

## What kind of food should we serve?

Suppers do not have to be hot meals, but there are certain nutritional requirements you need to follow:

A **supper** must include:

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

For example, a supper could be:

- ◇ Baked spaghetti, spinach salad, garlic bread, blueberries and milk
- ◇ Chicken pita, cucumber slices, peaches, and milk
- ◇ Ham and cheese sandwich, strawberries, carrot sticks, and milk

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

## Suppers

Afterschool programs can now receive cash reimbursements for serving suppers.

## Utilize

Make sure that your Boys & Girls Club takes advantage of all the funding available to feed the kids in your program.

## Participation

Serving suppers can help increase participation at your Club and allow more children to benefit from your activities.

## Parents

By serving healthy suppers, you can help parents stretch food dollars.

## Every day

Kids need healthy meals and snacks every day, all day.

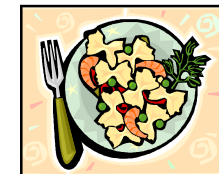
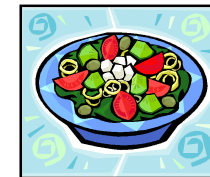
## Reach out

To learn more about serving suppers at your Club, contact your state child nutrition agency.

How to get...

## Funding for Afterschool

## Suppers at your Boys & Girls Club



**Food Research & Action Center**  
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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.

Prepared by the Food Research & Action Center

## How Can our Boys and Girls Club serve suppers?

The Child and Adult Care Food Program reimburses afterschool programs that serve suppers to children age 12 and under during the school year. The supper can be served at any time during the afterschool program. A snack can also be served as long as there are three hours between the times the snack and supper are served.

## Why should our Boys & Girls Club participate?

Participation allows you to:

- ◇ Attract more children to your afterschool program.
- ◇ Improve the health and well-being of the children you serve.
- ◇ Ensure that the children are more alert and can fully benefit from the educational and enrichment activities you offer.
- ◇ Counter the childhood obesity epidemic with healthy food and nutrition education.

## Would our program qualify?

To participate, your Boys & Girls Club must:

- ◇ Be operated by a school, private nonprofit organization, or local government agency.
- ◇ Be located in a low-income area or serve low-income children. Your state child nutrition agency can tell you whether or not your Club is eligible.
- ◇ Offer educational or enrichment activities.
- ◇ Be licensed if state law requires it. Otherwise, meet state and local health and safety standards.

## What is a "Supper State"?

The following states were selected by Congress to allow afterschool providers to serve suppers in low-income areas to children 18 and younger (instead of only 12 and under) with less paperwork and at the highest reimbursement rate.

- ◇ Delaware
- ◇ Illinois
- ◇ Michigan
- ◇ Missouri
- ◇ New York
- ◇ Oregon
- ◇ Pennsylvania
- ◇ West Virginia

## How much funding would we receive?

Receiving a reimbursement for the food you serve can allow you to use the money normally spent on food, for other parts of your program.

- ◇ The free supper reimbursement is \$2.40 per supper (2006 rate). The rates are adjusted every July.
- ◇ A Boys & Girls Club serving supper to 50 low-income children 5 nights a week during the school year could receive over **\$21,000 each year**. Serving a snack, in addition to a supper would provide an **additional \$5,800 per year**

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

