

What kind of food should we serve?

A **lunch** must include:

- ◇ One serving of milk
- ◇ Two servings of fruits and/or vegetables
- ◇ One serving of grains
- ◇ One serving of meat or meat alternative

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

A **breakfast** must include:

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

Ex: Whole grain cereal, milk, and an orange

A **snack** must include at least two of the following:

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

Ex: Celery and peanut butter

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

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Meals

Summer programs can now receive cash reimbursements for serving nutritious meals when school is out.

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Offer nutrition education and physical activities at your Boys and Girls Club to teach children the importance of eating healthy and staying fit.

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Use healthy food to attract children to activities that help them learn and stay safe during the summer months.

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Combine the meal service with enrichment activities that will prepare kids for the upcoming school year.

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tate child nutrition agency

Contact your state child nutrition agency to participate in the Summer Food Service Program.

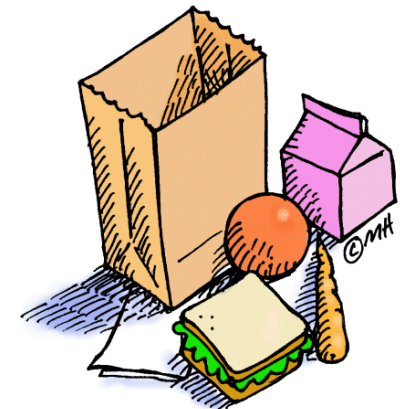


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The Food Research and Action Center is the leading national nonprofit organization working to improve public policies to eradicate hunger and undernutrition in the United States.

How to get...

Funding for Summer Meals at your Boys & Girls Club



Prepared by the Food Research & Action Center

What is the Summer Food Service Program?

It provides federal funds to Boys and Girls Clubs and other summer programs so they can feed children (18 and younger) up to two meals a day or a snack and a meal.



Would our program qualify?

To participate, your Boys & Girls Club must:

- ◇ Be a private non-profit organization. Schools and local government agencies can also participate.
- ◇ Be located in a low-income area or serve low-income children. Your state child nutrition agency can tell you whether the schools serving your area qualify.
- ◇ Operate during the summer or during a year round school's extended break.

Why should our Boys & Girls Club participate?

Participation allows you to:

- ◇ Provide children with nutritious healthy food during the summer months.
- ◇ Attract more children to your Boys & Girls Club activities, which will help them learn and stay safe when school is out.
- ◇ Save money on food so your Boys & Girls Club can provide additional programming or serve more children.
- ◇ Help parents stretch food dollars.
- ◇ Provide healthy meals to low-income kids so they are healthy and ready to return to school in the fall.

Who prepares the meals?

Your Boys and Girls Club can either prepare the meals itself or work with your state agency to find a vendor in the area that will prepare and deliver the meals to your program each day.

How much funding would we receive?

- ◇ Reimbursement rates for summer food are \$1.53 per breakfast, \$2.70 per lunch and \$0.65 per snack (2006 rate). Rates are adjusted annually.
- ◇ A summer program serving 50 children breakfast and lunch could receive over **\$8,200** during the summer months.

How do we get started?

To participate, call your state child nutrition agency. Contact information for each state agency is listed on FRAC's Afterschool Resource Center at www.frac.org.

