

AFTER SCHOOL SNACKS AND SUPPERS IN NEBRASKA

"We know that kids don't necessarily get a nice meal when they get home. They need food; their little bodies are growing so fast. They eat very early, and some of our lunch schedules are very early. But by the time they get to our after school program at 3:30, they're incredibly hungry. Here, we make sure they get to eat."



-Lorna Eliason, Director of After Schools Programs, Chadron Public Schools

If 50% or more of your students qualify for free and reduced-price lunches (FRPL), your school could be eligible to serve after school snacks and/or supper. Individual sites, as opposed to entire districts, can participate through these programs:

- **Child and Adult Care Food Program (CACFP):** CACFP reimburses schools or nonprofits that offer educational or enrichment programs along with after school snack and/or supper.
- **National School Lunch Program (NSLP):** If already serving lunch through NSLP, schools have the opportunity to use NSLP funding to provide snacks at after school programs.



Because of COVID-19 response legislation, **all school districts across the country are allowed to participate regardless of area eligibility (50% FRPL or poverty threshold).** Waivers currently extend through June 30, 2022.

Meal Pattern Requirements

SNACKS (\$1.18 reimb.)

Two different components of the four below must be served:

- Fluid Milk, 1 cup (8 ounces)
- Meat/meat alternate, 1 ounce
- Fruit or vegetable or full strength juice, 3/4 cup
- Grains/breads, 1 serving

SUPPERS (\$4.03 reimb.)

Five different components must be served:

- Fluid Milk, 1 cup (8 ounces)
- Meat/meat alternate, 2 ounces
- Vegetables, 1/2 cup
- Fruits, 1/4 cup
- Grains/breads, 1 serving



The **Nebraska Student Nutrition Action Committee (SNAC)** focuses on expanding access to child nutrition programs during both school and out-of-school time in order to make sure every child has the food they need to reach their full potential. Learn more at state.nokidhungry.org/nebraska/nebraska-snac.



Fast Facts & Good Ideas



Make it easier with partnerships

- Many schools have found success with parent or booster-run club programs that can offer enrichment opportunities that fulfill the requirements of the program but also allow food to be served regularly.
- Nebraska Extension can be a valuable resource to offer enrichment programming that supports eligibility requirements for after school snacks/meals.
- Staffing can be a challenge in the current climate. Volunteer programs like Teammates Mentors or others can help supervise mealtime or support enrichment!

Participation

- Based on the hours of operation, 21st Century Community Learning Center programs are required to offer a daily, nutritious snack or meal that meets the requirements of the USDA National School Breakfast/Lunch Program (NSLP), Child and Adult Care Food Program (CACFP) or Summer Food Service Program.
- Participation in SNAP and other public benefits programs increase FRPL numbers for schools and districts and thus increase eligibility. Increasing awareness of SNAP and Medicaid benefits can help support eligibility for after school snacks/meals.

Cost

- After school suppers generally pay for themselves. With reimbursement from the federal government, these meals pay for food and labor costs. Note that some after school snack providers have shared they need additional funds to cover service costs.
- Individual schools can participate in after school snacks/meals, not just full districts.

Experiential and high quality meals

- Farm to school pairs well with after school programs and can include sourcing of local foods for snacks or meals, incorporating gardening into programming, and leveraging nutrition and agriculture curriculum to bring hands-on learning into this learning environment. See the FRAC resource, Fresh From the Farm: Using Local Foods in the After school and Summer Nutrition Programs; and consider using the Nebraska Harvest of the Month toolkit for guidance. It features more than a dozen local foods to highlight and includes materials like trivia cards, coloring sheets, take-home newsletters, a recipe guide, and more.

Learn more or get a program up and running!

Contact NDE's Office of Nutrition Services at 402-471-2488, 800-731-2233 or at nde.nsweb@nebraska.gov.

Learn more at

www.education.ne.gov/ns/cacfp/at-risk-meals-and-snacks/.

Find this and other resources at



state.nokidhungry.org/nebraska/nebraska-snac