

Start Serving Afterschool Meals

Over 13 Million Food Insecure Children In Need

One Find a Sponsor

Two Take Attendance & Meal Counts

Three Serve Nutritious Meals & Snacks



Join the USDA Child and Adult Care Food Program

www.afterschoolmeals.org

CACFP Meal Patterns

Breakfast

AGES 6-18

MILK	1 cup
VEGETABLES, FRUITS OR BOTH	1/2 cup
GRAINS	1 oz eq

Lunch/Supper

AGES 6-18

MILK	1 cup
MEATS/MEAT ALTERNATES	2 oz
VEGETABLES	1/2 cup
FRUITS	1/4 cup
GRAINS	1 oz eq

Snack*

AGES 6-18

MILK	1 cup
MEATS/MEAT ALTERNATES	1 oz
VEGETABLES	3/4 cup
FRUITS	3/4 cup
GRAINS	1 oz eq

*NSLP Snack must follow the CACFP Meal Pattern.

Afterschool & Out-of-School Time

Over 13 million children leave school not knowing if there is supper at home or if their next meal won't be until the next day while they are at school.

Serving meals and snacks to children in at-risk afterschool and out-of-school time doesn't have to be hard or complicated.

Find a CACFP Sponsor. We can help!

Sponsoring organizations can work with a foodservice vendor or school food authority who will deliver meals at or near the reimbursement rate.

You only need to take attendance, count meals and provide an enrichment activity.



info.cacfp.org/sponsor



Reimbursement Rates for Centers (Contiguous States)

RATE	LUNCH & SUPPER	SNACK
FREE	\$4.43	\$1.21

Serving Supper Makes Cents!

Snapshot of Participation: October 2023



19M

of Children Served in NSLP Free & Reduced



308K
of Children Served CACFP Snack



1.23M
of Children Served CACFP Supper

Only 1 in 16 at-risk children participate.



Afterschool Spotlight

Supper in the Classroom

Child Nutrition Program, Inc. (CNP), a sponsoring organization of the Child and Adult Care Food Program (CACFP), has been feeding children since 1983. CNP currently serves over 24,000 meals daily in North Carolina. In 2015, CNP began its partnership with Guilford County Schools. CNP agreed to handle the CACFP paperwork, which included reporting, training, monitoring and overall compliance.

CNP also works directly with the CACFP State agency and distributes the reimbursement payments. Guilford County School Nutrition Services handles the meal preparation, distribution and other day-to-day tasks such as billing for the cost of the suppers. Together, they have found success by implementing an innovative approach – Supper in the Classroom. School principals agree to move the final bell back by 20-25 minutes in order to serve supper prior to the children leaving school. They are currently serving supper in 33 schools.

“At first, there was some resistance to serving Afterschool Meals, but after seeing the impact on the kids, everyone is proud to be part of the program. In fact, one cafeteria staff member commented, ‘Wow! I wish I would have had these meals as a child. There were so many days when I went home hungry.’ It is simply the right thing to do.”

~ Vicki Lipscomb, Founder, Child Nutrition Program, Inc.

Food Bank Sponsor Plays Key Role

The Central Texas Food Bank (CTFB) sponsors the CACFP At-Risk Afterschool (ARAS) program and the Summer Food Service Program (SFSP), including four sites at schools in Waco/McLennan County area and 31 additional afterschool programs run by partners such as PARD, Foundation Communities, Boys & Girls Club, and many more in the Austin area. Over 1,050 children receive supper through the CACFP at these sites.

As a sponsor, CTFB's Child Nutrition Team oversees the administration of the CACFP, verifying paperwork and monitoring sites to ensure program compliance. They also work with other teams to develop CACFP creditable menus, prepare meals and deliver them to each of their sites. CTFB provides both shelf-stable and fresh meals and tries to incorporate items from their on-site gardens. Meals are packaged and delivered in temperature-safe containers each weekday.

“When I first started, I went to a CACFP Afterschool Meals site and a child said to me, ‘This is the last meal that I eat during the day. My family doesn’t have enough money to cook dinner and so I’m really thankful for this meal.’ We’re ensuring that our children, and especially those in low-income areas, have nutritious meals and food to eat. Having food and groceries is a right and not a privilege.”

~ Brianna Fleming, Child Nutrition Program Manager, Central Texas Food Bank (CTFB)

Kids as Stakeholders Making a Difference

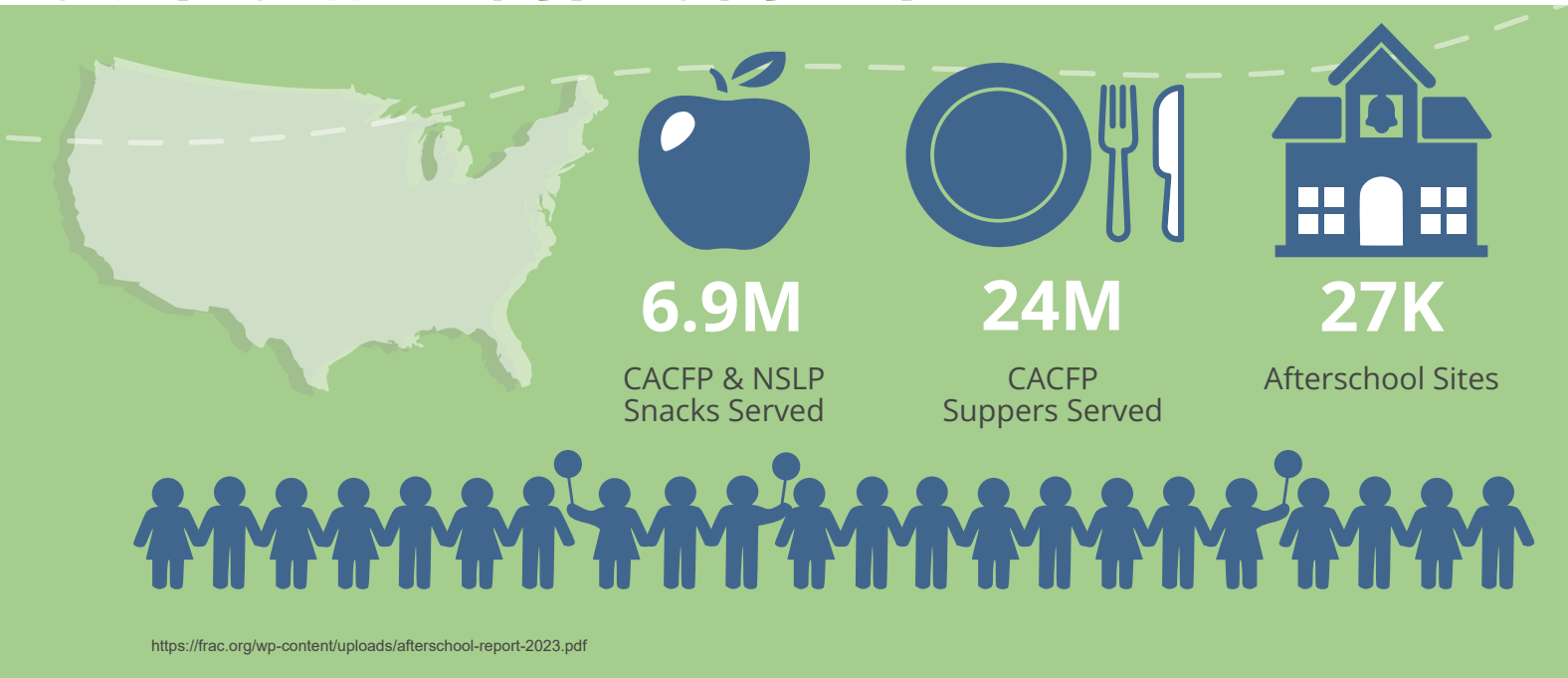
Indiana Alliance of Boys & Girls Clubs (BGCIN) is a sponsor of 42 clubs participating in CACFP At-Risk Afterschool and 16 clubs participating in SFSP. During the school year, BGCIN ensures meals to around 8,500 children, and during the summer they support meal service to approximately 3,000 children. BGCIN is a successful sponsor because they've developed deep relationships and have become an integral part of their communities. They have close partnerships with vendors, providers, community partners, and even the Indiana State Legislature.

Another reason they're a successful sponsor is because they get their kids involved with the meals. Most of their clubs do taste test activities with the kids in August when the afterschool programs are starting back up, so that the kids can provide their feedback on the foods they like and don't like. BGCIN uses their feedback to adapt their menus for the rest of the year. This feedback is invaluable, because they've learned that the kids love foods that BGCIN wouldn't have thought kids would eat, like boiled eggs, and didn't like foods they thought the kids would enjoy.

“The kids are our most important stakeholders. Having them be an integral part of it is what helps them, helps us, helps our communities. We feel like we’re providing an important service to those families.”

~ Lana Taylor, Executive Director, Indiana Alliance of Boys & Girls Club

Afterschool Meals Matter



Program Participation

Perceived Barriers



Lack of Enrichment Programs



Staff & Training



Concern of Managing Multiple Programs



Logistics of Serving the Meals



Lack of Food Storage or Refrigeration



Lack of Expertise to Self-Sponsor

Benefits of Participation

- ▶ Increased Nutrition and Decreased Hunger
- ▶ Increased Revenue
- ▶ Can Serve Meals Afterschool, Weekends and Holidays
- ▶ Better Focused and Improved Performance
- ▶ Increased Interest in Enrichment Activities

Benefits of Using a Sponsor

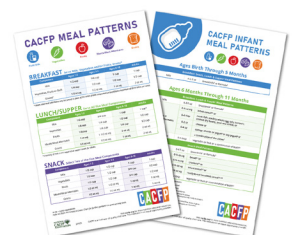
- ▶ Decreased Liability
- ▶ Increased Community Partnerships
- ▶ Increased Flexibility (Adding and Dropping Sites)
- ▶ Decreased Administrative Burden

Participation Qualifications

Are you located at a site where at least half of the children in the school attendance area are eligible for free and reduced price school meals?

Do you offer educational or enrichment activities during the school year—after the regular school day ends or on weekends or holidays?

If you do, you likely qualify for reimbursement from the USDA to serve nutritious snack and/or supper.



Download CACFP Meal Pattern Cards and more at cacfp.org/meal-patterns