

The After School “Super Snack”





The Family & Community Trust (FACT) supports the work of 20 well-respected *Community Partnerships* across the state.





“

CACFP At-Risk Afterschool Program

”

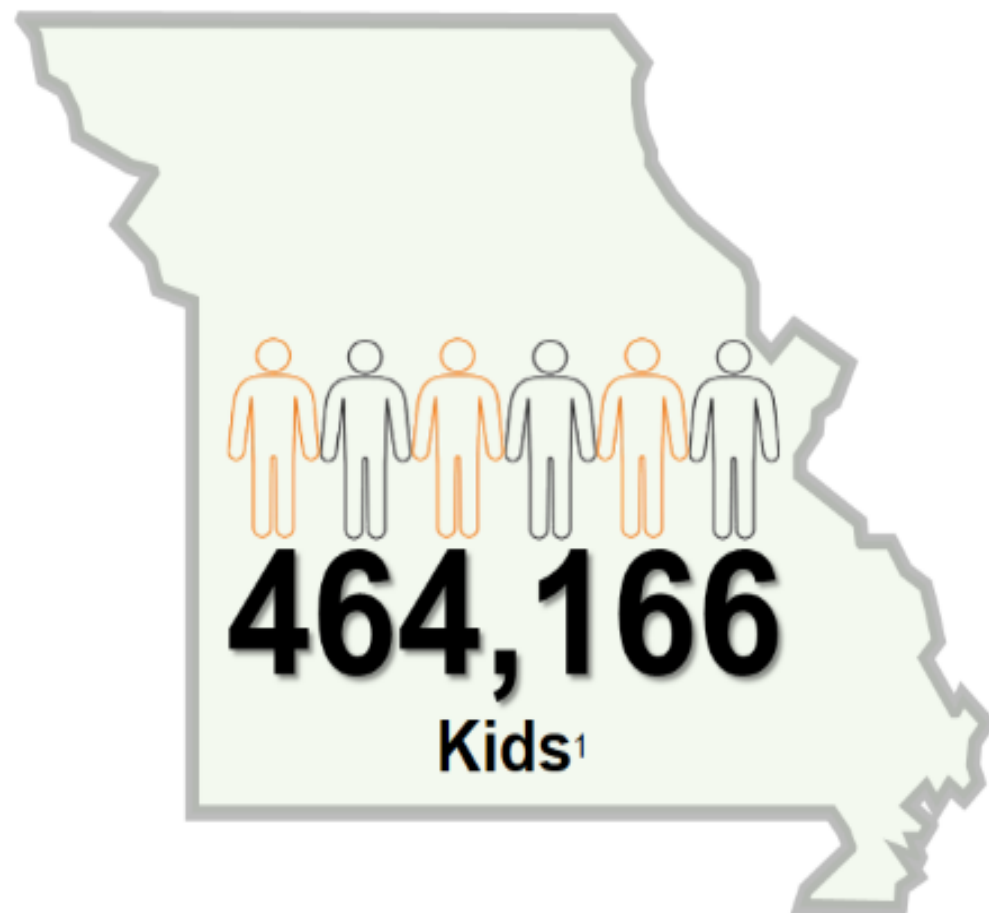


**AT-RISK
AFTERSCHOOL
MEALS GUIDE**

Child Hunger in Missouri



MISSOURI



50%

Children enrolled in MO schools eligible for a free or reduced price meal



¹Source: DESE Lunch Participation data, Oct2017

Survey of Low Income Parents



The case for After School Super Snacks





Things to consider before you get started...

- Is your site located in an attendance zone where over 50 % or more students are eligible for free or reduced price meals?
- Does your site offer regularly scheduled educational or enrichment activities in a supervised setting afterschool?
- Do you have support from your staff, site administration & teachers?



Eligible Afterschool Programs:



- Eligible sites are located in the attendance area of a public school where at least 50% of the enrolled students are certified as eligible for free or reduced –price meals.
- Eligible sites provide educational or enrichment activities in an organized, structured, and supervised environment after the end of the school day, (or on weekends & holidays during the school year).
- Eligible sites are open to all children, and do not limit enrollment or membership on the basis of a child’s ability. Programs designed to meet the special needs of enrolled children, such as programs for children with learning disabilities or children with learning disabilities or children who are academically gifted, may also be eligible to participate.
- Buy in and support from your NS staff, teachers, and administration is essential to the success of your program. Especially since they will be the ones preparing & distributing the meals and documenting the paperwork for the program.

How we got started at SPS...

The logo features the word "club" in a light blue, cursive font positioned above the word "ENCORE" in a bold, orange, sans-serif font. The word "ENCORE" is set against a yellow, horizontal oval background. The entire logo is centered on a light purple rectangular background.

club
ENCORE



How After School Snacks can help.

For Students:

- Those who don't have dinner waiting at home get a healthy meal to tie them over until the next morning.
- Kids in afterschool activities or afterschool care get the nutrition they need for the long afternoon/early evening
- Improved academic performance
- Some students eat lunch at school as early as 10:45 am and if they don't get home until after 6:00 or 6:30 that is a LONG time to go without anything to eat, this gives them a healthy "snack" to help energize them.

For Parents:

- Parents don't have to worry that their kids are going hungry or eating unhealthy snacks.
- No cost to the parents

For Administrators, Staff & Afterschool programs:

- Increased attendance for programs
- Improved behavior and less fighting during programs
- Help alleviate child hunger

For School Nutrition Programs:

- Staff get more hours and more recognition
- Department gets extra money that can be used to hire additional staff
- Staff build relationships and reputation with students
- Opportunity to try new items for lunch

Staffing & Prep



- ▶ Who: Part time kitchen staff who want additional hours



- ▶ What: 5 components that meet the CACFP supper meal guidelines

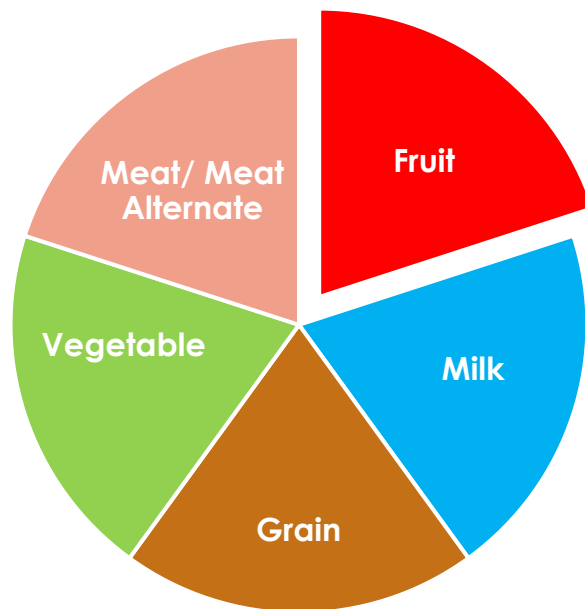


- ▶ Where: Students are encouraged to eat Super Snacks on Premises, *See CACFP Memorandum 22-2016 – Now allows students to take 1 vegetable, fruit or grain item off-site to eat at a later time.



- ▶ When: Must be after the end of the school day

What is a CACFP “Super Snack”?



The “Super Snack” is a Supper meal including all 5 meal components.

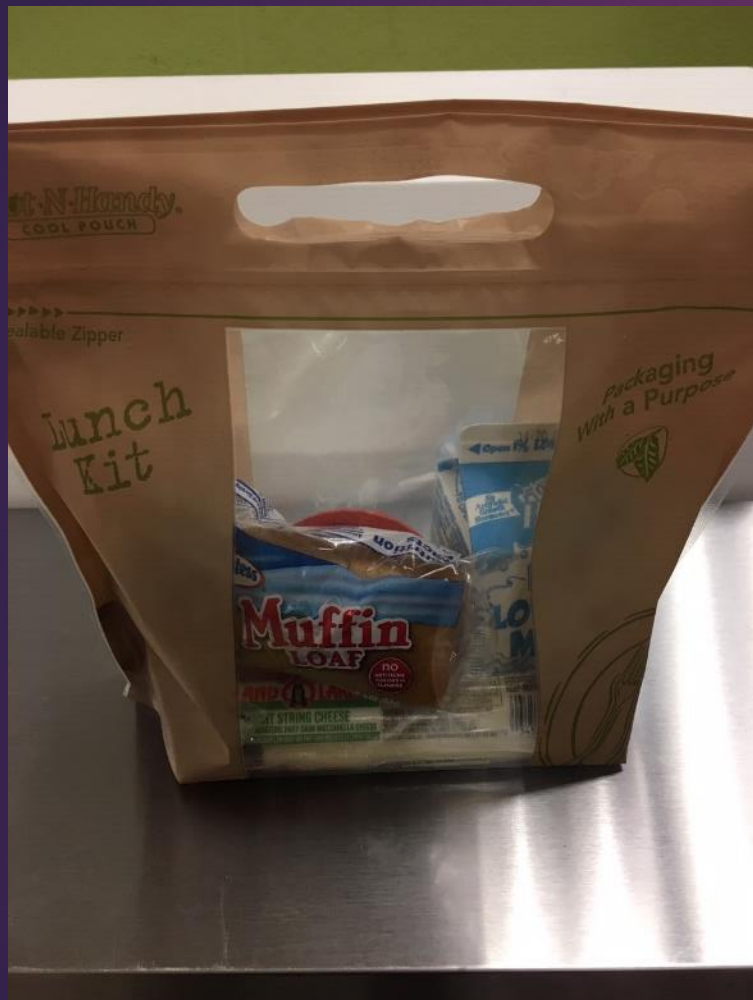
1. Meat / Meat Alternate
2. Fruit
3. Vegetable
4. Grain
5. Milk

Share tables – help reduce waste

ADDITIONAL FOOD SERVICE FLEXIBILITIES

Using “share tables” is an innovative strategy to encourage the consumption of nutritious foods and reduce food waste in the Child Nutrition Programs. “Share tables” are tables or stations where children may return whole food or beverage items they choose not to eat, if it is in compliance with local and State health and food safety codes. These food and beverage items are then available to other children who may want additional servings to eat at that time, or save for later (see below). Share tables may now be used in at-risk afterschool programs. See CACFP Memorandum 13-2016: [The Use of Share Tables in Child Nutrition Programs](#), June 22, 2016, for additional guidance, including food safety tips.

“SUPER SNACK”



Sample Menus

<p>Apple Cinn Muffin Loaf WG (1gr) (29), 2 String Cheese Sticks (2m) (2), 1/2 c apple slices (12), 1/2 c Carrot Sticks (6)/ Ranch cup (2)</p> <p>1% White Milk (12)</p>	<p>Trix Yogurt (1m) (20), 1 Cheese Stick(1m) (1), Simply Chex Cheddar WG (1gr) (20), 100% Fruit Juice (21), 1/2 c Celery Sticks (2)</p> <p>1% White Milk (12)</p>	<p>1 pkg Cheez Its WG(1gr) (14), 2 Cheese Stick (2m) (2), 1/2 c Peach Applesauce (14), 1/2 c Carrot Sticks (6)/Ranch cup (2)</p> <p>1% White Milk (12)</p>	<p>Benefit Bar (2gr) (48), 2 Cheese Sticks (2m) (2), Orange Craisins (28), 1/2 c Celery Sticks (2)</p> <p>1% White Milk (12)</p>	<p>1 String Cheese (1m) (1), Mucho Queso Cheese Sauce (1m) (15), Tostitos Scoops WG(1gr) (19), 1/2 c Carrot Sticks (2)/Ranch Cup (2), 100% Fruit Juice (12-14)</p> <p>1% White Milk (12)</p>
<p>Pretzels WG (1gr) (15), 2 String Cheese Sticks (2m) (2), 1/2 c apple slices (12), 1/2 c Carrot Sticks (6)/ Ranch cup (2)</p> <p>1% White Milk (12)</p>	<p>Trix Yogurt (1m) (20), 1 Cheese Stick(1m) (1), Simply Chex Choc Carmel WG(1gr) (21), 100% Fruit Juice (12-14), 1/2 c Celery Sticks (2)</p> <p>1% White Milk (12)</p>	<p>Blueberry Muffin Loaf (1gr) (29), 2 Cheese Stick (2m) (2), 1/2 c Mixed Berry Applesauce (14), 1/2 c Carrot Sticks (6)/ Ranch cup (2)</p> <p>1% White Milk (12)</p>	<p>Benefit Bar (2gr) (48), 2 Cheese Sticks (2m) (2), Orange Craisins (28), 1/2 c Celery Sticks (2)</p> <p>1% White Milk (12)</p>	<p>1 String Cheese (1m) (1), Mucho Queso Cheese Sauce (1m) (15), WG Tostitos Scoops (1gr) (19), 1/2 c Carrot Sticks (6)/ Ranch cup (2), 100% Fruit Juice (12-14)</p> <p>1% White Milk (12)</p>
<p>Choc Chip Muffin Loaf WG (1gr) (29), 2 String Cheese Sticks (2m) (2), 1/2 c apple slices (12), 1/2 c Carrot Sticks (6)/ Ranch cup (2)</p> <p>1% White Milk (12)</p>	<p>Trix Yogurt (1m) (20), 1 Cheese Stick(1m) (1), Simply Chex Cheddar WG(1gr) (20), 100% Fruit Juice (12-14), 1/2 c Celery Sticks (2)</p> <p>1% White Milk (12)</p>	<p>Pretzels (1gr) (15), 1 Cheese Stick (1m) (1), Mucho Queso Cheese Sauce (1m) (15), 1/2 c Peach Applesauce (14), 1/2 c Carrot Sticks (6)/ Ranch cup (2)</p> <p>1% White Milk (12)</p>	<p>Benefit Bar (2gr) (48), 2 Cheese Sticks (2m) (2), Strawberry Craisins (28), 1/2 c Celery Sticks (2)</p> <p>1% White Milk (12)</p>	<p>2 String Cheese (2m) (2), Bunny GrahamsWG (1gr) (26), 1/2 c Carrot Sticks (6)/ Ranch cup (2), 100% Fruit Juice (12-14)</p> <p>1% White Milk (12)</p>



CLUBS AND ACTIVITIES:

Art Club

Book Club

Botanical Society

Boys & Girls Club

Club Encore- Tutoring

Culinary Team

Cultural Diversity Club

DECA

Debate & Speech

Drama & Stage Crew

Entrepreneurship Club

FBLA

Film Club

French Club

Green Team

Guitar Club

History Club

Homework Helper-Tutoring

Improv Club

International Thespian Society

Key Club

Magic

Media

Math Team

Military Club

Nerd Club

Photography Club

Relay for life

Salsa Club

Spanish Club

*Sports Teams - Homework Helper

YMCA afterschool care programs

Costs Associated with the Program

Monday		Tuesday		Wednesday		Thursday		Friday		
Date: 10/1		Date: 10/2		Date: 10/3		Date: 10/4		Date: 10/5		
Pretzels WG (1gr) (15), 2 String Cheese Sticks (2m) (2), 1/2 c apple slices (12), 1/2 c Carrot Sticks (6)/ Ranch cup (2)		Trix Yogurt (1m) (20), 1 Cheese Stick(1m) (1), Simply Chex Cheddar WG (1gr) (20), 100% Apple Capri Sun (21), 1/2 c Celery Sticks (2)		1 pkg Cheez Its WG(1gr) (14), 2 Cheese Stick (2m) (2), 1/2 c Peach Applesauce (14), 1/2 c Carrot Sticks (6)/Ranch cup (2)		Benefit Bar (2gr) (48), 2 Cheese Sticks (2m) (2), Orange Craisins (28), 1/2 c Celery Sticks (2)		1 String Cheese (1m) (1), Mucho Queso Cheese Sauce (1m) (15), Tostitos Scoops WG(1gr) (19), 1/2 c Carrot Sticks (2)/Ranch Cup (2), 100% Berry Capri Sun (21)		
1% White Milk (12)		1% White Milk (12)		1% White Milk (12)		1% White Milk (12)		1% White Milk (12)		
Pretzel	0.28	Trix	0.2896	Cheez Its	0.1814	Benefit Ba	0.4573	1 String Ch	0.1178	
2 String Chees	0.2356	1 String Ch	0.1178	2 String Ch	0.2356	2 String Ch	0.2356	Queso	0.4329	
Apple Slice	0.3354	Simply Ch	0.3425	Applesauc	0.2209	Craisins	0.2559	Scoops	0.2907	
Carrot Stick	0.2293	Capri Sun	0.2973	Carrot Stic	0.2293	Celery	0.2223	Carrot Stic	0.2293	
Ranch Cup	0.1235	Celery	0.2223	Ranch Cup	0.1235	Milk	0.245	Ranch Cup	0.1235	
Milk	0.245	Milk	0.245	Milk	0.245			Capri Sun	0.2973	
								Milk	0.245	
Total	1.4488	Total	1.5145	Total	1.2357	Total	1.4161	Total	1.7365	1.4703

Bag	0.26804
Cutlery Kit	0.02024
	0.28828

Reimbursement Rates

NSLP Area Eligible

CACFP At-Risk

Snack: \$0.91

Snack: \$0.91

Lunch/ Supper \$3.31

Net reimbursement for 1 supper = almost 4 snacks

Prep time

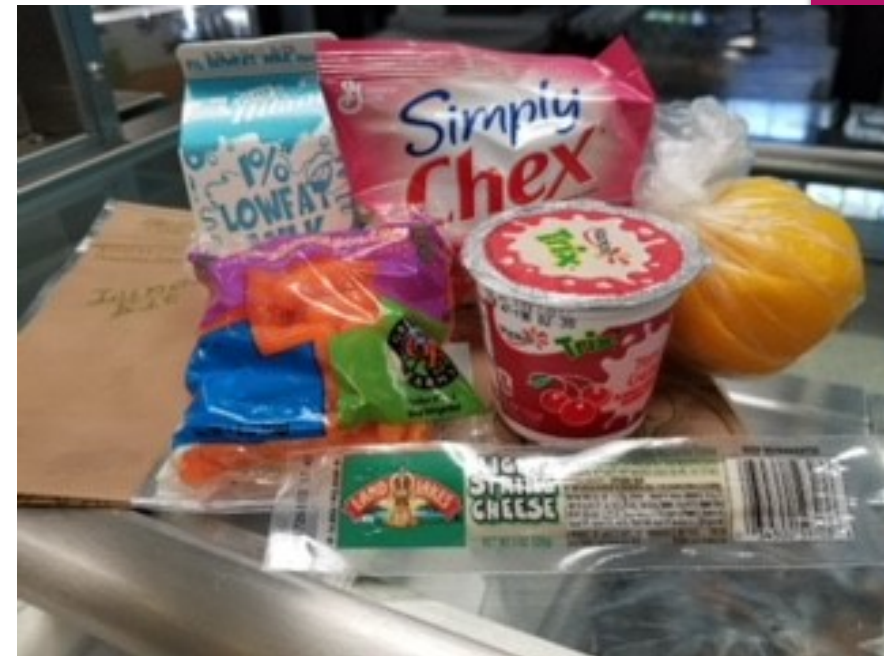
ON AVERAGE IT TAKES:

0-60 MEALS.....30 MINUTES TO PREP

60-120 MEALS.....60 MINUTES TO PREP

Remember-

- *Be organized
- *Set it up like an assembly line
- *Make it look appealing
- *Be sure to follow all safe food handling procedures with regard to time, temperature, HACCP, documentation etc.





Administration time:

This will vary & depend on the size of your program

Things to consider:

- Application process for each site
- Creating a menu- Nutrition Services (4 week cycle)
- Production records – Kitchen Staff
- Tally sheets – Teachers & Staff
- Verify accurate number of meals on production sheets vs tally sheets
- Input of meals at site level and Office staff enters meals to be claimed
- Time to train staff to ensure your site is being compliant

Communication & Documentation:

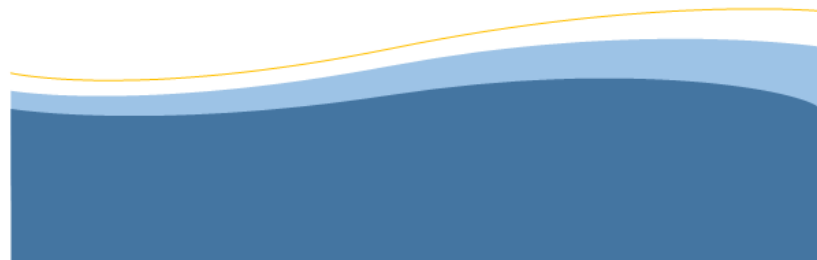


Super Snack Pick up

*** Reminders:**

1. Take only one snack pack per student
2. Teacher has to mark off students on tally sheet
3. Snacks must be consumed at school
4. Return all leftover snacks to refrigeration
5. Return all paperwork back to the kitchen

Thank you for participating in our After School Meal Program!



At-Risk Daily Meal Count Record Child and Adult Care Food Program

Name of Program:														
Date of Service:														
Meal Served: Snack Supper														
Meal: Prepared Delivered														
Meal Service Time:														
Total Meals Available:														
Meal Tally – cross off a number as each meal is served														
1	21	41	61	81	101	121	141	161	181	201	221	241	261	281
2	22	42	62	82	102	122	142	162	182	202	222	242	262	282
3	23	43	63	83	103	123	143	163	183	203	223	243	263	283
4	24	44	64	84	104	124	144	164	184	204	224	244	264	284
5	25	45	65	85	105	125	145	165	185	205	225	245	265	285
6	26	46	66	86	106	126	146	166	186	206	226	246	266	286

Promotion of your program

Flyers & Brochures

WHAT DOES A LESSON LOOK LIKE?

Curriculum provides students the opportunity to participate in three stations each day, including a free snack for all participants.

Mini-Lesson & Snacks

Station 1
Hands-on Activities

Station 2
Independent Practice

Station 3
Small Group Instruction



WHY DO KIDS LOVE CLUB ENCORE?

1. Fun and engaging activities
2. Time to connect with a tutor and make new friends
3. Opportunities to improve reading skills
4. Free snack



WHAT IS CLUB ENCORE?

Club Encore is a **FREE** club-based, after-school tutoring program designed for students performing one or more grade levels below in reading. Small class sizes allow your child time to work on the skills he or she needs to be successful in the classroom with a trained tutor. Clubs are offered at every school for eligible students.

Each session provides students the opportunity to participate in a whole-group mini-lesson, hands-on activities, small group instruction, and independent practice. A free snack is provided for all participants.



Promotion – Posters & Yard signs

WHY DO KIDS LOVE CLUB ENCORE?

1. Fun and engaging activities
2. Time to connect with a tutor and make new friends
3. Opportunities to improve reading and math skills
4. Free snack



Promotion

Social Media & School websites



Testimonials

“We have SEVERAL basketball players who wouldn’t of remained, nor become eligible academically each semester if they didn’t have a coach dedicated to study halls three times a week. Being able to feed them while they study is HUGE and super beneficial.”

Mrs. Heidi J. Hardy

Secretary to the Assistant Principals and
Athletic Department
Concessions Stand Manager
Co-Sponsor for Kilties
Central High School
Springfield Public Schools

“I’ll never forget the day one of our students thanked me for starting the afterschool meals program. He was thanking me because he no longer needed to dig through the dumpsters each night to find dinner for his little brother and sister.”

- Food Service Director
St. Joseph, Missouri

Make your program great!



Best Practices for a successful program

- Encourage all activity students to eat
- Have Coaches, teachers and activity leaders help promote your program
- Allow all students to eat regardless of participation in afterschool activities
- Advertise meals effectively with flyers, social media, school websites, yard signs
- Offer a variety of foods
- Facilitate training with staff prior to implementation
- Communicate effectively with ALL stakeholders
- Ensure you have adequate space to store meals for pick up after your staff arrives
- Think outside the box

Q & A's

Contact Information:

- ▶ Kim Keller
- ▶ Director of Nutrition Services SPS/Aramark
- ▶ kkeller@spsmail.org

Thank you!

<https://www.youtube.com/watch?v=2ffxPsiKuYE>

