

What kind of food should we serve?

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

A snack could be as easy as

- Celery and peanut butter
- A banana and milk
- Cheese and an apple

With or without kitchen facilities, you can provide great snacks for children.

Snacks also provide an important opportunity for children to eat fresh fruits and vegetables.

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

Snacks

YMCA afterschool programs can receive cash reimbursements for serving nutritious snacks.

Nutrition

Good nutrition is essential for full physical and cognitive development.

Afterschool

Serving snacks after school helps children get the nutrition they need to learn, play and grow.

Children

Children up to age 18 can get snacks through the CACFP Afterschool Snack Program.

Knowledge

Programs that provide nutritious snacks after school can improve student performance.

State child nutrition agency

To learn more about serving snacks at your YMCA, contact your state child nutrition agency.

How to get...

Funding for Afterschool Snacks at Your YMCA



Food Research & Action Center

1875 Connecticut Ave NW
Suite 540
Washington D.C., 20009
202-986-2200
www.frac.org/afterschool

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

What is the Afterschool Snack Program?

It provides federal funds to afterschool programs run by YMCAs to serve snacks to children age 18 and under. The snacks can be served at any time during the afterschool program.



Why should our YMCA 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 your YMCA offers.
- ◇ Counter the childhood obesity epidemic with healthy food and nutrition education.
- ◇ Strengthen the financial sustainability of your program.

Would our YMCA qualify?

To participate in the CACFP Afterschool Snack Program, your YMCA must:

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

Who prepares the snacks?

Your YMCA can either prepare the snacks or contract with a local vendor to prepare and drop off the snacks at your site. Your state child nutrition agency can give you information on vendors in your area.

How much funding would we receive?

- ◇ The snack reimbursement is 68 cents per snack (2008 rate). The rates are adjusted every July.
- ◇ A program serving a snack to 50 children 5 afternoons a week during the school year could receive around **\$6,100 per year**. With each new child the program would receive an additional **\$122 per child**.

How do we get started?



To participate in the CACFP Afterschool Snack Program, call your state child nutrition agency, typically located in your state department of education. Contact information for each state agency is listed on FRAC's Afterschool Resource Center at www.frac.org/afterschool.