

# Afterschool Meals

## A Win-Win for Your School and Students

DESE Food and Nutrition Services  
2016 Summer Workshops

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*center for* BEST  
PRACTICES

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



# Agenda

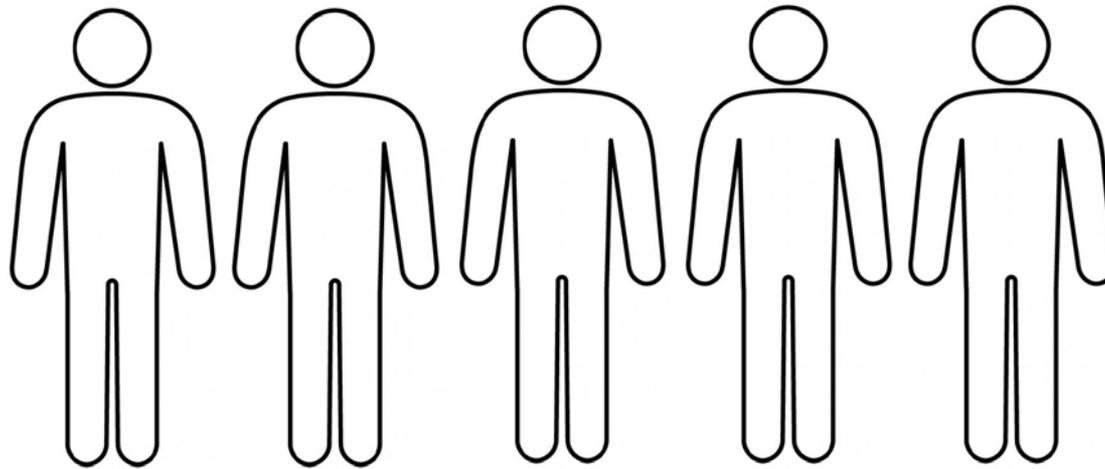
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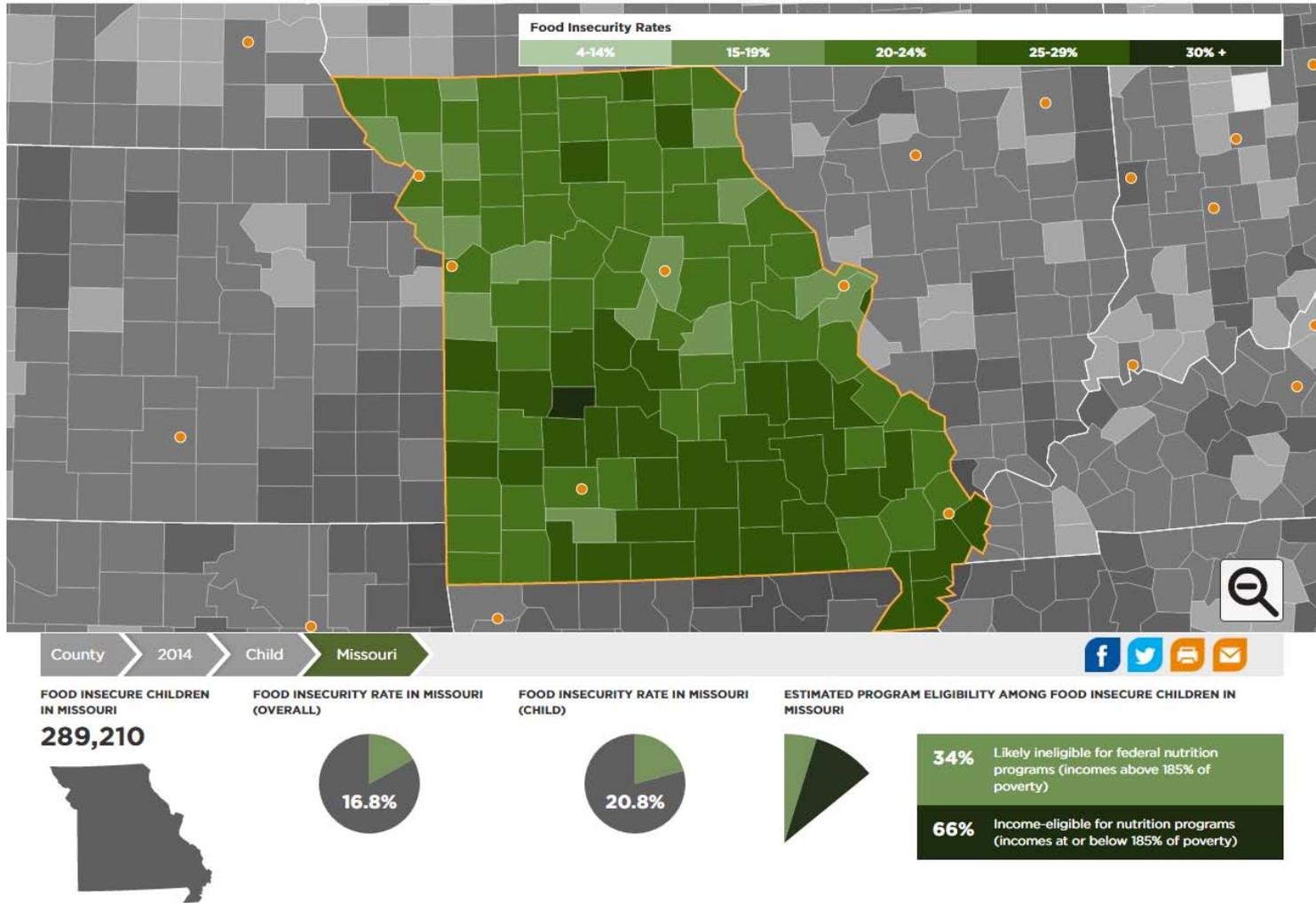
- The Need for Afterschool Meals
- Afterschool Meals 101
- The Opportunity for Schools
- Getting Started: Laying the Groundwork
- Getting Started: Planning for Implementation
- Making it Better

# The Need for Afterschool Meals

# 1 in 5

children in Missouri faces hunger





Source: "Map the Meal Gap" from Feeding America (<http://map.feedingamerica.org/>)

# The Need After School

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Based on a 2013 survey of low-income parents conducted by APCO Insights.  
<https://bestpractices.nokidhungry.org/afterschool/afterschool-meals-survey-findings>

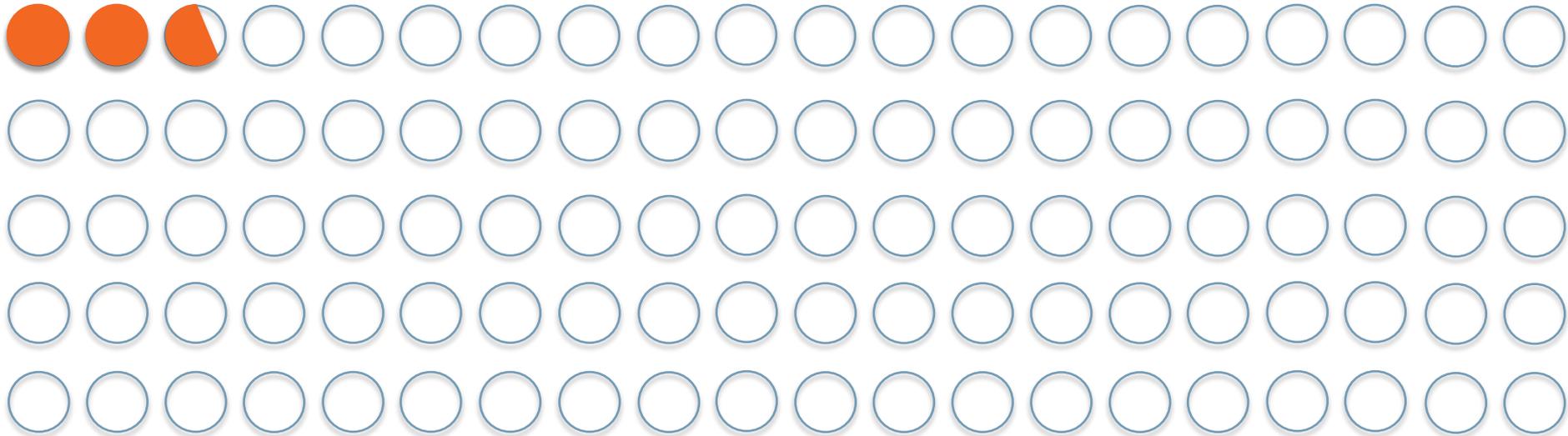
# The Need After School

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Based on a 2013 survey of low-income parents conducted by APCO Insights.  
<https://bestpractices.nokidhungry.org/afterschool/afterschool-meals-survey-findings>

For every 100 subsidized school lunches served to Missouri kids in need...



Less than 3 afterschool meals served.

# CACFP Afterschool Meals Program 101

# USDA Child Nutrition Programs

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US Congress

USDA Child Nutrition Programs

DHSS - CACFP

DESE - NSLP

Afterschool  
Meals

Afterschool  
Snacks

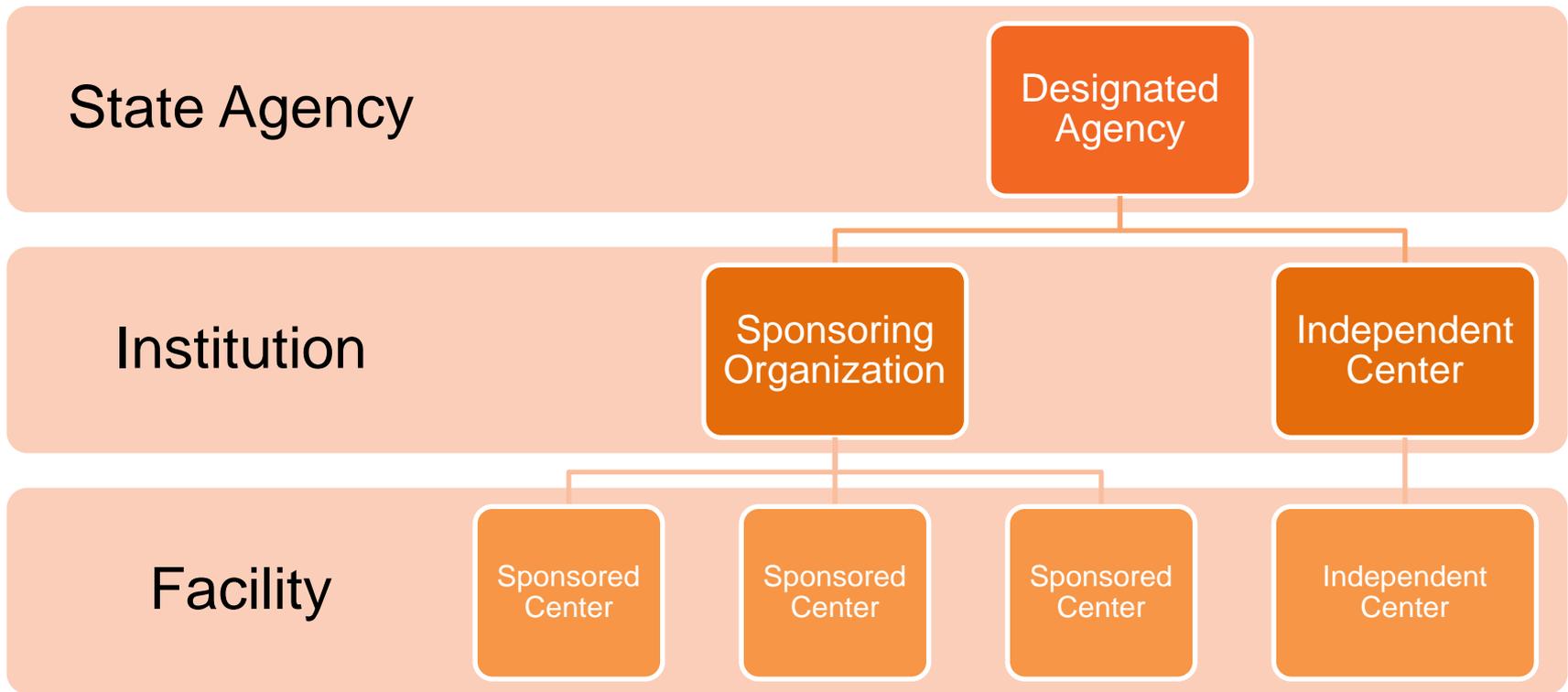
Afterschool  
Snacks

# CACFP: From Congress to Kids

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# CACFP Institution Types



Center = Child Development Center, Outside-School-Hours Care Center, Afterschool Program, Emergency Shelter, or Adult Day Care Center

# CACFP Afterschool Meals Program Facilities

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Meets applicable licensing or health and safety standards – waived for schools

Located in attendance zone of school where  $\geq 50\%$  are eligible for free or reduced-price meals

Provides regularly scheduled educational or enrichment activities in a supervised setting

# Educational & Enrichment Programming



# Kids in Afterschool Meals Programs



## Afterschool Meals Reimbursement Rates

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| <b>Meal</b>                 | <b>Reimbursement Rate</b> |
|-----------------------------|---------------------------|
| Lunch / Supper              | \$3.07                    |
| Cash-in-lieu of commodities | \$0.2375                  |
| Snack                       | \$0.84                    |
| Breakfast                   | \$1.29                    |

# Afterschool Meal Program Facility Record Keeping

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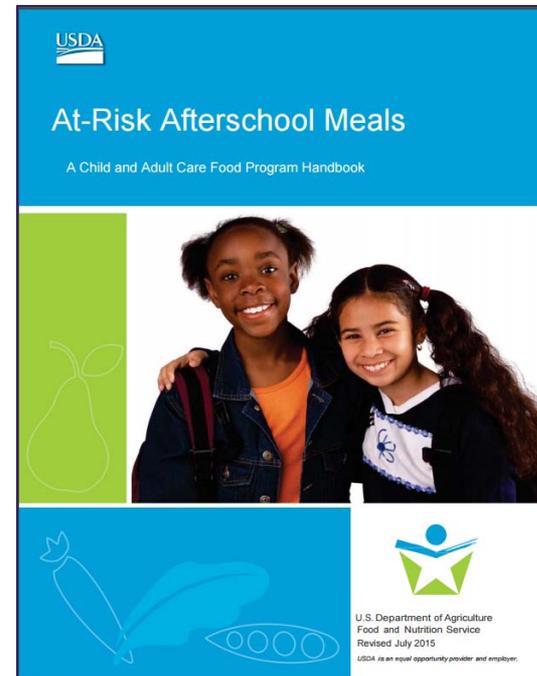
- Attendance
  - Roster
  - Sign-in sheet
  - Electronic system
- Record the number of:
  - Meals or snacks prepared or delivered
  - Meals or snacks served to eligible children
  - Meals or snacks served to food service workers
- Menus for each meal or snack

# Getting Ready: Lay the Groundwork

# Learn the Basics

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- Contact DHSS  
<http://health.mo.gov/living/wellness/nutrition/foodprograms/cacfp/training.php>
- Learn the requirements
- Contact a successful district



# Assess the Need and Options

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- Free/reduced-price eligibility at schools
- Success of existing snack programs
- Existing & potential activities
  - Tutoring
  - Study hall
- Transportation options



# Assess Internal Factors

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- Procurement and contract requirements
- Kitchen equipment and storage
- Food service labor
  - Minimum wage
  - Overtime cost
  - Union restrictions

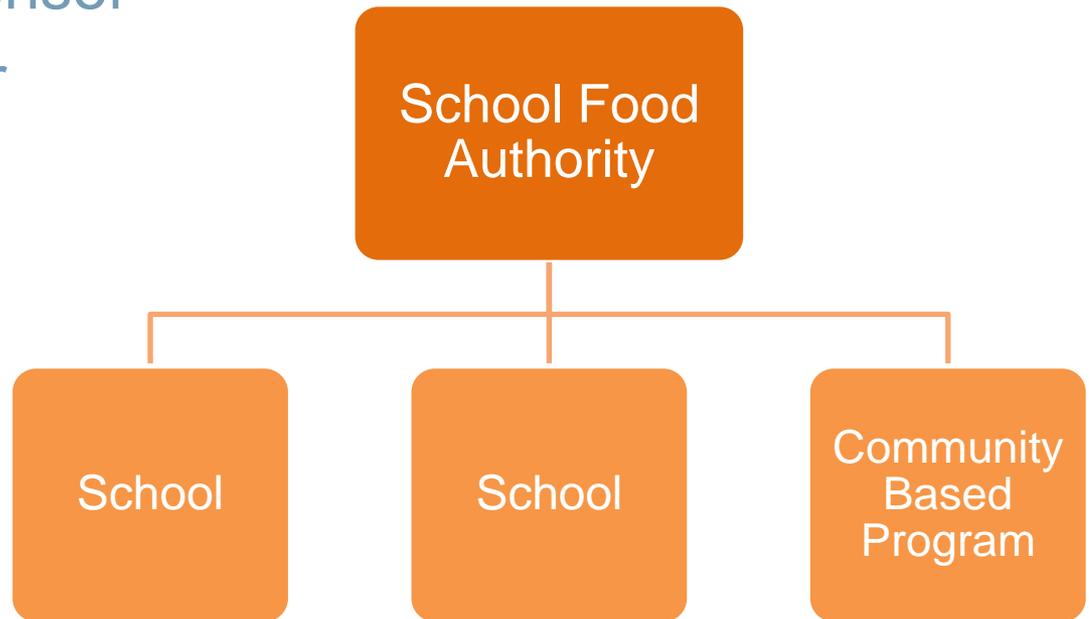


# Getting Started: Plan for Implementation

# Determine Sponsorship Model

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- Schools only
- Schools and community sites
- Partner with a sponsor
- Serve as a vendor



# Select Service Model

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- Central kitchen and satellite vs. cooking at each location
- NSLP vs. CACFP meal patterns
- Offer Versus Serve (OVS) vs. complete meals
- Unitized meals vs. serving line
- Hot vs. cold meals
  - Combination of both
- Hearty vs. light meals
  - “Super snacks”



# CACFP vs. NSLP Meal Patterns

| <b>Lunch or Supper</b>  |  |  |  |
|---|--|--|--|
| Select All Four Components for a Reimbursable Meal  |  |  |  |
| <b>Food Components</b>  | <b>Ages 1-2</b>  | <b>Ages 3-5</b>  | <b>Ages 6-12<sup>1</sup></b>   |
| <b>1 milk<sup>2</sup></b><br>fluid milk   | 1/2 cup  | 3/4 cup  | 1 cup  |
| <b>2 fruits/vegetables</b><br>juice, <sup>3</sup> fruit and/or vegetable  | 1/4 cup  | 1/2 cup  | 3/4 cup  |
| <b>1 grains/bread<sup>4</sup></b><br>bread or<br>cornbread or biscuit or roll or muffin or<br>cold dry cereal or<br>hot cooked cereal or<br>pasta or noodles or grains  | 1/2 slice<br>1/2 serving<br>1/4 cup<br>1/4 cup<br>1/4 cup                | 1/2 slice<br>1/2 serving<br>1/3 cup<br>1/4 cup<br>1/4 cup                  | 1 slice<br>1 serving<br>3/4 cup<br>1/2 cup<br>1/2 cup                |
| <b>1 meat/meat alternate</b><br>meat or poultry or fish <sup>5</sup> or<br>alternate protein product or<br>cheese or<br>egg or<br>cooked dry beans or peas or<br>peanut or other nut or seed butters or<br>nuts and/or seeds <sup>6</sup> or<br>yogurt <sup>7</sup> | 1 oz.<br>1 oz.<br>1 oz.<br>1/2<br>1/4 cup<br>2 Tbsp.<br>1/2 oz.<br>4 oz. | 1½oz.<br>1½ oz.<br>1½ oz.<br>3/4<br>3/8 cup<br>3 Tbsp.<br>3/4 oz.<br>6 oz. | 2 oz.<br>2 oz.<br>2 oz.<br>1<br>1/2 cup<br>4 Tbsp.<br>1 oz.<br>8 oz. |

## “Super Snacks”

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- Meet supper requirements
- Minimum required portion for some or all components
- Include a variety of snack items:
  - Meat/Alternate: Hummus, cheese sticks, yogurt
  - Bread/Alternate: Pretzels, crackers, pita wedges, tortilla chips
  - Fruit: Whole fresh fruit, sliced fruit, fruit cups
  - Vegetable: Salsa, baby carrots, broccoli florets, bean salad
  - Entrée: Half sandwich, lettuce wrap, snack wrap

# Consider Logistics

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- Delivery frequency
- Equipment and space usage
- Staffing model and number of hours needed
- Meal distribution
  - Volunteers or afterschool staff
  - Food service staff
- Daily schedule and serving time
- Record keeping



# Develop a Roll-Out Plan

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- Small pilot
- Phased roll-out



# Making It Better: Implementing Best Practices

# Strengthen the Program

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- Regular stakeholder communication
- Promote meals to additional schools & programs



# Potential Partners

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- Afterschool Alliance
- 21<sup>st</sup> Century Community Learning Center Grantees
- Food bank
- Boys & Girls Club
- YMCA
- United Way
- Salvation Army
- Catholic Charities
- Parks & Recreation Department



# Promote the Program

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## Reasons to Attend

Safe, Trusted  
Location

Healthy  
Meals

Free Meals

Desirable  
Meals

Physical  
Activity

Enrichment  
Activities

## Reasons to NOT Attend

No Relationship to Site

No Relationship with Staff

Unappealing Meals

# Promote the Program

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## Words that Work

Free

Fun

Learning  
Opportunities

Activities

Safe

Healthy

## Words to Avoid

Vulnerable

Hungry

No Paperwork or Enrollment  
Required

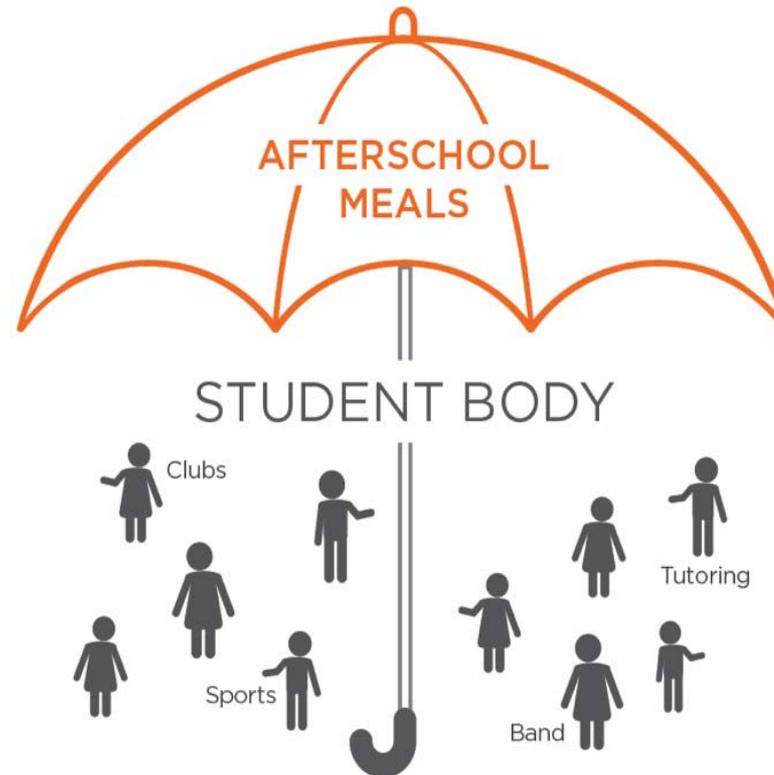
# Refine the Menus

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# Promising Practices: Umbrella Model

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Schools increased meal participation by 53%

# Promising Practices: Supper in the Classroom

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Elementary schools in the pilot had more supper eaters than lunch eaters

# Resources

# Center for Best Practices Resources

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Research: Parent Survey on Afterschool Meals



Events: National Summer Meals Summit and Webinars



Funding: Child Nutrition Program Grant Opportunities



Tips: Afterschool Meals Innovations



Cooking Matters and Cooking Matters at the Store

# Center for Best Practices Resources

<https://bestpractices.nokidhungry.org/afterschool-snacks-meals>  
<https://bestpractices.nokidhungry.org/events>

The screenshot shows the website's header with the NOKID HUNGRY logo and 'center for BEST PRACTICES'. The navigation menu includes 'SCHOOL BREAKFAST', 'SUMMER MEALS', 'AFTERSCHOOL', 'EARLY CHILDHOOD', 'SNAP', 'FOOD SKILLS EDUCATION', and 'SPONSOR CENTER'. The 'AFTERSCHOOL' menu item is circled in blue. A search bar and a 'Subscribe' button are also circled in blue. Below the navigation is a 'View the State of Hunger Map >' button. The main content area is titled 'Afterschool Snacks & Meals'. On the left, there is a list of links under the heading 'AFTERSCHOOL MEALS HOME', including 'AFTERSCHOOL MEALS OUTREACH TOOLKIT', 'NO KID HUNGRY SCHOOL CALCULATOR', 'INNOVATIONS IN AFTERSCHOOL MEALS', 'AFTERSCHOOL MEALS SURVEY FINDINGS', 'AFTERSCHOOL MEALS PROGRAM POLICY', 'ABOUT CACFP AFTERSCHOOL MEALS', and 'AFTERSCHOOL MEAL PROGRAM ASSESSMENT TOOL'. In the center, there is a photo of a young boy writing in a notebook. To the right of the photo, there is text describing the At-Risk Afterschool Meals Program. On the right side of the page, there is a 'Resources' section with two sub-sections: 'Reports/Case Studies' and 'Guides/Toolkits'. The 'Reports/Case Studies' section lists 'Afterschool Snacks & Meals History and Trends', 'Serving Maryland's Children: The Afterschool Meal Program', and 'The Importance of Afterschool and Summer Learning Programs in African-American and Latino Communities'. The 'Guides/Toolkits' section lists 'Afterschool Meals-SFSP Comparison', 'Streamlining and Cross-Promoting CACFP and SFSP', and 'Afterschool Meals Promotion - Sample Text for Umbrella Model'. Both sub-sections have 'View More' links.

# Thank you!

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