

# Are You Ready to Serve Suppers?

1. **Determine** if the afterschool program is area and program eligible.
2. **Design a plan** for staffing, serving, monitoring, and record-keeping. Remember to designate who will keep records of daily attendance and who will keep records of meals served.
3. **Calculate** the breakeven point for sponsoring the program.
4. **Contact EHC!** for assistance and to connect with other sponsors in operation to learn more.
5. **Request and submit** a CACFP At-Risk Afterschool Meals Program Application. Current NSLP sponsors use a streamlined application process to amend their NSLP agreement.

To get started, contact Shannon Yearwood:  
(860) 560-2100 x309  
[syearwood@endhungerct.org](mailto:syearwood@endhungerct.org)

Resources for more information:  
[www.sde.ct.gov/sde/atriskafterschoolmeals](http://www.sde.ct.gov/sde/atriskafterschoolmeals)



**End Hunger Connecticut!** is a statewide anti-hunger and food security organization. By focusing on advocacy, outreach, education and research, EHC! serves as a comprehensive anti-hunger resource for community organizations, legislators, and low-income families.

**The Connecticut No Kid Hungry Campaign** is a public-private coalition working to eliminate child hunger in Connecticut and launched in 2011 as a partnership with Share Our Strength and End Hunger Connecticut!.



## END HUNGER CONNECTICUT!

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The Connecticut State Department of Education is an affirmative action/equal opportunity employer.

# Got Supper?



Serving Children Healthy Suppers through the At-Risk Afterschool Meals Program



## What is the Supper Program?

An opportunity provided by the federal **Child and Adult Care Food Program (CACFP)**, the **At-Risk Afterschool Meals Program** ("Supper Program") provides free, nutritious meals to Connecticut students 18 and younger in eligible afterschool enrichment programs. Longer afterschool programs may be able to provide both a supper and a snack.

All suppers served must adhere to federal requirements and are reimbursed at the highest ("free") rate. Please visit [www.fns.usda.gov](http://www.fns.usda.gov) for current reimbursement rates.

## WHY SUPPERS?

By the time children arrive at their afterschool program, lunch is a distant memory. Kids are often hungry and offering a small snack just is not enough. Why should you serve Suppers?

- Students participating in afterschool enrichment programs may not get home until well after 6 pm and may have eaten lunch very early in the school day.
- It increases a child's capacity to focus on enrichment activities, which furthers his or her education.
- It helps parents stretch food dollars.
- It can help increase participation in afterschool enrichment programs.
- There is funding!



## Serving a Healthy Meal

The supper meal served must meet the National School Lunch Program (NSLP) or CACFP meal pattern requirements. Meals may be served hot or cold and must be consumed in an on-site, congregate setting. Examples include:

- A turkey sandwich, an apple, carrot sticks, and fat-free or low-fat milk.
- Baked chicken, steamed broccoli, apple slices, a whole wheat roll, and fat-free or low-fat milk.

Both a snack and a supper can be served (certain time restrictions apply). Snacks may be reimbursed through NSLP or CACFP.

## WHICH AFTERSCHOOL PROGRAMS ARE ELIGIBLE?

*To be eligible a program must:*

- Be located in a site eligible school or an area eligible location, which is the attendance area of a school in which at least 50% of enrolled children are eligible for free or reduced-price school meals. Refer to the CT State Department of Education website for the listing of qualifying schools.
- Be organized primarily to provide educational and/or enrichment activities for at-risk children, outside of school hours, and during the school year.
- Have regularly scheduled, structured, and supervised activities.
- Serve meals and snacks through this program free of charge to participants 18 & younger.
- Make participation in the enrichment program available to all regardless of abilities. Participation can be limited due to program capacity.



## Qualifying Enrichment Activities

*Examples include:*

- Arts and crafts
- Life skills
- Computers
- Homework assistance
- Remedial education

Students who are part of school sports teams and clubs can receive Suppers as part of a broad, overarching educational or enrichment program offered by a school.

**Contact End Hunger Connecticut!** for assistance in determining if your program provides eligible enrichment activities.

*"I love the Supper Program for many reasons. Most importantly it provides students with another opportunity to get important nutrients. The kids love it and are calmer and more engaged in their afterschool program after eating a nutritious meal. Staff love it because it's easy to administer and they see the benefit the students get from it."*

**- LONNIE BURT**

Hartford Public Schools Food Service Director