

## What kind of food should we serve?

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A lunch or supper must include:

- ◇ 1 serving of milk
- ◇ 2 servings of fruits and/or vegetables
- ◇ 1 serving of grains
- ◇ 1 serving of meat or meat alternative

Example: A turkey sandwich with lettuce and tomato, milk and an apple

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A breakfast must include:

- ◇ 1 serving of milk
- ◇ 1 serving of fruit or vegetable
- ◇ 1 serving of whole grains

Example: Whole grain cereal, milk and a pear

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A snack must include at least 2 of the following:

- ◇ 1 serving of milk
- ◇ 1 serving of fruits and/or vegetables
- ◇ 1 serving of grains
- ◇ 1 serving of protein

Example: Sliced peaches and yogurt

Your state child nutrition agency can give you information on developing menus and the exact amounts of food required.

## For More Information:

**FRAC's Afterschool Resource Center**

<http://www.frac.org>

**USDA Food and Nutrition Service**

<http://www.fns.usda.gov/cnd/summer>

<http://www.fns.usda.gov/cnd/care>



**Food Research & Action Center**

1875 Connecticut Ave., NW

Suite 540

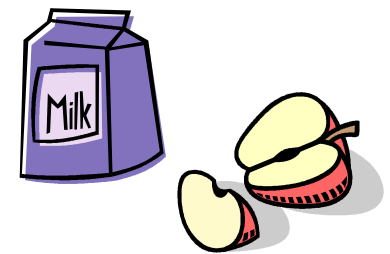
Washington, DC 20009

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[www.frac.org](http://www.frac.org)

The Food Research and Action Center is the leading national nonprofit organization working to improve public policies to eradicate hunger and undernutrition in the United States.

# Afterschool & Summer Nutrition Programs



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It pays to serve healthy  
snacks and meals!

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Prepared by the Food Research & Action Center

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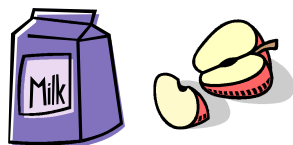
Federal nutrition programs exist to help afterschool and summer programs provide meals and snacks to children who need healthy food to learn and grow.

## What is the Afterschool Snack Program?

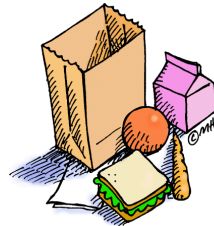
It provides federal funds to afterschool programs so that they can serve snacks, and in some cases, suppers, to children age 18 and under. The snacks can be served at any time during the afterschool program. Food often attracts students to out-of-school time programming and can add financial stability to afterschool programs.

To participate, your program must:

- ◇ Be operated by a private nonprofit organization, a school or local government agency
- ◇ Be located in a low-income area or serve primarily low-income children
- ◇ Offer educational or enrichment activities



## What is the Summer Food Service Program?



It provides federal funds to summer programs so they can feed children 18 and younger up to two meals a day when school is out. Meals are served to children who might otherwise go hungry and are

often provided in conjunction with educational and recreational activities.

To participate, your program must:

- ◇ Be operated by a private nonprofit organization, school or government agency.
- ◇ Be located in a low-income area or serve primarily low-income children.
- ◇ Operate during the summer or during a year- round school's extended break.

## How do we get started?

To participate in the afterschool snack or summer food programs, call your state child nutrition agency. Contact information can be found on the Food Research and Action Center's Afterschool Resource Center at [www.frac.org](http://www.frac.org).

## What are the benefits?

By participating in these programs, you can:

- ◇ Feed hungry children and teens nutritious snacks and meals.
- ◇ Attract students to activities that help them learn and stay safe when school is out.
- ◇ Help parents stretch food dollars.
- ◇ Save money on food so your organization can provide additional programming.
- ◇ Give children and teens organized activities, a chance to interact with peers, and opportunities to be physically active.

## It pays to participate!

An afterschool program serving 50 children snacks could receive approximately \$5,800 per year through the Afterschool Snack Program. A summer program serving 50 children breakfast and lunch could receive over \$8,700 per summer through the Summer Food Service Program.

