



Starting Your Afterschool Care Snack Program



Part 2

March 26, 2019

1:30 PM – 2:30 PM

Professional Standards Learning Code: 4120



WELCOME!

My name is Halie Knutson. I am a trainer and School Nutrition Program Specialist at the Arizona Department of Education.

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This general content webinar is designed for operators of the National School Lunch Program (NSLP).

Today's webinar features information on the Afterschool Care Snack Program (ASCSP).

This webinar is being recorded for future use.



Webinar Agenda:

- Recap of Part 1
- Meal Pattern for Snacks & Sample Menu
- Guest Presenter
- Q&A



Who is here?

Did you attend the live version of Starting your Afterschool Care Snack Program, Part 1 of this two part webinar series on February 28th?

- 1. Yes**
- 2. No**



Who is here?

Did you watch the recorded webinar or review the webinar slides of Starting your Afterschool Care Snack Program, Part 1 prior to attending today's webinar?

- 1. Yes**
- 2. No**



Who is here?

For those of you who have participated in Starting your Afterschool Care Snack Program, Part 1, who now feels confident in starting their own program at one or more of their schools?

- 1. Yes, I feel confident**
- 2. No, I need more help or questions answered**



Who is here?

You are all attending this webinar today because you have some kind of interest in starting an Afterschool Care Snack Program. Pick the statement below that best describes your interest:

- 1. I want to start a snack program before the end of the school year.**
- 2. I want to start a snack program next school year.**
- 3. I want to talk with my principals and administration about starting a snack program at some point.**
- 4. I'm not sure.**



Recap of Part 1



The Afterschool Care Snack Program (ASCSP)

The NSLP offers cash reimbursement to help Local Educational Agencies (LEAs) serve snack to children in afterschool or some extended school day activities aimed at promoting the health and wellbeing of children and youth in our communities. The purpose of this program must be to provide care in afterschool settings or provide an extended school day.



Program Requirements

Must be operated by the LEA

- School personnel does not have to be used, but the school must accept full administrative responsibility

Must be open to all students

- Any students of the school may not be turned away to participate for any reason other than security of space

Must provide an enrichment activity

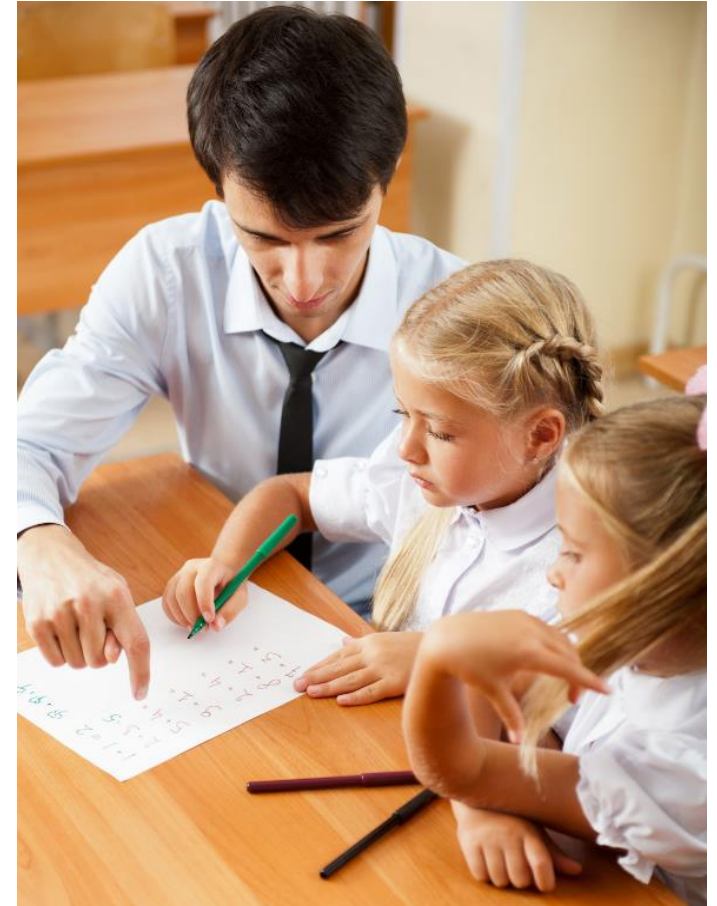
- These enrichment activities must be regularly scheduled in an organized, structured, and supervised environment

**snack must be served after the regular school day ends*



Enrichment Activity

- Students who attend afterschool activities that are open to all students are eligible to receive snack.
 - Remember, athletic programs that compete in interscholastic sports can not be approved as the enrichment activity for snack.
 - Examples: tutoring, art club, choir, 21st Century, running club, etc.



Snack Eligible Sites

LEAs operating the NSLP are eligible to operate the Afterschool Care Snack Program.

At Least 50% Free and Reduced <i>Site or Area Eligible</i>	Under 50% Free and Reduced <i>Neither Site or Area Eligible</i>
<ul style="list-style-type: none">• Serve snacks free of charge	<ul style="list-style-type: none">• Can serve snacks free of charge, or• Can charge students for paid or reduced snacks
<ul style="list-style-type: none">• Claimed at the free reimbursement rate (\$0.91)	<ul style="list-style-type: none">• Claimed at the free, reduced, and paid rates depending on the student's eligibility determination

Afterschool Snack Components

To claim a snack for reimbursement, the snack must contain at least two different components from the following:

- Fluid milk
- Meat or meat alternate (M/MA)
- Vegetables or fruits; 100% veggie or fruit juice
- Whole or enriched grain product*



Meal Pattern for Snacks & Sample Menu



Meal Pattern Chart

Snack for children	Ages 1 and 2	Ages 3 through 5	Ages 6 through 18
Snack: (select 2 of these 4 components)			
1. Milk, fluid	½ cup	½ cup	1 cup
2. Vegetable, fruit, or 100% full-strength juice***	½ cup	½ cup	¾ cup
3. Grains/Breads (whole grain or enriched): bread or combread, rolls, muffins, or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
4. Meat or meat alternates: Lean meat, fish or poultry (edible portion as served) or cheese* or egg or yogurt or cooked dry beans or peas** or peanut butter, soy nut butter or other nut or seed butters or peanuts, soy nuts, tree nuts or seeds	½ oz ½ oz ½ egg or ¼ cup 1/8 cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup 1/8 cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp. 1 oz
or any equivalent quantity of any combination of the above meat/meat alternates			

Don't Forget!

- Yes! Vegetable and fruit are one component unlike the lunch meal pattern.
- In the same service, dried beans or dried peas may be used as a meat alternate or as a vegetable; however, such use does not satisfy the requirement for both components.
- Grains and breads need to either be whole grain or enriched.
- Juice may not be served when milk is served as the other components; there must be some sort of food component.
- No more than two dessert items may be served in one week.



Snack Sample Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Grapes• Cashews	<ul style="list-style-type: none">• Cucumber slices• Hummus	<ul style="list-style-type: none">• Cheese stick• Whole grain crackers	<ul style="list-style-type: none">• Low-fat vanilla yogurt• Fresh berries	<ul style="list-style-type: none">• 100% juice• Carrots

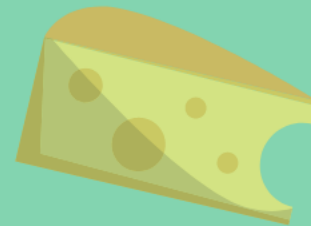
Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Strawberries• Cheese cubes	<ul style="list-style-type: none">• Celery sticks• Peanut butter dip	<ul style="list-style-type: none">• Sunflower seeds• FF milk	<ul style="list-style-type: none">• Grapes• Almonds	<ul style="list-style-type: none">• Pinto bean dip• Tortilla chips

Pop Quiz!

Beans/peas can count as a M/MA or as a veggie component.

- 1. True**
- 2. False**

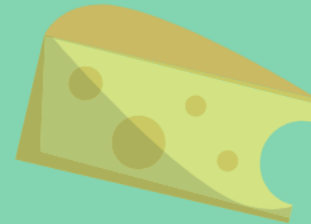


Pop Quiz!

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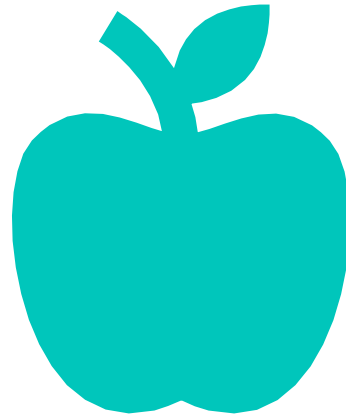
1. True

2. False



Guest Presenter: Kylie Aaron, SNS





After School Snacks

Peoria Unified School District

Presenter: Kylie Aaron

Peoria's Unified School District

- Size – 37,000 Students
- 39 Schools –
 - 32 Elementary (K-8)
- Free & Reduced 10% - 80%
- Types of snack programs:
 - CPP/DEV “Morning Snack”
 - AM/PM Program “Afternoon Snack”
 - After School Snack 50% F&R Schools
 - CACFP Catering Programs

Popular Items & Combos

Details:

Most programs are Peanut Free

Watch Fruit & Veggie Portions

- String Cheese & Fruit
- Yogurt & Granola or Cereal
- Fruit & Crackers
- Hardboiled Egg (wrap up) & Fruit
- Milk & Cereal
- Sunflower seeds & Fruit, Milk or Crackers
- Milk & Crackers
- Carrots W/ Ranch (pour container) & Crackers
- Popcorn & Milk
- Bagel (1/2 w/ Crm. Chs.) & Milk
- Crackers: Goldfish, Pretzel Goldfish, Animal Crackers, Elf Grahams, Chex Mix, Nature Crisps,
- Cereals: Cheerios, Chex, Rice Puffs etc.

Nutrition Education Ideas

- Partner with afterschool programs
- Fruit & Veggie coloring sheets/ info
- Nutrition education display
- Give a 5 minute talk about nutrition



Challenges With Adding Programs

Inventory - Space – Ordering - Too Many Chiefs - Pricing - Labor - Acceptability

Ideas to Help

Keep it simple

- Do a 2 week cycle menu to use up products
- Watch portion sizes
- Work with programs in schools, title 1, sports, tutoring, afterschool care to increase participation
- Utilize already made education materials from My Plate, AFHK, Etc.
- Need Grants, check out Fuel up to Play 60, Action for Healthy Kids, United Way Valley of the Sun

Questions? Thoughts? Ideas?

Contact Info:

Kylie Aaron

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623-487-5187



NEXT STEPS!

- You now know all things about the ASCSP.
- If you are interested in starting a snack program ADE is happy to help.
- Please contact Halie Knutson or your assigned School Nutrition Program Specialist for any assistance in the ASCSP.

Halie Knutson
School Nutrition Programs Specialist
Halie.Knutson@azed.gov or (602) 542 - 3494





THANKS!

If you are attending the live webinar, you will receive a link to complete the survey in EMS.
After completing the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.

ANY QUESTIONS? PLEASE TYPE THEM INTO THE CHAT BAR NOW.



CONGRATULATIONS!

You have completed the **Recorded Webinar: Starting Your Afterschool Care Snack Program, Part 2**. To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: *Recorded Webinar: Starting Your Afterschool Care Snack Program, Part 2*
- Learning Code: *4120*
- Key Area: *3000-Administration*
- Length: *1 hour*

Please note, attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it. This recorded webinar is a non-interactive activity, which may count towards no more than two hours of annual training.



Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. **This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/RecordedWebinarOnlineSurvey>

The information below is your reference when completing the survey:

- Training Title: *Recorded Webinar: Starting Your Afterschool Care Snack Program, Part 2*
- Professional Standards Learning Codes: *4120*

