

The Benefits of Afterschool Nutrition

By the time children arrive at their afterschool program, lunch is a distant memory. They need a nutritious snack to maintain an active level of learning and play after school hours. By participating in this program you can...

- Improve the health and well-being of hungry children;
- Counter the childhood obesity epidemic with healthy food;
- Attract children to organized and safe activities when the school day ends;
- Ensure that the children are more alert and fully benefit from afterschool activities; and
- Strengthen the fiscal soundness and financial sustainability of your afterschool program.



To find out how to get started, please contact:

Emily Glover at the Vermont Campaign to End Childhood Hunger

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www.vtnohunger.org/info/out_of_school.php

Or Laurie Colgan at the Vermont Department of Education

Laurie.colgan@state.vt.us / (802) 828-5153

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How to get...

Funding For Afterschool Snacks

Healthy food for kids and money for afterschool programs



Information provided by:

 Vermont Campaign to End Childhood Hunger

 VERMONT
Vermont Department of Education

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What is the Afterschool Snack Program?

The Afterschool Snack Program is offered by the National School Lunch Program (NSLP). It provides federal funds to afterschool programs so that they can serve nutritious snacks to children age 18 and under during the school year (excluding weekends and holidays). The snacks can be served at any time during the afterschool program.



It Pays to Serve Afterschool Snacks

Funding from the Afterschool Snack Program can add up. The reimbursement rate for low-income areas is \$0.74 per snack (2009-2010 rate). An afterschool program serving snack to 50 children five nights a week during the school year could receive more than \$6,500 in federal funding. Reimbursement rates vary for schools that do not serve a low-income population.

How Does an Afterschool Program Qualify?

Eligible afterschool programs include:

- Those operated by a school, public agency, or private nonprofit organization—such as a Boys and Girls Club or a Community Action agency.
- Programs must offer educational or enrichment activities such as: physical activities, arts and crafts, homework assistance, tutoring, computer labs, or life skills.

The Vermont Department of Education and The Vermont Campaign to End Childhood Hunger can help you determine whether or not your program qualifies. All programs must meet state and local health and safety requirements.

23,000 Vermont children under 18 live in food insecure households.

*Data on Vermont children living in food insecure homes from 2006-2008 Current Population Surveys of the US Census, through DataFerrett.



Why it's Important

- The hours of 3PM-6PM are peak times of high risk behavior for school aged kids
- Kids are hungry – lunch is served as early as 10:30 AM in some schools

Serve Healthy Snacks

Snacks served through the National School Lunch Program must include 2 of the following components:

- 1 serving of milk
- 1 servings of a fruit and/or vegetable
- 1 serving of grain
- 1 serving of protein

Snacks can be served hot or cold and can be as simple as juice and a muffin, a banana and milk, or cheese and an apple. The Vermont Department of Education can provide information on developing menus and the exact measurements required.