

# Healthy Kids. Achieving Kids.



***Afterschool Programs can improve the academic achievement and the program success by providing nutritious meals to children – especially among at-risk children. The Maryland Out of School Time Network & Maryland Hunger Solutions can help your organization improve the quality of your afterschool program and help you secure nutritious meals for the kids you serve.*** In addition to creating the opportunity to provide afterschool meals, the benefits of a well designed and implemented afterschool program include increased school attendance, improved school performance, and more engaged youth & families.

**Afterschool Snacks and Meals** use federal money to serve nutritious snacks and meals as part of afterschool programs. Maryland is one of only fourteen states that are currently included in the important Afterschool Meal program. Programs are eligible for federal funding if they are located in an area in which at least 50% of children are eligible for free and reduced-price school meals. *Contact the Maryland State Department of Education School & Community Nutrition Branch for more information at 410-767-0214 or visit [eatSMARTMaryland.org](http://eatSMARTMaryland.org).*

**High Quality Afterschool Programs** are recommended to include homework help or tutoring; engaging OST academic curriculum linked to school day needs; multiple enrichment opportunities; parent and community engagement; and age appropriate recreation and nutrition. Characteristics of high quality afterschool programs include:

- (1) Strong strategic partnerships with community based organizations;
- (2) Intentionally designed programs aligned with student and school-specific needs and learning outcomes;
- (3) Effective staffing models; and,
- (4) Rigorous evaluation and program improvement systems.



**Resources** for creating afterschool programs include **TITLE I dollars** which can be used for staffing, professional development and materials in OST programs; **21<sup>st</sup> Century Community Learning Centers**, three year federal grants distributed through the Maryland State Department of Education annually through an RFP to Title I schools; **local management boards** ([www.goc.state.md.us](http://www.goc.state.md.us)); **county and city governments**; and **foundations & corporations**.

The **Maryland Out of School Time Network** is available to provide technical assistance in the areas of program design and sustainability planning. Contact Ellie Mitchell at 410-625-7976 or [emitchell@mdoutofschoolttime.org](mailto:emitchell@mdoutofschoolttime.org) for more information. Visit [www.mdoutofschoolttime.org](http://www.mdoutofschoolttime.org) to download the Maryland Out of School Time Quality Standards Framework.

For more information about the Afterschool Snack and Meal Program, contact Courtney Conner at **Maryland Hunger Solutions** at 410-528-0021 or via email at [cconner@mdhungersolutions.org](mailto:cconner@mdhungersolutions.org).

