



AFTERSCHOOL MEALS: A WIN-WIN FOR MISSOURI SCHOOLS

Improving outcomes for kids **AND** schools with an afterschool meals program





NO KID HUNGRY & THE FAMILY & COMMUNITY TRUST

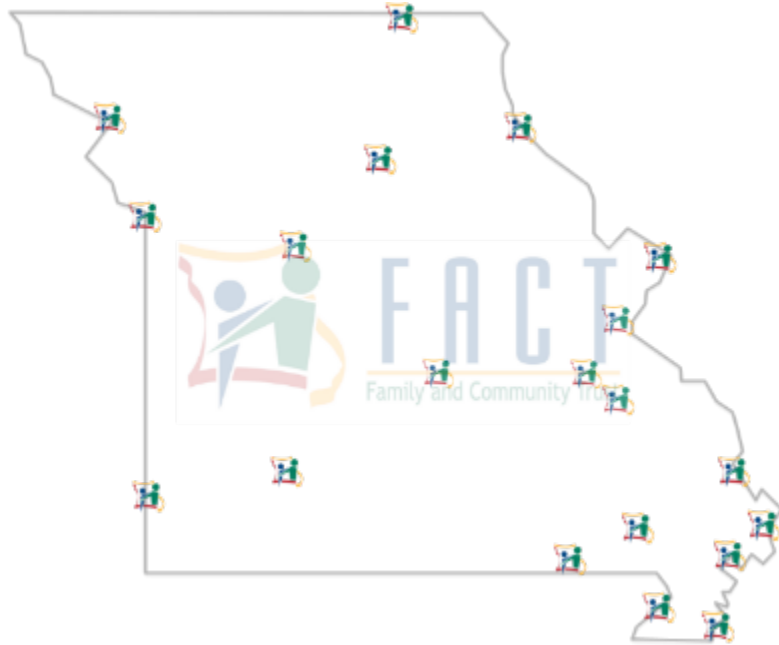
An Overview



Ending child
hunger in America.

No Kid Hungry Missouri working with state agencies, schools, private organizations, businesses and individuals to break down barriers and implement common sense solutions to ensure kids have access to nutritious meals.

The Family & Community Trust



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



Mission

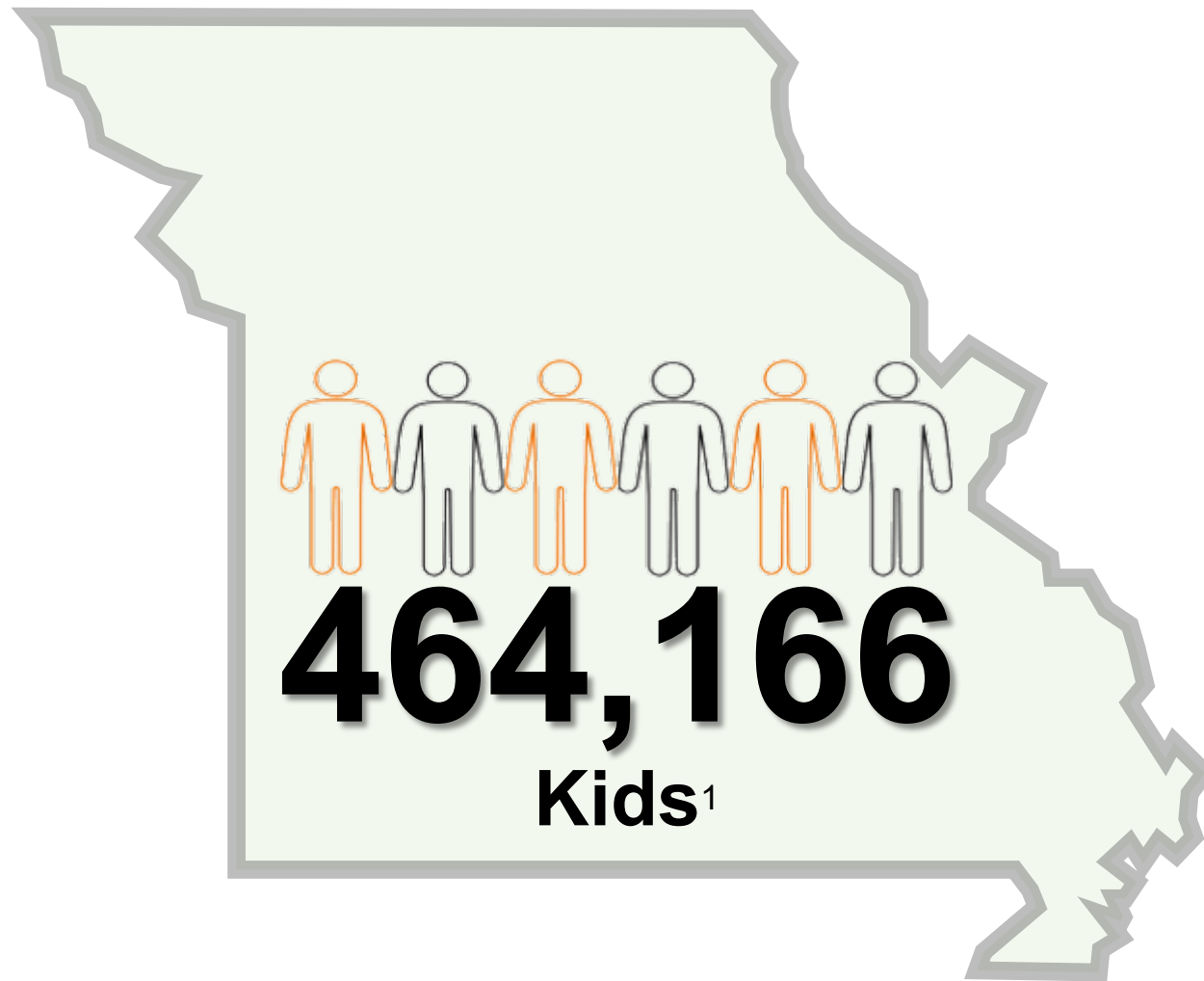
Promote & support effective public/private partnerships & community involvement to develop innovative solutions for improving the lives of Missouri's children and families.

Learn more at www.mofact.org



CHILD HUNGER & FOOD INSECURITY IN MISSOURI

Child Hunger in Missouri



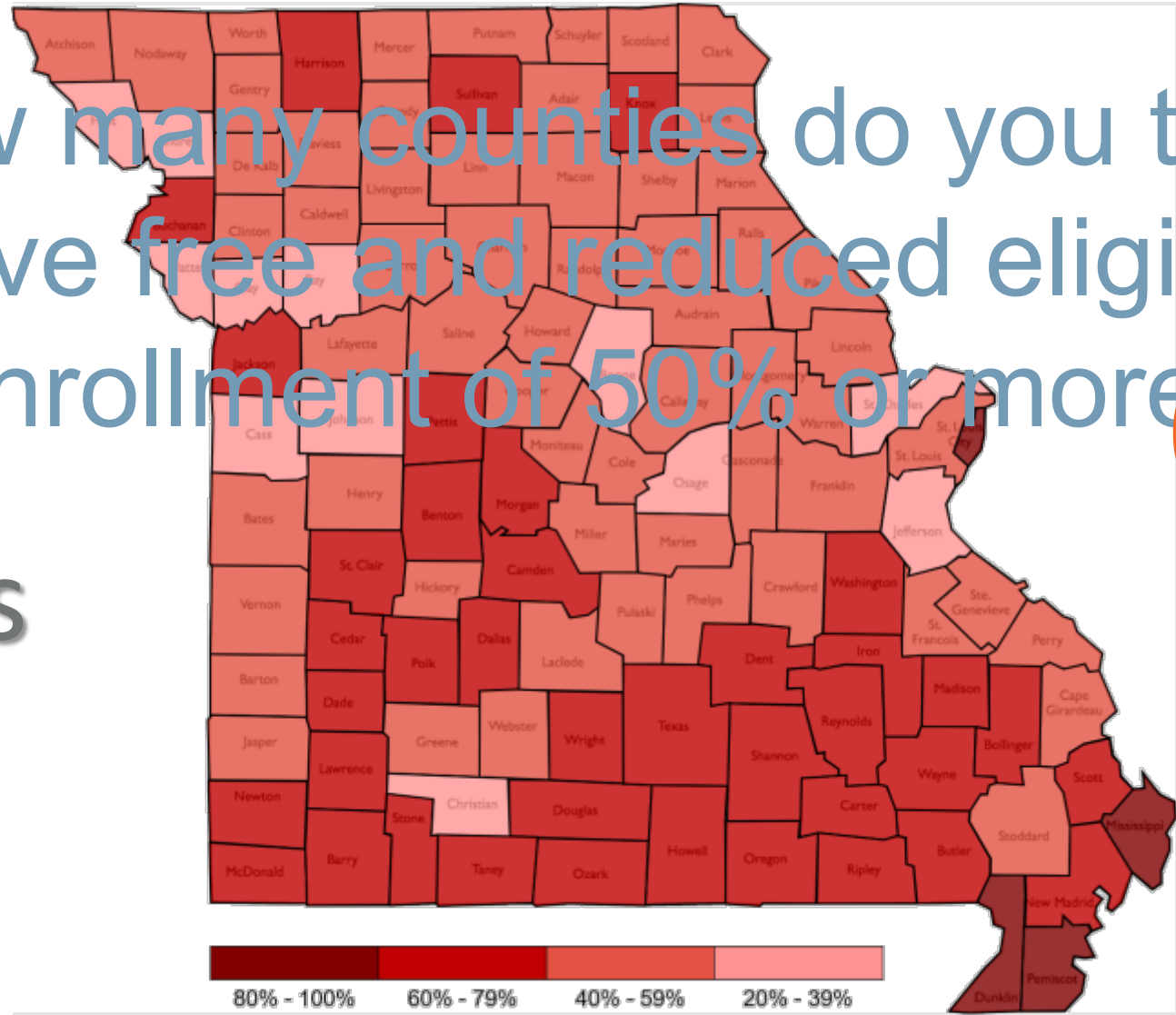
50%

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

Child Hunger in Missouri

Free & Reduced Price Meal Eligible Students by County, Missouri

How many counties do you think have free and reduced eligible enrollment of 50% or more?
78 Counties **68%**





Sustainable solutions to Child Hunger

No Kid Hungry Missouri promotes the effective and efficient use of existing infrastructure to increase participation in **and** availability of USDA Child Nutrition programs. Specifically:

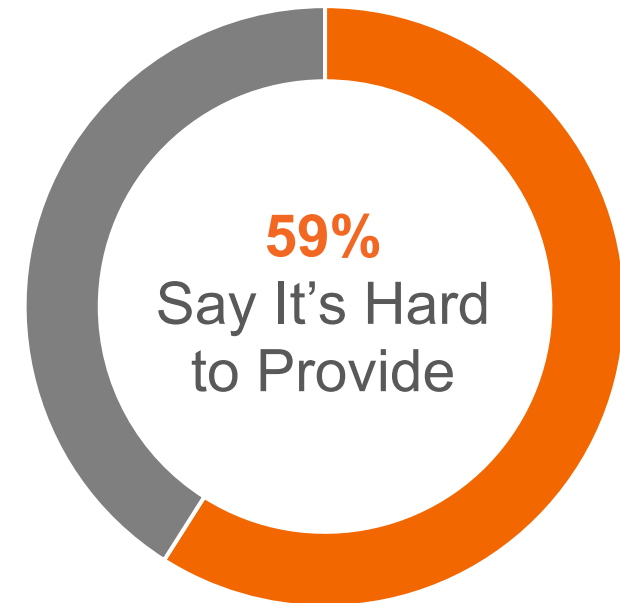
- Breakfast After the Bell
- Afterschool Meals & Snacks
- Summer Meals & Snacks



THE CASE FOR AFTERSCHOOL MEALS

How afterschool meals can help working families

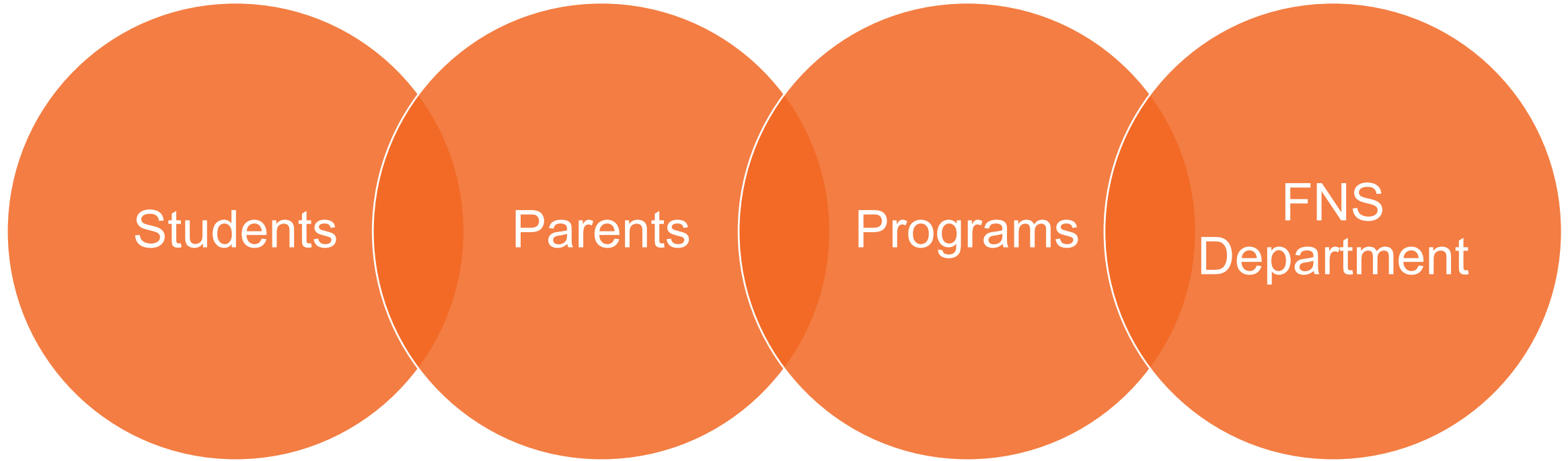
Survey of Low-Income Parents



Based on a 2013 survey of low-income parents conducted by APCO Insights.
<https://bestpractices.nokidhungry.org/afterschool/afterschool-meals-survey-findings>



How Afterschool Meals Can Help



Simple Program – Huge Impact



“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



MO's Afterschool Gap



MISSOURI

Afterschool participation

6%

No Kid Hungry Missouri Target

20%

The Gap

11,388,855

more afterschool meals served

29 more meals

per school per day



Opportunity for Schools

Feed more kids!

CACFP offers a great opportunity to ensure more kids have access to high-quality, nutritious meals.



Increased Revenue!

20% FR AS ADP	\$19,000
30% FR AS ADP	\$28,000
40% FR AS ADP	\$37,000

Potential Annual Revenue for Average MO School*:

High Reimbursement Rates

Snack: \$0.91
Supper: \$3.31 (\$3.545 CILC)

**Assuming average FR Lunches served of 158 and average school size of 319*



HOW THE AFTERSCHOOL MEALS PROGRAM WORKS

Understanding the Basics



USDA Child Nutrition Programs



US Congress

USDA Child Nutrition Programs

DESE - NSLP

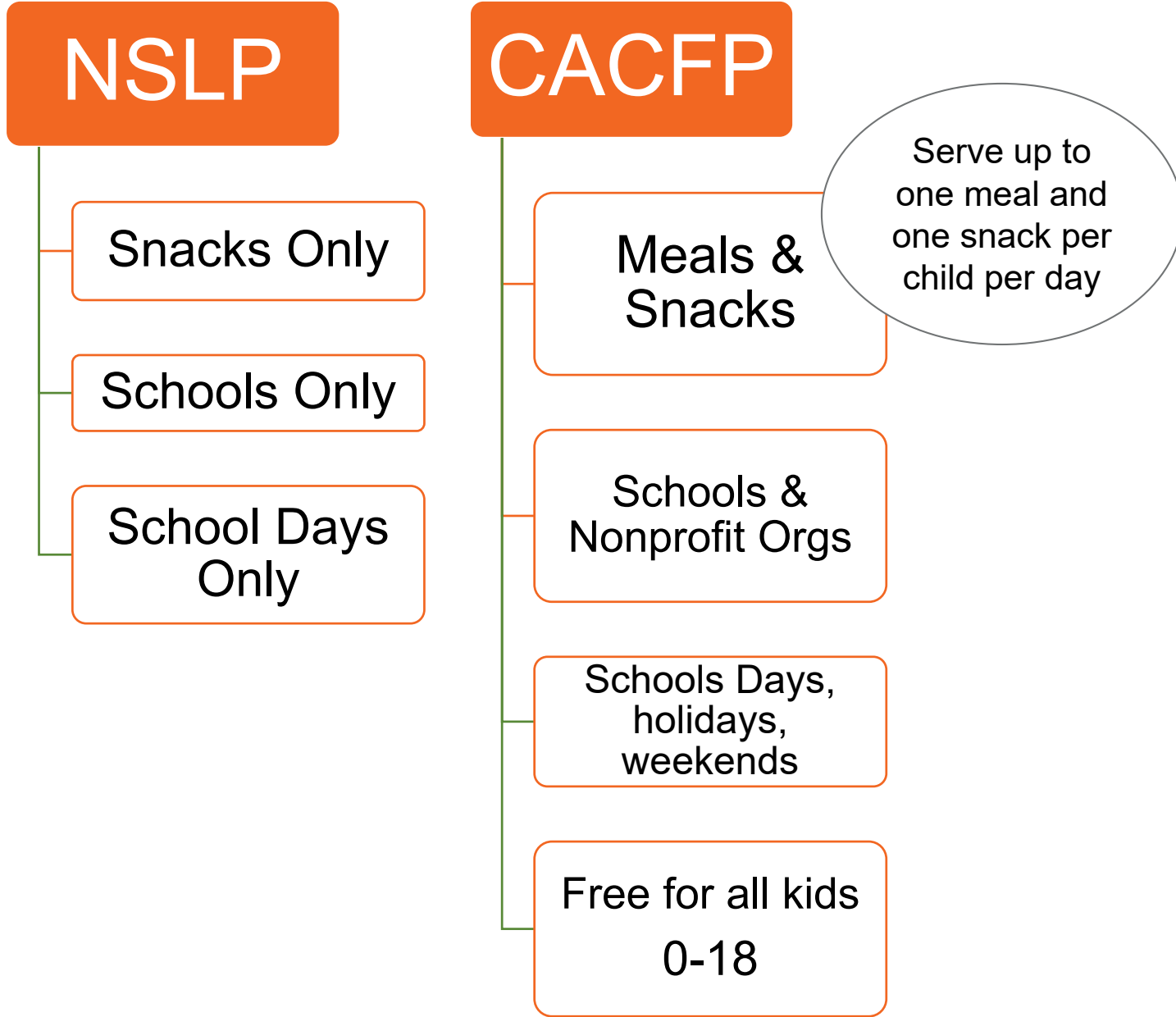
DHSS - CACFP

Afterschool Snacks

Afterschool Meals & Snacks



NSLP & CACFP Afterschool Programs



CACFP Afterschool Meals Sites

Meet applicable licensing or health and safety standards – waived for schools

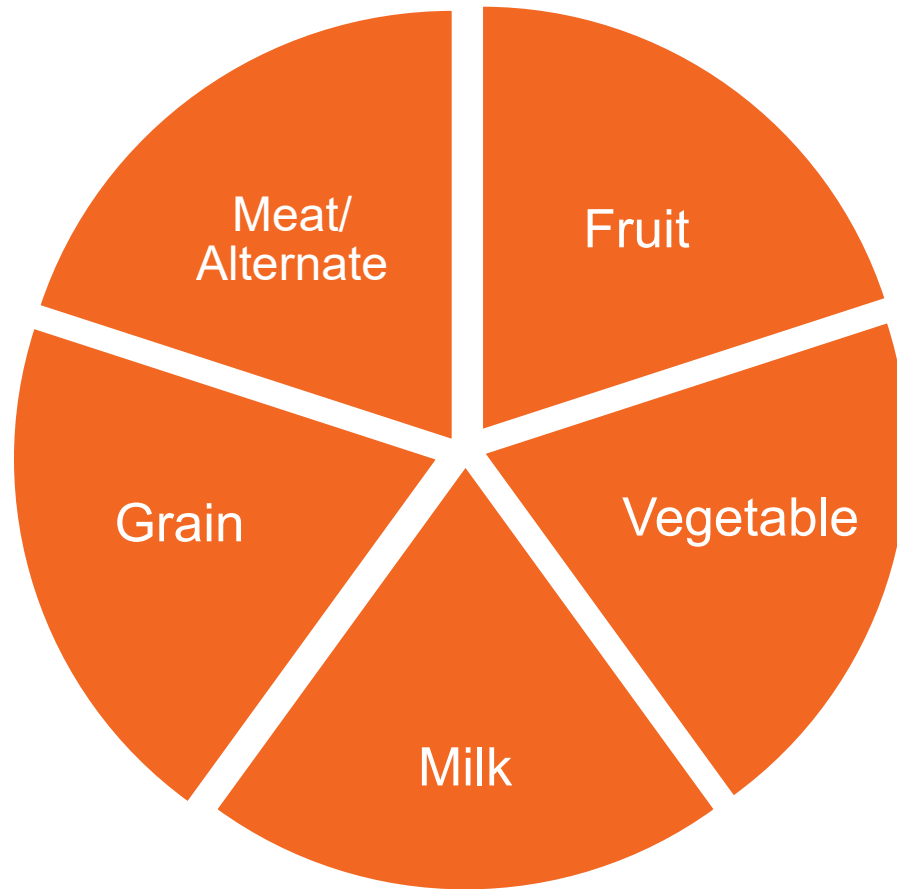
Located in attendance zone of school where $\geq 50\%$ are eligible for free or reduced-price meals

Provide regularly scheduled educational or enrichment activities in a supervised setting

Kids in Afterschool Meals Programs



Meal Pattern Basics



- Supper: All 5 Components
- Snack: Any 2 components
- Minimum age-specific portions for each component

Reimbursement Rates

NSLP Area-Eligible		CACFP At-Risk	
Snack:	\$0.91	Snack:	\$0.91
		Lunch/Supper: \$3.31 + Cash-in-Lieu/Commodities: \$0.2350	
		Breakfast:	\$1.79

Net reimbursement for
1 supper = almost 4 snacks



BEST PRACTICES FOR AFTERSCHOOL MEALS

Enhancing Operations and Maximizing Participation

Afterschool Meals: From Good to Great!



Encourage all activity students to eat

Coaches and activity leaders promote the program



Allow all students to eat, regardless of participation in activities

Advertise meal effectively

Serve meal at the bell

School administrators support the program



Offer service alternatives

Allow meal to be transported to activities

Consider transportation

Improve variety, choice, and/or quality of food



The Umbrella Model – Meals for All Kids



A MODEL THAT WORKS



Supper in the Classroom



Elementary schools in the No Kid Hungry pilot study had more supper eaters than lunch eaters.

Supper in the Classroom Best Practices

Lessons Learned

- Communicate with teachers
- Use Breakfast in the Classroom best practices
- Get creative with space and equipment
- Seek grant funding for start-up costs
- Brand it as a “Super Snack”
- Try share tables or offer versus serve (OVS)





Super Snacks: A Way of Branding Afterschool Meals

“Super snacks”

- Meet the meal pattern requirements for supper
- Include the minimum required portion, rather than more generous portions, for some or all components

Consider super snacks for:

- Programs that do not have the capacity for hot meals
- Small children with small appetites
- Older children going to sports practice after the meal
- Communities that think “supper” is too much food



Super Snack in Springfield Public Schools!

Best Practices Review



Timing and Logistics



Packaging and Branding



Promotion



Transportation



Meal Quality



Partnerships

How to Apply for At-Risk, Afterschool

http://health.mo.gov/cacfp/after_school.php

Gov. Eric Greitens

Missouri Department of Health & Senior Services

Search Health Search

Healthy Living | Senior & Disability Services | Licensing & Regulations | Disaster & Emergency Planning | Data & Statistics | Online Services

At-Risk, Afterschool Program

Home » Healthy Living » Wellness & Prevention » Nutrition » Food Programs » Child and Adult Care Food Program

Program description - Eligibility requirements - Meal requirements

Reimbursement - Reporting and recordkeeping - How to apply

Click [here](#) for the brochure "Missouri's At-Risk, Afterschool Program."

Program description

Eligible public and private organizations may participate in the At-Risk, Afterschool Program through the Child and Adult Care Food Program (CACFP). The CACFP provides funding for snacks and suppers in organized afterschool programs. The food program not only benefits children by providing needed nutrition, but has also been shown to help reduce or prevent children's involvement in juvenile crime or other high-risk behaviors.



Eligible facilities must serve meals and snacks meeting program requirements; maintain accurate and complete records; and train center personnel in program requirements and operations.

Eligibility requirements

To be eligible for reimbursement under the Child and Adult Care Food Program (CACFP), afterschool programs must meet the following criteria:

- The afterschool program must be operated by a public or private, not-for-profit organization or - if a private, for-profit organization - must have at least 25 percent of enrolled children's care paid through Title XX funds (25 percent of enrolled children or licensed capacity, whichever is less).
- The purpose of the program must be to provide care in afterschool settings. This does not mean that the program must offer formal, all-day child care (although many of these programs would be eligible to participate).
- The afterschool program must include education or enrichment activities in an organized, structured, and supervised environment. Any extracurricular activities such as the school choir, debate team, drama society, etc. can qualify to participate under this provision only if their basic purpose is to provide afterschool care.

Healthy Living

- Environmental Factors
- Chronic Diseases
- Communicable Diseases
- Healthy Families
- Organ/Tissue Donation and Registry
- Women, Infants & Children (WIC)
- Genetic Disease & Early Childhood
- Food Programs
- Wellness & Prevention
- Local Public Health Agencies
- Immunizations

Community Food and Nutrition Assistance

Missouri Department of Health and Senior Services
PO Box 570
Jefferson City, MO 65102

Telephone: 573-751-6250 or (toll-free) 800-733-6251
Email: CACFP@health.mo.gov

- Program Description
- Eligibility Requirements
- Meal Requirements
- Reimbursements
- Reporting & Recordkeeping
- How to Apply

How to Apply for CACFP At-Risk, Afterschool Program

http://health.mo.gov/living/wellness/nutrition/foodprograms/cacfp/after_school.php



AFTERSCHOOL MEALS RESOURCES

Available from the No Kid Hungry Center for Best Practices

- AFTERSCHOOL MEALS HOME
- AFTERSCHOOL MEALS OUTREACH TOOLKIT
- NO KID HUNGRY SCHOOL CALCULATOR
- INNOVATIONS IN AFTERSCHOOL MEALS
- AFTERSCHOOL MEALS SURVEY FINDINGS
- AFTERSCHOOL MEALS PROGRAM POLICY
- ABOUT CACFP AFTERSCHOOL MEALS
- AFTERSCHOOL MEAL PROGRAM ASSESSMENT TOOL



The screenshot shows the website's header with the NOKID HUNGRY logo and 'center for BEST PRACTICES'. A navigation bar contains links for SCHOOL BREAKFAST, SUMMER MEALS, AFTERSCHOOL, EARLY CHILDHOOD, SNAP, FOOD SKILLS EDUCATION, and SPONSOR CENTER. The main content area is titled 'Afterschool Snacks & Meals' and features a sidebar with a 'Resources' section. The sidebar lists 'Reports/Case Studies' (Afterschool Snacks & Meals History and Trends, Serving Maryland's Children: The Afterschool Meal Program, The Importance of Afterschool and Summer Learning Programs in African-American and Latino Communities), 'Guides/Toolkits' (Afterschool Meals-SFSP Comparison, Streamlining and Cross-Promoting CACFP and SFSP, Afterschool Meals Promotion - Sample Text for Umbrella Model), and 'Memos' (USDA memo on aggregate data sharing). The main content area includes a photo of a child and text describing the At-Risk Afterschool Meals Program and the Healthy, Hunger Free Kids Act of 2010.

- Reports/Case Studies**
 - State Agency Administration of Afterschool Snack and Meal Programs
 - Schools as Nutrition Hubs Full Report
 - Afterschool Snacks & Meals History and Trends [View More](#)
- Guides/Toolkits**
 - Understanding Afterschool Snacks and Meals
 - Afterschool Meals & Summer Meals Comparison
 - Supper in the Classroom Handout [View More](#)
- Memos**
 - USDA memo on aggregate data sharing
 - Clarifying Regulations for the

No Kid Hungry Center for Best Practices
<https://bestpractices.nokidhungry.org/afterschool-snacks-meals>

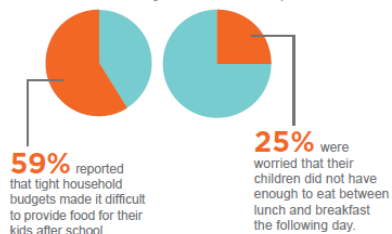
The Umbrella Model

Increases Participation in Afterschool Meals

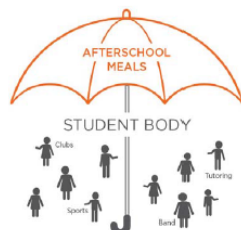
THE PROBLEM

Increasing access to the Child and Adult Care Food Program (CACFP) Afterschool Meals Program, also known as the Supper Program, is critical to ending childhood hunger. Currently, only a fraction of the children who receive a free or reduced-price lunch at school have access to a meal or snack after school.

In a national survey of low-income parents*



A MODEL THAT WORKS



PROVEN RESULTS

In fall 2015, No Kid Hungry gave small incentive grants to 16 middle and high schools to test the Umbrella Model. Of schools with historical data available, the median participation increase was 53%. Of all pilot schools who opened the meal program to all students, participation was 45% higher on average than predicted for a "closed model" (i.e., only activity students could participate).

53% increase in participation

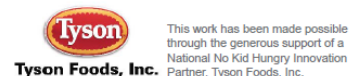


Before Pilot

During Pilot

WHAT IS THE UMBRELLA MODEL?

An afterschool meal delivery model that can boost participation. Meals are available and promoted to all students, whether or not they participate in afterschool activities.



*No Kid Hungry Center for Best Practices in partnership with APCO Insights (2014). "National Afterschool Meals Program Survey Findings."

Key Finding

The Umbrella Model shows the potential to increase participation in the Afterschool Meals Program by more than 50 percent over historical totals at middle and high schools that promote the availability of meals to all students.

Overview: The CACFP Afterschool Meals Program

The Child and Adult Care Food Program (CACFP) is a federal entitlement program that provides funding to help offset the cost of providing healthy meals to infants, children, teens, and adults in a variety of care settings. In December 2010, the At-Risk Afterschool Meals Program was authorized as a permanent part of CACFP that could be implemented nationwide. The Afterschool Meals Program allows educational or enrichment programs in eligible low-income areas, whether school or community-based, to receive funding for up to one meal and one snack each day. This meal is crucial to children in need who may not have access to nutritious food in the evenings. In addition, children and teens need fuel for long hours of afterschool activities that keep them active and learning.

The Umbrella Model

<https://bestpractices.nokidhungry.org/afterschool-snacks-meals>

Supper in the Classroom

SUPPER IN THE CLASSROOM

INCREASES ACCESS TO CACFP AFTERSCHOOL MEALS

What?

The CACFP Afterschool Meals Program allows schools to serve a meal (supper) and/or snack to children as part of an enrichment program. Supper in the Classroom makes this meal a natural extension of the school day, enabling all students to eat and engage in enrichment together in the classroom after the final bell.

- The enrichment could be as simple as reading a book, playing an educational game, or providing homework assistance.
- A supper can be hot or cold, simple or substantial. It just has to have all components: protein, grain, fruit, vegetable, and milk.
- Supper in the Classroom usually relies on packaged or unitized meals, but you can use Offer Versus Serve (OVS) for some or all components.

Why?

Because one in five children in the U.S. lives in a household struggling with hunger and may not have enough healthy food to grow and learn after school. A quarter of low-income parents worry their kids don't have enough to eat between lunch and breakfast the next day. But for every 100 lunches served to kids in need, less than four afterschool meals are served. Serving Supper in the Classroom is a proven way to reach more students—schools that have tried it report that more kids eat supper than lunch!

Who?

- All children who are age 18 or under as of the beginning of the school year can get a meal.
- Supper in the Classroom is usually done in elementary schools.
- All meals are reimbursed at the free rate regardless of children's household income eligibility.



Schools that piloted Supper in the Classroom reported 80 percent of all students ate supper on average. At \$3.39 per supper in reimbursements and commodities, a school with 450 students that achieves 80 percent participation would receive nearly \$220,000 by serving suppers Monday through Friday during a regular school year.

When?

- Extended-day or expanded learning time schools that operate at least one hour longer than required by the state or LEA can serve the afterschool meal as part of the school day.
- For all other schools, the afterschool meal must be served after the final bell. With Supper in the Classroom, the meal is served as soon as it rings.

Where?

- Staff or student helpers deliver meals to each classroom using carts and insulated bags.
- Students may be dismissed to the cafeteria to pick up a meal before returning to the classroom to eat and do an activity. This works well if you don't have an elevator in the school.

Key Finding


Implementing Supper in the Classroom can lead to higher participation in the CACFP Afterschool Meals Program. Schools that adopted Supper in the Classroom reached an average of 80 percent of all enrolled students.

The Child and Adult Care Food Program (CACFP) is a federal entitlement program that provides funding to help offset the cost of providing healthy meals to infants, children, teens, and adults in a variety of care settings. In December 2010, the At-Risk Afterschool Meals Program was authorized as a permanent part of the CACFP that could be implemented nationwide. The Afterschool Meals Program allows educational or enrichment programs in eligible low-income areas, whether school or community-based, to receive funding for up to one meal and one snack each day. This provides fuel for the long hours of afterschool activities that keep children and teens active and learning, and it is especially crucial to children who may not have access to nutritious food in the evenings.

Supper in the Classroom

<http://mofact.org/nokidhungry/afterschool-meals-programs>



Three Meals a Day



THREE MEALS A DAY: A WIN-WIN-WIN

A Guide to Starting and Improving Your Afterschool Meals Program

FULL REPORT



THREE MEALS A DAY: A WIN-WIN-WIN

A GUIDE TO STARTING AND IMPROVING YOUR AFTERSCHOOL MEALS PROGRAM

HOW AFTERSCHOOL MEALS CAN HELP YOUR DISTRICT

School Nutrition Directors know that they have to be savvy business operators to run a viable program. But at the heart of the matter, kids need nourishment every day. The Afterschool Meals Program can allow you to do both better than ever.

THE NEED

59% OF LOW-INCOME FAMILIES SAY IT'S HARD TO PROVIDE FOOD FOR THEIR CHILDREN TO EAT AFTER SCHOOL.

25% OF LOW-INCOME FAMILIES WORRY THAT THEIR CHILDREN DON'T HAVE ENOUGH TO EAT BETWEEN LUNCH AND BREAKFAST THE FOLLOWING DAY*

THE OPPORTUNITY

The At-Risk Afterschool Meals Program, part of the Child and Adult Care Food Program (CACFP), provides reimbursements to offset the cost of providing free, healthy meals to students participating in afterschool enrichment programs in low-income areas.

Benefits of offering Afterschool Meals in your school district include:

- Increased interest in afterschool programming, focused kids, and improved performance.
- Increased revenue to your program. The reimbursement rate for an afterschool meal is more than three times the reimbursement for a snack.
- Increased participation at lunch due to relationship building with the school nutrition staff after school.

LAY THE GROUNDWORK

1. **Learn the basics.**
 - a. Call your State Agency to learn about the training and application process.
 - b. Look up the CACFP regulations and requirements.
2. **Assess the need and interest** at schools across your district.
 - a. Consider the free or reduced-price meal eligibility percentage at each school.
 - b. Determine whether snack is enough at schools already serving snacks.
 - c. Survey schools to find out what activities are already happening, like 21st Century Community Learning Center grantee programs.
 - d. Gauge schools' interest in offering low-barrier activities like tutoring or recreational sports to draw more kids.
 - e. Investigate afterschool transportation options.
3. **Assess internal factors**, like staffing, wages, kitchen equipment, storage space, and food transport.
4. **Convene stakeholders.** Partnerships are key, and a variety of people need to be on board, including the superintendent, principals, afterschool activity coordinators and coaches, and the school nutrition staff.

"This is an essential program in our district. The kids are willing to stay after school for tutoring because of the hot meal. The graduation rate has increased, and the athletes are gaining weight and muscle and performing better."
- Donna Martin, Georgia



*No Kid Hungry Center for Best Practices in partnership with APCO insights (2014). "National Afterschool Meals Program Survey Findings." <https://bestpractices.nokidhungry.org/afterschool/afterschool-meals-survey-findings>.

PLAN FOR IMPLEMENTATION

1. **Consider sponsorship options** to maximize reimbursements while managing the costs and responsibility.
 - a. Sponsor schools within your district.
 - b. Sponsor schools and community sites.
 - c. Partner with an existing sponsor who can handle the administration so that you can focus on meals.
2. **Determine the type of meals that work best** based on your capacity and needs of the children served.
 - a. NSLP vs. CACFP meal patterns
 - b. Offer Versus Serve (OVS) vs. complete meals
 - c. Unitized meals vs. serving line
 - d. Hot vs. cold meals, or a combination of both
 - e. Hearty meals vs. light "super snacks," like a string cheese stick, hummus, baby carrots, grapes, pita chips, and milk.
 - f. Central kitchen and satellite vs. cooking at each location.
3. **Plan for logistics.**
 - a. Consider having more frequent deliveries to manage storage space.
 - b. Determine whether additional equipment is needed.
 - c. Figure out the staffing model and number of hours needed based on your prep model and expected participation. Options include working preparation into the work day, adding employees, or providing additional hours or overtime.
 - d. Decide who will distribute meals. Volunteers or afterschool program staff could serve cold, unitized meals, but school nutrition staff is usually best for hot meals or OVS.
 - e. Establish the serving time based on the schedule of the afterschool activities, and plan for fluctuations based on the school and activity calendars.
 - f. Consider running a pilot or rolling out the program slowly across the district to streamline procedures and test menus.

ENHANCE THE PROGRAM

1. **Promote the meals to additional afterschool programs and schools.** Go to meetings with principals, afterschool program directors, coaches and athletic directors. Use these meetings to address challenges and needs.
2. **Promote the meals to students, parents, and the community.** Let them know that meals are available, even if kids choose not to participate in an activity.
3. **Tweak the menu** in response to performance, surveys, and taste tests.



"School nutrition professionals are understanding that they are the community-based champions for the children...It's not a question of 'will it work?' but 'how can we make it work?' because the need is there."
- Carolyn Thomas, Michigan

Three Meals a Day: A Win-Win-Win
<http://mofact.org/nokidhungry/afterschool-meals-programs>

QUESTIONS?

Jon Barry

Program Director, No Kid Hungry Missouri

o: 573.632.2488

e: jonathan.barry@mofact.org



Mofact.org/NoKidHungry



NoKidHungry@mofact.org