



## Best Practices: Boys & Girls Clubs Currently Benefiting from Afterschool and Summer Nutrition Programs

### MINNESOTA: Boys & Girls Club Serves Better Food by Using the Federal Nutrition Programs

#### **Overview:**

The East Side Boys & Girls Club in the Twin Cities metro area has been successfully utilizing both the Afterschool Snack Program and the Summer Food Service Program for more than 3 years. Before applying for the child nutrition programs, the Club fed the children with a combination of food from the food bank and private donations. However, it soon became clear that this process wasn't meeting the needs of the children or the program. The Club didn't have a reliable source of food so the items that were distributed to the children varied in type, quality and quantity. Now, the East Side Boys & Girls Club uses the Afterschool Snack and Summer Food program and staff members have seen positive changes in the program and the behavior of the kids. Most importantly, the federal reimbursement dollars have ensured a constant healthy source of food so more staff time is free to focus on other aspects of the Club's programming.

#### **Afterschool Snack:**

During the school year, East Side Boys and Girls Club serves between 65-125 snacks per day after school between 4:30 and 5:00pm each school day. Diana Adamson, Program Coordinator, notes that many children show up at the Club at 2:30 and do not go home until as late as 9pm. The snack helps tide them over until they go home and unfortunately, for many, the snack is the only meal they will receive that night. She has also noticed that serving snacks has helped improve the attitude and demeanor of the children.

#### **Summer Food:**

During the summer, East Side Boys & Girls Club serves 100-125 lunches per day to children 6-18 through the National School Lunch Program (NSLP). Meals are prepared and delivered to the site by St. Paul Schools. By receiving meals from the school, it is easier for the Club to participate. Additionally, the East Side Club is unique in that it allows children to take additional servings of fruits and vegetables for lunch. Children get to decide between items such as fruit leather, raisins, oranges, and apples, which has helped to improve the quality of the meals served and tides kids over until their next meal. In fact, the fruits and vegetables have become the favorite part of the meal for many kids.

**Going the extra mile:**

East Side Boys and Girls Club also runs a fitness program each day at 4pm and their Smart Move program includes nutrition education.

**Contact:**

Diana Adamson

651-774-5654 ext 204

[dadamson@boysandgirlsclub.org](mailto:dadamson@boysandgirlsclub.org)

**Food Research & Action Center**

1875 Connecticut Ave NW • Suite 540 • Washington, D.C., 20009 • 202-986-2200 • [www.frac.org](http://www.frac.org)