

Fund Healthy Meals for Afterschool & Summer Programs



Make Nutrition Part of your Program

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Overview



- About FRAC
- Hunger in the United States
- Reasons to participate in Meal Programs
- Funding for Summer and Afterschool Meals
- Improve nutrition
- Offer nutrition education
- FRAC resources

About FRAC

- National anti-hunger organization
 - Nonprofit and nonpartisan

The Action in FRAC

- Conduct research and policy analysis
- Serve as a clearinghouse
- Provide technical assistance
- Lobby Congress

Hunger in the United States

- 2010, 49 million people live in food insecure households including 16.2 million children
 - Source: ERS/USDA
- 18.7 million children rely on free and reduced-price school lunch
 - Source: FRAC
- 2.8 million children receive summer meals
 - Source: FRAC

Serving Meals is Important

- Attracts children to programs
- Allows them to be more engaged
- Improves children's health
- Fights obesity
- Supports parents
- Supports afterschool and summer programming
- Reduces learning loss

Sustainable Funding Source

- Provides a permanent, entitlement source of funding for your programs

- Money adds up:

Snack = \$137 per school year*

Suppers = \$538 per school year*

Suppers + Snacks = \$622 per school year*

Breakfast and lunch = \$209 per summer*

* Calculated per child

Funding 100

Afterschool Meal Program

- 100 children/meals = \$53,800 per year

Summer Food Service Program

- A program serving breakfast and lunch to 100 children would receive \$20,890 in federal reimbursement (based on 8 week program)

FRAC Recommends Serving

- Fresh fruits and vegetables
- Whole grains
- Lean meats
- Low fat milk
- Juice rarely/never
- Always offer water



Improving Nutrition

- Combat the obesity epidemic
- Eat healthier meals
- Learn what nutritious meals look like
- Exposed to new food and healthier diet

Developing Menus



- Include input from kids
- Offer taste tests to introduce new foods
- Take note of what kids like

Nutrition Education

- Afterschool and Summer programs create an excellent opportunity for nutrition education
- Change attitudes about certain foods
- Teach students how to incorporate healthy eating into their diets
- Incorporate nutrition into any subject

Nutrition Education/Tap into Community Resources

- Chefs
- Cooperative Extension
- Food Banks
- Nutrition and Health Students

Promote Afterschool & Summer Meals



- Inform schools, local government agencies and non profit organizations that funding is available
- Target area eligible communities
- Work with existing snack programs
- Contact Summer or Afterschool sponsors

Success Stories

- DC Public Schools – afterschool program participation grows
- New London Public Schools, CT – success with afterschool meals
- Hickman Mills School District, MO – support for afterschool meals
- Summer Meal Program – Riverside, CA serves BBQ in the park – 1.5 million meals



Resources



- FRAC website: www.frac.org Summer & Afterschool Nutrition Programs
- Meals Matter Monthly Call Series
- Simplified Summer Toolkit
- Afterschool Meals Guide
- Standards of Excellence

Thank You!



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