



# NJSACC

## HEALTHY SNACK GUIDE

THE STATEWIDE NETWORK FOR NEW JERSEY'S AFTERSCHOOL COMMUNITIES



DEVELOPED BY: ASHLEY HYNES

E-MAIL: [ASHLEY@NJSACC.ORG](mailto:ASHLEY@NJSACC.ORG)

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## ***Preface***

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### **About the Guide**

The Healthy Snack Guide was designed to help afterschool organizations, families, and communities serve, create, and educate youth about healthy snacks and/or meals. This guide provides information regarding At-Risk Meals Program eligibility, Nutrition Guidelines, sample snack menus, fruit and vegetable guides, and much more.

### **Our Mission**

NJSACC: The Statewide Network for New Jersey's Afterschool Communities promotes and supports the development, continuity and expansion of quality programs for children and youth during out-of-school time.

NJSACC works to:

- Build a strong network for afterschool program professionals in NJ.
- Provide training conferences, workshops and information services.
- Offer technical assistance, at no cost, for the development, expansion and improvement of afterschool programs throughout NJ.
- Work closely with state and local officials to define appropriate NJ State regulations and legislation.
- Establish professional development opportunities.
- Serve as the NJ Member of the National Afterschool Network.
- Develop public awareness of afterschool issues.
- Be the state's national affiliate to the National AfterSchool Association (NAA).

### **Acknowledgments**

I would like to acknowledge and thank CANFIT for both the formal and informal support while developing this guide. CANFIT is a nonprofit organization from California that offers support to community organizations, foundations, and government agencies. (Website: [www.canfit.org](http://www.canfit.org)) Additionally, I would like to thank Emily Kilroy, formerly of NJSACC, for the research about the Federal At-Risk Meals Program. I would also like to thank Terrance Reagan, an Advisor for Program in Science Learning at Rutgers University. Lastly, I would like to thank all the NJSACC staff for the continuous support throughout the development of this guide

**NJSACC**  
231 North Avenue West, #363  
Westfield, NJ 07090  
T: (908)789-0259  
F: (90)789-4237

## ***Navigating the At-Risk School Meal Program***

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The At-Risk Afterschool Meal Program offers federal funding to reimburse afterschool programs serving a snack and/or supper to children and youth in low-income areas. This program is part of the Child and Adult Care Food Program (CACFP). This program is operated at the federal level by the US Department of Agriculture (USDA) and at the state level by the NJ Department of Agriculture (NJDA) Division of Food and Nutrition. Serving meals at your afterschool program is good for the children you serve and your program's bottom line.

### **Healthy Habits for Children**

***Help fight hunger in your community.*** For some children, the food served during their afterschool program is the last time they will eat that day. In NJ, 1 in 10 households experience food hardship.

***Encourage positive behavior and participation.*** Children are often hungry by the time they arrive at their afterschool program. Well-nourished children have more energy for focusing on homework, engaging with peers, and participating in physical and enrichment activities.

***Promote healthy lifestyles.*** Providing free, nutritious meals and snacks to all the children in your program can actually replace junk foods in their diets. In NJ, 1 in 3 youth aged 10-17 are overweight or obese.

### **Enhance Programming and Reach**

***Increase enrollment.*** By participating in the At-Risk Meal Program, you will be able to advertise that your program serves free meals to all, which may attract new children. In DC, programs implementing afterschool snacks or suppers experienced an increase in enrollment of 7%.

***Invest more in programming.*** If part of your program's budget currently goes toward providing snacks, the reimbursement received through the At-Risk Meal Program may allow you to put those funds toward enrichment opportunities or activities -- stretching your program's budget further.

## ***At-Risk Afterschool Meal Program Specifics***

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### **Eligibility Requirements**

- Be located within a school attendance boundary where at least 50% of the students receive free or reduced price lunch.
- Be operated by a school, non-profit or local government agency. For-profit centers may also be eligible.
- Provide regularly scheduled activities in a structured and supervised environment that includes education or enrichment activities.
- Operate during regular school year, including school days, weekends, holidays, and breaks.
- Serve children that are 18 years or younger at the beginning of the school year.
- Accept all children within licensed capacity.
- Provides suppers and/or snacks to all children, free of charge.

### **Site Requirements**

All afterschool program sites must provide NJDA with the following records in order to be approved:

- Health/Sanitation certificate
- Fire/Safety certificate
- Certificate of Occupancy
- Attendance zone verification letter(on the school's letterhead)

### **Reimbursement**

Reimbursement rates are adjusted annually. For the 2013-2014 school year, eligible meals will be reimbursed at the following rate per child per day:

- Snack- \$0.80
- Supper- \$2.93

The CACFP At-Risk Meals Program is a reimbursement program, meaning a afterschool programs or sponsor agencies must pay for meals upfront and then file paperwork for reimbursement. Reimbursement is submitted by the program sponsor to NJDA. Once approved by the State, the paperwork is sent to USDA for payment. This process takes approximately 6 weeks.

## Nutrition Guidelines

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Snacks must include at least 2 of these components:

- 1 serving of Milk/Dairy
- 2 servings of Fruits and/or Vegetables
- 1 serving of Grains
- 1 serving of Protein

Meal Components (Ages 6-12)	Snack	Supper
<i>Milk:</i>	<b>1 serving=</b> 1 cup low-fat or non-fat milk	<b>1 serving=</b> 1 cup low-fat or non-fat milk
<i>Fruits:</i>	<b>1 serving=</b> ¾ cup	<b>1 serving=</b> ¾ cup
<i>Vegetables:</i>	<b>1 serving=</b> ¾ cup	<b>1 serving=</b> ¾ cup
<i>Grains:</i>	<b>1 serving=</b> 1 slice of bread ½ cup of cooked pasta ½ cooked cereal ¾ c of cold dry cereal	<b>1 serving=</b> 1 slice of bread ½ cup of cooked pasta ½ cooked cereal ¾ c of cold dry cereal
<i>Proteins:</i>	<b>1 serving=</b> ½ large egg 1 oz. of lean meat/poultry/fish ¼ cup of cooked dry beans 2 tbsp. of peanut butter/soynut butter ½ cup of yogurt	<b>2 serving=</b> 1 large egg 2 oz. of lean meat/poultry/fish ½ cup of cooked dry beans 4 tbsp. of peanut butter/soynut butter 1 cup of yogurt

\*\*Suppers may be served hot or cold and must include all 5 components (Milk, Fruits, Vegetables, Grains, and Protein)

\*\*Serving Sizes vary by age. Refer to the USDA At-Risk Afterschool Meals Handbook for further guidance.

\*\*If an afterschool program serves both snack and supper there must be a 2 hour gap between the start of each service.

\*\*Fruits and Vegetables need to be a combination of at least two different items totaling ¾ cup.

## Price Breakdown

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### Sample Menu:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Fresh Fruit Nonfat Yogurt Whole Grain Cheerios Water	Celery Sticks with Peanut Butter Milk	Apple Slices Cheese Cubes Whole Grain Crackers Water	Reduced Fat Triscuits Hummus Milk	Baby Carrots Cinnamon Applesauce Water
Week 2	Fresh Fruit Nonfat Cottage Cheese Water	Pretzels Applesauce Milk	Rice Cakes with Peanut Butter Bananas Slices Water	Fruit Yogurt Graham Crackers Milk	Fresh Fruit Whole Grain Crackers Water

**\*\*Fresh Fruit can be any kind of fruit(s) depending on the season, availability, and price.**

#### *Specifics for Week 1:*

Monday: Yogurt Parfait

Tuesday: Can substitute Soy Nut Butter for Peanut Butter

Friday: Preferably Whole Wheat Triscuits

#### *Specifics for Week 2:*

Wednesday: Can substitute Soy Nut Butter for Peanut Butter

## Price Breakdown (continued)

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### Week One Prices

<i>*April 2014 Prices</i>	<b>50 Students</b>	<b>100 Students</b>	<b>150 Students</b>
<b>Monday</b>	\$51	\$102	\$153
<b>Tuesday</b>	\$23	\$46	\$69
<b>Wednesday</b>	\$57	\$114	\$171
<b>Thursday</b>	\$29	\$58	\$87
<b>Friday</b>	\$35	\$70	105
<b>Total \$ (week)</b>	\$195	\$390	\$585
<b>Reimbursement Total (week)</b>	50 x \$0.80= \$40 \$40 x 5 days= <b>\$200</b>	100 x \$0.80= \$80 \$80 x 5 days= <b>\$400</b>	150 x \$0.80= \$120 \$120 x 5 days= <b>\$600</b>
<b>Reimbursement Total – Total \$ =</b>	\$5	\$10	\$15

### Week Two Prices

<i>*April 2014 Prices</i>	<b>50 Students</b>	<b>100 Students</b>	<b>150 Students</b>
<b>Monday</b>	\$57	\$114	\$171
<b>Tuesday</b>	\$25	\$50	\$75
<b>Wednesday</b>	\$35	\$70	\$105
<b>Thursday</b>	\$26	\$52	\$78
<b>Friday</b>	\$43	\$86	\$129
<b>Total \$ (week)</b>	\$186	\$372	\$558
<b>Reimbursement Total (week)</b>	50 x \$0.80= \$40 \$40 x 5 days= <b>\$200</b>	100 x \$0.80= \$80 \$80 x 5 days= <b>\$400</b>	150 x \$0.80= \$120 \$120 x 5 days= <b>\$600</b>
<b>Reimbursement Total – Total \$ =</b>	\$14	\$28	\$42



## ***Five Food Groups***

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### **Fruits:**

Bananas  
Blueberries  
Grapes  
Mangoes  
Oranges  
Peaches  
Plums  
Strawberries

### **Vegetables:**

Broccoli  
Corn  
Green Beans  
Peppers  
Potatoes  
Spinach

### **Dairy:**

Cheese  
Milk  
Soy milk  
Yogurt

### **Grains:**











Brown or White  
Rice  
Oatmeal  
Whole Wheat  
Bread  
Whole Wheat  
Crackers  
Whole Wheat Flour

### **Protein:**












Beans  
Eggs  
Lean Meats  
Nuts  
Poultry  
Seafood

## Fruit Guide











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Fruits	Good Sources of...
	<p><i>Apples:</i> Fiber</p>
	<p><i>Apricots:</i> Fiber Potassium Vitamin A</p>
	<p><i>Bananas:</i> Fiber Potassium Vitamin B</p>
	<p><i>Blueberries:</i> Fiber</p>
	<p><i>Cantaloupe:</i> Fiber Potassium Vitamin A</p>
	<p><i>Cherries:</i> Fiber Potassium</p>
	<p><i>Grapefruit:</i> Vitamin C</p>
	<p><i>Grapes:</i> Fiber Vitamin C</p>
	<p><i>Honeydew:</i> Fiber Potassium</p>
	<p><i>Kiwis:</i> Fiber Vitamin C</p>










## ***Fruit Guide (continued)***

<b>Fruits</b>	<b>Good Sources of...</b>
	<p><i>Mangos:</i> Fiber Potassium Vitamin A</p>
	<p><i>Nectarines:</i> Fiber</p>
	<p><i>Oranges:</i> Fiber Vitamin C Vitamin A</p>
	<p><i>Papayas:</i> Fiber Potassium Vitamin A</p>
	<p><i>Peaches:</i> Fiber</p>
	<p><i>Pears:</i> Fiber</p>
	<p><i>Pineapples:</i> Fiber</p>
	<p><i>Plums:</i> Fiber Potassium Vitamin A</p>
	<p><i>Raspberries:</i> Fiber</p>
	<p><i>Strawberries:</i> Fiber Vitamin A</p>
	<p><i>Watermelon:</i> Fiber</p>









## Vegetable Guide

Vegetables	Good Sources of...
	<p><i>Arugula:</i>            Vitamin A            Vitamin B            Vitamin C            Vitamin K</p>
	<p><i>Asparagus:</i>            Fiber            Potassium            Vitamin A            Vitamin C</p>
	<p><i>Avocados:</i>            Fiber            Potassium</p>
	<p><i>Beans:</i>            Folate            Thiamin            Vitamin B</p>
	<p><i>Broccoli:</i>            Fiber            Potassium            Vitamin K            Vitamin A</p>
	<p><i>Cabbage:</i>            Fiber            Vitamin K</p>
	<p><i>Carrots:</i>            Fiber            Potassium            Vitamin A</p>
	<p><i>Cauliflower:</i>            Fiber            Potassium</p>
	<p><i>Chard:</i>            Fiber            Potassium            Vitamin A            Vitamin K</p>
	<p><i>Collard Greens:</i>            Fiber            Potassium            Vitamin A            Vitamin C            Vitamin K</p>

## Vegetable Guide (continued)

Vegetables	Good Sources of...
	<p><i>Corn:</i> Fiber Thiamin Niacin Folate</p>
	<p><i>Cucumbers:</i> Vitamin A Vitamin K</p>
	<p><i>Eggplant:</i> Fiber Potassium Folate Vitamin A</p>
	<p><i>Green Beans:</i> Fiber Potassium Folate Vitamin A</p>
	<p><i>Kale:</i> Fiber Vitamin A Vitamin C Vitamin K Calcium</p>
	<p><i>Mushrooms:</i> Fiber Potassium Riboflavin</p>
	<p><i>Okra:</i> Fiber Zinc Vitamin A Folate</p>
	<p><i>Peas:</i> Vitamin A Vitamin B Vitamin C Vitamin K</p>
	<p><i>Peppers:</i> Fiber Potassium Vitamin C Vitamin A</p>

## Vegetable Guide (continued)

Vegetables	Good Sources of...
	<p><i>Potatoes:</i> Fiber</p>
	<p><i>Radishes:</i> Fiber Potassium</p>
	<p><i>Romaine Lettuce:</i> Fiber Folate Vitamin K</p>
	<p><i>Spinach:</i> Fiber Folate Vitamin A Vitamin K</p>
	<p><i>Sweet Potato:</i> Fiber Potassium Vitamin A Vitamin C Folate</p>
	<p><i>Squash:</i> Fiber Vitamin A</p>
	<p><i>Tomatoes:</i> Fiber Potassium Vitamin A Vitamin C</p>
	<p><i>Zucchini:</i> Fiber Potassium Folate</p>

## ***Vitamins and Minerals***

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<b>Vitamins/Minerals</b>	<b>Functions</b>
Vitamin A	Vision, cell differentiation, bone growth, immunity, reproduction
Vitamin D	Maintenance of calcium and phosphorus concentrations, immune function, cell cycle regulation
Vitamin E	Antioxidant, prevention of free radical damage
Vitamin K	Synthesis of blood-clotting factors and bone proteins
Thiamin	Coenzyme in carbohydrate metabolism and energy release
Riboflavin	Coenzyme in numerous oxidation-reduction reactions, including those of energy release
Niacin	Coenzyme in numerous oxidation-reduction reactions in energy metabolism, synthesis and breakdown of fatty acids
Pantothenic Acid	Coenzyme in energy metabolism and fatty acid synthesis
Biotin	Cofactor for carboxylase enzymes that participate in fatty acid, amino acid, and energy metabolism
Vitamin B-6	Coenzyme in amino acid metabolism, heme synthesis, lipid metabolism; homocysteine metabolism
Folate	Coenzyme in DNA synthesis, homocysteine metabolism
Vitamin B-12	Coenzyme affecting folate metabolism, homocysteine metabolism
Vitamin C	Collagen synthesis, some antioxidant capability, hormone and neurotransmitter synthesis
Choline	Precursor for acetylcholine and phospholipids, homocysteine metabolism
Sodium	Aids nervous impulse transmission and muscle contraction, water balance, aids glucose and amino acid absorption
Potassium	Aids nervous impulse transmission and muscle contraction, water balance
Chloride	Participates in acid production in stomach, aids nervous impulse transmission, water balance
Calcium	Bone and tooth structure, blood clotting, aids in nervous impulse transmission, muscle contractions, enzyme regulation

## ***Vitamins and Minerals (continued)***

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<b>Vitamins/Minerals</b>	<b>Functions</b>
Phosphorous	Bone and tooth strength, part of ATP and other metabolic compounds, acid-base concentration
Magnesium	Bone formation, aids enzyme functions, aids nerve and heart function
Sulfur	Part of vitamins and amino acids, aids in drug detoxification, acid-base balance
Iron	Functional component of hemoglobin and other key compounds used in respiration; immune function; cognitive development; energy metabolism
Zinc	Required for many enzymes; immune function; growth and development; stabilizes cell membranes and body proteins
Copper	Aids in iron metabolism; works in antioxidant enzymes and those involved in connective tissue metabolism
Manganese	Cofactor of several enzymes; involved in carbohydrate metabolism and antioxidant protection
Iodine	Component of thyroid hormones that regulate basal metabolism, growth, and development
Selenium	Part of an antioxidant system glutathione peroxidase; activates thyroid hormones
Chromium	Enhances insulin action
Fluoride	Increases resistance of tooth enamel to dental caries; mineralization of bones and teeth
Molybdenum	Cofactor for several enzymes

### **Key:**

**Fat-Soluble Vitamins**- Vitamins that dissolve in fat and such substances as ether and benzene, but not readily available in water; includes Vitamins A, D, E, K

**Water-Soluble Vitamins**- Vitamins that dissolve in water; includes the B-vitamins and vitamin C.

**Major Minerals (macro-mineral)**- Minerals that are present and required in larger amounts in the body (at least 100 mg/day or more)

**Trace Minerals**-Minerals that are essential inorganic substances needed in small quantities in the diet (less than 100 mg/day) and are found in relatively minute amounts in the body



## ***Tips for Implementing the Afterschool Program***

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### **Menu Planning Tips**

1. Be aware of the kitchen facilities available at the program.
2. Be sure to only serve Low-Fat milk or dairy products

### **Staff Involvement and Development**

1. “Practice what your program preaches”
  - a. Make sure to only eat healthy snack/foods in front of the children at the program
2. Educate staff of nutrition practices and importance of living a healthy lifestyle for themselves and the participants in the program

### **Cutting Costs**

1. Buy in bulk at sale price whenever possible.
2. Buy fruits in season

## ***Appendix A***

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### **NJ Quality Standards for After School**

#### *Health Behavior: Nutrition and Physical Activity*

##### **Nutrition:**

- 1. The program considers nutritional value when selecting food to serve to youth**
  - a. The program serves food and beverages in amounts and types that promote lifelong health and prevent chronic disease, based on currently accepted standards of childhood nutrition.
  - b. The program considers the nutritional value of the food options when choosing food vendors.
  
- 2. The program considers multi-cultural values when selecting food to serve to youth**
  - a. The program is sensitive to the culture of program youth when choosing food to serve.
  - b. The program introduces participants to food from around the world.
  
- 3. If the program offers nutrition education to the youth, it is of high quality**
  - a. The nutrition curriculum is evidence-based or based on the best available research.
  - b. The nutrition curriculum is hands-on and activity-based.
  
- 4. The program environment supports healthy eating**
  - a. The vending machines include nutritional options (for example, fruit cups) or a system for promoting healthy choices (for example, displaying wrappers with nutritional information or using a color-coded system to highlight healthy options).
  - b. If the program makes use of food company sponsors or advertisements to defray program funding costs, the nutritional value of the food the company sells is a consideration.
  - c. Program facility and storage space is adequate to support healthy food options.
  - d. Staff model healthy eating in front of youth.

**5. Professional development around nutrition issues is appropriate and high quality**

- a. Staff are trained in general nutrition issues as well as trained to conduct nutrition programming for the youth.
- b. Professional development around nutrition issues follows the guidelines for appropriate and high quality professional development outlined in the Administration section, standard #4, and goes beyond giving reading material to staff.
- c. All staff working with food or with youth around food are taught about nutrition issues.

**6. The program follows a principle of balance when approaching food issues**

The program balances nutritional offerings, financial need, and youth preferences when deciding what foods to serve youth and to offer or model in the program environment.

**7. School-based programs act as partners to host schools with nutrition guidelines**

School-based programs respect the nutrition guidelines of the host school. For example, if the host school does not allow a particular food at the school for nutrition reasons, the afterschool program respects this and communicates it to families.

**Physical Activity:**

**1. The program provides enough time for physical activity**

The program provides for at least 30 minutes of physical activity during the afterschool session.

**2. The program offers a variety of types of physical activity day to day and within each day**

- a. Physical activity offerings include both youth-directed and staff-directed play and activities.
- b. Offerings include competitive as well as non-competitive activities.
- c. Offerings include high-intensity as well as moderate intensity physical activities.
- d. Offerings take into account what the individual youth in the program find interesting or fun.
- e. The program offers a variety of different equipment for youth to use for physical activities.

**3. The program limits the use of screens for youth activities**

- a. Screen use is limited other than use of computers or mobile technology for homework or specific enrichment activities.
- b. If the program uses video games that include physical activity, the use is intentional and carefully monitored to ensure the game really does promote physical activity.

**4. Professional development around physical activity programming is appropriate and high quality**

- a. Staff learn about different types of physical activities.
- b. Staff learn to lead activities, facilitate a game, and coach youth.
- c. Professional development around physical activity follows the guidelines for appropriate and high quality professional development outlined in the Administration section, standard #4.

**5. The program environment supports a physically active lifestyle for youth**

- a. Staff encourages and works to help youth to enjoy and participate in a variety of physical activities.
- b. Program infrastructure and equipment support physical activity options.

*\*Complete NJ Quality Standards*

[http://www.njsacc.org/qualityStandards/pdfs/QualityStds\\_all.pdf](http://www.njsacc.org/qualityStandards/pdfs/QualityStds_all.pdf)

## ***Appendix B***

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### **At-Risk Afterschool Handbook**

#### **Introduction**

The at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP) offers Federal funding to afterschool programs that serve a meal or snack to children in low-income areas.

#### **About this Guidance**

This handbook addresses CACFP requirements that apply to at-risk afterschool care centers. In this handbook, you will find information about:

- Eligibility Requirements
- How to apply to participate in the program
- Meal patterns and food service requirements
- Reimbursement
- Recordkeeping requirements
- Monitoring requirements

At-risk afterschool care centers provide a much-needed service to their communities. They give children a safe place to go after school and nutritious food that gives them the energy they need to concentrate on homework and join their friends in physical, educational, and social activities. FNS acknowledges the dedication and commitment of sponsors and centers to ensuring that the meals claimed for reimbursement meet CACFP requirements, and that meal time is a pleasant, nutritious, and sociable experience for the children in their care.

*\*Complete At-Risk Afterschool Handbook*

<http://www.fns.usda.gov/sites/default/files/atriskhandbook.pdf>

## ***Appendix C***

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### **Healthy Kids Hub**

*A hub of resources for out-of-school programs*

#### **Guiding Principles:**



**Drink Right**



**Move More**



**Snack Smart**

#### **Take the Pledge:**

By taking the pledge, after school organizations are adopting the three principles above by:

1. *Drink Right*: Choose water instead of sugar-sweetened beverages
2. *Move More*: Boost movement and physical activity in all programs
3. *Snack Smart*: Fuel up on fruits and vegetables

*\*Visit the website for more information and resources for out-of-school programs*  
<http://www.healthykidshub.org/>

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