

Become an Afterschool Meals Guru:
Build a Successful Afterschool Meals Program through the Child and Adult Care Food Program (CACFP)



bell institute
OF HEALTH & NUTRITION
General Mills



General Mills
Convenience
& Foodservice

November 12th, 2019

Welcome!



Illeme Amegatcher, PhD

Associate Manager,

Bell Institute of Health and Nutrition

General Mills



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OF HEALTH & NUTRITION

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[General Mills
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Nutrition](https://www.linkedin.com/company/BellInstituteofHealthandNutrition)

Slides will be available after the webinar

Agenda

- Success stories and best practices from fellow Foodservice Directors
- Strategies to build your afterschool programs, including Supper in the Classroom
- Menu pairing and recipe ideas and resources
- Q&A

Slides will be available after the webinar

Speakers

- **Carolyn Wait, MPH,** *Sr Program Manager, No Kid Hungry*
- **Susan Malesa,** *Director of Dining Service, Menasha Joint School District*
- **C. Betty Crocker, MPH, RD,** *Director, Child Nutrition Services, Redlands Unified School District*
- **Donna Carver, SNS,** *Child Nutrition Director, Floyd County Schools, GA*
- **Vicki Lipscomb,** *Founder and President of Child Nutrition Program*
- **Monica Coulter,** *General Mills K12 Executive Chef*



Carolyn Wait MPH, RD

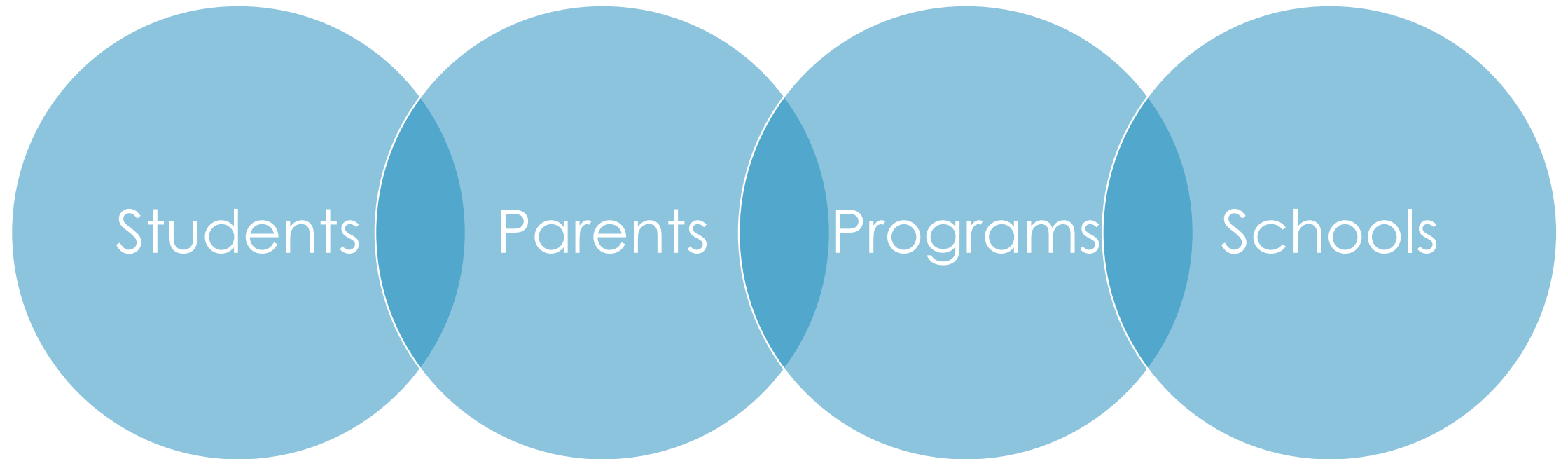
*Sr Program Manager
No Kid Hungry*



Disclosures: General Mills is Corporate Partner of No Kid Hungry

Slides will be available after the webinar

Benefits of Afterschool Meals



Afterschool Meals Basics

Sites are within attendance zone of school where $\geq 50\%$ are eligible for free/reduced-price meals

Sites provide regularly scheduled educational or enrichment activities in a safe and supervised setting

Children 18 and under receive up to one meal and/or snack daily that meets CACFP or (for schools) NSLP standards

Afterschool Meals Timing



School days, weekends,
holidays, or breaks
during the school year

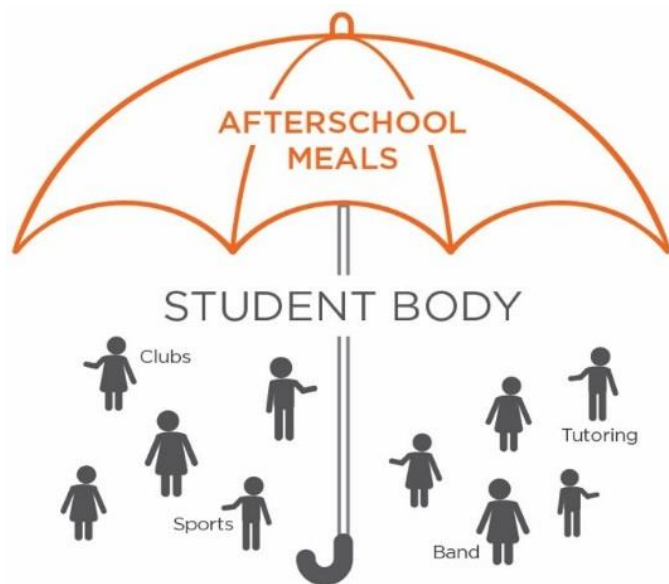


After the final bell on
school days

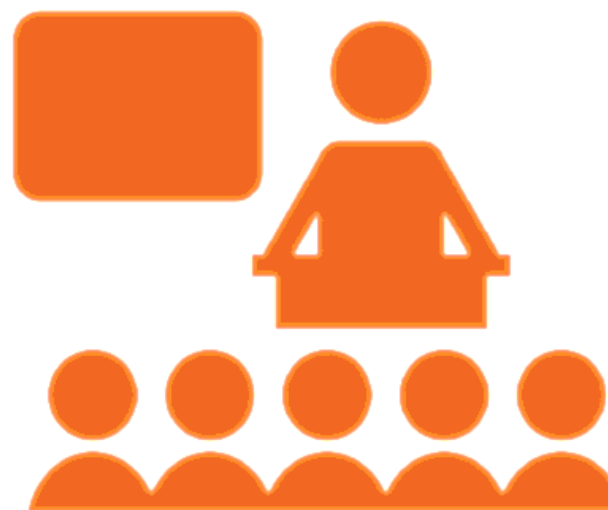


During program hours

Approach/Solutions



Umbrella Model



Supper in the Classroom

Results/Impact

Umbrella Model

53% increase in participation



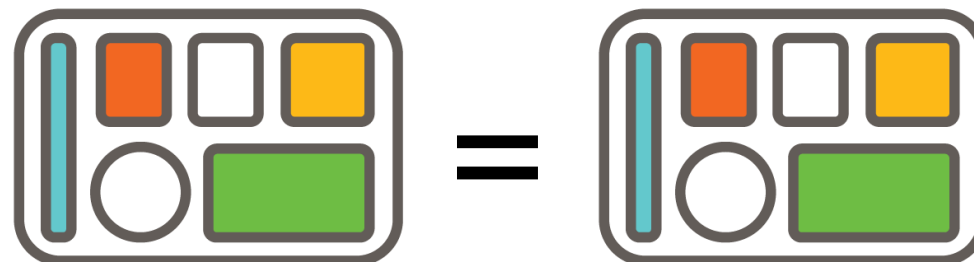
Before Pilot



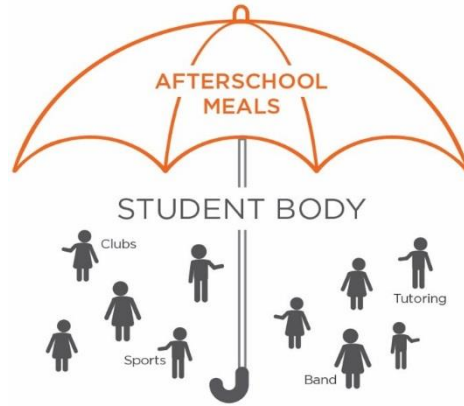
During Pilot

Supper in the Classroom

As many suppers were served as lunches during the pilot



Approach/Solutions



Umbrella Model



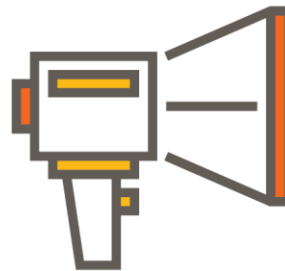
Supper in the Classroom



Timing and Logistics



Transportation



Effective Promotion



Packaging and Branding



Partnerships



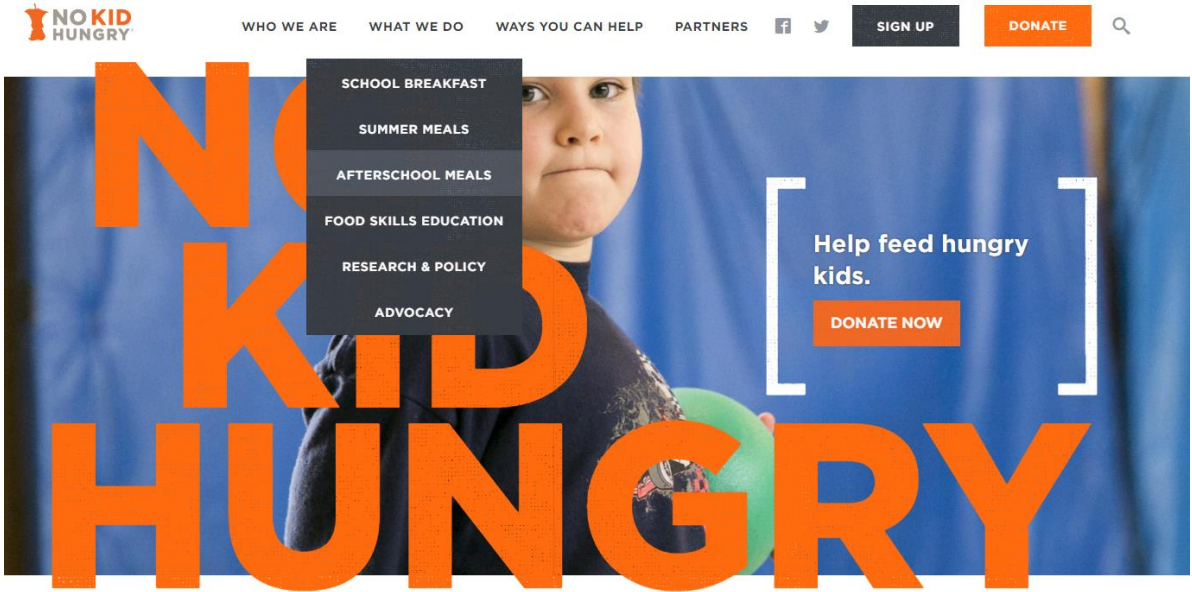
Resources/Contact Info

Carolyn Wait, MPH, RD
Senior Program Manager
No Kid Hungry Center for
Best Practices
Share Our Strength

Email: cwait@strength.org
Phone: 202-599-4401

www.nokidhungry.org

www.bestpractices.nokidhungry.org



Our Stories

When you become part of No Kid Hungry, you're joining a movement of teachers, chefs, community leaders, parents, lawmakers and CEOs with a shared belief: no kid in America should go hungry.



Susan Malesa,
Director of Dining Service,
Menasha Joint School District, WI



Slides will be available after the webinar

Background/Problem

- Enrollment – 3500
 - 4 elementary supper sites
 - 2 secondary supper sites
 - 54% Free and Reduced
- Start with the problem – kids are hungry after school – no denying that
 - Assess the needs of your community - be honest about what is happening
- We have a thriving after school program elementary and secondary
 - How many? Where are they? Who are they with?
 - Snack just wasn't enough – insufficient to address the hunger

Approach/Solutions

- Who are your champions/partners? Who could be the resisters? Could someone be both?
 - Food Service
 - School Staff/ Teachers
 - Any After school Program that currently exists
 - Coaches
 - Parents, PTO, Bus Co, Scout Troop Leaders and clubs that meet after school
- CACFP “Super Snack” is the answer= full tummies and additional reimbursements
- Create a Meal Team – you truly will not have to look very far
 - You may have partners you are not aware of...
 - Share the knowledge and the responsibility for meal service
- **Assume it will work** -We tend to build a case for –”this isn’t for us” – instead build a case for support then ask for it!
- Take action and tweak as you go – communication is the key

Results/Impact

- Overwhelming positive response from the after school team at elementary level
- Pulling more walkers, bikers and families into buildings each day
- Transportation still a challenge – how to address bussing schedules to accommodate meals
- Building principals are inquiring as to how we get more families to take advantage of the is program

Know this ... your dinner program will not look like this . . . At least probably not – that's OK!



It's going to look more like this...



Resource/Contact

Susan E. Malesa

Director of Dining Services

Menasha Joint School District

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920-209-9705

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C. Betty Crocker MPH, RD,
Director of Child Nutrition Services,
Redlands Unified School District, CA

Creating Partnerships with After school Meals



Before Afterschool Meals. . .

- RUSD free/reduced: 62%
 - 24 schools
 - Range 31% - 92% FR
- Span of 5 Cities
- 6 hot CACFP supper sites & 4 NSLP snack sites
- Disconnected OST providers
- Central kitchen workers- part-time



CHILD NUTRITION SERVICES
REDLANDS USD



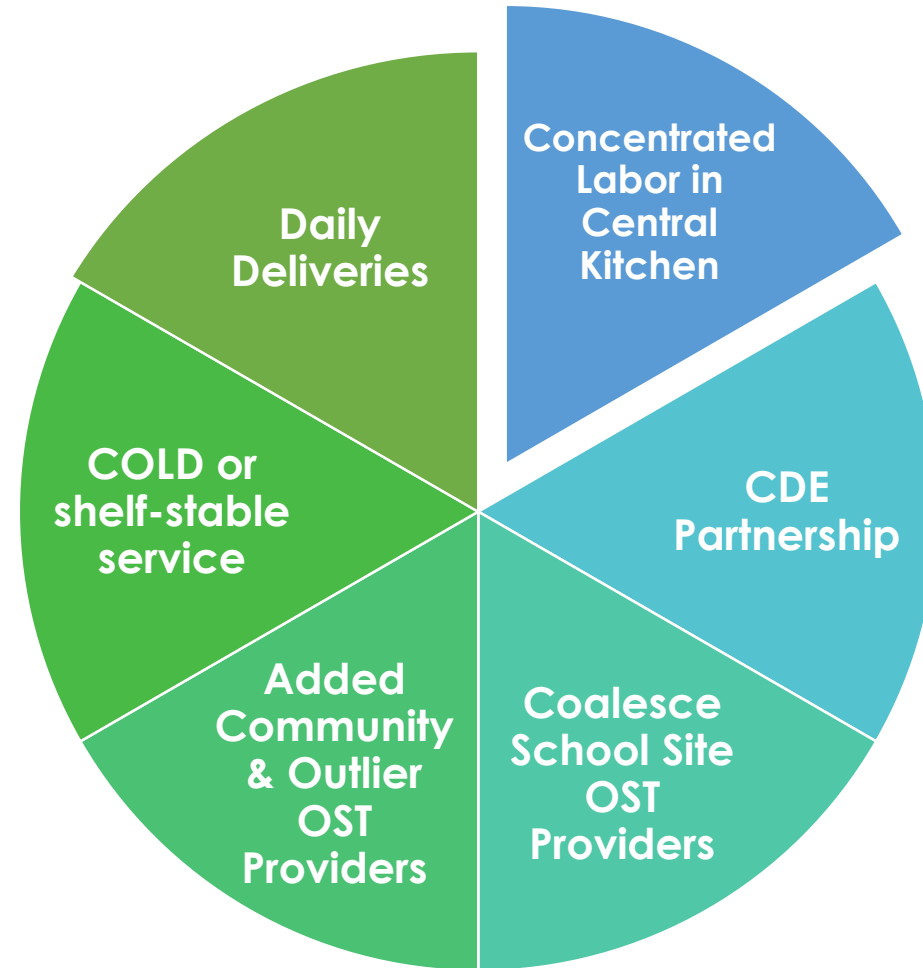


Afterschool Meals - The What

- Branded “Super Snack”
- Lower labor burden
- Completely Cold Service
- No food handler cards needed
- Happy coordinators



Afterschool Meals - The How





Logistics



Learning curve



Super Snacks made assembly-line style with overwrap machine.



Stored in large plastic bins or rolling Cambros



Transport “Super Snacks” to sites



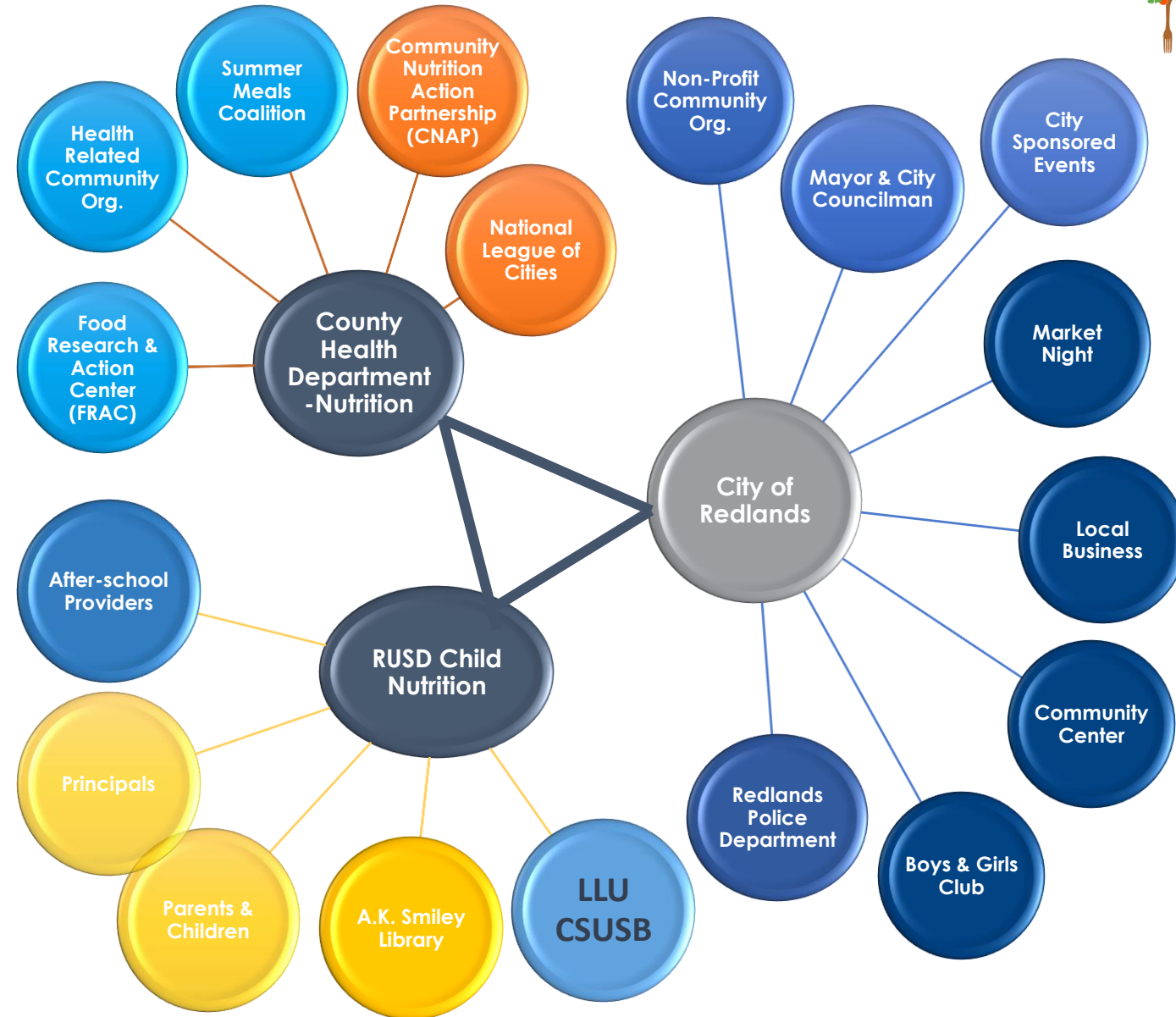
Hold in site refrigerators



Outlier Programs

- Principal-Driven Programs
 - Saturday School Grants:
 - Crafton Elementary
- Special Enrichment Events
 - Franklin Elementary BBQ
- Community Enrichment Events
 - A.K. Smiley Library
 - City of Redlands Afterschool





Partnerships

Community Partnerships

Local Churches

IEHP

Loma Linda University

UCR School of Medicine

UCR Cooperative Extension

Farmers & Vendors

OST Providers

Boys & Girls Club

YMCA

Think Together

After School Enrichment Clubs

Enrichment Organizations

YMCA Circus

Local Dance & Zumba Instructors

Community Sports Organizations

A.K. Smiley Library

Municipal & Govt. Partnerships

San Bernardino County Dept. Public Health

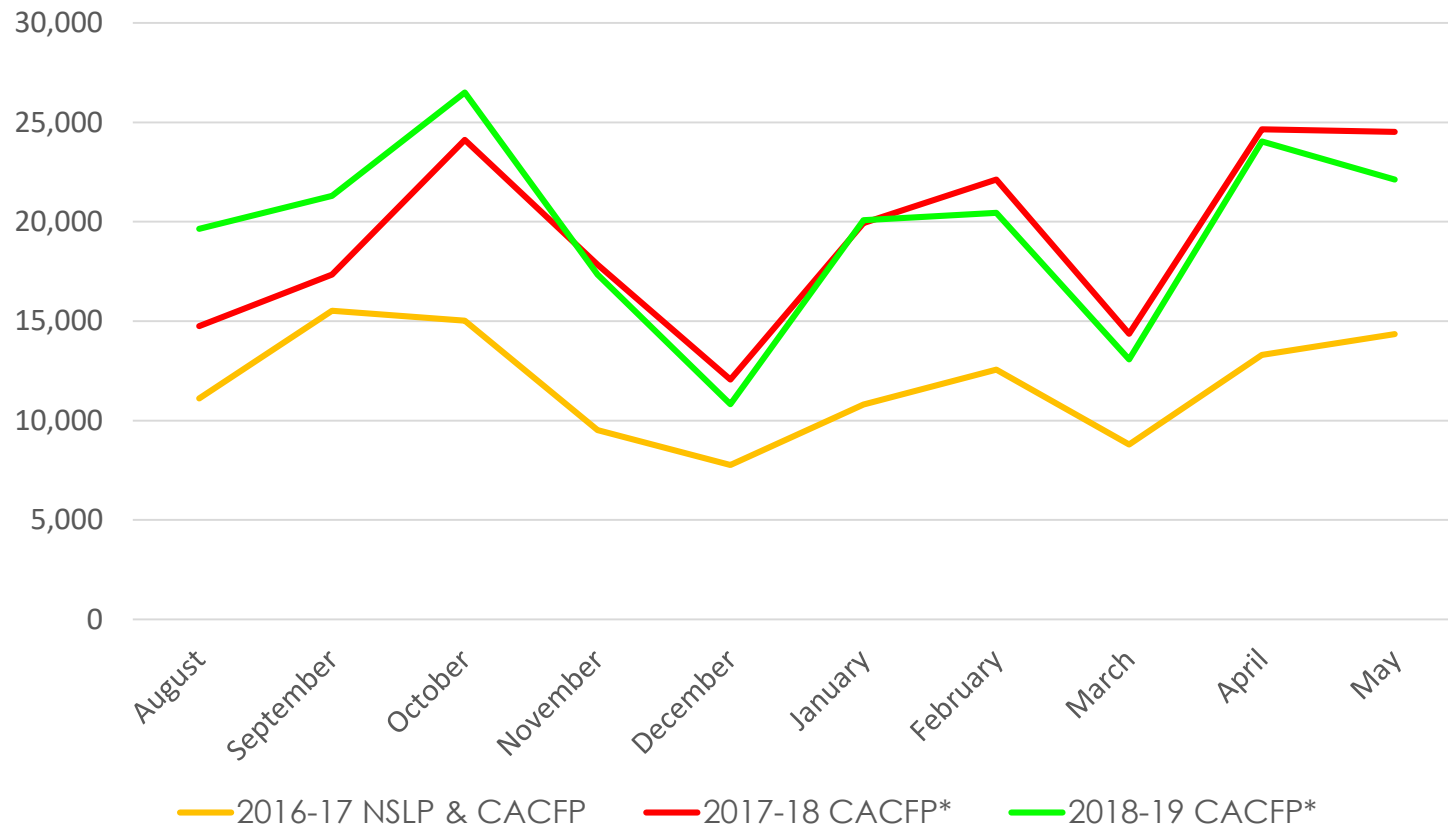
SB County Superintendent of Schools

City of Redlands

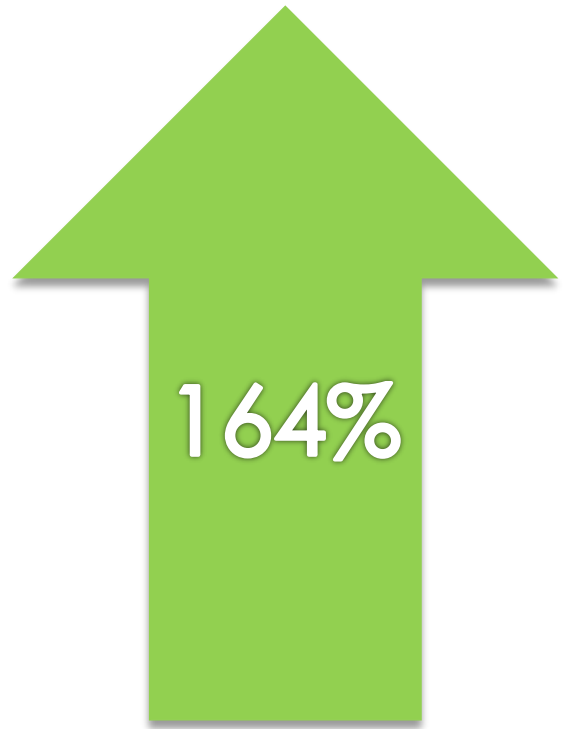
Redlands Police Department

California Department of Education

After School Meal Count Comparison

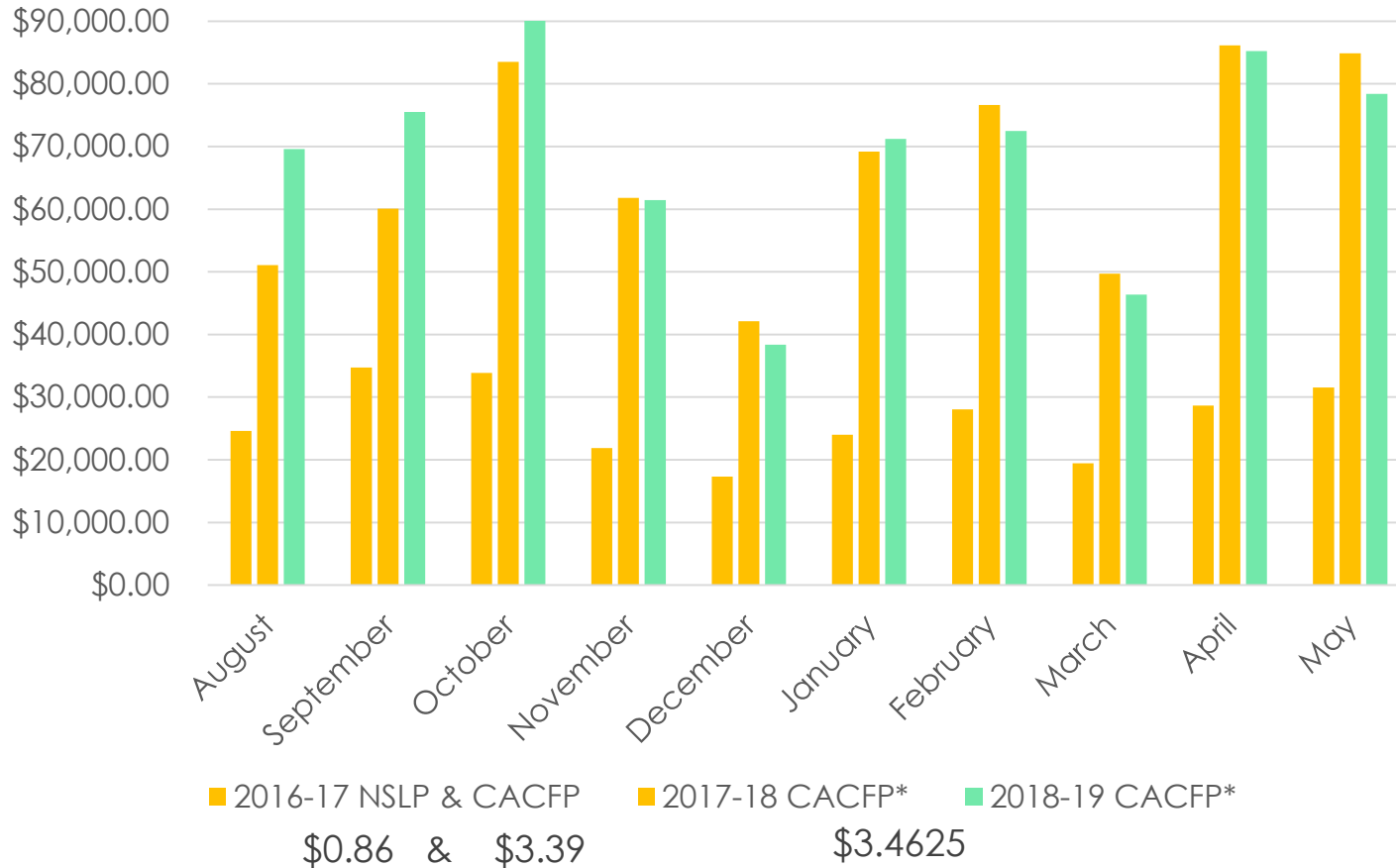


76,580

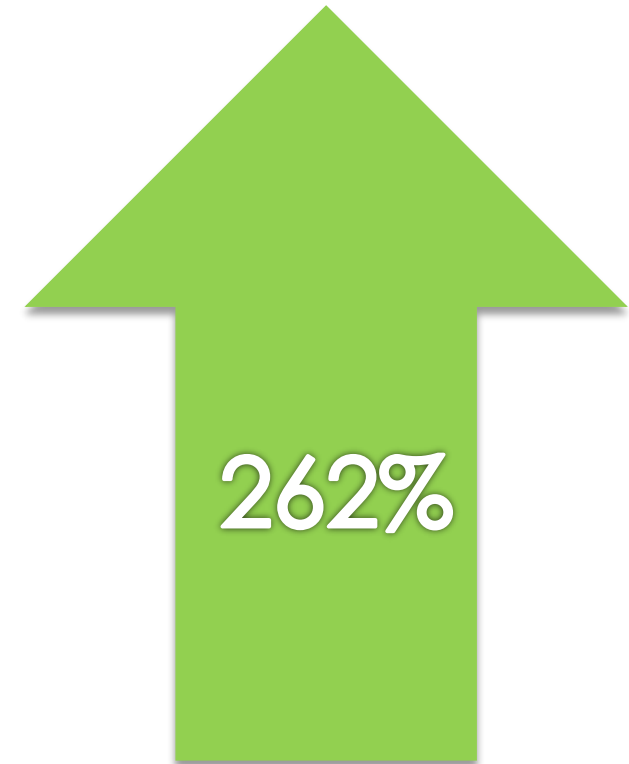


*With the addition of the YMCA, Boys & Girls Club, City of Redlands, and Principal-driven enrichment programs brought on line.

After School Meal Service Comparison



\$429,000



*With the addition of the YMCA, Boys & Girls Club, City of Redlands, and Principal-driven enrichment programs brought on line.



Student Impact

- 62% of RUSD kids rely on free/reduced priced meals
- Afterschool Supper Program fills gap for families
- Students who do not receive the 3rd meal now have access at ALL elementary & middle schools
- NEXT FRONTIER.....
 - 3 high schools: 7500 high school students SY 2019-20



Challenges / Lessons Learned

- Be flexible enough to support individual needs of your sites
- Adapt to the culture of your district
 - In ours, principals are key
 - Identify your key players
 - Empower your champions
- Get out of your box and into solution mode
- Follow through = Strong partnerships





CHILD NUTRITION SERVICES
REDLANDS USD

Resource/Contact

C. Betty Crocker, MPH, RDN - Director

Redlands Unified School District

Child Nutrition Services

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www.RUSDnutrition.org



OUR KIDDOS THANK YOU & SO DO WE!



Donna Carver SNS,
Child Nutrition Director,
Floyd County Schools, GA



Slides will be available after the webinar

Background/Problem

- Several years of a successful breakfast, lunch and snack program
- Skyrocketing summer feeding programs in neighboring counties
- Start of Summer Feeding
 - 2011: 29 days and an average of 329 meals per day.
 - 2012: 50 days, and averaged, 1,522 meals per day.
- In different states the administration of CACFP is in different departments.
 - Georgia: “Bright from the Start” which is entirely separate from Child/School nutrition.
- Application process and interpretation of regulations made it impractical to participate in CACFP



Approach/Solutions



- Arby's Foundations Hunger Grant
- Two pronged approach:
 - Arby's Foundation searched for an enterprise to process the paperwork side of CACFP monthly
 - Community partners from summer feeding interested in feeding children supper meals
- Consultant group for the paperwork (15% administrative fee is allowable)
- 3 groups showed initial interest in participating in the CACFP program: YMCA, Boys and Girls Club, and Network Day Services (an adult special needs center).
 - Took each group between 9-18 months to get their applications approved by the State Department.
- Considerations for serving schools
 - Menu development
 - Labor
 - Equipment needs
 - Logistics
- Documentation needs:
 - Delivery ticket, showing the number of meals, types of foods that they were receiving, ticket would be kept on site.
 - Menu management records and delivery ticket copy sent to consultant showing costs of food in order that they could file for reimbursement with the other State and Federal requirements.

Results/Impact

- Slow roll-out
 - Each site serves between 60-120 meals.
- Now serve-8 sites
 - Approximately -580 meals and snacks daily
- 6th year of providing meals
- 3 to 4 hot meals per week at most sites.
- The meals are spread among 4 schools.
- Most schools needed between one or two hours of labor at most for the additional meals. More money for my employees.

Benefits

- Additional revenue
- Great PR in the community
- Community partnerships continue year round
- **KIDS GET FED**



Resource/Contact

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Floyd County Schools

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www.floydboe.net





Vicki Lipscomb,
Founder and Executive Director,
Child Nutrition Program



Slides will be available after the webinar

After School Supper Program



**11 Million Children
Experience
Food Insecurity**

For a food insecure child,
supper at school may be
the last nutritious meal of
the day.





Application
Training
Reviews
Support

After School Enrichment

Supervision



Attendance

&

Time of Service

Meal Counts



School#: 304 ALAMANCE ELEMENTARY
 Teacher: 1 BEASLEY

Enter Last Period
 Attendance *And* Total
 Daily

Last Period Attendance and Meal Count

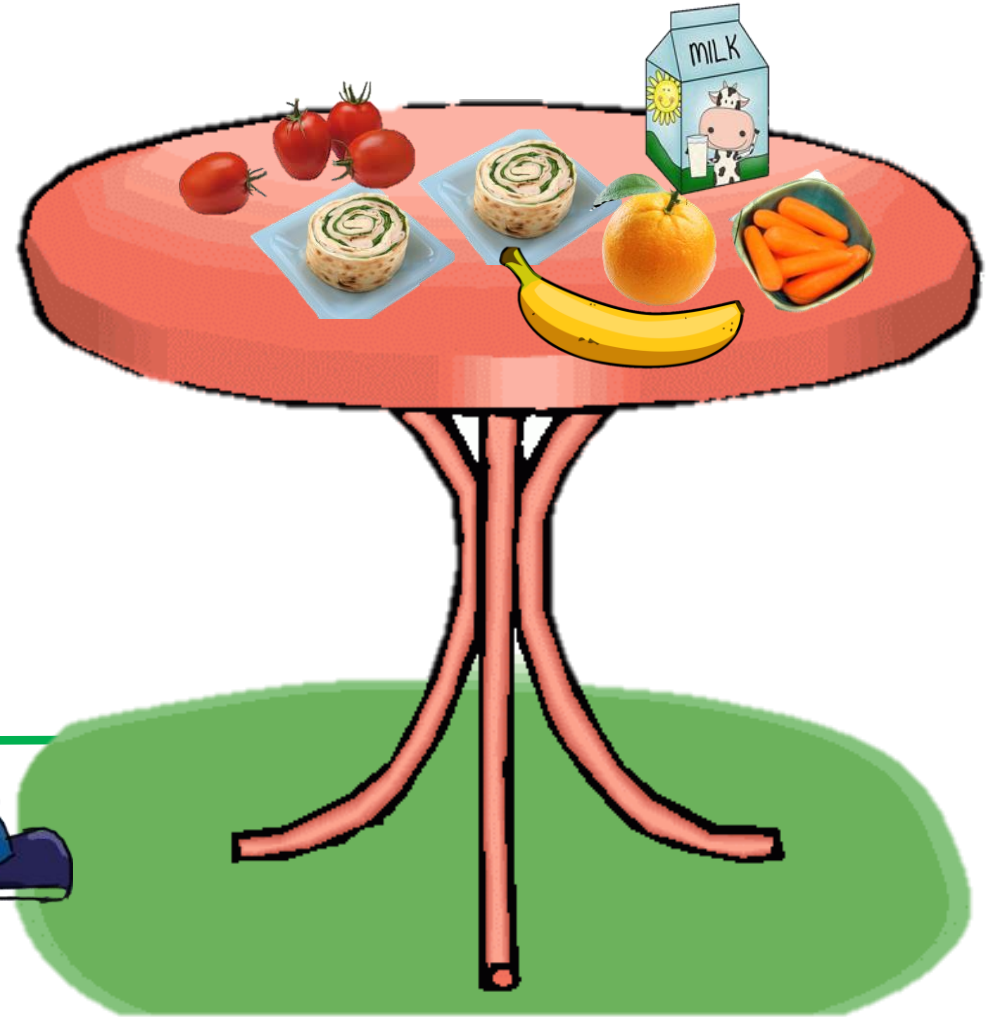
Student#	Last Name	First Name	Grade	M	T	W	Th	F
8276884369	CAIN	NOAH	KI					
7934249233	CASTELDA	JOSEPH	KI					
1332717519	CLENDENIN	COY	KI					
1249526361	COLE	AUBRIE	KI					
8851659877	DRUMM	JOSEPHINE	KI					
8741171314	GALVAN	ELIJAH	KI					
6343374485	HARRISON	KENNEDY	KI					
1326581759	HODGIN	ROWYNN	KI					
1549939955	KIMBALL	KATELYNN	KI					
7921348815	KINZIE	AIDEN	KI					
4546385897	MILLER	MAYCIE	KI					
1773945149	MITCHAM	ELLIE	KI					
6787548435	NGUYEN	KAYLEE	KI					
8246456814	ORBERT	JAYLAH	KI					
8392498933	PARKER	TRYSTAN	KI					
7922957459	SCOTT	JORDYN	KI					
3967873889	STEPHENSON	VINCENT	KI					
8948813927	STODDARD	OLIVIA	KI					
4686713765	TINCHER	LEAILA	KI					
1537998579	VAUGHN	LILLYAN	KI					
8137995641	WALL	BROOKLIN	KI					
6296948913	WARD	HAYDEN	KI					
9951282326	WARD	SAWYER	KI					
9192853536	WILLIAMSON	JAXSON	KI					
<i>Kendra Collins</i>			Grade 8				v	
<i>Mandy Moore</i>			Age 4	v				
Daily Total Attendance =								
Daily Total Meals Served =								



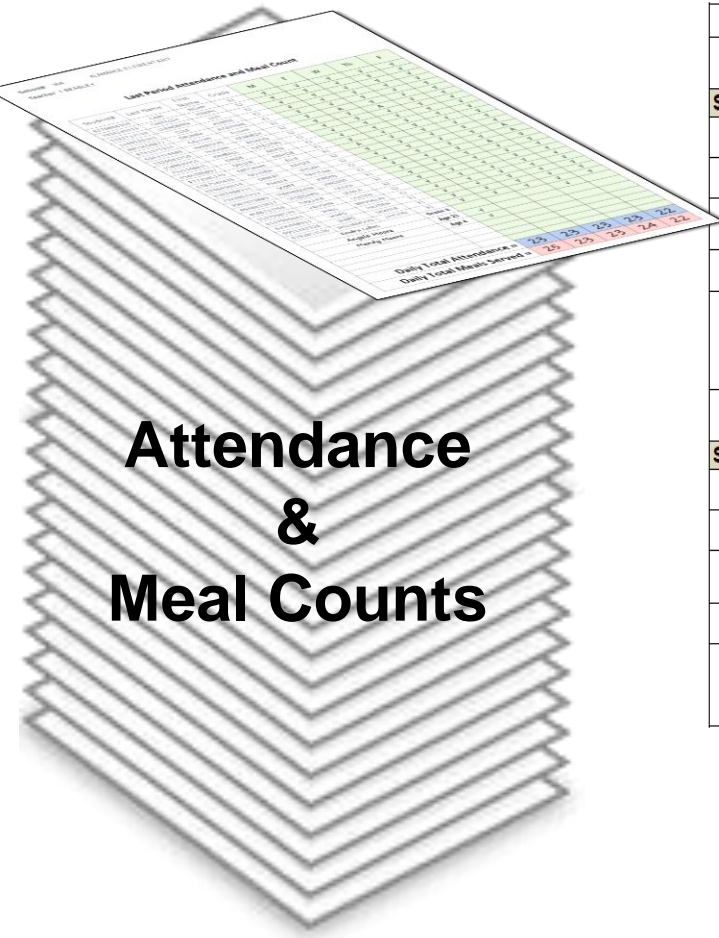


FOOD SHARING TABLE

TAKE SOME
LEAVE SOME
UNOPENED, UNUSED FOOD



Monthly Reimbursement Claim



SCHOOL NAME: GUILFORD COUNTY SCHOOLS					
WEEK OF:	DATE:	DATE:	DATE:	DATE:	DATE:
9/30/19	MONDAY	10/1/19	10/2/19	10/3/19	10/4/19
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH
** FLUID MILK	FLUID MILK **	FLUID MILK**	FLUID MILK**	FLUID MILK**	FLUID MILK**
MEAT/ALT.	TURKEY, HAM, CHEESE	GROUND BEEF/CHEESE	BEEF HOT DOG/CHILI	CHICKEN TERIYAKI	Grilled Chicken Strips
VEGETABLE	Broccoli & Dip	Black Beans, (extra) Shredded Lettuce	BABY CARROTS/DIP	CUCUMBER/CARROT SALAD	CORN SALSA
VEG. OR FRUIT	Orange Wedges	DICED TOMATO SALSA	Apple Slices	Grapes	Red Bell Pepper
² GRAINS	PITA WRAP	TACO SHELLS	HOT DOG BUNS	BUN	TORTILLA WRAP
	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich
WEEK OF:	DATE:	DATE:	DATE:	DATE:	DATE:
10/7/19	MONDAY	10/8/19	10/9/19	10/10/19	10/11/19
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH	SUPPER/LUNCH
** FLUID MILK	FLUID MILK **	FLUID MILK**	FLUID MILK**	FLUID MILK**	FLUID MILK**
MEAT/ALT.	Ham and Cheddar	BEEF PATTIE/CHEESE	Turkey/Cheese	CHICKEN CORN DOG	TURKEY PEPPERONI
VEGETABLE	Celery/Carrot Sticks	Broccoli & Dip	CUCUMBER/CARROT SALAD	CORN SALSA	BABY CARROTS/DIP
VEG. OR FRUIT	Fruit Cup	BANANA	Apple Slices	Orange Wedges	GRAPE TOMATOES
² GRAINS	SANDWICH ROUNDS	BUNS	SANDWICH BREAD	BREADING	PITA WRAP
	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich	<input checked="" type="checkbox"/> check if whole grain or 50% whole grain rich	<input type="checkbox"/> check if whole grain or 50% whole grain rich	<input type="checkbox"/> check if whole grain or 50% whole grain rich





**Suppers In
Schools
Make A
Difference**

Resource/Contact

Vicki Lipscomb

Child Nutrition Program, Inc

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Phone: 704-375-3938





Monica Coulter
K12 Corporate Chef
General Mills



Disclosures: General Mills employee

Slides will be available after the webinar

Super Snacks: Snack Attack Pack

- Example of Ideas that fit in a Grab N Go bag
- Change to make it shelf stable by switching Strawberry Mini Bagel to Simply Chex Cheddar and the carrots to cup of hummus or salsa
- USDA Memo: SP 08-2019, CACFP 02-2019, SFSP 02-2019 allows meat snacks to be part of reimbursable meals now

https://fns-prod.azureedge.net/sites/default/files/resource-files/SP08_CACFP02_SFSP02os.pdf



Meal Pattern Contribution				
Menu Idea	Meat/Meat Alternate	Grains	Vegetable	Fruit
Snack Attack Pack	Shelf Stable Dried Meat Snack (.75 oz equiv) Cheese Stick (1.25 oz)	Strawberry Mini Bagels (2 oz equiv)	Carrot Sticks (½ C)	Raisins (¼ C)

https://www.jacklinks.com/media/content_manager/content/K12-Nutrition-Info_2019.pdf.pdf



Super Snack: Double Cheese Fiesta

- This idea works well in a boat
- Cup of cheese sauce is a change of pace from a cheese stick and encourages vegetable consumption
- Half orange cut $\frac{3}{4}$ of way through is easy to serve and eat
- Horchata Yogurt is a new flavor offering – also available in retail

Meal Pattern Contribution

Menu Idea	Meat/Meat Alternate	Grains	Vegetable	Fruit
Double Cheese Fiesta	Cheese Sauce (3 oz cup/1 oz equiv) Yoplait Horchata Yogurt (4 oz)	Annie's Cheddar Bunnies (2 oz equiv)	Broccoli ($\frac{1}{2}$ C)	Orange Slices ($\frac{1}{2}$ C)



Super Snack: Pizza-wich Munchability

- Interactive, easy to eat finger food is popular
- Swapped Pepper Jack slices for shredded cheese which may appeal to older students
- Turkey Pepperoni
- Soft Pillsbury Panini bread sliced in half

Meal Pattern Contribution				
Menu Idea	Meat/Meat Alternate	Grains	Vegetable	Fruit
Pizza-wich Munchable	Turkey Pepperoni (1 oz equiv) Pepper Jack Cheese (1 oz)	Pillsbury Panini (2 oz equiv)	Marinara Sauce (½ C) Broccoli (¼ C)	Grapes (½ C)



Super Snacks: Harvest Nachos

- Interactive, easy to eat finger food is popular
- Combination of Sunflower Seeds with Nature Valley Oats N Honey granola – protein plus crunch
- Change flavors of yogurt – Vanilla, Strawberry and Blueberry
- Change apple colors and types of veggie sticks

Meal Pattern Contribution				
Menu Idea	Meat/Meat Alternate	Grains	Vegetable	Fruit
Harvest Nachos	Yoplait Yogurt (4 oz) Sunflower Seeds (1 oz)	Nature Valley Oats N Honey Granola (1/4 C)	Carrots (1/2 C)	Apples (1/2 C) Dried Cranberries (1 T)



Super Snack: Pick-Up Chex

- Nut or seed butter paired with veggie sticks
- Addition of cereal gives an added crunch
- Gluten free option
- Season Blender-less Smoothie – pumpkin spice

<https://www.generalmillscf.com/industries/k12/support-tool-categories/building-a-menu/smoothie-guide>

Meal Pattern Contribution				
Menu Idea	Meat/Meat Alternate	Grains	Vegetable	Fruit
Pick Up Chex	Sunflower Seed Butter (2 Tbsp/1 oz equiv) Yoplait Vanilla Yogurt (4 oz)	Cinnamon Rice Chex (2 oz equiv)	Celery Sticks (½ C) Red Pepper Strips (¼ C)	Applesauce (¼ C) Apple juice (¼ C)

Warm Supper: Breakfast All Day

- Warm offering for tray line service
- Variety of potato options available – sweet potato tots or emoji potatoes
- Baked Oatmeal recipe on next slide



Meal Pattern Contribution				
Menu Idea	Meat/Meat Alternate	Grains	Vegetable	Fruit
Breakfast All Day	Sausage Patty 1 or 2 (1 oz equiv each) Yoplait Yogurt (in baked oatmeal 2 oz)	Baked Oatmeal (2 oz equiv grain)	Tater Tots (½ C)	Mixed fruit (½ C)

Baked Oatmeal Recipe: 16, 2 oz equiv grain servings



Ingredients

- 4 Eggs
- 1 Cup Brown Sugar
- 4 cups Juice
- 1 Bag ParfaitPro Vanilla Yogurt
- 32 oz Oats
- 8 cups Fruit



Directions

1. Mix eggs, sugar and juice together in a large mixing bowl.
2. Stir in yogurt and mix until smooth.
3. Fold in oats and fruit and mix well.



Directions

1. Spread evenly in a well greased full sheet pan.
2. Bake in a 350° Convection Oven for 26 to 34 minutes until golden brown.
3. Cool slightly and cut into 4x8 for 32 pieces. Serve 2 pieces each.

Resources

- Visit our Website for More Information:
[Changes in USDA Regulations in K12](#)

The screenshot displays the General Mills Convenience & Foodservice website. The top navigation bar is dark blue with the company logo on the left and a search bar on the right. The search bar contains the text "Search for product, recipes, resources, etc." and a magnifying glass icon. Below the navigation bar, the main content area has a breadcrumb trail: "Home > Business Solutions > K-12 > K-12 Articles & Resources > We've Got Your Back: Changes in USDA". The main heading is "We've Got Your Back: Changes in USDA Regulations for K-12" in orange text. Below the heading is a large image featuring a young girl eating a sandwich and a close-up of a sandwich. A blue banner across the image contains the text "Whole grain-rich? Non-Whole Grain?". Below the image, the text "We've got your back!" is written in a blue, handwritten-style font. To the left of the main content is a vertical sidebar with social media sharing icons: Save (heart), Tweet (bird), Share (in), Facebook (f), and Pin it (p). To the right of the main content is a "Featured Content" section with two promotional tiles. The first tile is blue with a white heart outline and the text "TOOLS to help you!". The second tile is blue with the text "Grow Participation" and images of Cocoa Puffs and Cinnamon Toast Crunch cereal boxes.

General Mills
Convenience
& Foodservice

Search for product, recipes, resources, etc.

Products Business Solutions Culinary Recipes Resources Videos Join Now | Log In

Home > Business Solutions > K-12 > K-12 Articles & Resources > We've Got Your Back: Changes in USDA

We've Got Your Back: Changes in USDA Regulations for K-12

Whole grain-rich?
Non-Whole Grain?

We've got
your back!

Featured Content

TOOLS
to help you!

General Mills Tools to Help You

Grow
Participation

Website: bellinstitute.com

Website: generalmillscf.com

THANK YOU! & QUESTIONS



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[Bell Institute of Health & Nutrition at General Mills](#)

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