

Add More Flavor To Your Afterschool Program and Get Paid to Do It!

Vermont Afterschool Conference,
October 23, 2009



Vermont Campaign to
End Childhood Hunger





Introductions

- Getting to Know Us
- Today's Presentation
- Getting to Know You



Afterschool programs provide an anchor to children and teenagers during the riskiest time of day.

Food Insecurity

- 10% of all VT households
- 68,700 Vermonters
- 20,400 children
- 16% of Vermont children



Children in food insecure homes are at a greater risk for...

- Poor health
- Nutritional deficiencies and obesity
- Poor academic achievement
- Depression, increased aggressive or hyperactive behavior





Who's Hungry?



The Solution

- **Snack**

- National School Lunch Program (NSLP)

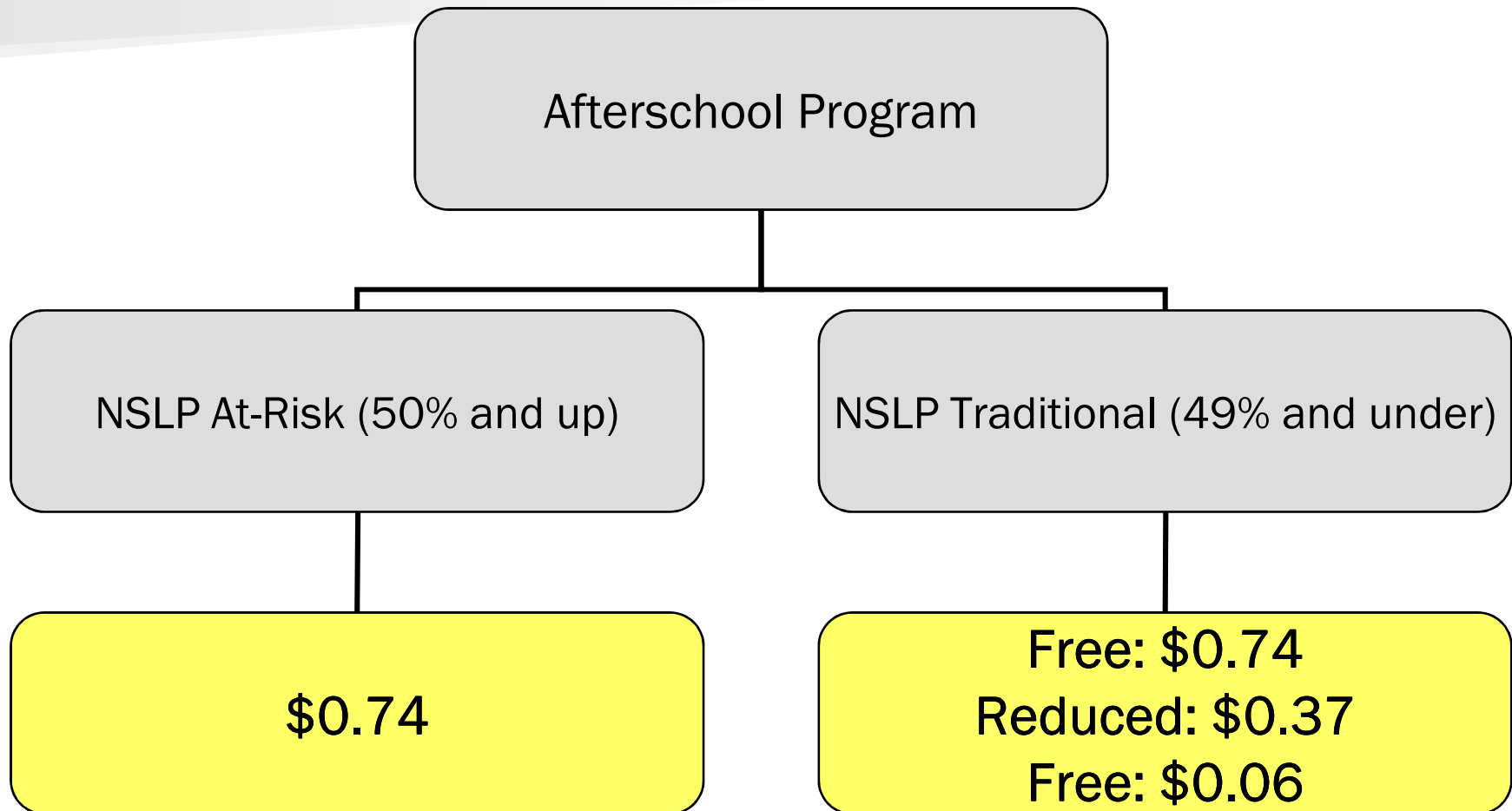
- **Snack and/or Supper**

- Child and Adult Care Food Program (CACFP) At-Risk Supper Program

- **Why use a federally funded nutrition program?**

NSLP Snack

Afterschool programs and community based centers



NSLP Meal Pattern

Serve 2 of the 4 components

Component	Minimum Serving Size	Examples
Fluid Milk	8 oz (1 Cup)	Flavored or unflavored milk
Meat/Meat Alternate	1 oz or equivalent	Meat, hard cheese, yogurt, peanut butter, egg, cottage cheese
Vegetable/Fruit	$\frac{3}{4}$ cup	Apples, oranges, kiwi, melon, grapes, carrots, broccoli, full strength fruit or vegetable juice
Grain/Bread	1 serving (serving size varies with type of food)	Bread, rolls, muffins, cereal, pretzels, crackers, tortilla chips



NSLP Recordkeeping

- Keep a roster of kids served every day
- Keep track of what you serve



CACFP At-Risk Supper Program

- 50% or more of the students qualify for a free or reduced price school meal

- \$2.68 per meal

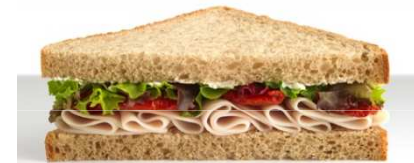


- Over \$24,000 in one school year

CACFP Meal Pattern

Serve each component

Fluid Milk	1 cup
Meat: Poultry, Fish, Cheese, or Egg, or Cooked Dry Beans, Peas, or Peanut Butter	■ 2 ounces ■ 1 ■ ½ cup ■ 4 tbsp.
Vegetables and/or Fruit (2 separate menu items)	¾ cup
Grains/Bread	1 slice



CACFP Recordkeeping

- Keep a roster of kids served every day
- Keep track of what you serve and how much
- Training documentation



Creating Fun Snacks!



- 10 Minute Challenge
- Small Groups

Children are hungry and food is expensive.

Begin serving snacks and meals in your afterschool program today!



✓ NSLP Snack

✓ CACFP Supper

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