

THE BENEFITS

By the time children arrive at their afterschool program, lunch is a distant memory. They need a meal or snack to help get them through the afternoon. Providing healthy food after school allows children to be fully engaged in the activities at their afterschool program.

Suppers are increasingly important because more and more children are spending long hours in afterschool programs while their parents are working. The children require more than a snack to sustain them throughout the afternoon and early evening. In some cases, the food a child receives at an afterschool program might be their only meal until the next school day.



***"We would be lost without the Supper Program...
Now with the Supper Program kids don't complain
about being hungry anymore."***

*- Sharon Tabor, Afterschool Coordinator, Oregon's
Eugene School District*

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THE MARYLAND STATE DEPARTMENT OF EDUCATION
SCHOOL AND COMMUNITY NUTRITION PROGRAMS BRANCH

AT-RISK AFTERSCHOOL SUPPER PROGRAM

Serve children
healthy suppers in
your afterschool
program



THE AT-RISK AFTERSCHOOL SUPPER PROGRAM

Maryland is one of ten states in the country with the At-Risk Afterschool Supper Program! It is a part of the Child and Adult Care Food Program (CACFP) and provides federal funds to afterschool programs to serve a nutritious supper to children age 18 and under during the school year (including weekends and school breaks). The suppers can be served at any time during the afterschool program. Some programs can serve both a supper and a snack.

IT PAYS TO SERVE AFTERSCHOOL SUPPERS

Funding from the At-risk Afterschool Supper Program can add up. An afterschool program serving supper to 50 children five nights a week during the school year could receive more than \$22,000 in federal funding. Serving a snack in addition to the supper would bring in an extra \$6,100.



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 community action agency. In addition, some for-profit organizations may be eligible.
- Program centers in areas served by a Public school where at least 50 percent of the enrolled children are eligible for free or reduced-price meals.
- Programs must offer educational or enrichment activities such as: homework assistance, tutoring, arts and crafts, computer labs, life skills, or physical activities.

The Maryland State Department of Education can help you determine whether or not your program qualifies. All programs must meet state and local health and safety requirements.

"...the Supper Program has definitely helped increase the participation in afterschool Programs—it is the carrot that gets them to come. It is hard to get them in the door and the meal really draws them into the program."

- Dorie Vickery, Administrator of Extended Learning, Oregon's Central School District

SERVE HEALTHY MEALS

Meals served in the At-risk Afterschool Supper Program must include:

- 1 serving of milk
- 2 servings of fruits and vegetables
- 1 serving of grains
- 1 serving of protein

The Maryland State Department of Education can provide assistance with menu planning.

Meals can be served hot or cold and can be as simple as a turkey sandwich, an apple, carrot sticks, and a carton of milk.

GETTING STARTED

Learn More!

**Maryland State Department of Education
School & Community Nutrition Programs Branch**

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