



FRAC: Afterschool Nutrition Programs

Model Program

Serving Snacks to School and Community-Based Programs through CACFP

Dade County Food Service Authority, FL

Overview

- The Dade County School Food Service Authority in Florida feeds approximately 5,100 children an afterschool snack at 74 school-based afterschool programs throughout the county.
- Seventy-two of the programs are located in low-income areas.
- The county began participating in the afterschool snack program in 2000-2001. Prior to that, the school food service provided snacks, but charged afterschool programs 50 cents per snack.

Process for Meal Service

- The snacks are prepared by the Food Service Department at the kitchen of each school.
- The snacks are then left in an agreed-upon area, such as the refrigerator or the milk box, that the afterschool program can access.
- Since the children have not eaten in three or four hours since lunch, they are hungry when they arrive at the afterschool program.
- The afterschool staff serve the snack at the beginning of the program so that the children are not hungry and can fully participate in all of the educational activities.
- By giving the children the fuel they need to learn, the snack plays a similar role at the end of the day that School Breakfast plays at the start.

Funding and Costs

- Each snack cost between 56 and 58 cents to prepare.
- Most of that cost is covered by NSLP, and the afterschool program pays 5 cents per snack to cover labor, supplies, and indirect costs - a small portion of what they had been paying previously for a less substantial snack.

Response to Program

- Dade County's participation in NSLP snacks is working well and has been a positive experience for everyone involved.
- Participating in NSLP snacks has improved the quality of the snack and helped to dramatically reduce the food cost for the afterschool programs.

Advice for New Programs

- The key to success is to put clear guidelines in place for the school food service department and the afterschool programs before starting the program.
- It is also important to provide training to the afterschool program staff, which ensures that the full snack is served and that the afterschool program takes a proper meal count each day.

Creative Practices

- In addition to providing snacks through NSLP to the 74 school-sponsored programs, the Dade County School Food Service is also the vendor for 70 other programs, including the YWCA's, the Family Christian Association, and migrant programs.
- Participating in CACFP means that the programs do not need to cover the cost of the afterschool snacks through their program budget.

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