

Nutrition Guidelines for Afterschool & Summer Programs

Prepared by the Food Research & Action Center

MyPyramid for Kids



Grains:

- ◇ Make half your grains whole
- ◇ Eat 6 oz. every day (for example, a slice of bread is 1 ounce)

Vegetables:

- ◇ Vary your veggies
- ◇ Eat 2 1/2 cups every day

Fruits:

- ◇ Focus on fruits
- ◇ Eat 2 cups every day

Milk:

- ◇ Get your calcium-rich foods
- ◇ Get 3 cups every day

Meats & Beans:

- ◇ Go lean with protein
- ◇ Eat 5 1/2 oz. every day

What role does the food pyramid play in the afterschool and summer nutrition programs?

The meal patterns created for the federal nutrition programs are based on the appropriate serving sizes and necessary dietary requirements set forth in the food pyramid for kids. Following these guidelines ensures that every snack and meal you serve to the children in your program is nutritious and will help them stay healthy and fit.

To learn more:

Check out the complete USDA MyPyramid for Kids and other nutrition resources at <http://www.mypyramid.gov>

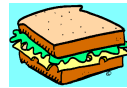
Sample Menus for Afterschool and Summer Nutrition Programs

Breakfast:



- ◇ Milk
- ◇ Banana
- ◇ Whole grain cereal

Lunch:



- ◇ Turkey sandwich
- ◇ Carrot sticks
- ◇ Pear slices
- ◇ Milk

Supper:



- ◇ Whole grain spaghetti and sauce
- ◇ Garden salad
- ◇ Orange slices
- ◇ Milk

Snacks:



- ◇ Apple slices
- ◇ Peanut butter

OR

- ◇ Blueberries
- ◇ Yogurt



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Meal Patterns for Afterschool Snack and Summer Food

To help kids stay healthy and fit, and in keeping with USDA's MyPyramid for Kids, the following meal patterns are required for the Summer Food Service Program and the Child and Adult Care Food Program Afterschool Snack Program.

Breakfast

Include all three components for a reimbursable meal

- ◇ 1 cup fluid milk
- ◇ 1 serving of fruits and vegetables such as:
 - 1/2 cup fruit
 - 1/2 cup vegetable
 - 1/2 cup 100% juice
- ◇ 1 serving grain, such as one of the following:
 - 1 slice bread
 - 1 serving cornbread, biscuit, muffin, roll
 - 3/4 cup cold dry cereal
 - 1/2 cup hot cooked cereal
 - 1/2 cup pasta or noodles or grains

Snack

Select two of the four components for a reimbursable snack

- ◇ 1 cup fluid milk
- ◇ 1 serving of fruit and/or vegetable
(or 3/4 cup 100% juice)
- ◇ 1 serving grains/bread such as:
 - 1 slice bread
 - 1 serving cornbread, biscuit, roll or muffin
 - 3/4 cup cold dry cereal
 - 1/2 cup hot cooked cereal
 - 1/2 cup pasta or noodles or grains
- ◇ 1 meat such as :
 - 1 oz. lean meat, poultry or fish

OR

 - 1 oz. alternate protein product such as:
 - 1 oz. cheese or
 - 1/2 large egg or
 - 1/4 cup cooked dry beans or peas
 - 2 Tbsp. peanut butter
 - 1 oz. nuts and/or seeds or
 - 4 oz. yogurt

Lunch or Supper

Include all four components for a reimbursable meal

- ◇ 1 cup fluid milk
- ◇ 2 servings of fruits or vegetables such as:
 - 3/4 cup fruit or 3/4 cup vegetable
 - 3/4 cup 100% juice
- ◇ 1 serving grain such as:
 - 1 slice bread
 - 1 serving cornbread, biscuit, roll, muffin
 - 3/4 cup cold dry cereal
 - 1/2 cup hot cooked cereal
 - 1/2 cup pasta or noodles or grains
- ◇ 1 serving meat or meat alternate such as:
 - 2 oz. lean meat, poultry or fish
 - 2 oz. cheese
 - 1 large egg
 - 1/2 cup dry beans or peas
 - 4 Tbsp. peanut or other nut or seed butter
 - 1 oz. nuts and/or seeds
 - 8 oz. yogurt