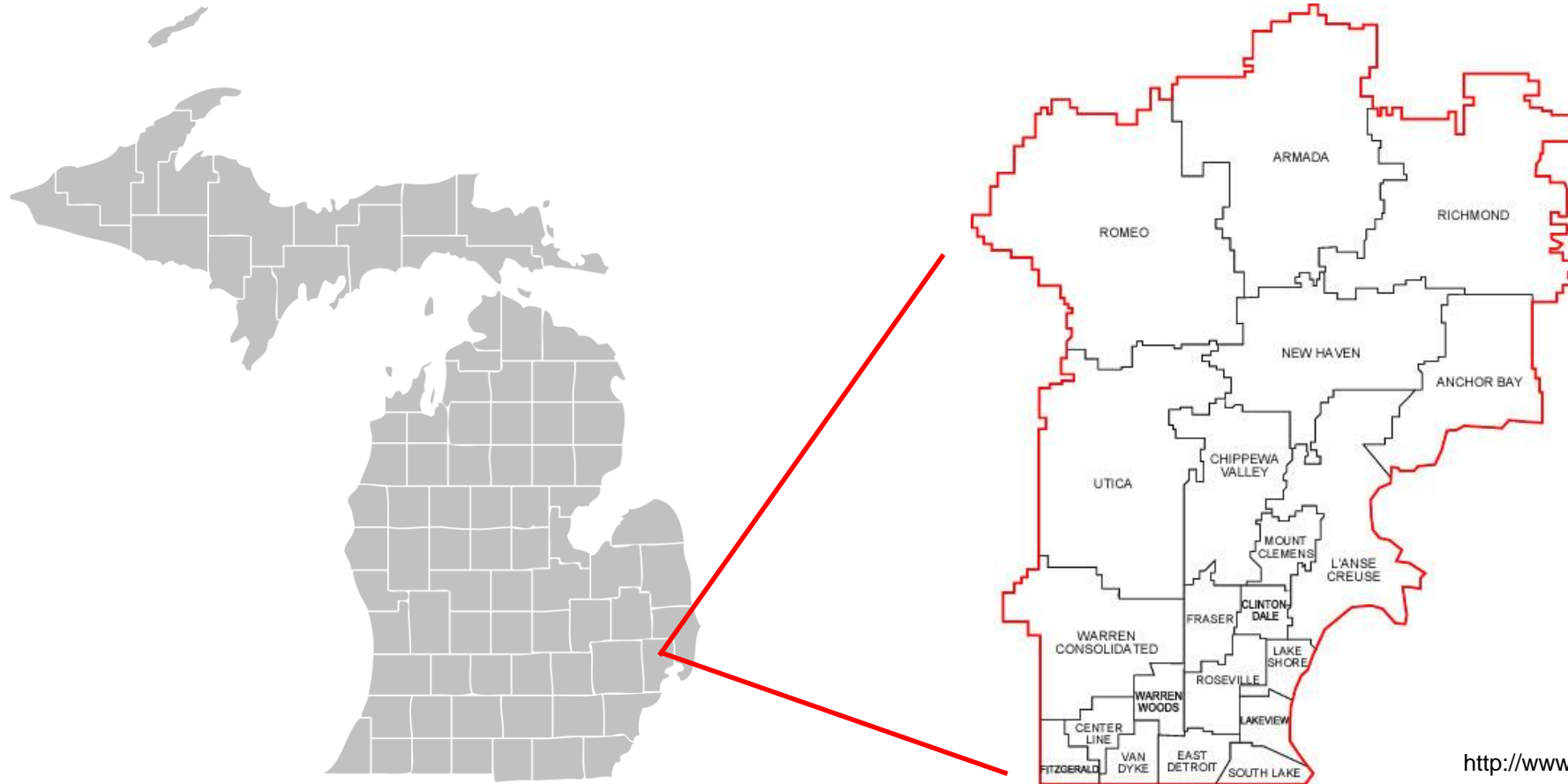
- Start with a 2-week rotation and move to 4-week rotation.
- Offer choice of 2 fruits.
- Offer choice of 2 main entrees (salad or sandwich).
- Offer choice of toppings (e.g., build a sandwich).

Stories from the Field

Carolyn Thomas, CND, SNS
Food and Nutrition Consultant
Macomb ISD (Michigan)



Macomb Intermediate School District



<http://www.misd.net/maps/index.html>



Mount Clemens Elementary Dinner Menu December 2016

Our garden vegetable this month is the carrot. Our resources include nutrition and botanical information, how-to's for growing in the school garden, lesson ideas, a recipe for tasting in the classroom or at home, and much more. Send the "Bring Home the Fun" section home with students.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breaded Drumsticks French Fries Chilled Fruit Cocktail Assorted Milk	2 Cheese Quesadilla Salsa Savory Green Beans Assorted Milk
5 Beef Ravioli Tender Green Beans Chilled Peaches Assorted Milk	6 WG Nuggets Baked Beans Chilled Mandarin Oranges Assorted Milk	7 WG Turkey Corn Dog Seasoned Corn Chilled Fruit Cocktail Assorted Milk	8 WG Chicken Patty Rainbow Veggie Medley Chilled Mandarin Oranges Assorted Milk	9 Cheese Stuffed Breadsticks Marinara Dipping Sauce Fresh Celery Sticks Assorted Milk
12 Cheese Burger Seasoned Corn Classic Baked Beans Pineapple Tidbits Assorted Milk	13 Mashed Potato & Chicken Bowl Seasoned Corn Chilled Pears Assorted Milk	14 Crispy Chicken Breast Tenders Seasoned Mixed Vegetables Chilled Mandarin Oranges Assorted Milk	15 WG Turkey Corn Dog Seasoned Broccoli Fresh Apples Assorted Milk	16 Pepperoni & Cheese Pocket Fresh Baby Carrots Fresh Whole Fruit Assorted Milk
19 WG Chicken Nuggets Broccoli Florets Chilled Pears Assorted Milk	20 BBQ Riblet Seasoned Corn Pineapple Tidbits Assorted Milk	21 HALF DAY! NO DINNER PROGRAM	22 	23 





Mount Clemens Secondary School Dinner

JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef Ravioli Tender Green Beans Chilled Peaches Fresh Fruit Assorted Milk	Hot Pockets Steamed Broccoli Chilled Mandarin Oranges Fresh Fruit Assorted Milk	WG Turkey Corn Dog Seasoned Corn Chilled Fruit Cocktail Fresh Fruit Assorted Milk	WG Chicken Patty Rainbow Veggie Medley Chilled Mandarin Oranges Fresh Fruit Assorted Milk	
9	10	11	12	13
Pepproni and Cheese Hot Pocket Seasoned Corn Classic Baked Beans Pinnacle Tidbits Fresh Fruit Assorted Milk	Mashed Potatoe & Chicken Bowl Seasoned Corn Chilled Pears Fresh Fruit Assorted Milk	Crispy Chicken Breast Tenders Seasoned Mixed Vegetables Chilled Mandarin Oranges Fresh Fruit Assorted Milk	Cheese Stuffed Breadsticks Seasoned Broccoli Fresh Fruit Assorted Milk	
16	17	18	19	20
	Beef Hot Dogs Seasoned Fries Chilled Pears Fresh Fruit Assorted Milk	Pepperoni and Cheese Pocket Fresh Carrots Fresh Fruit Assorted Milk	WG Chicken Nuggets Broccoli Florets Chilled Pears Fresh Fruit Assorted Milk	
23	24	25	26	27
Beef Ravioli Tender Green Beans Chilled Peaches Fresh Fruit Assorted Milk	Bosco Sticks Marinara Sauce Chilled Mandarin Oranges Fresh Fruit Assorted Milk	WG Turkey Corn Dog Seasoned Corn Chilled Fruit Cocktail Fresh Fruit Assorted Milk	WG Chicken Patty Raininbow Veggie Medley Chille Mandarin Oranges Fresh Fruit Assorted Milk	
30	31			
Cheese Stuffed Breadsticks Marinara Dipping Sauce Fresh Celery Sticks Fresh Fruit Assorted Milk	WG Chicken Nuggets Broccoli Florets Chilled Pears Fresh Celery Sticks Fresh Fruit Assorted Milk			





SCHOOL DINNER PROGRAM

The Sterling Heights High School and Warren Mott High School Dinner program is for students participating in teacher supervised after school educational programs. All students will need to sign the attendance sheet, as well as provide their ID number when receiving their dinner.

Meal service is from 2:30pm to 6:00pm on all school days excluding half days. Each meal **must** include an entrée two choices of fruit and/or vegetable and a choice of milk.

Mondays: Hamburgers or Cheeseburgers

Tuesdays: Whole Grain Breaded Chicken Nuggets and Whole Wheat Roll

Wednesdays: Bosco Sticks with Marinara Sauce

Thursdays: All Beef Hot Dogs and Chili

Fridays: Breaded Chicken Sandwich

Sub Sandwiches and Chef Salad will be available daily to select as an entrée .

A variety of fresh fruits and vegetables, canned fruits, 100% juices, and steamed vegetables will be offered.

This institution is an equal opportunity provider.










Afterschool Meals Resources

Available from the No Kid Hungry Center for Best Practices

Afterschool Meals – Three Meals a Day



THREE MEALS A DAY: A WIN-WIN-WIN
A Guide to Starting and Improving Your Afterschool Meals Program

FULL REPORT

SNF SCHOOL NUTRITION FOUNDATION
Miami, Rowland University

NOKID HUNGRY
SHARE OUR STRENGTH

THREE MEALS A DAY: A WIN-WIN-WIN

A GUIDE TO STARTING AND IMPROVING YOUR AFTERSCHOOL MEALS PROGRAM

HOW AFTERSCHOOL MEALS CAN HELP YOUR DISTRICT

School Nutrition Directors know that they have to be savvy business operators to run a viable program. But at the heart of the matter, kids need nourishment every day. The Afterschool Meals Program can allow you to do both better than ever.

☽

"This is an essential program in our district. The kids are willing to stay after school for tutoring because of the hot meal. The graduation rate has increased, and the athletes are gaining weight and muscle and performing better."

— Donna Martin, Georgia

THE NEED

59% OF LOW-INCOME FAMILIES SAY IT'S HARD TO PROVIDE FOOD FOR THEIR CHILDREN TO EAT AFTER SCHOOL.

25% OF LOW-INCOME FAMILIES WORRY THAT THEIR CHILDREN DON'T HAVE ENOUGH TO EAT BETWEEN LUNCH AND BREAKFAST THE FOLLOWING DAY!

THE OPPORTUNITY

The At-Risk Afterschool Meals Program, part of the Child and Adult Care Food Program (CACFP), provides reimbursements to offset the cost of providing free, healthy meals to students participating in afterschool enrichment programs in low-income areas.

Benefits of offering Afterschool Meals in your school district include:

- Increased interest in afterschool programming, focused kids, and improved performance.
- Increased revenue to your program. The reimbursement rate for an afterschool meal is more than three times the reimbursement for a snack.
- Increased participation at lunch due to relationship building with the school nutrition staff after school.

LAY THE GROUNDWORK


- Learn the basics.**
 - Call your State Agency to learn about the training and application process.
 - Look up the CACFP regulations and requirements.
- Assess the need and interest** at schools across your district.
 - Consider the free or reduced-price meal eligibility percentage at each school.
 - Determine whether snack is enough at schools already serving snacks.
 - Survey schools to find out what activities are already happening, like 21st Century Community Learning Center grantee programs.
 - Gauge schools' interest in offering low-barrier activities like tutoring or recreational sports to draw more kids.
 - Investigate afterschool transportation options.
- Assess internal factors**, like staffing, wages, kitchen equipment, storage space, and food transport.
- Convene stakeholders.** Partnerships are key, and a variety of people need to be on board, including the superintendent, principals, afterschool activity coordinators and coaches, and the school nutrition staff.

PLAN FOR IMPLEMENTATION

- Consider sponsorship options** to maximize reimbursements while managing the costs and responsibility.
 - Sponsor schools within your district.
 - Sponsor schools and community sites.
 - Partner with an existing sponsor who can handle the administration so that you can focus on meals.
- Determine the type of meals that work best** based on your capacity and needs of the children served.
 - NSLP vs. CACFP meal patterns
 - Offer Versus Serve (OVS) vs. complete meals
 - Unitized meals vs. serving line
 - Hot vs. cold meals, or a combination of both
 - Hearty meals vs. light "super snacks," like a string cheese stick, hummus, baby carrots, grapes, pita chips, and milk.
 - Central kitchen and satellite vs. cooking at each location.
- Plan for logistics.**
 - Consider having more frequent deliveries to manage storage space.
 - Determine whether additional equipment is needed.
 - Figure out the staffing model and number of hours needed based on your prep model and expected participation. Options include working preparation into the work day, adding employees, or providing additional hours or overtime.
 - Decide who will distribute meals. Volunteers or afterschool program staff could serve cold, unitized meals, but school nutrition staff is usually best for hot meals or OVS.
 - Establish the serving time based on the schedule of the afterschool activities, and plan for fluctuations based on the school and activity calendars.
 - Consider running a pilot or rolling out the program slowly across the district to streamline procedures and test menus.

ENHANCE THE PROGRAM


- Promote the meals to additional afterschool programs and schools.** Go to meetings with principals, afterschool program directors, coaches and athletic directors. Use these meetings to address challenges and needs.
- Promote the meals to students, parents, and the community.** Let them know that meals are available, even if kids choose not to participate in an activity.
- Tweak the menu** in response to performance, surveys, and taste tests.



🍎

"School nutrition professionals are understanding that they are the community-based champions for the children...It's not a question of 'will it work?' but 'how can we make it work?' because the need is there."

— Carolyn Thomas, Michigan



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Afterschool Meals – The Umbrella Model

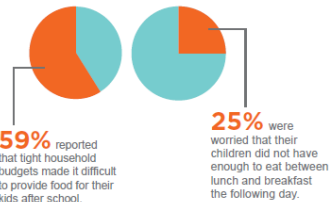
The Umbrella Model

Increases Participation in Afterschool Meals

THE PROBLEM

Increasing access to the Child and Adult Care Food Program (CACFP) Afterschool Meals Program, also known as the Supper Program, is critical to ending childhood hunger. Currently, only a fraction of the children who receive a free or reduced-price lunch at school have access to a meal or snack after school.

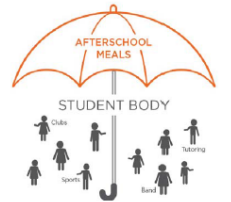
In a national survey of low-income parents*



59% reported that tight household budgets made it difficult to provide food for their kids after school.

25% were worried that their children did not have enough to eat between lunch and breakfast the following day.


A MODEL THAT WORKS



PROVEN RESULTS

In fall 2015, No Kid Hungry gave small incentive grants to 16 middle and high schools to test the Umbrella Model. Of schools with historical data available, the median participation increase was 53%. Of all pilot schools who opened the meal program to all students, participation was 45% higher on average than predicted for a "closed model" (i.e., only activity students could participate).

53% increase in participation



Before Pilot During Pilot

WHAT IS THE UMBRELLA MODEL?

An afterschool meal delivery model that can boost participation. Meals are available and promoted to all students, whether or not they participate in afterschool activities.

NOKID HUNGRY | center for BEST PRACTICES

Tyson
Tyson Foods, Inc.

This work has been made possible through the generous support of a National No Kid Hungry Innovation Partner, Tyson Foods, Inc.

*No Kid Hungry Center for Best Practices in partnership with APCO Insights (2014). "National Afterschool Meals Program Survey Findings."

CACFP Afterschool Meals Program Expansion with the Umbrella Model

NOKID HUNGRY | center for BEST PRACTICES

Key Finding

The Umbrella Model shows the potential to increase participation in the Afterschool Meals Program by more than 50 percent over historical totals at middle and high schools that promote the availability of meals to all students.

Overview: The CACFP Afterschool Meals Program

The Child and Adult Care Food Program (CACFP) is a federal entitlement program that provides funding to help offset the cost of providing healthy meals to infants, children, teens, and adults in a variety of care settings. In December 2010, the At-Risk Afterschool Meals Program was authorized as a permanent part of CACFP that could be implemented nationwide. The Afterschool Meals Program allows educational or enrichment programs in eligible low-income areas, whether school or community-based, to receive funding for up to one meal and one snack each day. This meal is crucial to children in need who may not have access to nutritious food in the evenings. In addition, children and teens need fuel for long hours of afterschool activities that keep them active and learning.

Afterschool Meals – Supper in the Classroom

SUPPER IN THE CLASSROOM

INCREASES ACCESS TO CACFP AFTERSCHOOL MEALS

What?

The CACFP Afterschool Meals Program allows schools to serve a meal (supper) and/or snack to children as part of an enrichment program. Supper in the Classroom makes this meal a natural extension of the school day, enabling all students to eat and engage in enrichment together in the classroom after the final bell.


- The enrichment could be as simple as reading a book, playing an educational game, or providing homework assistance.
- A supper can be hot or cold, simple or substantial. It just has to have all components: protein, grain, fruit, vegetable, and milk.
- Supper in the Classroom usually relies on packaged or unitized meals, but you can use Offer Versus Serve (OVS) for some or all components.

Why?

Because one in five children in the U.S. lives in a household struggling with hunger and may not have enough healthy food to grow and learn after school. A quarter of low-income parents worry their kids don't have enough to eat between lunch and breakfast the next day. But for every 100 lunches served to kids in need, less than four afterschool meals are served. Serving Supper in the Classroom is a proven way to reach more students—schools that have tried it report that more kids eat supper than lunch!

Who?

- All children who are age 18 or under as of the beginning of the school year can get a meal.
- Supper in the Classroom is usually done in elementary schools.
- All meals are reimbursed at the free rate regardless of children's household income eligibility.



Schools that piloted Supper in the Classroom reported 80 percent of all students ate supper on average. At \$3.39 per supper in reimbursements and commodities, a school with 450 students that achieves 80 percent participation would receive nearly \$220,000 by serving suppers Monday through Friday during a regular school year.



When?

- Extended-day or expanded learning time schools that operate at least one hour longer than required by the state or LEA can serve the afterschool meal as part of the school day.
- For all other schools, the afterschool meal must be served after the final bell. With Supper in the Classroom, the meal is served as soon as it rings.

Where?

- Staff or student helpers deliver meals to each classroom using carts and insulated bags.
- Students may be dismissed to the cafeteria to pick up a meal before returning to the classroom to eat and do an activity. This works well if you don't have an elevator in the school.

Increasing CACFP Afterschool Meals with Supper in the Classroom

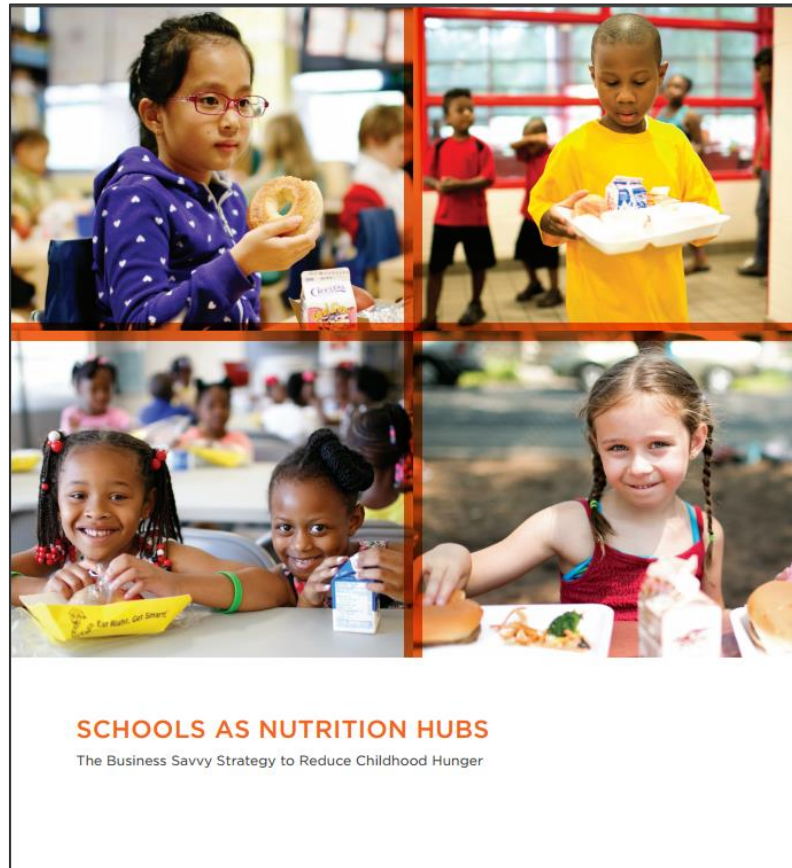
Key Finding

Implementing Supper in the Classroom can lead to higher participation in the CACFP Afterschool Meals Program. Schools that adopted Supper in the Classroom reached an average of 80 percent of all enrolled students.

Overview: The CACFP Afterschool Meals Program

The Child and Adult Care Food Program (CACFP) is a federal entitlement program that provides funding to help offset the cost of providing healthy meals to infants, children, teens, and adults in a variety of care settings. In December 2010, the At-Risk Afterschool Meals Program was authorized as a permanent part of the CACFP that could be implemented nationwide. The Afterschool Meals Program allows educational or enrichment programs in eligible low-income areas, whether school or community-based, to receive funding for up to one meal and one snack each day. This provides fuel for the long hours of afterschool activities that keep children and teens active and learning, and it is especially crucial to children who may not have access to nutritious food in the evenings.

Schools as Nutrition Hubs



Afterschool Meals – [Website](#)



The screenshot shows the website's header with the NOKID HUNGRY logo and 'center for BEST PRACTICES'. The navigation menu includes 'Home', 'About', 'Events', and 'Subscribe'. The main navigation bar highlights 'AFTERSCHOOL' among other categories like 'SCHOOL BREAKFAST', 'SUMMER MEALS', 'EARLY CHILDHOOD', 'SNAP', 'FOOD SKILLS EDUCATION', and 'SPONSOR CENTER'. The main content area is titled 'Afterschool Snacks & Meals' and features a 'Resources' sidebar with sections for 'Reports/Case Studies' and 'Guides/Toolkits'. A large orange box at the bottom of the screenshot contains the URL: bestpractices.nokidhungry.org/afterschool.



Questions?

Thank you!

To receive a CEU for listening to the
webinar recording, please complete the
quiz

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