INCORPORATING MEALS AND SNACKS INTO 21ST CCLC PROGRAMS

Maryland 21st Century

November 16, 2012

Understanding the Basics

- Programs must be eligible in order to qualify:
 - Must be located in areas served by an elementary, middle, or high school where at least 50% of the enrolled children are eligible for free or reduced-priced meals
- Programs must offer educational or enrichment activities
- Programs must meet state and local health and safety standards
- Programs may only serve children who are 18 years or younger at the start of the school year
- Meals and snacks need to meet USDA nutrition requirements

USDE NUTRITION REQUIREMENTS

- Meals (can be served hot or cold):
 - One serving of milk
 - Two servings of fruits and/or vegetables
 - One serving of grains or enriched bread
 - One serving of meat/meat alternate
- Snacks (must include two of the following four items):
 - One serving of milk
 - One serving of fruit and/or vegetables
 - One serving of grains or enriched bread
 - One serving of meat/meat alternate

Being a Sponsor vs. Being a Site

• Sponsor:

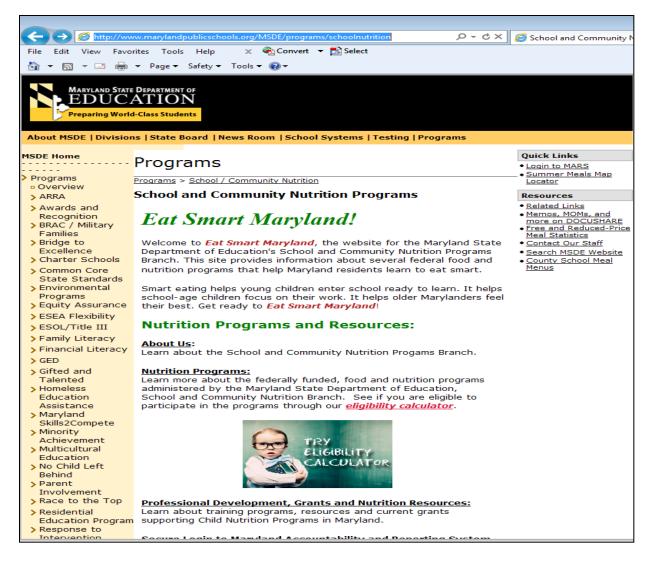
- Holds administrative and financial responsibility for the meal program
- Maintains records for the meal program and is responsible for its coordination
- Provides training, site visits and data collection of the sites
- Acts as the liaison between the sites and the food vendor
- Can provide meals at one site or multiple sites

Being a Sponsor vs. Being a Site

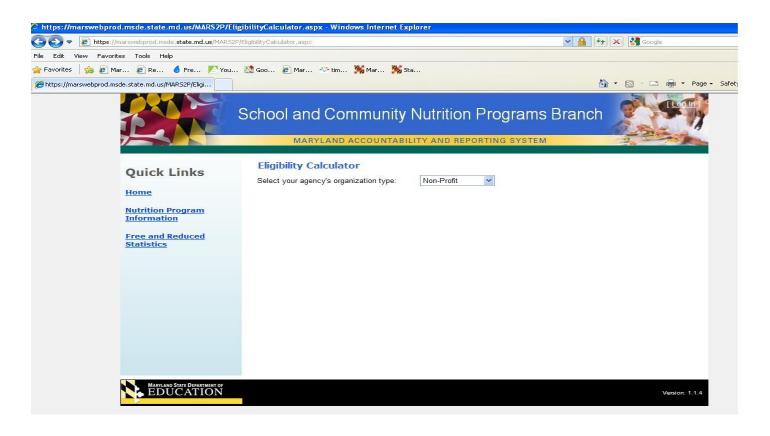
• Site:

- Maintains the physical location of the where the meal program will operate
- Monitors the food after delivery, including storage and proper temperature; minimal preparation may be necessary
- Distributes the meals and keeps daily tallies or logs

SCHOOL AND COMMUNITY NUTRITION PROGRAMS BRANCH (SCNPB)



PROGRAM ELIGIBILITY CALCULATOR



U.S. DEPARTMENT OF AGRICULTURE NUTRITION PROGRAMS ADMINISTERED BY SCNPB

- National School Lunch Program
- School Breakfast Program
- Summer Food Service Program
- Child and Adult Care Food Program
- Special Milk Program
- Food Distribution

21ST CCLC NUTRITION PROGRAMS

- School meals
 - breakfast, lunch, afterschool snack
- Child and Adult Care Food Program
 - at-risk afterschool meals component
 - supper and snack
- Summer Food Service Program
 - typically breakfast and lunch
 - also snack and supper

CONTACT INFORMATION FOR SCNBP

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SAMPLE MENU

HRDC At Risk After School Supper Menu

November-12

Monday	Tuesday	Wednesday	Thursday 11/1/2012
11/5/2012	11/6/2012	11/7/2012	Turkey Club Sandwich Lettuce Tomato Carrot Raisin Salad Milk 11/8/2012
	,\ Q.	Italian Chicken	Chicken Tenders
No Meals	No Meals	Carrots Warm Apple Slices	Mashed Potatoes Spinach
	11/13/2012	Slice Bread Milk 11/14/2012	Green Beans Milk 11/15/2012
Chicken Cacciatore	Breaded Pork Chop	Meat Lasagna	Breaded Fish Filet
w/ Tomatoes	Mashed Potatoes	Garlic Breadstick	Mac n Cheese
over Rice	Sauerkraut	Spinach	Lima Beans
Peas N Carrots	Slice Bread	Juice	Green Beans
Milk	Milk	Milk	Milk
11/19/2012	11/20/2012	11/21/2012	11/22/2012
Sloppy Joe on Roll O Brien Potatoes Baked Beans Milk	Stuffed Shells w/ Sauce n breadstick Mixed Veggies Juice Milk		hanksgiving MEALS
11/26/2012	11/27/2012	11/28/2012	11/29/2012
No Meals	Corn Dog Cheesy Potatoes Broccoli N Cheese Slice Bread	Salisbury Steak over Rice Green Beans Brown Sugar Peaches	Creamy Lemon Chicke over Pasta Spinach Peas
	Milk	Milk	Milk
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^{*}Substitutions may be made according to availability of items

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Q&A