

WHAT KIND OF FOOD SHOULD I SERVE?

Snacks provide an important opportunity for children to eat fresh fruits and vegetables.

With or without kitchen facilities, you can provide great snacks for kids. Snacks aren't hard, but there are nutritional requirements.

A snack must include at least two of the following:

- ◇ Milk
- ◇ A serving of fruits and/or vegetables
- ◇ Grains
- ◇ Protein

A snack could be as easy as
-Graham crackers and juice
-A banana and milk
-Cheese and an apple

The Office of the State Superintendent of Education can provide information on developing menus and the exact measurements required.

Snacks

Afterschool programs can now receive cash reimbursement for nutritious snacks.

Nutrition

Good nutrition is essential to full physical and cognitive development. Snacks help children get the nutrition they need to learn, play and grow.

Afterschool

Programs that provide nutritious snacks after school can improve student performance.

Children

Children through age 18 can get snacks through the Afterschool Snack Program.

Knowledge

Nutritious snacks help kids learn the importance of good nutrition all day, every day.

State The Office of the State Superintendent of

Education Call today to apply! (202) 727-6436



D.C. Hunger Solutions

Ending hunger in the nation's capital

How to get...

FUNDING FOR AFTERSCHOOL SNACKS

Healthy food for kids and money for out of school time programs in the District of Columbia



Tel: 202-986-2200

DC Hunger Solutions

A project of the Food Research and Action Center

1875 Connecticut Ave NW, # 540
Washington D.C., 20009
202-986-2200 ext 3020
www.dchunger.org

WHAT IS THE AFTERSCHOOL SNACK PROGRAM?

It provides federal funds to afterschool programs so that they can serve snacks to children age 18 and under. The snacks can be served at any time during the afterschool program.

WHY SHOULD PROGRAMS PARTICIPATE?

Participation enables afterschool programs to:

- ◇ 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 the childhood obesity epidemic with healthy food and nutrition education; and
- ◇ Strengthen their fiscal soundness and financial sustainability.

HOW DOES AN AFTERSCHOOL PROGRAM QUALIFY?

To participate, the program must:

- ◇ Be operated by a public or private non-profit organization, a school or local government agency.
- ◇ Be located in a low-income area where 50 percent or more of the children are eligible for free or reduced-price school meals. (The Office of the State Superintendent of Education can tell you whether the schools serving your area qualify) OR Individually enroll children age 12 and under.
- ◇ Offer educational and enrichment activities. Sports and recreation can be part of the afterschool program, but competitive sports teams, such as the high school varsity football team or a baseball league, are not eligible.
- ◇ Be exempt from state licensing rules or be licensed. Programs that are not required to be licensed must meet state and local health and safety standards.



HOW MUCH FUNDING DOES THE PROGRAM PROVIDE?

- ◇ The snack reimbursement is 71 cents per snack. The rates are adjusted annually.
- ◇ A program serving a snack to 50 children 5 afternoons a week during the school year could receive about **\$6,390** each year. With each new child the program would receive an additional \$127 per child.

HOW DO I APPLY FOR AFTERSCHOOL SNACKS?

For more information, contact D.C. Hunger Solutions at 202-986-2200 ext. 3020. To apply, contact the The Office of the State Superintendent of Education at (202) 727-6436.

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