

Getting Started with Afterschool Meals

May 15, 2019
3:00 PM ET



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Housekeeping

- Listen-only mode
- Submit questions and ideas in the “Questions” section of the GoToWebinar menu
 - Questions will be addressed at the end
- Recording and resources available afterward

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Introductions

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No Kid Hungry campaign



Agenda



- Background on No Kid Hungry
- Benefits of Afterschool Meals
- Afterschool Meals Basics
- Next Steps to Get Started



No Kid Hungry is ending childhood hunger through effective programs that provide kids with the food they need.

No Kid Hungry is a campaign of Share Our Strength, an organization working to end hunger and poverty in the US and abroad.

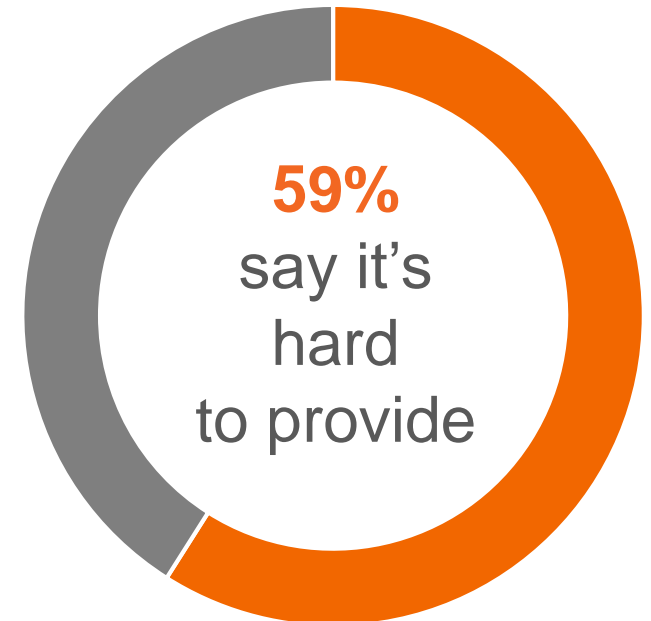


No Kid Hungry's Center for Best Practices provides information, tools, and resources designed to end childhood hunger.

The Benefits of Afterschool Meals

Why Afterschool Programs Should Participate

Why Serve Afterschool Meals?



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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Why Serve Afterschool Meals?

- Increase attendance
- Improve behavior
- Enhance performance
- Perk for parents
- Help bottom line



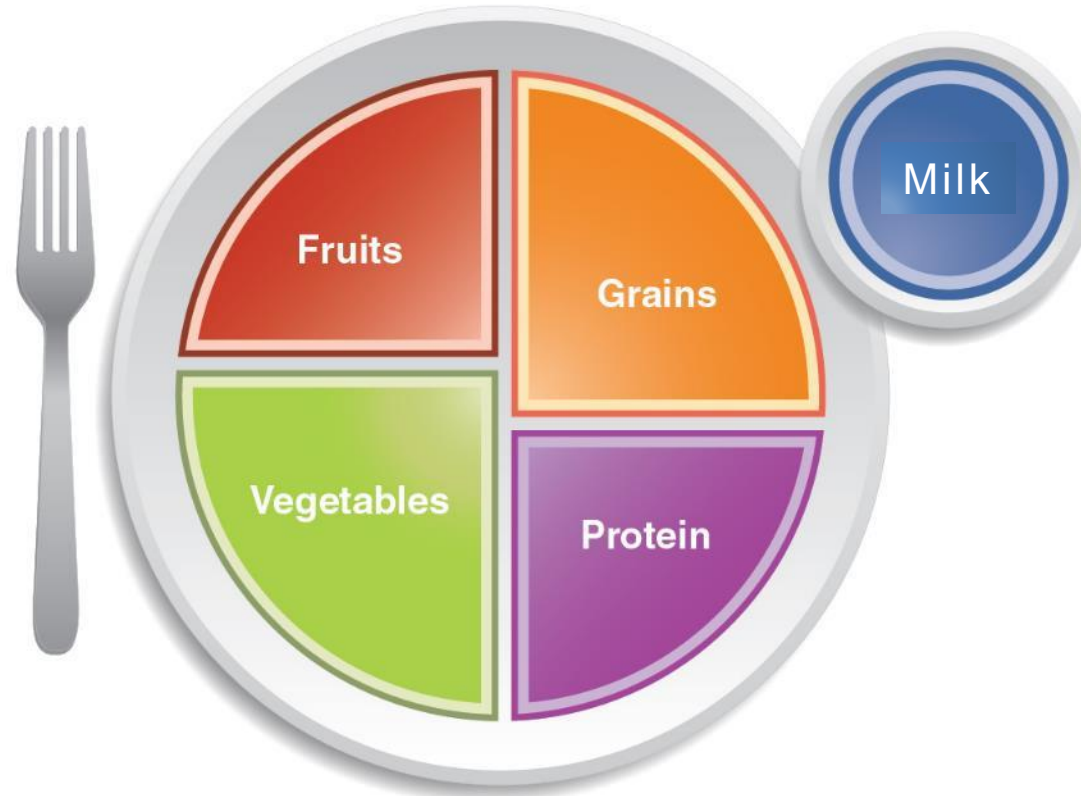
Afterschool Meals Basics

Understanding the Child & Adult Care Food Program's At-Risk Afterschool Options

How Afterschool Meals Reach Kids



What Is an Afterschool Meal?



Choose**MyPlate**.gov

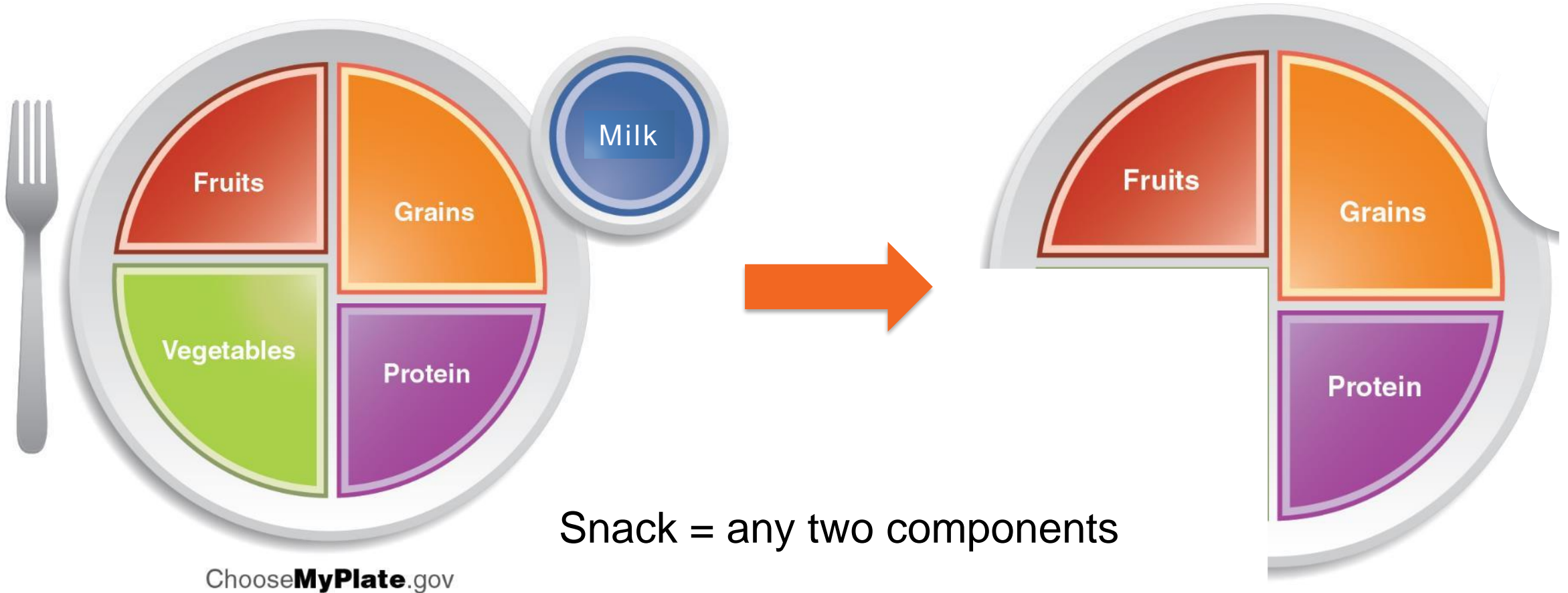
Examples of Afterschool Meals



Minimize Waste with Share Tables



What's the Difference Between a Meal and Snack?



Snack = any two components

Choose**MyPlate**.gov

Afterschool Program Site Requirements

Located within attendance zone of public school where 50%+ are eligible for free or reduced-price school meals.

Offers regularly scheduled educational or enrichment activities in a structured and supervised environment.

Meets applicable state or local health and safety standards (waived for schools participating in the NSLP).

Afterschool Meals Timing



School days, weekends,
holidays, or breaks
during the school year



After the final bell on
school days



During program hours

Kids & Afterschool Meals

- Open to kids & teens who are 18 or under as of beginning of school year
- No enrollment required
- No income information or other individual eligibility information required



Next Steps

How to Get Started

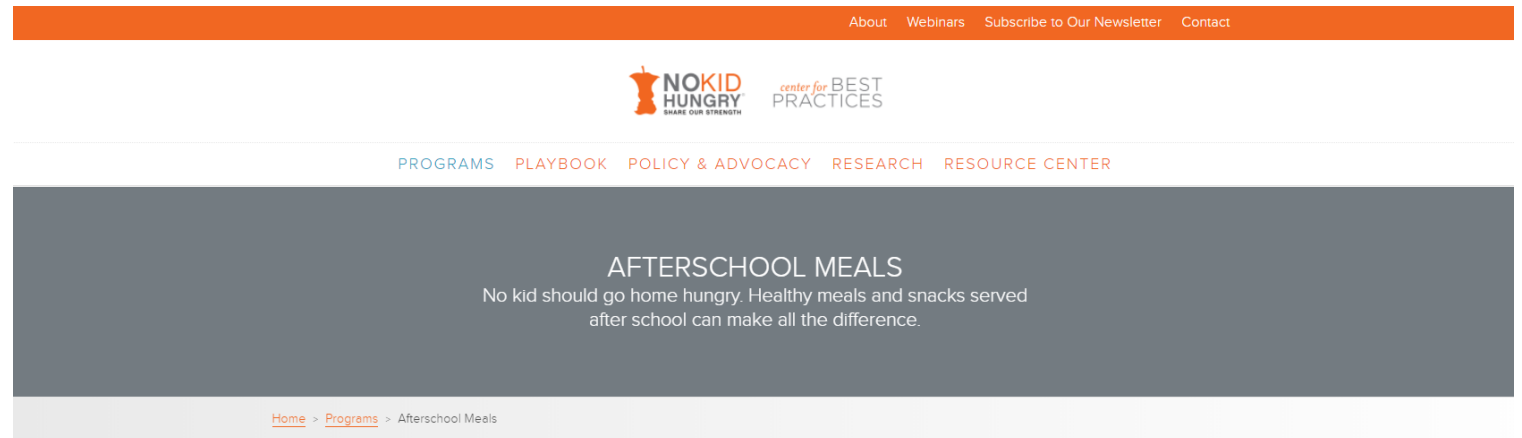
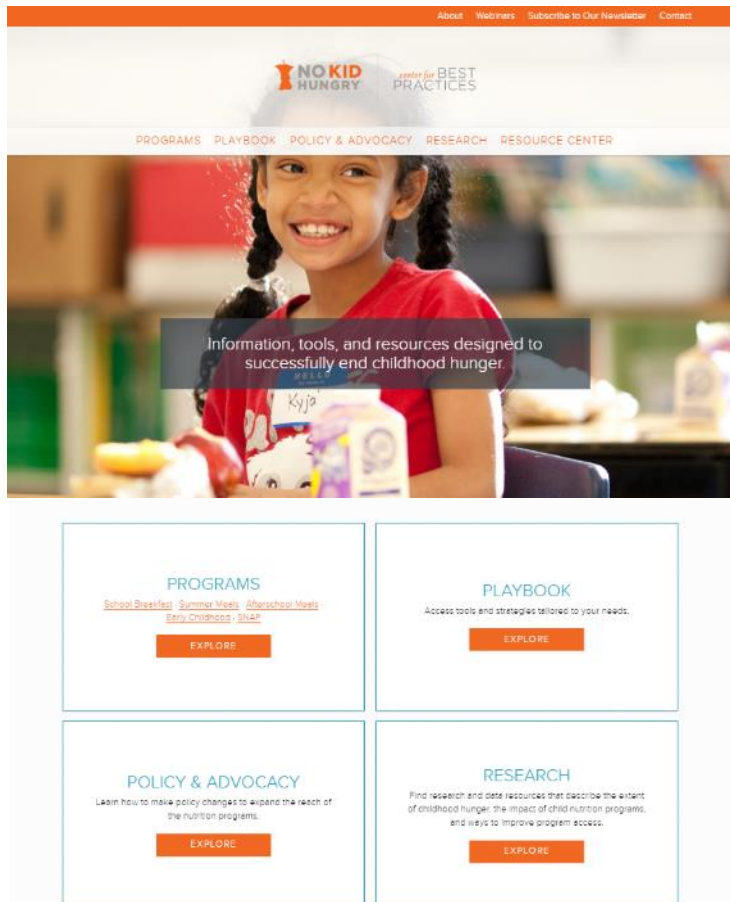
Options for Participating

- Independently – work directly with the state agency
- Sponsored – work with a non-profit organization
 - Sponsoring organization can oversee paperwork only *or* oversee paperwork and provide meals

Next Steps

- To find a CACFP sponsoring organization:
 - Contact your state agency:
<https://www.fns.usda.gov/contacts?f%5B0%5D=program%3A9088>
 - Use the National CACFP Sponsors Association's Find a Sponsor search tool:
<https://www.cacfp.org/resources/tools-providers-centers/find-a-cacfp-sponsor/>
 - Ask the local school nutrition department
- To pursue participating in the CACFP independently:
 - Contact your state agency:
<https://www.fns.usda.gov/contacts?f%5B0%5D=program%3A9088>

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



Starting Afterschool Meals: FAQs

Why Serve Afterschool Meals?

Kids need healthy food throughout the day to grow, learn, and stay active. Students may have an early start to their day and have an early lunch period, leaving them hungry by the end of the school day. Kids involved in afterschool activities need extra fuel to focus and perform for long hours, especially if they get home late. And one in six kids lives in a household struggling with hunger, so they may not have a healthy meal waiting at home.

What is the Afterschool Meals Program?

The Afterschool Meals Program, sometimes called the At-Risk Afterschool Program or Supper Program, is a part of the Child and Adult Care Food Program (CACFP). The CACFP helps a variety of care providers and out-of-school-time programs to serve healthy food to kids and teens. The Afterschool Meals Program provides funding for meals and snacks served by out-of-school-time programs in low-income areas.

Why Go Through the CACFP?

The CACFP ensures that kids get age-appropriate portions of healthy foods, including a fruit, vegetable, whole-grain rich item, protein item, and milk. The funding provided through the CACFP means that afterschool programs don't have to pay out-of-pocket for food or rely on donations and volunteers, and kids don't have to rely on vending machines or granola bars brought from home.

How Do I Know if I'm Eligible?

The basic requirements are:

- ✓ Your program is located within the attendance area of a public school where at least half of the students are eligible for free or reduced-price school meals. You can check online or contact your local school district you're not sure about this.
- ✓ You provide supervised afterschool enrichment activities on a regularly scheduled basis. This can be anything from tutoring to music and band to non-competitive sports and physical activities. You do NOT have to operate five days per week, and weekend programs are eligible.
- ✓ You meet any applicable state or local licensing, health, and safety requirements, OR your program operates at a school.

How Can I Get Started?

- ✓ Afterschool programs often find it easiest to work with a sponsor that handles most of the paperwork and reporting. A sponsor may also take care of providing meals.
- ✓ Does your program operate at a school? Check with the district's school nutrition department to see if the district already offers afterschool meals. Encourage the district to start if it doesn't!
- ✓ Contact your [state agency](#) to ask for a list of Afterschool Meals Program sponsoring organizations that serve your area, or use the National CACFP Sponsors Association (NCA) [search tool](#) (which will only show NCA member organizations).
- ✓ The state agency and a sponsor can help verify your eligibility and discuss how the program can work for you.

Want to learn more? Download [How Afterschool Meals Reach Kids](#) or visit <https://bestpractices.nokidhungry.org/afterschool-meals>.
Questions? Contact bestpractices@strength.org.

Download at

<http://bestpractices.nokidhungry.org/programs/afterschool-meals/starting-afterschool-meals#community-afterschool-enrichment-programs>

Or access directly at

<http://bestpractices.nokidhungry.org/resource-center/download?id=15MVK-npB4wJ4Zgi-ZFkS2MRh4NyhZU59>

Fueling Young Readers Year-Round: An Afterschool Meals Case Study



NO KID HUNGRY
by SHARE OUR STRENGTH

AN AFTERSCHOOL MEALS CASE STUDY

FUELING YOUNG READERS YEAR-ROUND

When Erin Collins started working at the Whitney Library in 2011, she noticed something surprising. Rather than briefly dropping by the library to browse and check out books, many kids stayed all day during the summer. Some showed up by themselves in the morning and left by themselves at closing time, well into the evening. The pattern continued during the school year, with some kids arriving directly from school and leaving when the library closed. The library was their safe space while their parents worked, she realized. Even more surprising was the fact that these children never left for lunch or snacks. Occasionally a child would ask the staff for food, leading Collins to assume that many more were silently hungry. Collins was aware that some children and families must struggle with hunger in this transient community—there are several nearby motels advertising weekly and monthly rates—but she felt powerless to help.

Then an opportunity presented itself. Three Square Food Bank, one of the largest non-profit sponsors of afterschool and summer meals in the Las Vegas area, agreed to provide meals over the summer. Once the library's board approved of having food in the library, kids could get lunch and an afternoon snack at no charge without having to leave the safety of the library (or its air conditioning). A few years later, after Collins became the Youth Services Department Head, the opportunity extended to afterschool meals during the school year.

Since the 2016-2017 school year, the Whitney Library has served afterschool meals Monday to Thursday. Because the Child and Adult Care Food Program (CACFP) requires sites to offer structured afterschool enrichment activities in order to serve meals through its At-Risk Afterschool Meals component, the Whitney Library offers tutoring at that time. The Las Vegas-Clark County Library District's foundation pays for tutors through a non-profit that employs college students as well as a program that employs college students.

Most kids walk from a nearby elementary and middle school, plus a local high school has a bus stop to drop off students right in front of the library. Collins worked to create a teen zone separate from both the children's section and the rest of the library. While many kids come on their own, there are parents present. On an afternoon in early September, a man walked in with his son to ask if it was true that the library offers free tutoring. He looked relieved to hear a yes. Then a mother arrived with three children. When the youngest was asked about her favorite part of coming to the library, she excitedly replied, "The snacks! The snacks! And the books."

The Whitney Library works with Three Square to provide fresh lunches during the summer. Three Square brings in a refrigeration unit and provides staff to help serve the meals. During the school year, though, the library's own staff serve shelf-stable meals that Three Square delivers earlier in the day. Although the bagged meals meet the requirements to be reimbursed as "suppers" through the CACFP, the library

Download at

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<http://bestpractices.nokidhungry.org/resource-center/download?id=1e6U7bKNvi4Mc9QDE2WG9y0I4U3BtZSwo>

Webinar Recordings

- Afterschool Meals: A Win-Win-Win for Schools
 - bestpractices.nokidhungry.org/webinars/afterschool-meals-win-win-win-schools
- Start the School Year Right with Innovative Approaches to Afterschool Meals
 - bestpractices.nokidhungry.org/webinars/start-school-year-right-innovative-approaches-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
- Menu Ideas to Boost Afterschool Meals Participation
 - 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>



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Thank you!

Contact us with questions at
bestpractices@strength.org

or visit

www.bestpractices.nokidhungry.org

Audience Q&A





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Thank you!

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