Navigating Your Afterschool Supper and Snacks with CACFP

NEW YORK STATE NETWORK FOR YOUTH SUCCESS
Introduction

Presenters

- Misha Marvel; Hunger Solutions New York
- Mary Ellen Flynn; CACFP NYS Department of Health
- Ligea Alexander; Network for Youth Success
Agenda

- About the Network for Youth Success
- Making the Case for Healthy Meals After School
- Getting to Know the Child and Adult Care Food Program (CACFP)
- Crediting Meals with CACFP
New York State Network for Youth Success

The Network’s mission is to strengthen the capacity and commitment of communities, programs, and professionals to increase access to high-quality programs and services beyond the traditional classroom.

www.NetworkForYouthSuccess.org
Our Network

- 10 Regional Networks + NYC networks
- Partnering Organizations
- Accredited Programs
- Credentialed Staff
- Membership– NAA State Affiliate
# Regional Networks

<table>
<thead>
<tr>
<th>After-School Network of Western New York</th>
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<tbody>
<tr>
<td>Capital Region Extended Learning Opportunities</td>
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<tr>
<td>Expanded Learning Network of Broome &amp; Tioga</td>
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<td>Expanded Learning Network of the Southern Tier</td>
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<td>Greater Rochester After-School Alliance</td>
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<td>Hudson Out-of-School Time Collaborative</td>
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<td>Hudson Valley Afterschool Network</td>
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<td>Nassau Coalition of Youth Services Agencies</td>
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<td>North Country Afterschool Network</td>
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<td>Wayne County Maximizing Out-of-School-Time</td>
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Get Connected

- Sign up for our listservs at http://networkforyouthsuccess.org/join-listserv/
- Follow @NYSYouthSuccess
- Visit www.networkforyouthsuccess.org
- “Like” us on Facebook facebook.com/NetworkForYouthSuccess
Making the Case for Connecting Kids with Healthy Meals After School
CACFP as a Solution

Misha Marvel
Child Nutrition Programs Specialist
Take-Aways

• Better understand the need for increased access to healthy foods after school

• Identify child nutrition resources & actions you can bring to your communities
Introduction

Who are we?
Hunger Solutions New York is a state-wide, anti-hunger organization.

What do we do?
• Increase awareness of, support for, and participation in federal nutrition assistance programs.
• Serve as program resource for individuals, organizations, and agencies.
• Work collaboratively with national, statewide, and regional partners to provide targeted outreach, education, and support for nutrition assistance programs.
• Work to promote federal, state, and local policies that contribute to ending hunger.
Hunger Solutions New York focuses on the following federal nutrition assistance programs:

- Supplemental Nutrition Assistance Program (SNAP)
- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Summer Food Service Program (SFSP)
- Child and Adult Care Food Program (CACFP), including Early Childhood Care and Afterschool Meals Programs
Definitions

- Three terms typically used:
  - Food security, food insecurity, hunger

- From Food and Agriculture Organization of the US (FAO):
  - “… a situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”

- From the US Department of Agriculture (USDA):
  - “… access at all times to enough food for an active, healthy life”
Measurements

Understanding the Scope and Magnitude

**Food Insecurity (USDA)**: 14.1% of NYers
- *Low Food Security* – “... obtained enough food to avoid substantially disrupting their eating patterns or reducing food intake by using a variety of coping strategies...”
- *Very Low Food Security* – “...normal eating patterns were disrupted and food intake was reduced at times...”

**Food Hardship (FRAC)**: 21.4% of NYS HH w CN
- “Have there been times in the past 12 months when you did not have enough money to buy food that you or your family needed?”

**The Meal Gap (Feeding America)**: 20.9% of NYS CN
- Analysis of the relationship between food insecurity and indicators of food insecurity.
Consequences of Food Insecurity

- Food-insecure children = physical, academic, and social disadvantage

- Hunger interferes with children’s ability to learn, grow, and stay healthy
Consequences of Food Insecurity

Child Food Insecurity

Health Consequences
- poor health
- illness
- absenteeism

Cognitive Performance
- alertness
- attention
- problem solving
- math skills

Cognitive Development
- learning
- social interaction
- productivity

Source: National Scientific Council on the Developing Child
Consequences of Food Insecurity

Young children from families at risk of food insecurity were found to be:

- 56% more likely to be in fair or poor health
- 17% more likely to be hospitalized
- 60% more likely to be at risk for developmental delays

Since the 2007-2008 school year:
Over **354,000** additional K-12 students qualified for free or reduced-price school meals.

*Source: NYSED, Child Nutrition Program Administration*
Child Nutrition Programs
Decrease the risk of food insecurity among children

Have a positive impact on children’s health:
- Improved dietary intake
- Less obesity
- Improved overall health
Growing body of evidence on the important role the Supplemental Nutrition Assistance Program (SNAP) serves.

- SNAP reduces:
  - Hunger, Malnutrition, and Poverty

- SNAP improves:
  - Child and Adult Health
  - Academic, Employment and Other Outcomes

- SNAP - compared to a vaccine for young children - has significantly reduced the risk of:
  - Underweight
  - Developmental delays

- SNAP is successful, yet benefit amounts should be increased to further bolster the program’s critical role.

Sources: The SNAP Vaccine: Boosting Children’s Health, Children’s HealthWatch, 2012
Long Term Benefits of the Supplemental Nutrition Assistance Program, White House Council of Economic Advisors, December 2015
SNAP Outreach

Nutrition Outreach and Education Program (NOEP) Service Areas

- **NOEP Counties**
- **No NOEP Service**

To find a Local Coordinator, visit [FoodHelpNY.org](http://FoodHelpNY.org)
To find a Summer Meals Site, visit [SummerMealsNY.org](http://SummerMealsNY.org)

[Map of New York State with NOEP Counties highlighted]
Summer Food Service Program:
Who? How? Where?

• All
  – kids and teens 18 and younger and
  – young adults with disabilities
• Closed/enrolled and Open sites
• Fun and learning enrichment!
• USDA reimburses sponsors for nutritious snacks and meals served at NYSED approved sites.

SummerMealsNY.org
Summer Meals Outreach

Summer Meals & Fun Finder

Find Summer Meals

Parks, Libraries, Schools, & More!

Healthy food where kids & teens play & learn

When School's Out, Power up for Summer Fun!

Let summer meals help your kids eat healthy and stay active. Many summer programs at parks, schools, libraries, and other fun, safe places serve healthy food to power kids and teens while they play and learn.

Children who eat healthy and stay active during summer will remember more of what they learned in school and be better prepared when they go back in the fall.

Summer meals help families save money. They are offered for free to all kids ages 18 and under. Simply drop by when meals or snacks are served – no sign-up or paperwork is needed. Adults are welcome to bring their own meals and eat with their kids.

All kids and teens are welcome!

Find Places Near You:

(More are added weekly – check back often!)

* Use the map below
* Call 2-1-1 (Upstate), 3-1-1 (NYC) or 1-800-522-5006
* Text “food” to 877-877
Parents Want Afterschool Enrichment

Parents are drawn to educational and physical activities

Other Types of Activities, Programs or Details

Source: Share Our Strength
Why Afterschool Meals Matter

• Attracts kids and teens to programs
• Allows them to be more engaged
• Improves children’s health
• Supports families
• Reduces learning loss
Is Your Afterschool Program in an Eligible Area?

Find eligible schools where nearby programs could participate in afterschool meals:


Frequently Asked Questions Resource

Q: When can my afterschool program serve snacks and/or suppers?

Q: How much funding can my afterschool program receive?

Q: Can my afterschool program serve both snacks and suppers?

Q: Can more than one afterschool program located in the same building serve meals?

Q: What kinds of food can we serve as snacks and/or suppers?
Misha Marvel, MSW
Child Nutrition Programs Specialist
Misha.Marvel@HungerSolutionsNY.org
518-436-8757 x 120

FoodHelpNY.org
SummerMealsNY.org
SchoolMealsHubNY.org
AfterschoolMealsNY.org

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Child and Adult Care Food Program

At-Risk Afterschool Snack/Supper Program
100% of the funding is from the United States Department of Agriculture

Administered by the New York State Department of Health
All about Good Nutrition...

- Teach healthy eating habits
- Make meal times a pleasant and sociable experience
- Promote positive attitudes about nutrition and health
Why connect Afterschool Programs to CACFP?

- Meet Students’ Nutritional Needs
- Help Local Families
- Help Students and Your Community
The benefits of CACFP participation:

- Improve the quality of meals and snacks served
- Receive monthly reimbursement for eligible meals and/or snacks
- Receive free program materials, technical assistance and training opportunities
At Risk- Eligibility

May be operated by a school, public or private organization

On a regular basis during non-school hours

Follows the School Calendar- September through June
Must operate in eligible low income area

- Areas are low income if served by a public school (elementary, middle or high school) in which 50% or more of the children enrolled are eligible for free or reduced price school meals.

- Eligibility determinations are valid for 5 years
At Risk- Reimbursement

Only for snack and/or supper at the free reimbursement rate

Income Eligibility Applications are not required
# Reimbursement Rates

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch/Supper</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Free</strong></td>
<td>$1.71</td>
<td>$3.16</td>
<td>$0.86</td>
</tr>
<tr>
<td><strong>Reduced</strong></td>
<td>$1.41</td>
<td>$2.76</td>
<td>$0.43</td>
</tr>
<tr>
<td><strong>Paid</strong></td>
<td>$0.29</td>
<td>$0.30</td>
<td>$0.07</td>
</tr>
<tr>
<td><strong>At Risk</strong></td>
<td>N/A</td>
<td>$3.16 (Supper Only)</td>
<td>$0.86</td>
</tr>
</tbody>
</table>

Effective from July 1, 2016 to June 30, 2017
Sample Reimbursement

- 100 children present
- 1 month (open 20 days)
- Serves snack and supper

- Total: $8,500 for the month
- Total: $85,000 for the School year
At Risk - Requirements

Provide educational or enrichment activity

Teens must be enrolled in and attend school
CACFP Healthy Child Meal Pattern

Helps guide the types of foods that are served at each meal and snack.

– Results in more well rounded and varied meals.
– Improves the nutritional value of meals and snacks.
Definitions

• Components
  – Fluid Milk
  – Fruit/Vegetable
  – Grain/Bread
  – Meat/Meat Alternate
- 1% or fat free milk
- Limit juice to once daily
- Fat free or low fat yogurt
- Sweet grains and cereals may not be served at Lunch or Supper
What is in a Snack?

(Select 2 of 4 components)

- 1 cup (8 ounces) Milk
- 3/4 cup Fruit and/or Vegetable
- 1 ounce Meat/ Meat Alternate
- 1/2 cup Grain/1 slice Bread
What is in a Supper?

(Serve all 5 components)
- 1 cup (8 ounces) Milk
- 1/2 cup Grain/1 slice Bread
- 2 ounces Meat/Meat Alternate
- 3/4 cup total Vegetables and/or Fruit (select 2)
Next Steps…

- Call CACFP to start your application at 1-800-942-3858
- Nutritionists are available to guide you through the application process.
- Contact Mary Ellen Flynn 518-402-7246
Website

www.health.ny.gov/cacfp
Contact Information

NYS DOH CACFP
150 Broadway 6th Floor West
Albany, NY 12204-2719

1-800-942-3858
Option 6

Mary Ellen Flynn, Outreach Unit
518-402-7246
Questions

cacfp@health.ny.gov

*Use Outreach Coordinator as the subject
Crediting Meals with CACFP
Is Your Meal Creditable?

Steps to creditability

- Supper or Snack?
- Age group?
- Required components?
- Minimum requirement?
- Satisfying students?
## Is Your Meal Creditable?

<table>
<thead>
<tr>
<th>Component/Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Goal/Minimum requirement</td>
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<tr>
<td></td>
<td>Ages (6 – 12 years)</td>
</tr>
<tr>
<td></td>
<td>Recommended</td>
</tr>
<tr>
<td>Dairy</td>
<td>✗</td>
</tr>
<tr>
<td></td>
<td>Fat free or 1%</td>
</tr>
<tr>
<td>Meat/Meat Alternates</td>
<td>✓</td>
</tr>
<tr>
<td>Vegetables/Fruits</td>
<td>✓</td>
</tr>
<tr>
<td>Grains/Breads</td>
<td>✓</td>
</tr>
</tbody>
</table>

![Meal tray with dairy, meat, vegetables, and grains]

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*Source: NYS - New York State Network for Youth Success*
## Is Your Meal Creditable?

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<td>Meat/Meat Alternates</td>
<td>✅</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>✅</td>
</tr>
<tr>
<td>Grains/Breads</td>
<td></td>
</tr>
</tbody>
</table>
# Sample Supper Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOT</strong> Rainbow Mac 'n Cheese with Baked Chicken</td>
<td><strong>HOT</strong> Cod Cakes with Cilantro Brown Rice</td>
<td><strong>HOT</strong> Mediterranean Pita Sandwiches</td>
<td><strong>HOT</strong> Black Bean Tostadas</td>
<td><strong>HOT</strong> Sloppy Joes and G.I. Jones Sandwiches</td>
</tr>
<tr>
<td>- 2oz baked chicken</td>
<td>- 1 Oven baked cod cake</td>
<td>- 3 oz. grilled chicken</td>
<td>- 1 6&quot; corn tortilla</td>
<td>- 3oz. beef</td>
</tr>
<tr>
<td>- 2oz part-skim mozzarella cheese</td>
<td>- ½ cup cilantro brown rice</td>
<td>- ½ cup vegetable; spinach, red and yellow bell peppers</td>
<td>- ⅛ cup black beans</td>
<td>- 1 whole wheat roll</td>
</tr>
<tr>
<td>- 12oz. Elbow macaroni pasta</td>
<td>- ½ cup romaine lettuce</td>
<td>- 4 cup diced tomatoes</td>
<td>- ½ cup chopped avocado</td>
<td>Side: ¼ cup steamed green beans with grape tomatoes</td>
</tr>
<tr>
<td>- ¼ cup vegetable; spinach, red and yellow bell peppers</td>
<td>- ½ cup roasted bell peppers</td>
<td>- or 1 tsp tzatziki sauce</td>
<td>- ½ cup chopped tomato salsa</td>
<td></td>
</tr>
<tr>
<td>Fresh apple or orange slices or fruit cup (in water)</td>
<td>Side: Steamed green beans Option tartar sauce</td>
<td></td>
<td>Fresh apple or orange slices or fruit cup (in water)</td>
<td></td>
</tr>
<tr>
<td>Fat- free or 1% Milk</td>
<td></td>
<td>Fat- free or 1% Milk</td>
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</tr>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cold</strong> Cranberry Turkey Cream Cheese Sandwiches</td>
<td><strong>Cold</strong> Ham &amp; Cheese Sliders</td>
<td><strong>Cold</strong> Turkey and Ham Wraps</td>
<td><strong>Cold</strong> Thai Veggie Roll</td>
<td><strong>Cold</strong> Caesar Salad Wrap</td>
</tr>
<tr>
<td>- 4 slices turkey breast</td>
<td>- 2 - 3 slices ham</td>
<td>- 2 slices turkey</td>
<td>- 1 6&quot; WG tortilla</td>
<td>- 1 6&quot; spinach wrap</td>
</tr>
<tr>
<td>- 1 tbsp cranberry (crushed whole berries)</td>
<td>- 2 oz. cheddar cheese</td>
<td>- 2 slices ham</td>
<td>- 4 oz. chicken</td>
<td>4 oz. chicken</td>
</tr>
<tr>
<td>- 2 oz. low-fat cream cheese</td>
<td>- 2 mini rolls</td>
<td>- 1 tbsp mayo</td>
<td>Lettuce</td>
<td>Lettuce</td>
</tr>
<tr>
<td>- 1 cup fresh salad mix with grape tomatoes</td>
<td></td>
<td>- 1 tbsp mustard</td>
<td>Shredded carrots</td>
<td>Tomato</td>
</tr>
<tr>
<td>Fruit cup or fresh fruit of the day</td>
<td></td>
<td>- Tomato</td>
<td>Banana peppers</td>
<td></td>
</tr>
<tr>
<td>Fruit cup or fresh fruit of the day</td>
<td></td>
<td>- Fruit cup or fresh fruit of the day</td>
<td></td>
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</table>

*Providers should note nut and seed allergies*

**Serving sizes should comply with children’s energy needs.**
## SAMPLE SNACK MENU

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter and Banana Fruit ‘Roll-ups’</td>
<td>Spinach Feta ‘pancakes’</td>
<td>Blueberry Muffin or Oatmeal Raisin cookie</td>
<td>Yogurt Parfait</td>
<td>Roasted Chickpeas</td>
</tr>
<tr>
<td>- ¼ 6” Whole grain tortilla</td>
<td>- ¼ cup feta cheese</td>
<td></td>
<td>- ⅛ cup low fat plain yogurt</td>
<td></td>
</tr>
<tr>
<td>- ¼ cup sliced banana</td>
<td>- ⅓ cup spinach</td>
<td></td>
<td>- 1 tsp granola</td>
<td></td>
</tr>
<tr>
<td>- 2tbsp peanut butter*</td>
<td></td>
<td></td>
<td>- ⅛ cup mixed berries</td>
<td></td>
</tr>
<tr>
<td>1 cup mixed fresh fruit; grapes, pineapples, honeymelon</td>
<td>1 oz carrot sticks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water or Fat-free or 1% Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Providers should note nut and seed allergies

**Serving sizes should comply with children’s energy needs.
Child Nutrition Resources

- NYS Crediting Foods in CACFP Handbook
- Healthy Child Meal Pattern
- What Programs Need to Know About the At-Risk Afterschool Snack and Supper Program: Frequently Asked Questions
To apply or receive information about CACFP, contact the NYS Department of Health, CACFP at cacfp@health.ny.gov with the subject line ‘Outreach Coordinator’ or call (518) 402–7400.