

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.

M_{eals}

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

E_{ducation}

In addition to serving a snack, your YMCA can offer nutrition education and physical activities to teach children the importance of eating healthy and staying fit.

A_{ctivities}

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

L_{earn}

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

S_{tate child nutrition agency}

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



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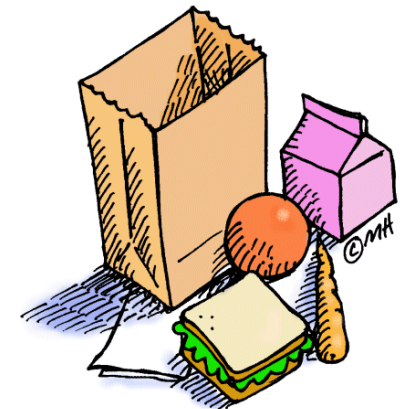
202-986-2200

www.frac.org/summer

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 YMCA



Prepared by the Food Research & Action Center

What is the Summer Food Service Program?

It provides federal funds to YMCAs 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 YMCA qualify?

To participate, your YMCA must:

- ◇ Be a private nonprofit organization. Schools and local government agencies can also participate.
- ◇ Be located in a low-income area or serve primarily low-income children (half of the children in the area or enrolled in the program must be eligible for free or reduced-price meals). 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 YMCA participate?

Participation allows you to:

- ◇ Provide children with nutritious healthy food during the summer months.
- ◇ Attract more children to your YMCA activities, which will help them learn and stay safe when school is out.
- ◇ Save money on food so your YMCA 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 YMCA 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 \$1.69 per breakfast, \$2.99 per lunch and \$0.68 per snack (2008 rate). Rates are adjusted annually. Sites that are located in rural areas or that prepare their own meals receive a slightly higher reimbursement rate.
- ◇ A summer program serving 50 children breakfast and lunch for eight weeks could receive over **\$9,300**.

How do we get started?

To participate, 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.

