



For more information contact:

**CHILD AND ADULT CARE
FOOD PROGRAM**

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Child & Adult Care Food Program (CACFP)

AT-RISK AFTERSCHOOL MEALS



SERVE HEALTHY MEALS TO CHILDREN IN YOUR AFTERSCHOOL PROGRAM

THE CACFP IS A FEDERALLY FUNDED PROGRAM DESIGNED TO PROVIDE
NUTRITIOUS MEALS TO CHILDREN.

The Afterschool Meal Program

The At-Risk Afterschool Meal Program is part of the Child and Adult Care Food Program (CACFP) and provides federal funds to afterschool programs to serve a nutritious supper and snack to children age 18 and under at the start of the school year. The meal can be served at any time during the afterschool program, from right after school to later in the evening.

Afterschool programs that operate on non-school days, weekends, and holidays during the school year may serve one meal and one snack on those days as well. The meal may be either breakfast, lunch or supper.

The Benefits

By the time children arrive at their afterschool programs, lunch is a distant memory. They need a meal or 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.

Suppers are increasingly important because more and more children are spending long hours in afterschool programs while their parents are working. The children require more than a snack to sustain them throughout the afternoon and early evening. In some cases, the food a child receives at an afterschool program might be their only meal until the next school day.

It Pays To Serve Afterschool Meals

All meals and snacks served in the afterschool programs in CACFP earn reimbursement at the “free” rate. USDA rates are adjusted every July 1.

Funding from the At-risk Afterschool Meal Program can add up. An afterschool program serving supper to 50 children five nights a week during the school year could receive more than \$22,000 in federal funding. Serving a snack in addition to the supper would bring in an extra \$6,100.



How Does An Afterschool Program Qualify?

ELIGIBLE AFTERSCHOOL PROGRAMS INCLUDE:

- Those operated by a school, public or private nonprofit organizations—such as a Boys and Girls Club or community action agency. In addition, some for-profit organizations may be eligible.
- Programs must be located in an attendance area of a public school where at least 50% of the enrolled students are eligible for free or reduced-price meals.
- Programs must provide educational or enrichment activities in an organized structure such as homework assistance, tutoring, arts and crafts, computer labs, life skills, or physical activities.
- Programs must meet state or local health and safety standards.

Your State Agency can help you determine whether or not your program qualifies. All programs must meet state and local health and safety requirements.

Serve Healthy Meals

All meals and snacks served must meet the CACFP meal pattern requirements. For example, supper served in the At-Risk Afterschool Meal Program must include:

- 1 serving of milk
- 2 servings of fruits and vegetables
- 1 serving of grain
- 1 serving of protein

The State Agency can provide assistance with menu planning. Meals can be served hot or cold and can be as simple as a turkey sandwich on whole wheat bread, apple sauce, carrot sticks, and a carton of fat-free or low-fat milk.

