



Back to School:

The Afterschool Meal Program

August 17, 2017, 1pm Eastern



Today's Agenda

Introductions

Clarissa Hayes, FRAC

Afterschool Programming and Meals

Tiereny Lloyd, Afterschool Alliance

Afterschool Meals 101

Andrea Farmer, USDA FNS

Sponsor Perspective

Cory Jackson, YMCA of Western North Carolina

Link Between Afterschool Meals and Programming

Tiereny Lloyd, MPH

Director of Health & Wellness Initiatives

Afterschool Alliance



Afterschool Alliance

About the Afterschool Alliance



- ✓ National non-profit based in DC
- ✓ Wide & deep reach at the grassroots & grasstops
 - ✓ Work with more than 25,000 program providers
 - ✓ 50 statewide afterschool networks
 - ✓ 100+ Afterschool Ambassadors at the city level
 - ✓ Bipartisan afterschool caucus in House & Senate
- ✓ Systems-building approach:

1

Field-Building

2

Research

3

Policy, Advocacy &
Communications



Afterschool Alliance

Why Focus on Health & Wellness?



- ✓ Childhood obesity rates have tripled
- ✓ 1 in 3 children ages two to 19 are overweight or obese
- ✓ Racial and ethnic disparities persist among communities of color
- ✓ More likely to acquire risk factors for cardiovascular disease
- ✓ ***Today's kids are the first generation with a shorter life expectancy than their parents.***



Afterschool is Key

Afterschool programs play a critical role in keeping children healthy and active!

More youth than ever before—

10.2 million

—are in afterschool programs.

For every child
in a program,



2 are waiting to get in.



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What Do Parents Say?



Kids on the Move:
Afterschool Programs
Promoting Healthy
Eating and Physical Activity



PARENTS WANT HEALTHY OPTIONS

More youth than ever before—

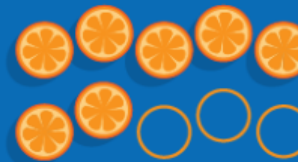
10.2 million

—are in afterschool programs.



8 in 10

parents want afterschool
programs to provide opportunities
for physical activity



more than

7 in 10

want programs to offer healthy
meals, snacks, or beverages



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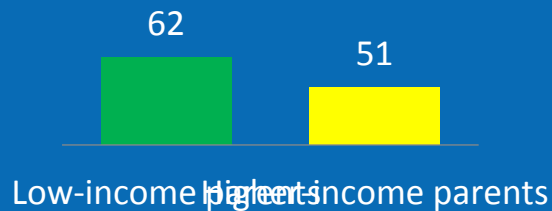
Helping Families Most in Need

Agree afterschool programs should...

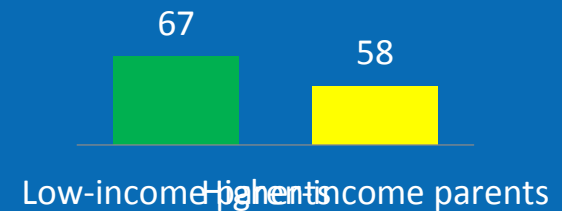
Higher-income parents



A program offering food was very important in...



A program offering healthy food was very important...



Afterschool Meals – It's more than the food



- ✓ Afterschool & summer meals can be key to partnership, coalition building in your community & a great way to stretch your program's budget
- ✓ Possible benefits of partnering with diverse partners to provide meals:
 - ✓ Provide meals for your program
 - ✓ Provide staff to serve meals
 - ✓ Help navigate paperwork requirements
 - ✓ Encourage students to attend your program
 - ✓ Provide technical support and additional information



Potential Partners



- ✓ District school nutrition programs
- ✓ Food banks
- ✓ Anti-hunger advocates
- ✓ State-Wide Afterschool Networks



Find Out More!



How are kids spending their time afterschool?

Jump to...

- Share on Facebook
- Tweet to followers
- Share via email



AFTERSCHOOL & CONCENTRATED POVERTY

Afterschool programs have the ability to help address inequalities facing families living in communities of concentrated poverty. Learn more about the supports and activities that afterschool programs are providing to children and families in these high-need communities.

Report

National Data

Infographics

★ Communities of Concentrated Poverty

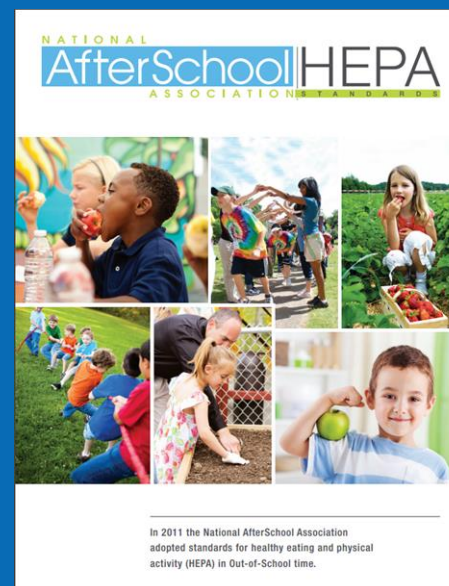
Afterschool in Rural America

Full STEM Ahead

Afterschool in Demand

Benefits of Afterschool

Support for Afterschool



In 2011 the National AfterSchool Association adopted standards for healthy eating and physical activity (HEPA) in Out-of-School time.

http://naaweb.org/images/NAA_HEPA_Standards_new_look_2015.pdf

www.afterschoolalliance.org/AA3PM



Afterschool Alliance



CACFP At-Risk Afterschool Program

Andrea Farmer

Branch Chief, Community Meals Programs

USDA Food and Nutrition Service



United States Department of Agriculture

Program History

Legislative Action:

- 1994 – authorized afterschool snack pilot to children ages 13–18, in areas with high violence or drugs
- 1998 – extended afterschool snacks to children through age 18 in all States
- 2000 – 2009 – allowed reimbursement for meals in Afterschool Programs in selected States
- 2010 – expanded meal reimbursement to all States



Program Intent

	CACFP At-Risk
Program Purpose	Provide care to At-Risk children outside of school hours – after school, weekends, holidays
Children Served	Participates in a program organized primarily to care for children in low income areas
Administration	Sponsoring organizations or independent child care centers



Eligibility

	CACFP At-Risk
Child Eligibility	Ages 18 and under (or any age if disabled)
Location	“Area eligible” based only on school attendance area
Eligible Sponsors	Schools, nonprofits, and for-profits



	CACFP At-Risk
Number and Type of Meals Eligible for Reimbursement	One meal and one snack
Reimbursement Rate	“Free” rate for all meals and snacks served



Activities

CACFP At-Risk

Programs must provide organized, regularly scheduled activities and include educational or enrichment activities.



CACFP Meal Pattern Revisions

Updates the meal pattern requirements for infants, children, and adults

Implementation by October 1, 2017

Early implementation at States' discretion



Required Components as of October 1, 2017



Milk

Low-fat or
non-fat
(2 yrs & older)

Whole
(1 yr olds)



Fruit

Juice
100%

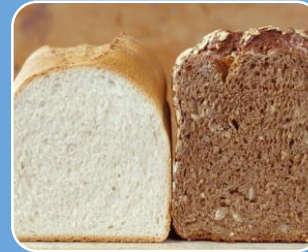
(no more
than
once/day)



Vegetable

Juice
100%

(no more
than
once/day)



Grains/ Bread

One
whole
grain-rich
per day



Meat/Meat Alternate

Meat,
Poultry,
Seafood,
Eggs,
Cheese,
Yogurt, Tofu

Child and Adult Meal Pattern Overview

Provision	Previous Meal Patterns (may follow through 9/30/17)	Updated Meal Patterns (required starting 10/1/17)
Age groups	<ul style="list-style-type: none">• 1-2 year olds• 3-5 year olds• 6-12 year olds• Adults	<ul style="list-style-type: none">• 1-2 year olds• 3-5 year olds• 6-12 year olds• 13-18 year olds• Adults
Vegetables and fruits	<ul style="list-style-type: none">• Vegetables and fruit are one combined component• Juice may meet the entire vegetable/fruit component at breakfast; may meet up to one half of the vegetable/fruit component at lunch and supper	<ul style="list-style-type: none">• Separate vegetable component and fruit component at lunch, supper, and snack• Juice may fulfill the entire vegetable component or fruit component at only one meal or snack per day



Child and Adult Meal Pattern Overview

Provision	Previous Meal Patterns (may follow through 9/30/17)	Updated Meal Patterns (required starting 10/1/17)
Grains	<ul style="list-style-type: none">Grains must be whole grain, enriched, or fortified	<ul style="list-style-type: none">At least one serving of grains per day must be whole grain-richGrain-based desserts are not creditableBreakfast cereals must contain no more than 6 g sugar/dry oz
Meat/meat alternates	<ul style="list-style-type: none">No meat/meat alternate component at breakfast	<ul style="list-style-type: none">A meat/meat alternate may be used to meet the entire grains component at breakfast no more than three times per weekTofu and soy yogurt are creditable meat alternatesYogurt must contain no more than 23 g sugar/6 oz



Child and Adult Meal Pattern Overview

Provision	Previous Meal Patterns (may follow through 9/30/17)	Updated Meal Patterns (required starting 10/1/17)
Milk	<ul style="list-style-type: none"> Must serve low-fat (1%) or fat-free (skim) milk to children 2 years old and older and adults; may be flavored or unflavored 	<ul style="list-style-type: none"> Must serve unflavored whole milk to 1 year old children Must serve unflavored low-fat (1%) or unflavored fat-free (skim) milk to children 2 through 5 years old Must serve unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk to children 6+ and adults
Food preparation	No restrictions on how food is prepared	<ul style="list-style-type: none"> Deep fat-fried foods that are prepared on-site are not creditable
Types of meal service	Adult day care centers may utilize offer versus serve	<ul style="list-style-type: none"> Adult day care centers and at-risk afterschool programs may utilize offer versus serve



Year-Round Access



Benefits of the Year-Round Meal Programs

Organization Benefits:

- Can hire year-round staff
- Additional financial stability
- Becomes a stable source of services

Community Benefits:

- Low-income children have greater access to meals throughout the year
- Brings more Federal funds into the local economy



Transitioning from SFSP to CACFP

Health and Safety Inspections

Site Eligibility

Activities

Training

Meal Pattern



Next Steps for Interested Sponsors

Contact Your State Agency

- <https://www.fns.usda.gov/cacfp/cacfp-contacts>
- <https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>





How To Apply

- > Contact State Agency
- > Income Eligibility
- > Reimbursement Rates

Browse by Subject

- > Federal Register Documents
- > Legislation
- > Policy
- > Press Releases
- > Regulations
- > Guidance and Resources
- > CN Labeling
- > Food Safety
- > Research & Reports
- > Disaster Assistance

Other Resources

- > Capacity Builder Map
- > CACFP Handbooks
- > CACFP Meal Patterns
- > School Meals

Child and Adult Care Food Program (CACFP)

Print



CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.

Through CACFP, more than 3.3 million children and 120,000 adults receive nutritious meals and snacks each day as part of the day care they receive.

See how CACFP can make a difference in the quality of your program! Whether you are a provider in your home, at a day care center, in an afterschool care program, or in an emergency shelter, you will find many useful resources for serving nutritious meals and snacks.



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- [Disaster Assistance](#)
- [Unpaid Meal Charges](#)

Other Resources

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- [School Meals](#)
- [Summer Meals](#)
- [Team Nutrition](#)

Child and Adult Care Food Program (CACFP)

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Policy

To perform a full-text search on policy memos, click "View All" at the bottom of this page, then use your browser menu Edit/Find or Control-F to initiate the search.

Date

-Year

[Apply](#)

Date	Document #	Title
01/17/2017	CACFP06-2017	Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers
12/09/2016	CACFP05-2017	Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program
12/02/2016	FD-104	Value of USDA Donated Foods for Audits
12/01/2016	SP08 CACFP04 SFSP03-2017	Area Eligibility in Child Nutrition Programs
10/19/2016	SP05 CACFP03 SFSP02-2017	Q&A: Purchasing Goods and Services Using Cooperative Agreements, Agents, and Third-Party Services
10/14/2016	CACFP02-2017	Grain Requirements in the CACFP: Q&As
10/06/2016	SP02 CACFP01 SFSP01-2017	Updated Fiscal Year Reporting Timeline and Reporting Table
09/29/2016	CACFP27-2016	Clarifications: Funding Levels for FY2017 CACFP Audit Fund Allocation
09/09/2016	CACFP25-2016	Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers
09/09/2016	SP55 CACFP06 SFSP04	Meal Service During Unanticipated School and Day-Care Closures



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Child and Adult Care Food Program (CACFP)

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Nutrition Standards for CACFP Meals and Snacks



Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Through the Healthy, Hunger-Free Kids Act, USDA made the first major changes in the CACFP meals and snacks since the Program's inception in 1968, which will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day. The updated CACFP nutrition standards will help safeguard the health of children early in their lives and improve the wellness of adults.

Under the updated CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with the [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) and with other [Child Nutrition Programs](#).

The updated standards for meals and snacks served in the CACFP are based on the [Dietary Guidelines for Americans](#), science-based recommendations made by the National Academy of Medicine, cost and practical considerations, and stakeholder's input. These improvements are expected to enhance the quality of meals served in CACFP to help young children learn healthy eating habits early on in their lives and improve the wellness of adult participants.

USDA is providing guidance, resources, best practices, and training for CACFP centers and day care homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve.



Thank you!

Andrea Farmer
Branch Chief, Community Meals
Policy and Program Development
Child Nutrition Programs

andrea.farmer@fns.usda.gov





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AFTERSCHOOL MEAL PROGRAM

FRAC AFTERSCHOOL MEALS WEBINAR

August, 17th



OVERVIEW

1. MEALS AT THE Y OF WNC

2. LOGISTICS OF PARTICIPATION

- Meals vs. Snacks
- Training
- Reimbursements and Fiscal Management

3. SITE PARTICIPATION

4. PARTNERSHIPS AND VOLUNTEERS!

5. BEST PRACTICES AND LESSONS LEARNED

MEALS AT THE Y

- Currently operate the Child and Adult Care Feeding Program (CACFP) program within all of our eligible afterschool sites across Buncombe and McDowell Counties.
- This year we had 21 sites. All of which were self-prepped
- This coming year we will have 31 including the addition of two community based sites in the 17/18 FY
- In our service area for meals, we have a 22% child hunger rate in Buncombe County and 26% in McDowell County
- Serve on average 825 “meals” a day during the school year across 31 sites
- Originally we got involved to meet a need that was not currently being met within our afterschool program; to serve healthy meals to all program participants.



SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date:	Date:	Date:	Date:	Date:
Milk, 8 oz measure and pour	Milk, 8 oz measure and pour	Milk, 8 oz measure and pour	Milk, 8 oz measure and pour	Milk, 8 oz measure and pour
Greek Yogurt, 5.3 oz	Cheese Cubes	Turkey & Provolone Cheese	Hummus Packs, 4 oz	Mozzarella String Cheese, 2 oz
1 string cheese	2 oz.	1 oz/each(check packaging for slices)	2 cups/kid	2 string cheese
Cheerios, 1 cup	Graham Crackers, 1 oz from package instructions	Whole Wheat Tortilla 1 each	Saltine Crackers, 1 oz 8 crackers	Saltine Crackers, 1 oz 8 crackers
Carrots, 1/2 c	Mixed Vegetables, 1/2 c	Side Salad, 1/2 c	Mixed Vegetables, 1/2 c	Carrots, 1/2 c
Cutie Orange, 1/4 Cup 1 each	Fruit Cup, 1/2 Cup 1 each	Banana, 1 medium 1 each	Apple Slices, 1/4 Cup	Grapes, 1/4 c

MEAL PROGRAM LOGISTICS

- Meals Vs. Snacks
 - Started with snacks, slowly converting over to meals. By the start of the upcoming school year we will have 94% of our sites serving meals
 - Made the switch to match presented community need and help create a stronger financial base
- Training
 - Staff training happens at the start of each school year with ALL afterschool staff present
 - For the upcoming school year the hope is that a food program training will be required of all new hires.
 - Sites are all “self-prep” meaning meals are prepped onsite
- Fiscal Management
 - Shifting from snacks to meals has been huge for us
 - This shift has allowed us to bring more staff support on to help with program management
 - Over the 4 years I have been involved we have broke even 3 years and have produced a surplus this year that gets to be invested into program



SITE PARTICIPATION

- Training, training, training!
- Meal counts are vital
- Staff “hunger hero” at each site



PARTNERSHIPS AND VOLUNTEERS

- Partnerships are at the heart of the work
 - Vendors
 - Local nonprofits
 - State Agency
 - Universities
 - Plate waste studies, menu review, etc.
- Volunteers
 - Nutrition Assistant roles at site
 - AmeriCorps member
 - Help to manage community based sites



BEST PRACTICES

- Things to consider
 - Start with quality, build intensity (number served), then grow volume of sites
 - Patience, patience, patience!
 - From the beginning aim to make your program year-round





THANK YOU!

CORY JACKSON
NUTRITION AND WELLNESS DIRECTOR
FL, VA, GA FOOD PROGRAM REGIONAL FACILITATOR-YMCA OF THE USA
YMCA OF WESTERN NORTH CAROLINA

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CJACKSON@YMCAWNC.ORG

Next Steps

- If you are serving meals out of pocket, **connect with your administering state agency** about serving afterschool meals through CACFP.
- Consider your capacity and decide whether you want to **self-sponsor or operate as a site under an existing sponsor**
- **Be creative about programming, promotion, and partnerships** to make the meal programs successful
- Already serving meals? **Start thinking about ways to improve the quality, add weekend meals, or extend meal service**



FRAC Resources

- ❑ Afterschool/Summer Meals Matter Series
- ❑ Summer/Afterschool Newsletter
- ❑ Model programs and menus
- ❑ Fact Sheets and Guides
- ❑ Standards of Excellence
- ❑ Data and Reports

And more at [FRAC.org](https://www.frac.org)!

Questions? Comments?

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Andrea Farmer

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USDA FNS - Community Meals Branch

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