

## What kind of food should we serve?

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

A **supper** must include:

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

Sample supper menus include:

- ◇ 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 receive cash reimbursements for serving suppers.

## Utilize

Make sure that your YMCA takes advantage of all the funding available to feed the children in your program.

## Participation

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

## Parents

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

## Every day

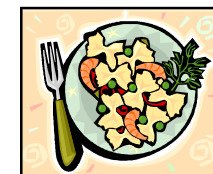
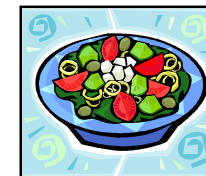
Children need healthy meals and snacks every day, throughout the day.

## Reach out

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

## How to get...

# Funding for Afterschool Meals at Your YMCA



**Food Research & Action Center**  
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Suite 540  
Washington D.C., 20009  
202-986-2200  
[www.frac.org/afterschool](http://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

## How can our YMCA 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 may also be served as long as the program is long enough. Children are individually qualified for the program based on their household income.

## 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 educational and enrichment activities.
- ◇ Counter the childhood obesity epidemic with healthy food.
- ◇ Strengthen the financial sustainability of your program.

## Would our program qualify?

To participate, your YMCA 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 YMCA 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 supper reimbursement rate can be as high as \$2.47 per supper (2008 rate). The rates are adjusted every July.
- ◇ A YMCA serving supper to 50 low-income children 5 nights a week during the school year could receive over **\$22,200 each year**. Serving a snack, in addition to a supper would provide an **additional \$6,100 per year**.

## How do we get started?

To participate in CACFP, call your state child nutrition agency. Contact information for each state agency is listed on FRAC's Afterschool Resource Center at [www.frac.org/afterschool](http://www.frac.org/afterschool).

