

ON THE GROUND WITH AT-RISK MEALS



Serving snacks or suppers during afterschool programs can be difficult - balancing packed schedules, tight budgets, and programming requirements is a challenge directors and staff face daily. This series of profiles on afterschool programs participating in the CACFP At-Risk Meal Program shed light on different approaches and models to inspire your program.

Catholic Charities Diocese of Metuchen's Youth Enrichment Services School Age Program (YES) - YES in New Brunswick, NJ, provides homework assistance, arts and crafts, science and math activities, computer time, and Great Science for Girls programming. Before these enrichment activities begin each day, YES serves its students a balanced supper.

Service Area Director Krista Glynn explains that many of the students in the program struggle to meet their basic needs. For many years, YES has served a snack to its students with funding through other federal nutrition programs. In November 2012, however, YES began serving a full, healthy meal – complete with a serving of grain, protein, and dairy and two servings of fruits and/or vegetables – through the Child and Adult Care Food Program (CACFP) At-Risk Meals Program. Catholic Charities felt the pro-

gram offered a way to help better meet the needs of their children.

The CACFP At-Risk Meals Program provides reimbursements for snacks and/or suppers served at afterschool programs in eligible areas. Every single child at a participating afterschool program qualifies for the full “free” rate of reimbursement - \$0.78 per snack or \$3.08* per supper.

Catholic Charities Diocese of Metuchen completed the sponsor training and application for participation in the At-Risk Meal Program. YES had contracted with a food service company, Karson Food Service. Each month, Karson provides YES with menus for each day. Site Supervisor Irish Givens goes through and approves each meal, eliminating those that are unpopular and replacing them with alternatives the students find more appealing – replacing turkey meatballs with hot

turkey and gravy, for example. The food is delivered hot daily in pre-portioned trays, so the site staff are able to quickly pass out the meals once students arrive and are seated.

Thinking about making the switch from snacks to meals, but concerned about time? Givens explains that they have not had to take time away from other activities to accommodate mealtime. Despite the meal being twice as large as the snack, it does not take any additional time for the kids to eat it. Site staff felt that cleanup took only a few minutes longer.

The response from both kids and parents has been very positive and everyone involved thinks the switch was definitely worth it.

To learn more about the At-Risk Meals Program, visit us on the web at <http://bit.ly/K56qXA>.



“The children are happy with the meals whereas the snacks they did not eat. I had one child that the mother picked up from school and because the child loved the meals so much, the mother had to bring her here so she could eat. Overall, the service and the meals are great.”

Not sure where to start? Contact NJSACC (908-789-0259) or NJDA (609-984-1250)

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Macaroni and Cheese 4 oz Broccoli 1/2 c Fresh Orange 1 Whole Grain Bread Milk
Baked Chicken Fingers 3 oz Peas 1/2 c Applesauce Cup 1/2 c Dinner Roll Milk	Baked Cheese Mancotti w/ Sauce 5 oz Hot Baby Carrots 1/2 c Fresh Orange 1 Whole Grain Bread Milk	Beef Meatloaf w/ Ketchup 3 oz Corn 1/2 c Pineapple 1/2 c Whole Grain Bread Milk	Grilled Chicken Fillet with Gravy 3 oz Green Beans 1/2 c Fresh Banana 1 Whole Grain Bread Milk	Tony's Pizza 4.5 oz Romaine Salad w/ Dressing 1 1/2 c Fresh Apple 1 Milk
All Beef Hamburger on Bun 1 Corn 1/2 c Applesauce Cup 1/2 c Milk	Mexican Style Beef 3 oz Hot Baby Carrots 1/2 c Yellow Corn Tortilla Dipping Chips 1 c Fresh Orange 1 Milk	Chicken Parmigiana 3 oz Green Beans 1/2 c Fresh Banana 1 Whole Grain Bread Milk	Turkey and Cheese on Whole Grain Kaiser Roll 1 Coleslaw 1/2 c Mixed Fruit Cup 1/2 c Pineapple 1 Milk	Turkey Meatballs w/ Gravy 3 oz Mashed Potatoes 1/2 c Fresh Apple 1 Whole Grain Bread Milk
RFC Chicken Patty w/ Wheat Hamburger Bun 1 Hot Baby Carrots 1/2 c Fresh Orange 1 Milk	Baked Ziti w/ Sauce 8 oz Green Beans 1/2 c Diced Pear Cup 1/2 c Whole Grain Bread Milk	King's Southern Chicken Drumsticks 3 oz Roasted Potato Medley 1/2 c Fresh Apple 1 Whole Grain Bread Milk	Turkey Meatball Sub on Whole Grain Sub Roll 1 Coleslaw 1/2 c Pineapple 1 Milk	Macaroni and Cheese 4 oz Peas 1/2 c Pineapple Cup 1/2 c Whole Grain Bread Milk
Baked Chicken Fingers 3 oz Vegetarian Beans 1/2 c Applesauce Cup 1/2 c Whole Grain Bread Milk	All Beef Hamburger on Bun 1 Corn 1/2 c Fresh Orange 1 Milk	Turkey and Cheese on Whole Grain Sub Roll 1 Coleslaw 1/2 c Diced Pear Cup 1/2 c Fresh Banana 1 Pineapple 1 Milk	Chicken Parmigiana 3 oz Hot Baby Carrots 1/2 c Diced Pear Cup 1/2 c Whole Grain Bread Milk	

closed
*Hot Turkey w/ Gravy 3 oz
mashed potatoes 1/2 c
Whole Grain Bread*