

Framework for a Healthy Afterschool Program

CACFP Meal Requirements & Healthy Eating
in the Classroom

Introduction

- ▶ Facilitator

- Ligea Alexander; Food Program VISTA



formerly



Agenda

- ▶ About the Network for Youth Success
- ▶ Review of the Child and Adult Care Food Program (CACFP)
- ▶ CACFP requirements for healthy suppers and snacks
- ▶ Menu Planning
- ▶ Crediting Meals with CACFP
- ▶ Healthy Eating in the Classroom



NEW YORK STATE
**NETWORK FOR
YOUTH SUCCESS**

formerly



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

After-School Network of Western New York
Capital Region Extended Learning Opportunities
Expanded Learning Network of Broome & Tioga
Expanded Learning Network of the Southern Tier
Greater Rochester After-School Alliance
Hudson Out-of-School Time Collaborative
Hudson Valley Afterschool Network
Nassau Coalition of Youth Services Agencies
North Country Afterschool Network
Wayne County Maximizing Out-of-School-Time

Child Nutrition Initiative



Get Connected

- ▶ Visit www.networkforyouthsuccess.org
- ▶ Sign up for our listservs at <http://networkforyouthsuccess.org/join-listserv/>
- ▶ Follow us on Twitter @NYSYouthSuccess
- ▶ “Like” us on Facebook
facebook.com/NetworkForYouthSuccess

Child and Adult Care Food Program (CACFP)

Review

- ▶ Federally funded nutrition assistance program
 - Supports students and their families
 - Supports afterschool programs through reimbursement for eligible meals and/or snacks
 - Provides programs with free program materials, technical assistance and training opportunities
 - Access to a nutritionist for guidance in crediting meals and compliance
- ▶ Enhance nutrition quality of meals and snacks offered
 - Attracts children to the program
 - Children concentrate better during the program
 - Increased participation in the program

Child and Adult Care Food Program (CACFP)

At – Risk Requirement

- ▶ Geographic/area–eligibility
 - Low income areas 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.
- ▶ Afterschool programs operate during the school year i.e. Sept to June on a regular basis during non–school hours
- ▶ May be operated by a school, public or private organization

At-risk Reimbursement

2016 – 2017 CACFP Reimbursement rates		
	SUPPER	SNACKS
FREE	\$3.16	\$0.86
REDUCED	\$2.76	\$0.43
PAID	\$0.30	\$0.07
'At Risk' Afterschool	\$3.16	\$0.86

*An additional \$0.23 is reimbursed for each lunch/supper claimed for programs receiving cash-in-lieu of commodities.

At-risk Afterschool Programs

Benefits:

- ▶ Can provide reimbursement for children up until their 19th birthday
- ▶ Can provide either a snack, supper or both at free & reduced rate
- ▶ Meals can be provided either as breakfast, lunch or supper (weekend & school holiday programs)
- ▶ Compliant with School Aged Child Care (SACC) requirements



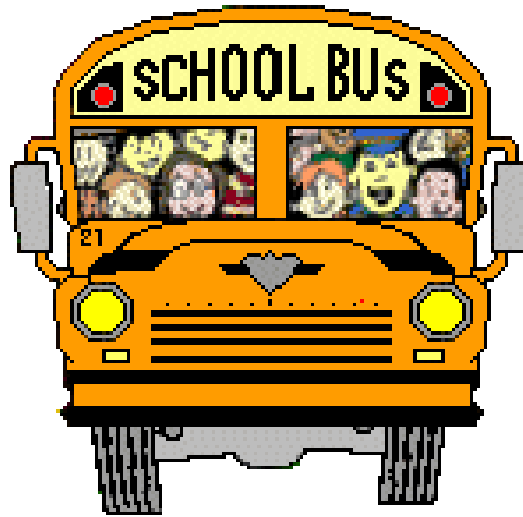
At-risk Afterschool Programs

Case Study:

[Afterschool Meals Brief Supper in the Classroom](#)

A school with 450 students that achieves 80 percent participation in the Afterschool Meals Program and serves suppers Monday through Friday during a typical school year would generate nearly \$220,000 reimbursements and commodities over the course of the year.

Next Steps...



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 contact Mary Ellen Flynn, Outreach Unit at (518) 402-7400.

Transitional Foods

- ▶ Donated Foods
 - Gift cards, and other in-kind donations
- ▶ Local grocery stores
 - Eg. Stew Leonard's (Yonkers)
- ▶ Local Food Banks
 - NYC Food Bank
- ▶ Farmer's Market Association
- ▶ Super stores



DONATION REQUEST FORM

CACFP – Healthy Supper and Snack

CACFP– Healthy Supper and Snack

CACFP Update:
Effective October 1st, 2017

- ▶ Sweet grains based desserts are no longer creditable as a CACFP snack
- ▶ Separate vegetable and fruit component
- ▶ Only fat-free flavored milk is creditable
- ▶ Non-dairy milk substitutes that are equivalently nutritious as dairy special cases
- ▶ Find out more:
https://www.fns.usda.gov/sites/default/files/cacfp/CACFP_childadultmealstandards.pdf

CACFP– Healthy Supper and Snack

New York State Best Practice

Recommendations:

- ▶ 2.5–hr gap between meals (supper and snack)
- ▶ Meals be eaten at the site, among peers
- ▶ Menu must specify when flavored milk is offered and the type of milk used

CACFP– Healthy Supper and Snack



Department
of Health

Child and
Adult Care
Food Program

CHILD MEAL PATTERN

	FOOD COMPONENTS	FOOD ITEMS	REQUIRED MINIMUM QUANTITIES		
			AGES 1-2	AGES 3-5	AGES 6-18
BREAKFAST <i>All 3 components must be served</i>	Milk ¹	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
	Vegetables/Fruits ²	Vegetable, Fruit or both or 100% Juice	1/4 cup	1/2 cup	1/2 cup
	Grains/Bread ^{3,4}	Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Biscuit, Roll or Muffin <i>or</i>	1/2 serving	1/2 serving	1 serving
		Cooked Cereal <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		Dry Cereal			
		Flakes or Rounds	1/2 cup	1/2 cup	1 cup
SNACK <i>Select 2 different components of the 5 listed</i>	Milk	Fat-free or Low-fat (1%) Milk	1/2 cup	1/2 cup	1 cup
	Vegetables	Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup
	Fruits	Fruit or 100% Juice	1/2 cup	1/2 cup	3/4 cup
	Grains/Bread	See list above and below	1/2 serving	1/2 serving	1 serving
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry, Fish <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Peanut Butter, Soy Nut Butter or other Nut or Seed Butter <i>or</i>	1 Tbsp.	1 Tbsp.	2 Tbsp.
		Peanuts, Nuts or Seeds <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
LUNCH OR SUPPER <i>All 5 components must be served</i>	Milk	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
	Vegetables	Vegetable or 100% Juice	1/8 cup	1/4 cup	1/2 cup
	Fruits ⁵	Fruit or 100% Juice	1/8 cup	1/4 cup	1/4 cup
		Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cooked Pasta, Noodles or Grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		6-inch Tortilla	1/2 tortilla	1/2 tortilla	1 tortilla
	Meat/Meat Alternate	Lean Meat, Poultry, Fish <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Tofu <i>or</i>	2 oz.	3 oz.	4 oz.
		Cheese <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Yogurt <i>or</i>	4 oz.	6 oz.	8 oz.
		Cottage Cheese <i>or</i>	2 oz.	3 oz.	4 oz.
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Egg <i>or</i>	1/2	3/4	1
		Peanut Butter, Soy Nut Butter, other Nut or Seed Butter <i>or</i>	2 Tbsp.	3 Tbsp.	4 Tbsp.
		Peanuts, Nuts or Seeds	1/2 oz.=50%	3/4 oz.=50%	1 oz.=50%

¹Whole milk is required for children up to 2 years of age. Unflavored milk is required for children younger than 6 years old. If served, flavored milk must be fat-free for six year olds and older.

²No more than one serving of 100% juice may be served per day.

³At breakfast, meat/meat alternate may be served in place of the entire grain component up to 3 times per week. When serving meat/meat alternate, use the quantities listed for snack.

⁴At least one serving of whole-grain rich Grains/Bread must be served and recorded on the menu every day.

⁵At lunch or supper, one vegetable and one fruit or two different vegetables may be served.

Refer to the *Crediting Foods in CACFP* for information about specific food items.

This institution is an equal opportunity provider.

CACFP– Healthy Supper and Snack

Food Group	Requirements	Recommendations
Grains/Breads	At least one serving of grains per day must be whole grain-rich, Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019)	All breads and cereals served should be whole-grain. A whole-grain product is one in which the first ingredient listed is whole grain, not enriched .
Meat/Meat alternatives	Yogurt must be fat-free or low fat, prepared without artificial sweeteners and sugar must be <23g per 6 oz. Tofu counts as a meat alternative but must meet CACFP guidelines	Meat/meat alternatives (chicken, turkey, beef, pork, lamb, fish or vegetable proteins) must be lean or low-fat, Must be prepared without added fat or frying.

CACFP– Healthy Supper and Snack

Food Group	Requirements	Recommendations
Milk	Only unflavored milk for children ages 1 – 5 years,	Unflavored fat-free (skim) or low-fat (1%) milk recommended for school-age children
Vegetables/Fruits	No more than one serving of 100% juice per day, Cannot serve two fruit components at supper, 1 cup of leafy greens = ½ cup of vegetables ¼ cup of dried fruit = ½ cup of fruit	Vegetables and fruits should be fresh, frozen or canned and prepared with no added sugar, salt or fat

*Water must be served along with each snack if neither of the two required components is a beverage.

**Water is not counted as a component.

***Water must be offered to children throughout the day.

Menu Planning

When planning meals and menus consider:

- ▶ Budget
- ▶ Food Safety
- ▶ Variety
- ▶ Compliance
- ▶ Consumer

Budget

- ▶ Meal sponsors/vendors
 - Maximum of 15% of the reimbursement to cover administrative costs
 - Food preparation – chefs, staff and volunteers
- ▶ Number of participating students
 - Previous weekly meal counts
- ▶ Produce
 - Local groceries, local farmers markets
 - Special events? Fresh ingredients?

Budget

2016 – 2017 CACFP Reimbursement rates		
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*An additional \$0.23 is reimbursed for each lunch/supper claimed for programs receiving cash-in-lieu of commodities.

Food Safety

- ▶ Storage Equipment needed
 - Refrigerators
 - Warmers
 - Containers
 - Storage space
- ▶ Food Preparation
 - On-site?
 - Kitchen supplies
 - Serving trays and cutlery



Variety

- ▶ Fresh (preferred)
- ▶ ROYGBIV
- ▶ Macronutrients
 - Protein (lean meats, eggs, yogurt)
 - Carbohydrates – (whole grains and fruit)
 - Fats – (dairy, mono and poly unsaturated fats; **no trans fats, low saturated fats**)
- ▶ Micronutrients
 - Sodium (Na)
 - Vitamin C (fruits and vegetables preferred)
 - Sugars (4g = 1 tsp)



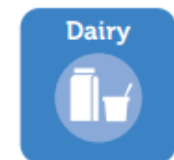
Compliance

▶ Suppers

- 5 components must be served
- Milk – fat-free or low fat (1%)
- Vegetables
- Fruits
- Grains/breads – whole grains
- Meat/meat alternates

▶ Snacks

- 2 of 5 components
- No sweet grains



Consumer

- ▶ Afterschool age groups
 - 6 – 12 years
 - >12 years
- ▶ Population dynamic
- ▶ Holidays and seasons
 - Halloween
 - Christmas
- ▶ Offer Versus Serve (OVS) – allows programs to offer all the meal components but students are not required to take all of the items. This can lower plate waste and food costs. OVS cannot be used for snacks.



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?



	Amount	
Component/Ingredient	Goal/Minimum requirement Ages (6 – 18 years)	Recommended
Dairy	✗	Fat free or 1%
Meat/Meat Alternates	✓	
Vegetable	✓	
Fruit	✓	
Grains/Bread	✓	

Is Your Meal Creditable?



	Amount	
Component/Ingredient	Goal/Minimum requirement Ages (6 - 18 years)	Recommended
Dairy	✓	
Meat/Meat Alternates	✓	
Vegetables		
Fruit	✓	
Grains/Breads		

Activity 1 – Supper

A



B



C



D



Activity 2 – Snack

A



B



C



D



Sample Menus



Sample Supper Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT	Rainbow Mac 'n' Cheese with Baked Chicken <ul style="list-style-type: none"> 2oz baked chicken 2oz part-skim mozzarella cheese 12oz. Elbow pasta ¼ cup vegetable; spinach, red and yellow bell peppers <p>Fresh apple or orange slices or fruit cup (in water)</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Cod Cakes with Cilantro Brown Rice <ul style="list-style-type: none"> 1 oven baked cod cake ½ cup cilantro brown rice ½ cup romaine lettuce ¼ diced tomatoes ½ cup roasted bell peppers <p>Side: Steamed green beans Option tartar sauce</p> <p>Fresh apple or orange slices or fruit cup (in water)</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Mediterranean Pita Sandwiches <ul style="list-style-type: none"> 3 oz. grilled chicken ¾ cup vegetables; tomato, lettuce, steamed, cucumber 1oz. crumbled Feta cheese Or 1tsp tzatziki sauce <p>Fresh apple or orange slices or fruit cup (in water)</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Black Bean Tostadas <ul style="list-style-type: none"> 1 6" corn tortilla 1oz. stripped chicken ½ cup black beans ¼ cup chopped avocado ¼ cup chopped tomato salsa <p>Fresh apple or orange slices or fruit cup (in water)</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Sloppy 'Joes' and G.I. 'Janes' Tofu Sandwiches <ul style="list-style-type: none"> 3oz mashed tofu 1 whole wheat roll 2tbsp minced green pepper 1tbsp minced fresh garlic or 1/2 tsp garlic powder 2tbsp minced onion Ketchup, Dijon mustard, apple cider vinegar, soy sauce <p>Side: ½ cup steamed green beans and ¼ cup grape tomatoes</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>
Cold	Cranberry Turkey Cream-Cheese Sandwiches <ul style="list-style-type: none"> 3 slices turkey breast 1tbsp cranberry (crushed whole berries) 2oz. low-fat cream cheese 1 cup Fresh salad mix with grape tomatoes <p>fresh fruit of the day</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Ham & Cheese Sliders <ul style="list-style-type: none"> 2 – 3 slices ham 2oz. cheddar cheese 2 mini rolls <p>4oz. Carrot sticks & fresh fruit of the day</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Turkey and Ham Wraps <ul style="list-style-type: none"> 2 slices turkey 2 slices ham 1tbsp mayo 1tbsp mustard Lettuce Shredded carrots Tomato Banana peppers <p>fresh fruit of the day</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Thai Veggie Roll <ul style="list-style-type: none"> 1 6" WG tortilla 1cup mixed vegetables 2tbsp peanut butter or soynut butter* <p>fresh fruit of the day</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Caesar Salad Wrap <ul style="list-style-type: none"> 1 6" spinach wrap 4oz. chicken Lettuce Tomato 1tbsp mayo <p>1 cup fresh salad mix</p> <p>fresh fruit of the day</p> <p>Unflavored fat- free or 1% milk or non-dairy equivalent</p>

*Providers should note nut and seed allergies.

**Serving sizes should comply with children's energy needs.

SAMPLE SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Peanut Butter and Banana Fruit ‘Roll-ups’ <ul style="list-style-type: none"> • ½ 6” Whole grain tortilla • ½ cup sliced banana • 2tbsp peanut butter or soynut butter* <p>Water and/or Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Spinach Feta ‘pancakes’ <ul style="list-style-type: none"> • ¼ cup crumbled feta cheese • ½ cup spinach <p>1 cup mixed fresh fruit; grapes, pineapples, honeydew</p> <p>Water and/or Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Chickpea Sandwich <p>2 slices whole grain bread (Option: toasted)</p> <p>Hummus</p> <ul style="list-style-type: none"> • 2 cans chickpeas • Garlic • Olive oil <p>Meat alt: ½ cup*</p> <p>½ cup julienne carrots or bell peppers and cucumber slices</p> <p>Water and/or Unflavored fat- free or 1% milk or non-dairy equivalent</p>	‘Soy’ Yogurt Parfait <ul style="list-style-type: none"> • ½ cup low fat plain dairy or soy yogurt • 1tsp granola • ¼ cup mixed berries <p>Water and/or Unflavored fat- free or 1% milk or non-dairy equivalent</p>	Roasted Chickpeas <ul style="list-style-type: none"> • 1 can cooked chickpeas (240g drained weight) • 1.5 tbsp olive oil • 1 tsp garlic, crushed • ½ tsp dried oregano • 2 tbsp parmesan, grated • salt and pepper to taste <p>Option: roasted garlic, herbs, or parmesan seasoning</p> <p>Water and/or 100% juice or Unflavored fat- free or 1% milk or non-dairy equivalent</p>

*Providers should note nut and seed allergies.

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

Best practices: Soy milk provides a nutritional equivalent amount of protein and fat comparable to cow’s (dairy) milk.

Tofu is allowed but should be commercially prepared and be a soybean derived with the basic ingredients being whole soybeans, one or more food-grade coagulants, and water.

Healthy Eating in the Classroom

Reinforcing the importance of healthy eating through educational and/or enrichment activity

Nutrition Education as an Enrichment Component

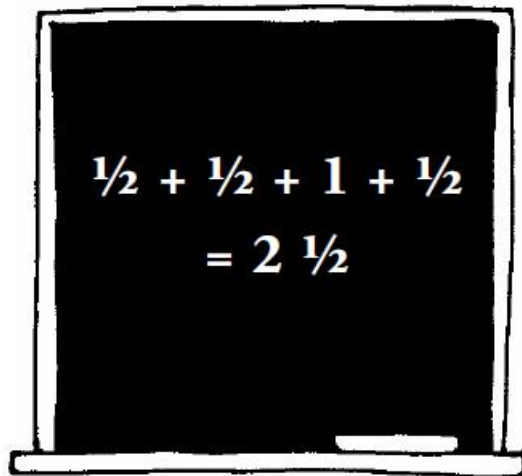
Benefits:

- ▶ Reinforces the importance of healthy eating
- ▶ Can be implemented as a STEM activity
 - Eg. Photosynthesis activities, exploring parts of the plant, University of Maryland Growing Healthy Habits
- ▶ Educates students on sustainability, food agriculture and food issues
 - Eg. Grow To Learn NYC, USDA's Dig In!, Opportunity to explore different cultures through food
- ▶ Connect with local community
 - Parents become involved, bring local communities together

Healthy Eating in the Classroom






Veggie Math Activity: (20 minutes)

1. Pass out the *Veggie Math* worksheet, one copy per pair of students.
2. Review with students that $\frac{1}{2}$ cup plus $\frac{1}{2}$ cup equals 1 whole cup.
3. Read aloud the instructions at the top of the worksheet and explain how to complete the worksheet. Explain to students that they will be helping Jasmin choose vegetables for lunch, an after school snack, and dinner. Remind students that these vegetables need to add up to $2\frac{1}{2}$ cups.
4. After students have completed the worksheet, have several students share what vegetables they chose for Jasmin.



GHH Lesson Outline

growing
healthy habits

Unit/Lesson	Time	Unit Standards	Activities	Supplies Needed	Page #s
What's So Great About Gardening					34-65
#1 MyPlate 	30 Min	* Listening * Nutrition & fitness	* Identify healthy foods and sometimes foods * Introduce "MyPlate"	* MyPlate Kid's Poster * Food models or pictures of sometimes and all the time foods	42-44
#2 Not All Vegetables are Created Equal 	30 Min	* Listening * Nutrition & fitness Recipe: * Mathematics * Reading Informational Texts	* Taste fresh, local produce and store bought * Learn the benefits of growing and/or buying local produce when it is in season	* "Multi-sensory Taste Test" handout * Local, fresh tomatoes and store bought	45-47
#3 Food System Sequencing 	35 Min	* Listening * Economics	* Sequence steps that foods take from the farm to the table * Processed vs. unprocessed foods	* Food pictures (end of unit) * Tape	48-51
Student Journal 	20 Min	* Writing * Language standards * Nutrition & fitness		* Journal * Student vocabulary * Recipe	52-55
Teacher Handouts 					56-65

University of Maryland Extension,
Food Supplement Nutrition
Education Program (FSNE)

Pennsylvania Nutrition Education
Tracks

Healthy Eating in the Classroom

▶ Physical Activity

- At least 30 minutes of afterschool program time to physical activity
- Activities are engaging, fun and recreational
- Inclusive of children with varying abilities,

▶ Healthy Eating and Physical Activity (HEPA) standards

- All training on healthy eating is comprehensive, evidence-based, does not support a particular industry or food sector agenda, and delivered by qualified personnel
- Play takes place outdoors whenever possible
- Ensures that daily physical activity time includes aerobic and age-appropriate muscle- and bone strengthening and cardio-respiratory fitness activities

Healthy Eating in the Classroom

Resources

- ▶ [SNAP-Ed Library](#)
- ▶ Jump with Jill – [Activity Book](#)
- ▶ [Cooking Matters Exploring Foods Together](#)
- ▶ [University of Maryland Growing Healthy Habits](#)
- ▶ USDA's [Dig In Lesson](#)
- ▶ USDA's [Grow It, Try It, Like It! Nutrition Education Kit](#)
[Featuring MyPlate](#)

Resources

- ▶ Network for Youth Success – [Child Nutrition Initiative](#)
- ▶ [NYS Crediting Foods in CACFP Handbook](#)
- ▶ [Healthy Child Meal Pattern](#)
- ▶ Network for Youth Success FAQ – [What Programs Need to Know About the At-Risk Afterschool Snack and Supper Program: Frequently Asked Questions](#)
- ▶ Share Our Strength's– [Three Meals A Day](#) Executive Summary



- ▶ 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.