



AFTERSCHOOL PROGRAMS: *PROMOTING HEALTHY HABITS FOR LIFE*

www.afterschoolalliance.org

www.frac.org

WHAT WE'LL COVER

- Making the Case
 - What's the Need?
 - What the Research Says on Afterschool, Physical Activity and Nutrition
- What You Can Do
 - Expanding Afterschool Meals
 - Increasing Physical Activity

AFTERSCHOOL ALLIANCE

- National advocacy organization for afterschool programs
- Nonprofit and nonpartisan
- Work with the Administration, U.S. Congress, governors, mayors and advocates across the country
- Network spans 26,000 afterschool programs
- Communications reach 65,000 interested individuals each month
- *Lights On Afterschool* and *Afterschool for All Challenge* are our signature events

FRAC

- National anti-hunger organization
- Nonprofit and nonpartisan
- What do we do?
- Conduct research and policy analysis
- Serve as a clearinghouse
- Provide technical assistance
- Lobby Congress

THE NEED IS CLEAR

Why young people need access to physical activity
and good nutrition afterschool



Afterschool Alliance
AFTERSCHOOL FOR ALL

AMERICA AFTER 3PM

- **8.4 million kids participate** in afterschool programs
- **15.1 million kids on their own** after school
- Economy is having an impact.

<i>America After 3PM 2009 Compared to 2004</i>	National Percentages	
	2009	2004
Kids in Afterschool Programs	15%	11%
Kids in Self Care	26%	25%
Kids in Sibling Care	14%	11%
Parents Satisfied with Afterschool Program	89%	91%
Kids Who Would Participate if a Program were Available	38%	30%

SHAPE OF THE NATION

- 16 percent of kids are considered obese
- Type 2 “adult onset” diabetes more common among adolescents
- Schools increasingly limiting physical activity
- CDC: 61.5% of kids do not participate in organized physical activity outside of school



HUNGRY IN AMERICA



- 21.6% of children are food insecure
- 31.7 million kids participate in the National School Lunch Program every day.
- 133.8 million meals served through the Summer Food Service Program last year.

QUALITY AFTERSCHOOL

How is the Field Helping Young People Lead Healthy Lifestyles

AFTERSCHOOL MAKES A DIFFERENCE

- Prevalence of obesity lower for afterschool participants (21%) compared to non-participants (33%)
- In specially designed program, kids who came to 40% or more afterschool sessions saw significant changes in body fat percentage



AFTERSCHOOL MAKES A DIFFERENCE

- Afterschool is uniquely suited to promote healthy lifestyles
 - Serves children most at risk for being overweight
 - Occurs at time of day when many children would be sedentary and not likely to participate in physical activity
 - Provides meals & snacks that can serve as nutritious examples
 - Provide staff that understands children's needs and can promote healthy eating and active lifestyles
 - Provides an opportunity for students to interact with role models living healthy lifestyles

AFTERSCHOOL MEALS

HEALTHY, HUNGER-FREE KIDS ACT

- Signed into law on December 13, 2010
- Expanded participation in the At-Risk Afterschool Meals component of CACFP to all 50 states and DC



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AFTERSCHOOL MEAL PROGRAM

Allows Afterschool Programs to:

- Help reduce hunger and obesity and improve health
- Increase participation
- Have more fully engaged participants
- Support working families

RESEARCH ON AFTERSCHOOL MEALS

- Children have higher daily intake of fruits, vegetables, milk, and key nutrients on days they eat supper compared to days they do not
- Children of mothers working non-traditional hours are at greater risk of overweight and obesity
- Source: How Improving Federal Nutrition Program Access and Quality Work Together to Reduce Hunger and Promote Healthy Eating, frac.org/newsite/wp-content/uploads/2010/04/cnr01_qualityandaccess.pdf

AFTERSCHOOL MEAL PROGRAM

- Schools, local government agencies, private nonprofits
- Afterschool, on weekends, and during school holidays
- Meals and snacks, if program is long enough
- Available through the Child and Adult Care Food Program

ELIGIBLE PROGRAMS

- Offer educational and enrichment activities
- Located in an area where at least half of the students in the local elementary, middle, or high school are eligible for free or reduced-price school meals
- Meet state and local health and safety standards or be licensed for child care if required by state or local law

PROGRAM BENEFITS

- Sustainable, entitlement funding
- No cap on the number of programs participating
- No cap on the number of years a program can participate



REIMBURSEMENT RATES

- Breakfast \$1.51
- Lunch and Dinner \$2.99 $\frac{1}{4}$ *
- Snack \$0.76

One meal per child per day

One snack per child per day

*Includes commodities or cash-in-lieu of commodities

FUNDING

- Suppers: \$539/child/year
- Snacks: \$136/child/year
- Breakfast and lunch: \$200/child/summer
- By comparison, 21st Century Community Learning Center Funding averages \$1,000/child

(Nutrition calculations assume 180 days during the school year and 40 during the summer)

NUTRITION GUIDELINES

- Low-fat or no-fat milk
- Two different servings of fruits or veggies
- Grain
- Protein



SIMPLE MEALS – SAMPLE MENUS

- Turkey sandwich on whole wheat bread with an apple, carrot sticks, and milk
- Pita with chicken, lettuce and tomato, a banana, and milk
- Baked chicken, green beans, whole wheat roll, a peach, and milk

GETTING STARTED

- Meals can be served at any point during the program
- A meal and a snack can be served depending on the length of the program
- Meal can be hot or cold

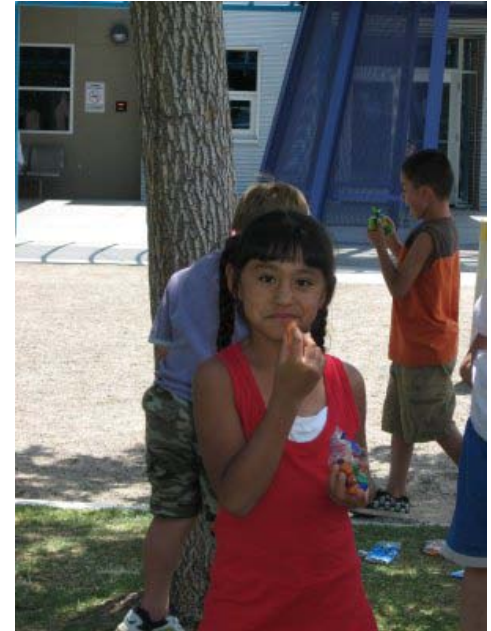


PARTICIPATING IN AFTERSCHOOL MEALS

- Programs can operate it themselves
- Programs can participate through another organization called a “sponsor”
 - School nutrition department
 - Summer Food sponsor
 - Food bank
 - Afterschool intermediary
 - Community action agency

PROVIDING AFTERSCHOOL MEALS

- Existing Snack Programs
 - through CACFP
 - through schools
- Afterschool programs not currently participating



EXISTING SNACK PROGRAMS

Through CACFP:

- Already eligible
- Contact State CACFP Agency – let them know you want to serve a meal in addition to or instead of a snack
- Assess how you are getting snacks (vendor, self prep), and determine whether that process will work with meals

EXISTING SNACK PROGRAMS

Through NSLP:

- Most afterschool snacks are provided by schools
- School nutrition department knows how to run nutrition programs
- Participation in the Afterschool Meal Program means districts are running two meal programs

MAKING MEALS HAPPEN IN SCHOOLS

Afterschool program should:

- Let the school nutrition director and school officials know the meal is available
- Explain the benefits of moving to meals
 - Reduce hunger
 - Improve nutrition quality
 - Support working parents
 - Opportunity to feed kids on school holidays and weekends

MAKING MEALS HAPPEN IN SCHOOLS

Explain different ways it can work:

- Meals prepared during the school day by school nutrition staff and put in coolers or hot boxes and afterschool staff hands out the food, keeps the attendance roster and takes the meal counts
- Meals prepared, handed out, and paperwork completed by the school nutrition staff

MAKING MEALS HAPPEN

Programs not participating in CACFP snacks or receiving snacks through a school unwilling to serve meals can:

- Contact CACFP state agency to participate
- Contact CACFP state agency to find out if there is a group in your community, like a food bank, a parks and rec agency, a YMCA, that would be willing to sponsor you

AFTERSCHOOL MEALS IN ACTION

- DC Office of the State Superintendent of Education and DC Hunger Solutions
- New London Public Schools, CT
- Hickman Mills School District, Kansas City, MO
- Family League of Baltimore, MD
- Neighbors for Kids, Depoe, OR

DURING THE SUMMER

- Can feed children through the Summer Food Service Program or the National School Lunch Program
- Two meals at sites that are in low-income areas or that serve primarily low-income children
- Three meals at sites that serve migrant children or camps

FRAC RESOURCES

- FRAC's New Afterschool Meals Guide
- A How-To Guide for Summer Food Sponsors on Purchasing High-Quality Summer Meals
- Fresh from the Farm: Using Local Foods in Afterschool and Summer Nutrition Programs
- Standards of Excellence

REMEMBER

- Afterschool (and summer) programs have an important role to play in providing healthy food to children
- Money available for meals and snacks
- Call your state child nutrition agency for more information

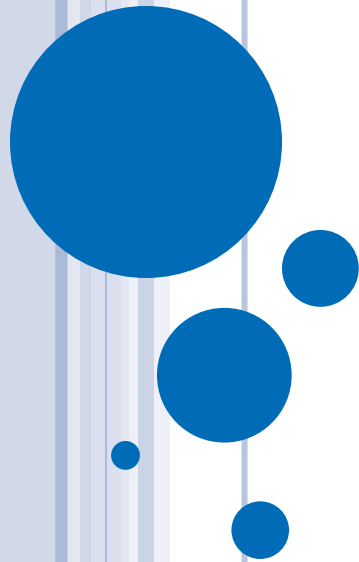


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AFTERSCHOOL NUTRITION GUIDELINES

- Adopted in April 2011 by NAA, YMCA
- Sets voluntary standards for foods served in afterschool programs
 - More servings of fruits and vegetables
 - Serve beverages made without caloric sweeteners
 - No candy
 - Emphasize nutrient dense options & healthy beverages
 - No fried foods, unless in healthy oils
- Includes guidance on nutrition education, staff training and environmental support

PHYSICAL ACTIVITY



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AFTERSCHOOL PHYSICAL ACTIVITY GUIDELINES

- Also voluntary guidelines
- Physical activity offerings:
 - Provide children and youth with at least 60 minutes of physical activity per day
 - Includes mixture of moderate and vigorous intensity activity, as well as bone and muscle strengthening activities
- Also includes standards for staff training, social, program and environmental support

SUCCESSFUL PRACTICES



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TOOLS TO INCREASE PHYSICAL ACTIVITY

- Get Active: Be Healthy Afterschool toolkit
- Let's Move! In Schools
- Let's Move! Child Care

ADVOCATING FOR AFTERSCHOOL



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RAISE YOUR VOICES – CONTACT CONGRESS/LOCAL OFFICIALS

- Call, write or email
- Meet district staff
- Attend the Afterschool for All Challenge!



ARRANGE A SITE VISIT



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FACE IT – AFTERSCHOOL IS MEDIA-WORTHY

- Plagiarize freely! – from our website
- Create a Media List
- Identify 2-3 key messages
- Structure events with media in mind
- Appeal to the press, build relationships
- Issue news releases
- Develop press kits



FOR MORE INFO

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