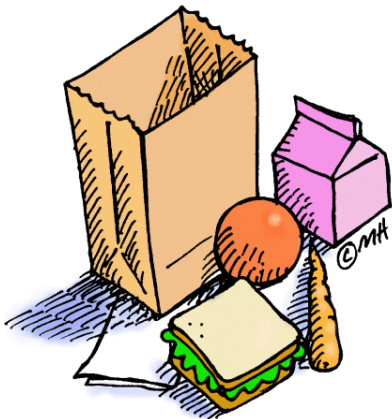


## Afterschool Suppers...Healthy Bodies, Engaged Minds!

Meals are increasingly important because more and more children are spending long hours in afterschool programs while their parents are working, often nontraditional hours

By the time children arrive at their afterschool program, lunch is a distant memory. They need a supper and snack to help get them through the afternoon.

*Providing healthy food after school allows children to be fully engaged in the activities at their afterschool program.*



## For more information:

### OSSE Wellness and Nutrition Services

<http://www.osse.dc.gov>

### D.C. Hunger Solutions

<http://www.dchunger.org>

### FRAC's Afterschool Resource Center

<http://www.frac.org/afterschool>



**D.C. Hunger Solutions**

Ending hunger in the nation's capital

### D.C. Hunger Solutions

1875 Connecticut Ave., NW

Suite 540

Washington, DC 20009

Phone: 202-986-2200

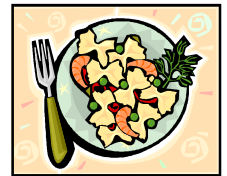
[www.dchunger.org](http://www.dchunger.org)

D.C. Hunger Solutions, founded in 2002 as an initiative of the Food Research Action Center (FRAC), works to create a hunger-free community and improve the nutrition, health, economic security, and well-being of low-income District residents.



We would like to thank Kaiser Permanente for their support in the development of this brochure.

## Start Serving Supper at Your Afterschool Program



## It pays to serve nutritious suppers!

Prepared by D.C. Hunger Solutions

# Start Serving Supper at Your Afterschool Program

**Great News! The Healthy, Hunger Free Act of 2010 Expands Afterschool Meal Program to all 50 states!**

**Read on for information on getting money to serve supper!**

## The Afterschool Meal Program

With the passage of the *Healthy, Hunger Free Kids Act of 2010*, all states can participate in the Afterschool Meals Program. It is part of the Child and Adult Care Food Program (CACFP), which is locally administered through the Wellness and Nutrition Services Department of the Office of the State Superintendent of Education.

This Program provides federal funds to afterschool programs to serve suppers to children age 18 and under during the school year (including weekends, holidays, and school breaks). If the afterschool program operates long enough, the site can serve both a supper and a snack. And, these meals can be served anytime during the



## It Pays to Serve Afterschool Meals

Funding from the Afterschool Supper Program can add up. An afterschool program that is serving meals to 50 children could receive about \$24,900 in federal funds. Serving a snack in addition to a meal increases the funding to over \$31,700 per year. *(Calculations based on the 2011-2012 reimbursement rate of \$2.77 per supper and \$.76 per snack during a 180 day school year. Also note that organizations receive an additional 22¢ per supper in cash in lieu of commodities.)*

## How Does an Afterschool Program Qualify?

To participate, an afterschool program must:

- Be operated by a school, local government agency, some for-profit organizations, or private nonprofit organizations such as community or faith-based organizations.
- Be located in a low-income area or serve primarily low-income children.
- Offer educational or enrichment activities such as: homework assistance, tutoring, arts and crafts, computer labs, life skills, or physical activities.

Sports and recreation can be a part of the afterschool program, but competitive sports teams, such as the varsity football team are not eligible.

Afterschool programs must meet state and local health and safety requirements.



## Serve Healthy Meals

The meal served through the Afterschool Supper Program must include:

- 1 serving of milk (2% or less)
- 1 serving of fruit
- 1 serving of vegetable
- 1 serving of grains
- 1 serving of protein

Meals can be served hot or cold and can be as simple as a turkey sandwich, an apple, carrot sticks, and a carton of milk (2% or less).

The Office of the State Superintendent of Education (OSSE) – Wellness and Nutrition Services can provide information on developing menus.

## Getting Started

Contact Norma Birkhead, CACFP Manager at 202-442-4010 to help you determine whether or not your program qualifies to participate. For more information on afterschool nutrition, visit D.C.

Hunger Solutions at [www.dchunger.org/fedfoodprogs/afterschool/afterschool\\_meals.htm](http://www.dchunger.org/fedfoodprogs/afterschool/afterschool_meals.htm) or FRAC's Afterschool Resource Center at [www.frac.org/afterschool](http://www.frac.org/afterschool).

