



# Enhance Afterschool & Summer Programs with Healthy Meals & Strong Partnerships



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Food Research and Action Center

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# Welcome & Introductions



Where are you from?

What do you hope to learn in today's session?





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National anti-hunger organization

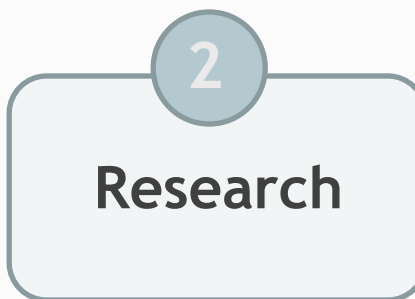
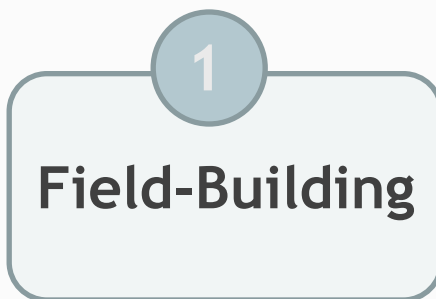
Nonprofit and nonpartisan

## **The Action in FRAC**

- Conduct research and policy analysis
- Serve as a clearinghouse
- Provide technical assistance
- Lobby Congress

# About the Afterschool Alliance

- National non-profit based in DC
- Wide & deep reach at the grassroots & grasstops
  - Work with more than 25,000 program providers
  - 42 statewide afterschool networks
  - 100+ Afterschool Ambassadors at the city level
  - Bipartisan afterschool caucus in House & Senate
- Systems-building approach:



# Know Your Fruits & Vegetables

- Name
- City and State
- Afterschool Program
- Fruit or vegetable that starts with the first letter of your name
- What do you want to learn from this session?





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# Hunger in the United States

- 15.9 million children live in food insecure households

- Source: ERS/USDA

- 23.5 households with children experience food hardship.

- Source: FRAC

FRAC Food Hardship Report:

[http://frac.org/pdf/food\\_hardship\\_2012.pdf](http://frac.org/pdf/food_hardship_2012.pdf)

Report looks at state rates as well as MSA areas



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## **Child Nutrition Programs & Anti-Obesity**

- Participation in federally-funded child nutrition programs is associated with improved weight-related outcomes (e.g., reduced obesity risk or lower BMI) among school-age children and adolescents.
- Increasing participation in the federal nutrition programs is a childhood obesity prevention strategy recommended by two Institute of Medicine (IOM) committees and the White House Task Force on Childhood Obesity.
- Children are more vulnerable to rapid BMI gains and food insecurity during the summer.

# Serving Meals is Important

- Attracts children to programs
- Allows them to be more engaged
- Improves children's health
- Fights obesity
- Supports parents
- Supports afterschool and summer programming
- Reduces learning loss







# **Overview: Afterschool Meal Program**

# Afterschool Meal Program Basics

- Provides a full meal afterschool, weekends & school holidays
  - ✓ Meal and/or Snack
  - ✓ Children 18 years or younger
- Requires enrichment activity
- Serves low-income areas
- Available through Child and Adult Care Food Program (CACFP)
- Must meet state or local health and safety standards



# Afterschool Meal Reimbursement

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## Reimbursement Rates

• Breakfast	\$1.58
• Lunch/Dinner	\$3.16*
• Snack	\$0.80

\* Meal reimbursement can include \$0.2325 in commodities or cash in lieu of commodities.

100 children/meals = \$56,925 per year

- ❖ Based on 180 day school year
- ❖ Calculating full meal
- ❖ Includes commodity reimbursement (\$0.2325)



# **Overview: Summer Food Service Program - SFSP**

# Summer Nutrition Programs

## FRAC Summer Report - Hunger Doesn't Take a Vacation

- 2.8 million children received summer meals on an average weekday in July 2012.
- One in seven low-income children who ate school lunch were served by the summer meal programs. (19.6 million children rely on free and reduced-price school lunch during 2011-2012 school year).
- 40 percent goal would ensure that 5 million more children receive meals

# Summer Food Service Program

- Free, nutritious meal to low-income children
- Ages 18 and under
- Operates when school is not in session
- Qualify based on area eligibility or census data



# Reimbursement for Summer Meals

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	<b>Rural or Self-Prep</b>	<b>Vended sites</b>
• Breakfast	\$1.98	\$1.94
• Lunch/Dinner	\$3.47	\$3.41
• Snack	\$0.82	\$0.80

Breakfast and lunch = \$214 per summer\*

\* Calculated per child

100 children = \$21,400 per summer

- ❖ Based on 40 day summer program
- ❖ Calculating breakfast + lunch

# Nutrition Guidelines for Summer and Afterschool Meals

Meals must meet USDA guidelines:

- ✓ Milk
- ✓ Grain
- ✓ Protein
- ✓ Fruit/vegetable

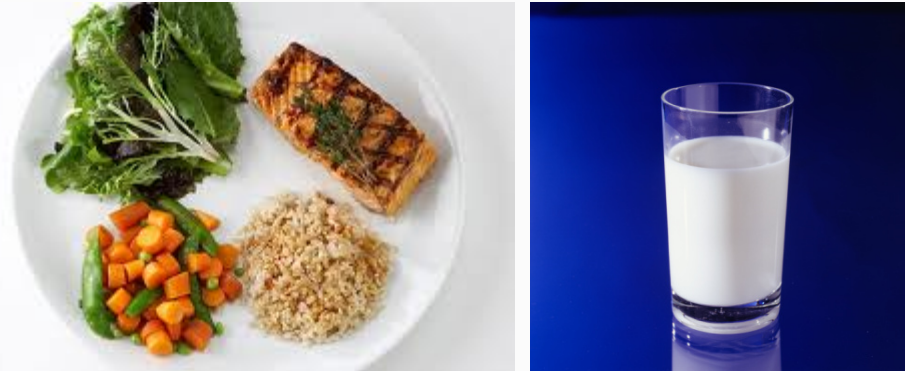


Meals must include:

- Lunch or supper: all four components and second, different serving of fruits/vegetables
- Breakfast: milk, grain and fruit/vegetable
- Snack: two of four components



# Improving Nutrition



- Eat healthier meals
- Learn what nutritious meals look like
- Exposed to new food and healthier diet
- Combat the obesity epidemic

# Name 3!

All participants form a circle. One person stands in the center of the circle. Those standing in the circle pass a ball around until the group leader says “stop.” The last person holding the ball asks the person in the center of the circle to Name 3! from a healthy nutrition or physical activity category.

## Suggested Categories:

- 3 Vegetables (or red veggies, green veggies, etc.)
- 3 Fruits (or yellow fruits, orange fruits, etc.)
- 3 Grains
- 3 Whole Grains
- 3 Healthy foods that start with A or B, etc.
- 3 Healthy drinks
- 3 Activity things to do
- 3 Healthy snacks



From Food and Fun Afterschool: <http://www.foodandfun.org/>

# Healthy Eating & Physical Activity Standards

- Adopted in 2011 by National Afterschool Association, supported by number of organizations, including Afterschool Alliance
- Addresses:
  - Nutrition standards for snacks
  - Environment where meals and snacks are served
  - Infrastructure to serve meals
  - Physical activity offerings
  - Staff professional development



# Integrating Nutrition Education

*Cooking classes with parents*

*Farm or grocery store field trips*

School gardens

**Family-style dinners**

*Feature a “food of the week”*

**Invite dietitians, doctors, athletes and chefs talk to and eat with your students.**

***Cultural Cuisine Night***



# Healthy or Not?

Select a magazine advertisement that is in the middle of the table. Evaluate the ad. What product is it advertising? Is that item healthy or not as healthy? How does it try to sell its product to you?

# Nutrition Education Resources

- Afterschool Alliance Active Hours Afterschool - <http://www.afterschoolalliance.org/policyActiveHours.cfm>
- Healthy Out of School Time (HOST) - <http://www.niost.org/HOST-Program/Curricula-and-Toolkits/>
- Healthy Kids Out of School - <http://www.healthykidshub.org/>
- Food and Fun Afterschool - <http://www.foodandfun.org/>
- Fuel Up to Play 60 - <http://school.fueluptoplay60.com/tools/nutrition-education/school-nutrition.php>



# Benefits of the Summer & Afterschool Meal Programs

- Sustainable, entitlement funding
- No cap on the number of programs participating
- No cap on the number of years a program can participate
- New Guidance from USDA to streamline the program for SFAs

# Community Partnerships & Resources

- Schools
- YMCA, BGCA, Parks and Rec
- Cooperative Extension
- Food Banks
- Senior Groups/AARP
- Firemen/Law Enforcement
- Nutrition and Health Students
- Anti-hunger and Child Nutrition Advocates







## Resources

- FRAC website: [www.frac.org](http://www.frac.org) Summer & Afterschool Nutrition Programs
- Year-Round Summer Food Calendar and Guide
- State Agency SFSP Sponsor Retention Strategies
- Meals Matter Monthly Call Series
- Summer Outreach Toolkit
- Afterschool Meals Guide
- Standards of Excellence



# Thank You!



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# Food Research and Action Center

## Tools for Afterschool and Summer Programs

When school lets out – either just for the day or for the summer – many children head to afterschool or summer programs. For many children, the time they spend at these programs means they have a long time between meals – especially low-income children who rely on the food they receive during the school day. Hungry children cannot participate fully or benefit from the enrichment and learning activities that are often a part of an afterschool or summer program. By serving meals or snacks at these programs, sponsors can keep hunger at bay so that children are engaged and ready to learn. Programs, like the Afterschool Meal Program and the Summer Nutrition Programs, provide crucial funding for meals and snacks.



To increase participation, the Food Research and Action Center (FRAC) works to expand their availability and connect afterschool and summer sites to these valuable programs. FRAC publishes a number of publications designed to introduce sponsors to the programs, help sponsors get started, and share tips on serving meals.

All of these publications are available for downloading on FRAC's website - [www.frac.org](http://www.frac.org).

### Reports and Publications

- Hunger Doesn't Take a Vacation: Summer Nutrition Status Report
- State Agency Summer Nutrition Sponsor Retention Strategies
- Afterschool Nutrition Standards of Excellence
- Summer Food Standards of Excellence
- Fresh from the Farm: Using Local Foods in the Afterschool and Summer Programs
- A How-To Guide for Summer Food Sponsors on Purchasing High-Quality Summer Meals

### FRAC's Online Tools

- Summer Nutrition Programs Implementation Calendar and Guide—<http://bit.ly/18GKP3L>
- Afterschool Meals Guide - <http://bit.ly/riwTkP>
- Afterschool Resource Center - [www.frac.org/afterschool](http://www.frac.org/afterschool)
- Simplified Summer Toolkit: Feeding Children During the Summer Just Got Easier - <http://bit.ly/1deSauT>

### Monthly Conference Call Series and Events

- Afterschool Meals Matter Conference Calls
  - Summer Meals Matter Conference Calls
- Register now for the next Meals Matter conference call or view a past webinar by going to the FRAC Events page. <http://bit.ly/1gBGpAQ>

### Brochures (also available in Spanish)

- Nutrition Guidelines for Afterschool & Summer Programs
- Helping Our Children Achieve
- Striving for Good Nutrition on a Tight Budget
- Food and Nutrition Programs - Getting Connected
- Starts Serving Meals at your Afterschool Program (English version only)

Download these publications from FRAC's Web site - <http://bit.ly/1fFLbvX>

Sign up for FRAC's **Summer & Afterschool Meal Expansion** newsletter which, provides updates and resources on the Afterschool and Summer Meal Programs. And register to receive the **Weekly News Digest**, which contains the latest news and information on hunger, nutrition and poverty issues. <http://bit.ly/9FzB66>

# FRAC Summer Nutrition Programs Year-Round Implementation Calendar

The Food Research and Action Center’s (FRAC) Summer Nutrition Programs Implementation Calendar is a step-by-step guide to support efforts to strengthen and expand the Summer Nutrition Programs. Each month is divided into two sections, one developed for sponsors, the other for anti-hunger, child advocates and others who help support sponsors in their communities. The calendar offers easy steps and ideas to help sponsors – and the advocates who support them – successfully prepare, promote and execute the Summer Nutrition Programs year-round.

	SPONSORS	ADVOCATES
SEPTEMBER/OCTOBER <i>Evaluate Last Summer</i>	Evaluate your operations each year and determine which practices were the most effective and should be continued next summer.	Consider the roles you played this past summer and how you can provide even more assistance to and encouragement for returning and new sponsors next summer.
NOVEMBER/DECEMBER <i>Set Goals for Next Summer</i>	Start to look ahead to next summer and what you might do differently to further build your program.	Begin planning what role you can play in the Summer Nutrition Programs next summer.
JANUARY <i>Develop Action Plans</i>	Create an action plan and convene meetings with all relevant stakeholders.	Establish deadlines for when each of your tasks associated with the responsibilities you are committing to will be completed.
FEBRUARY <i>Set the Stage for Success</i>	Begin to think about and plan for the logistical operations of your sponsorship for the Summer Nutrition Programs.	Intervene to prevent previous sponsors from dropping out, and ensure that eligible communities in your area will have sites.
MARCH/APRIL <i>Establish Logistics</i>	Take this opportunity to finalize all of your operational details.	Assist by offering to help in confirming site locations and helping connect sponsors with potential sites not yet on the program.
MAY/JUNE <i>Conduct Outreach and Navigate the Last Minute Scramble</i>	Implement your outreach plan and work out the kinks to your summer nutrition operations that naturally arise at the beginning of the year.	Work with the sponsors in your community.
JULY/AUGUST <i>Maintain Momentum</i>	Are now in the midst of your summer nutrition program. Effectively manage your sites, offer innovative programming, and ensure that high quality meals are being served at your sites.	Assist sponsors and sites over the summer months by helping maintain the momentum through continued outreach to make communities aware of the sites and ensure their children are coming to the sites, as well as any ideas for programming to make the sites interesting and fun for the children who attend.

→ Get the full calendar on FRAC’s website by visiting Summer Food under the Federal Food Programs section.