

## What kind of food should we serve?

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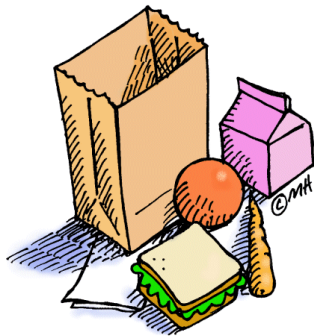
Suppers do not have to be hot meals, but there are certain nutritional requirements you need to follow:

**A supper must include:**

- ◇ 1 serving of milk
- ◇ 2 servings of fruits and vegetables
- ◇ 1 serving of grains
- ◇ 1 serving of protein

For example, a supper could include a turkey sandwich, an orange, carrot sticks and milk.

Your child nutrition agency can give you information on developing menus and the exact amounts of food required.



### For more information:

**FRAC's Afterschool Resource Center**

<http://www.frac.org>

**USDA Food and Nutrition Service**

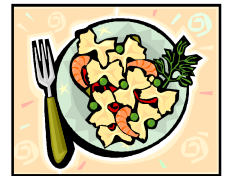
<http://www.fns.usda.gov/cnd/care>



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The Food Research and Action Center is the leading national nonprofit organization working to improve public policies to eradicate hunger and undernutrition in the United States.

## Start Serving Suppers at Your Afterschool Program



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It pays to serve nutritious suppers!

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Prepared by the Food Research & Action Center

# Start Serving Suppers at Your Afterschool Program

## How can our afterschool program serve suppers?

The Child and Adult Care Food Program provides federal funds to afterschool programs that serve supper to children age 12 and under during the school year. The supper can be served at any time during the afterschool program. A snack also can be served as long as there are three hours between the times snack and supper are served.

## Why should our program participate?

Participation enables afterschool programs to:

- ◇ Receive money to feed kids.
- ◇ Attract more children to their services.
- ◇ Improve the health and well-being of the children they serve.
- ◇ Ensure that the children are more alert and fully benefit from the educational and enrichment activities.

◇ Counter childhood obesity with healthy food and appropriate serving sizes.



## Would our program qualify?

To participate, the program must:

- ◇ Be operated by a school, private nonprofit organization, or local government agency.
- ◇ Offer educational or enrichment activities.
- ◇ Meet state and local health and safety standards or be licensed, if required.

## It pays to serve suppers!

Receiving a reimbursement for the food you serve can allow you to use the money normally spent on food for other parts of your program.

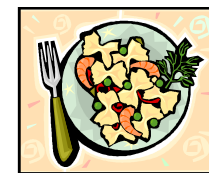
- ◇ The supper reimbursement is \$2.40/meal for children who are eligible for free school meals, \$2.00/meal for children who are eligible for reduced-price meals and \$0.23/meal for children who pay full price for meals (2006-2007 rate). The rates are adjusted every July.
- ◇ A program serving supper to 50 low-income children five nights a week during the school year could receive over \$21,000. Serving a snack, in addition to a supper, would provide another \$5,800.

## What is a "Supper State"?

If your program operates in the following seven states, it is particularly easy to operate the program.

These states were selected by Congress to allow afterschool providers in low-income areas to serve suppers to children 18 and younger (instead of only 12 and under), with less paperwork.

- ◇ Delaware
- ◇ Illinois
- ◇ Michigan
- ◇ Missouri
- ◇ New York
- ◇ Oregon
- ◇ Pennsylvania



## How do we get started?

To participate, call your state child nutrition agency. Contact information for each state agency is listed on FRAC's Afterschool Resource Center at [www.frac.org](http://www.frac.org).