

SEE THE BENEFITS

By the time children arrive at their afterschool program, lunch is a distant memory. They need a meal or a snack to help get them through the afternoon.

Providing healthy food after school allows children to be fully engaged in the activities at their afterschool program.

Meals are increasingly important because more and more children are spending long hours in afterschool programs while their parents are working, often nontraditional hours. Children then require more food than a snack provides to sustain them throughout the afternoon and early evening.



This project sponsored by:



Missouri's Afterschool Meal Program



Feed children healthy meals at
your afterschool program

Prepared by the Food Research and 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.

THE AFTERSCHOOL MEAL PROGRAM

Missouri is one of eight states in the country with the Afterschool Meal Program. It is a part of the Child and Adult Care Food Program (CACFP) and provides federal funds to afterschool programs to serve meal to children age 18 and under during the school year (including weekends and school breaks). The meals can be served at any time during the afterschool program. If the program operates long enough, both a meal and a snack can be served.

IT PAYS TO SERVE AFTERSCHOOL MEALS

Funding from the Afterschool Meal Program can add up. An afterschool program serving meals to 50 children five nights a week during the school year could receive more than \$23,000 in federal funding. Serving a snack in addition to the meal would bring in an extra \$6,400.



HOW DOES AN AFTERSCHOOL PROGRAM QUALIFY?

To participate, an afterschool program must:

- Be operated by a school, local government agency or private nonprofit organization, such as a YMCA or Boys and Girls Club.
- Be located in a low-income area or serve primarily low-income children.
- Offer educational or enrichment activities such as: homework assistance, tutoring, arts and crafts, computer labs, life skills, or physical activities.

The Missouri Department of Health– Bureau of Food Programs and Nutrition Education can help you determine whether or not your program qualifies.

Sports and recreation can be part of the afterschool program, but competitive sports teams, such as the varsity football team, are not eligible.

Afterschool programs must be licensed or exempt from state licensing rules. All programs must meet state and local health and safety requirements.

SERVE HEALTHY MEALS

Suppers served through the Afterschool Meal Program must include:

- 1 serving of milk
- 2 servings of fruits and vegetables
- 1 serving of grains
- 1 serving of protein

The Missouri Department of Health– Bureau of Food Programs and Nutrition Education can provide information on developing menus.

Meals can be served hot or cold and can be as simple as a turkey sandwich, an apple, carrot sticks, and a carton of milk.

GETTING STARTED

Contact the Missouri Department of Health– Bureau of Food Programs and Nutrition Education at 1-800-733-6251 to learn more about how your afterschool program can participate in the CACFP Afterschool Meal Program. For more information on afterschool nutrition, visit FRAC's Afterschool Resource Center at www.frac.org/afterschool.