

# Afterschool Meals Myths & Misconceptions

June 25, 2019

3:00 PM ET



*center for* BEST  
PRACTICES

[BESTPRACTICES.NOKIDHUNGRY.ORG](http://BESTPRACTICES.NOKIDHUNGRY.ORG)



# Housekeeping

---



- Listen-only mode
- Submit questions in the “Questions” section of the GoToWebinar menu
- Respond to poll questions throughout
- Recording and resources available afterward

# Introductions

---

**Carolyn Wait**

Senior Program Manager, Center for Best Practices  
No Kid Hungry campaign



# Introductions

---

**Andrea Farmer**  
Food and Nutrition Service  
U.S. Department of Agriculture





# Agenda

---

- Afterschool Meals Overview
- Common Myths & Misconceptions
- Audience Q&A



# Poll Question





## Afterschool Meals Overview



# Afterschool Meal Programs

## Benefits:

- Nutritious meals and snacks
- Educational and enrichment activities
- More Federal funds in local economies
- Safe, supervised environments





# Types of USDA Afterschool Programs

- National School Lunch Program (NSLP) Afterschool Snack Program
- Child and Adult Care Food Program (CACFP) Outside-School-Hours Care
- CACFP At-Risk Afterschool Program



# NSLP Afterschool Snacks



- Sponsored by school food authorities
- Sites may be “**area eligible**” or establish eligibility with income applications
- May serve one snack per participant each day
- Can only operate on days school is in session

***Area Eligible: Sites located in the attendance area of a school where at least 50% of all enrolled children are eligible for free and reduced price meals.***

# CACFP Outside-School-Hours Care

- Independent centers or sponsors
- Enrolled children age 12 and younger
- May serve up to 2 meals and 1 snack (lunch only on non-school days)
- Can operate after school, on weekends, during holidays, and during vacations throughout the school year



# CACFP At-Risk Afterschool Meals

- Variety of sponsors
- Sites must be “**area eligible**”
- May serve one meal and one snack per child per day
- Can operate after school, on weekends, during holidays, and during vacations throughout the school year





# CACFP At-Risk Program Basics

<b>Program Purpose</b>	Be organized primarily to provide care for children after school or on the weekends, holidays, or school vacations during the regular school year
<b>Children Served</b>	Ages 18 and under (or any age if participant has disabilities)

# CACFP At-Risk Eligibility

<b>Location</b>	“Area eligible” based on school attendance area: located in an attendance area of a school where at least 50 percent or more of the children are eligible for free or reduced price meals
<b>Eligible Sponsors</b>	Schools, nonprofits, and for-profits

# CACFP At-Risk Reimbursement

<b>Number and Type of Meals Eligible for Reimbursement</b>	One meal and one snack
<b>Reimbursement Rate</b>	“Free” rate for all meals and snacks served

# Activities

Programs must provide organized regularly scheduled education or enrichment activities (i.e., in a structured and supervised environment).





# CACFP At-Risk Meal Requirements

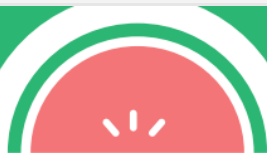
- A supper meal is comprised of **five** components:
  - Milk
  - Meat/meat alternate
  - Vegetable
  - Fruit
  - Grain



- A snack is comprised of a combination of any **two of the five** components
- All meal pattern charts can be found at:  
<https://www.fns.usda.gov/cacfp/meals-and-snacks>

# USDA Resources





## HOW TO PARTICIPATE IN THE AT-RISK AFTERSCHOOL MEALS COMPONENT OF CACFP

The U.S. Department of Agriculture's (USDA), Child and Adult Care Food Program (CACFP) At-Risk Afterschool Meals Component provides funding to afterschool programs that serve a meal and/or snacks to children and teens in low-income areas. There are a number of ways that local organizations can be a part of the At-Risk Afterschool Meals component of CACFP.

### What is the At-Risk Afterschool Meals component of CACFP (CACFP At-Risk)?

The CACFP is a federally funded, State-administered program that provides funding to child and adult care centers and homes that serve healthy meals and snacks. Through the At-Risk Afterschool Meals component of CACFP, healthy meals and snacks can be served to children and teenagers who participate in afterschool programs in low income areas. To participate, these programs must (1) be organized primarily to provide care for children after school or on the weekends, holidays, or breaks during the regular school year; (2) provide organized, regularly scheduled activities; (3) include educational or enrichment activities, like arts and crafts, computer lessons, or homework help; and (4) be located in an eligible area.

### Who Does CACFP At-Risk Serve?

The Program serves children and teenagers who are age 18 or under at the start of the school year.

### How Does It Work?

- **USDA** provides funding for the Program and sets requirements for meals and snacks. Meals and snacks must meet USDA nutrition standards in order to be reimbursed by the Program. See more at the [CACFP Web site](#).
- **State agencies** administer the Program and communicate with both USDA and sponsors.
- **Sponsors** are organizations that oversee afterschool care centers. Schools, local government agencies, camps, faith-based and other non-profit community organizations may be sponsors. Sponsors communicate with the State and get reimbursed for meals and snacks served in their afterschool programs.
- **At-Risk Afterschool Care Centers** are places where children and teens participate in an afterschool program. They can be located in many types of places, such as schools, libraries, or community centers. Centers may participate in CACFP At-Risk independently or under a sponsoring organization that manages multiple programs.

# AT-RISK AFTERSCHOOL MEALS GUIDE





For More Information...

[https://www.fns.usda.gov/  
cacfp/afterschool-  
programs](https://www.fns.usda.gov/cacfp/afterschool-programs)







## Common Myths & Misconceptions

# What Kinds of Programs Can Participate?

# Poll Question





# Who Can Participate?





# How Can Records Be Kept?

# Poll Question



# How Can Records Be Kept?



# When and Where Can Meals Be Served?



# Poll Question



# When and Where Can Meals Be Served?

---

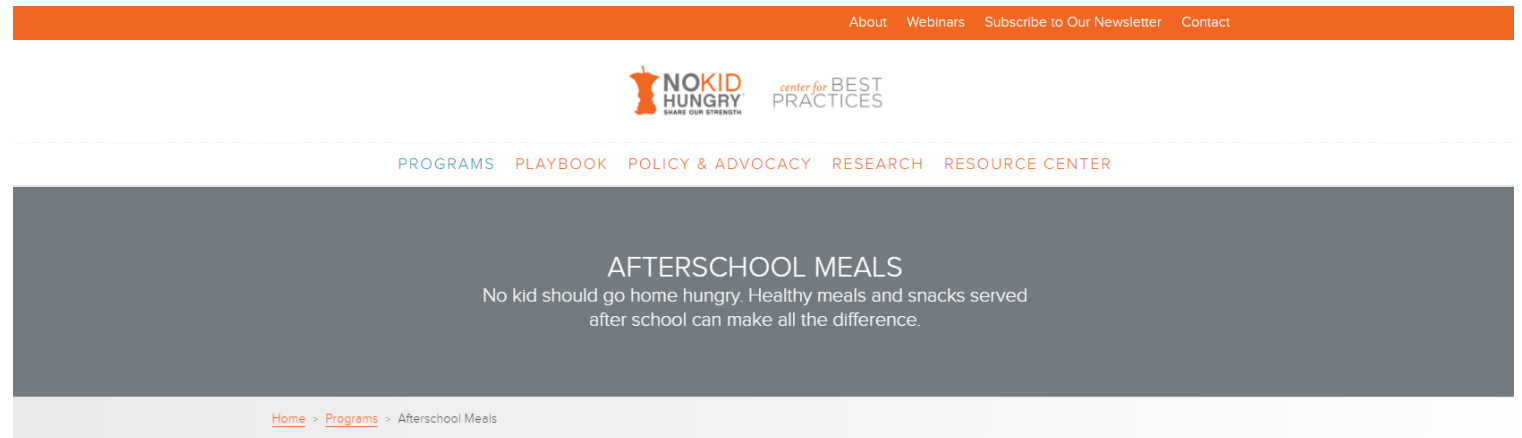
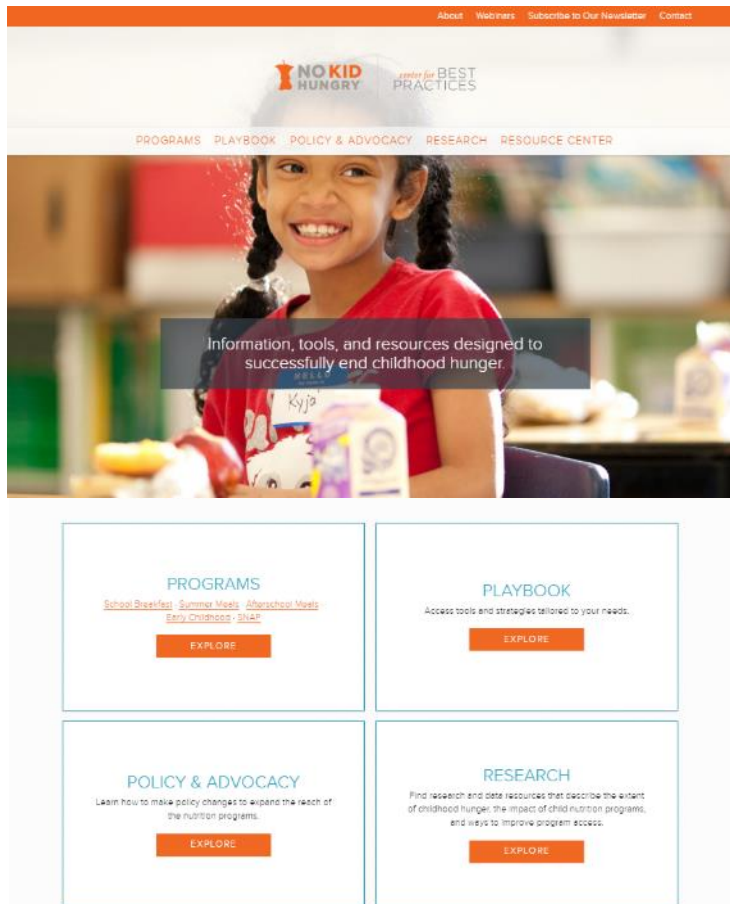






## Audience Q&A

# Resources at bestpractices.nokidhungry.org



Afterschool meal and snack programs allow educational and enrichment programs to provide kids with the nutrition they need. No Kid Hungry is committed to supporting existing programs, increasing participation and making meals available year-round.

<p><b>STARTING AFTERSCHOOL MEALS</b></p> <p>Learn the importance of afterschool nutrition programs and how your organization can begin participating.</p> <p><a href="#">EXPLORE</a></p>	<p><b>PROMOTING TO KIDS AND FAMILIES</b></p> <p>Find out how to effectively spread the word about afterschool meals in a variety of settings and mediums.</p> <p><a href="#">EXPLORE</a></p>	<p><b>IMPLEMENTING IN SCHOOLS EFFECTIVELY</b></p> <p>Get tools and tips for maximizing participation at school-based afterschool meals programs.</p> <p><a href="#">EXPLORE</a></p>
--	--	---

Activate Windows  
Go to Settings to activate Win





# How Afterschool Meals Reach Kids



# Afterschool Meals FAQs

FREQUENTLY ASKED QUESTIONS ABOUT AFTERSCHOOL MEALS

**WHY AFTERSCHOOL MEALS?**

Serving Afterschool Meals is a win-win-win for schools by bringing more money to the school nutrition department, increasing interest in afterschool programming, and most importantly, fueling hungry kids to continue learning and growing. The At-Risk Afterschool Meals component of the Child and Adult Care Food Program (CACFP), sometimes known simply as Afterschool Meals or the Supper Program, is the newest option under the federal child nutrition programs, and with that comes questions on how it works.

The School Nutrition Foundation and No Kid Hungry have partnered to answer some of the most commonly asked questions on implementing Afterschool Meals so that you can take advantage of this added resource for your department and students.

**AREA ELIGIBILITY**

**Q: What is the free and reduced-price eligibility criteria to qualify for Afterschool Meals?**

A: Each school or community location that serves meals or snacks through CACFP At-Risk Afterschool must be within the attendance zone of a public school where at least half (50 percent) of the students qualify for free or reduced-price school meals. If a school is the meal site, it does not need to reach the 50 percent threshold as long as it is within the attendance boundary of an eligible school.

**Q: Many schools in my district do CEP (Community Eligibility Provision). Are those schools automatically eligible?**

A: No, they are not automatically eligible, but they are likely eligible. Area eligibility must be determined for each school; unlike with CEP, there cannot be any school groupings or averaging. The individual school's identified student percentage (ISP) multiplied by 1.6 must be 50 percent or higher in order to qualify as area eligible, or it must be within the attendance zone of another school that qualifies.

**Q: Is attendance zone the same thing as the feeder pattern?**

A: No. Only attendance zones may be used to determine area eligibility.

One way to think about this is to consider a hypothetical child living at the address of the potential meal site. That child would be assigned to attend one elementary school, one middle school, and one high school. The free and reduced-price eligibility data for any one of those three schools could be used to determine the meal site's area eligibility.

Usually, many elementary schools eventually feed into one middle school and several middle schools to one high school, but the many schools within that feeder pattern do not necessarily confer area eligibility on each other. A meal site would ordinarily have only three schools it could use for determining area eligibility: an elementary school, a middle school or junior high, and a high school.

## Webinar Recordings

---

- Getting Started with Afterschool Meals
  - <https://bestpractices.nokidhungry.org/webinars/getting-started-afterschool-meals>
- Go Where the Kids Are: Find Success with Supper this School Year
  - [bestpractices.nokidhungry.org/webinars/go-where-kids-are-find-success-supper-school-year](https://bestpractices.nokidhungry.org/webinars/go-where-kids-are-find-success-supper-school-year)
- Menu Ideas to Boost Afterschool Meals Participation
  - [bestpractices.nokidhungry.org/webinars/menu-ideas-boost-afterschool-meals-participation](https://bestpractices.nokidhungry.org/webinars/menu-ideas-boost-afterschool-meals-participation)
- Fueling Young Readers: Afterschool Meals at Libraries
  - <https://bestpractices.nokidhungry.org/webinars/fueling-young-readers-afterschool-meals-libraries>



center for BEST  
PRACTICES

Thank you!

Carolyn Wait

[cwait@strength.org](mailto:cwait@strength.org)

[www.bestpractices.nokidhungry.org](http://www.bestpractices.nokidhungry.org)