

Benefits to Kids



- Healthy, nutritionally balanced afterschool meals allow children to be fully engaged in enrichment activities.
- The Afterschool Meal Program may provide the last meal children will receive until the next school day.
- Afterschool programs provide a safe and supervised place for children during the high-risk time of 3-6pm.



Benefits to Programs

- Providing afterschool meals can strengthen programming by keeping monitory resources targeted to afterschool activities. Sites can reallocate funds to offer field trips, hire staff, or purchase materials.
- Offering afterschool meals shows a commitment to both the community and children's overall health that could appeal to future program funders and increase funding opportunities.
- Food encourages kids to join afterschool programs and provides incentives for them to participate everyday, leading to more successful programming.

Want to learn more about the Afterschool Meals Program and other nutrition programs?

Maryland State Department of
Education, School and Community
Nutrition Programs Branch
410-767-0208
<http://www.eatsmartmaryland.org>

Maryland Hunger Solutions
410-528-0021 x 27
<http://mdhungersolutions.org>

FRAC's Afterschool Resource Center
<http://www.frac.org/afterschool>



Maryland Hunger Solutions
Ending hunger and promoting well-being

400 E. Pratt Street, Suite 606, Baltimore, MD 21202
410.528.0021
www.mdhungersolutions.org
An Initiative of the Food Research and Action Center

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The Afterschool Meal Program



Providing children with a nutritious meal after school to continue their growth and development!



Maryland Hunger Solutions
Ending hunger and promoting well-being

What is The Afterschool Meal Program?

The Afterschool Meal Program provides federal money to reimburse organizations for serving nutritious meals at afterschool programs to students 18 years and under in low-income areas, including on holidays and weekends.

The supper can be served at any time during the afterschool program and a snack can be served in addition to the meal.



Why It Pays to Serve After School Meals!

All meals served through the Afterschool Meal Program are reimbursed at the “free rate” of \$2.86, plus an additional \$.2275 in commodities or cash-in-lieu of commodities. The reimbursement rate for meals served through CACFP is adjusted annually.

Afterschool Programs that are eligible to participate:

- Programs located in an area in which at least 50% of children are qualified for free and reduced-price school meals.
- Programs that provide educational or enrichment programming in an organized, structured, and supervised environment after the end of the school day, on weekends, or on holidays during the school year.
- Public or private nonprofit organizations or eligible for-profit organizations operating an afterschool program.

While programs that use sports to provide constructive opportunities for community youth are eligible, athletic teams that limit membership on ability or other requirements are not.

Possible Sites:

- Schools
- Parks
- YMCAs
- Boys and Girls Clubs
- Faith-based Organizations
- Rec and Park Centers
- Community Centers



Nutritional Guidelines for Afterschool Meals



All meals served must comply with USDA nutrition guidelines and include:

- 1 serving of fluid milk
- 2 servings of fruit and/or vegetable
- 1 serving of grains
- 1 serving of protein

Meals can be served hot or cold. MSDE can provide assistance with menu planning.

Getting Started!

1) Contact the Maryland State Department of Education to determine whether or not your program qualifies for the Afterschool Meal Program at 410-767-0208.

2) After eligibility has been determined, attend a mandatory orientation and training session to learn more about the program application and delivery requirements.

3) Once an application has been submitted, MSDE will conduct a pre-approval site visit to see that sites meet all requirements.