

**Child and Adult Care Food Program**  
**At-Risk Afterschool Meals**  
**For School Districts**



Hello and welcome to OSPI's Child and Adult Care Food Program presentation on the At-Risk Afterschool Meals program



When school is out and parents are still at work, children need a safe place to be with their friends, with structured activities and supportive adults. Afterschool programs that participate in the CACFP At-Risk Afterschool Meals program can provide children with activities that are safe, fun and filled with opportunities for learning AND nutritious food to supply their bodies with the energy and nutrition they need.

## Program Eligibility

- ✓ Area eligible location
- ✓ Organized primarily to provide after school care
- ✓ Provide organized, regularly scheduled activities
- ✓ Include education or enrichment activities

To be eligible to participate in the at-risk afterschool meals component of the Child and Adult Care Food Program an afterschool program must meet all of the following requirements:

- Be located in an area eligible location
- Be organized primarily to provide care for children after school
- Provide organized regularly scheduled activities in a structured and supervised environment.
- Include education or enrichment activities.

Lets talk about each of these a little more...

## Program Eligibility

### Area Eligible:

Located in the attendance area of an  
**area eligible school**



CACFP regulations require that at-risk afterschool programs be located in the attendance area of an area eligible school.

This means that the site is located in the attendance area of a public elementary, middle, or high school where at least 50 percent of the students are eligible for free or reduced-price meals under the National School Lunch Program. This is referred to as “area eligibility.” OSPI has current area eligibility data for all public schools to help determine if a site is area eligible.

Only data from appropriate neighborhood school(s) may be used to establish a site’s area eligibility; district wide data may not be used.

## **Program Eligibility**

**How to determine if your site is in the attendance area of an area eligible school.**

So how do you determine if your site is in the attendance area of an Area Eligible School?

# Program Eligibility

## **Step 1: Determine assigned Schools**

- Contact school district
- Provide address of site
  - Determine assigned schools

## **Step 2: Check Free/Reduced Percentage of Assigned Schools**

- OSPI can provide most current school data

The first step to confirm area eligibility is to determine which schools the site's address is assigned to. This is done by contacting the local school district and providing them with the site's address and asking which elementary, middle, or high school the site address is assigned to. Another way to think about it, is if the site was a house, which schools would the children living in the house be going to based upon where it is located? You may also find this information on the web as many school districts now provide school boundary information on their web sites.

Once you know which schools the site address is assigned to, you must determine if the assigned schools qualify based on the total number of children approved for free and reduced-price school meals. The school has to have at least 50% of students qualifying for free or reduced priced meals.

You can contact OSPI Child Nutrition Services for public school free and reduced-price meal eligibility information for the current year. The "Percentage of Free and Reduced-Price Meal Eligibility in Washington" bulletin is also available on our website.

Area eligibility based on school data is the **ONLY** method for establishing site eligibility. Census data may not be used to determine area eligibility in the at-risk afterschool meals component of the CACFP. Sites may not collect participant income information or free/reduced price meal participation to establish eligibility.

Schools which house special programs like skills centers, alternative schools, and magnet

schools that draw from throughout the district cannot be used.

Non-school sites located within the Seattle Public School District must have the "\*" asterisk included next to the assigned school free and reduced percentages in order to be eligible due to bussing. If the afterschool site is located in a Seattle Public School building, the "\*" is not required.

# Program Eligibility

## Provides Afterschool Care



Another criteria is that the program must be organized primarily to provide after school care

At-risk afterschool care programs provide a much-needed service to their communities. They give children a safe place to go after school, and join their friends in physical, educational, and social activities.

# Program Eligibility

## Provides Organized Activities



Additionally, programs must provide activities in an organized, structured, and supervised environment.

# Program Eligibility

## Provides Education and Enrichment Activities



Programs must also provide educational or enrichment activities.

Although there are no specific requirements for the types of educational and enrichment activities that a program has to offer, examples include, but are not limited to, arts and crafts, homework assistance, life skills, remedial education, and organized fitness activities. You can contact OSPI for assistance in determining if an activity is eligible.

*Note: there is no requirement that all children receiving meals participate in the offered activities.*

# Program Eligibility

Organized athletic programs that compete in competitive sports are not eligible.



Afterschool programs that include athletic and recreational activities may be eligible.



There is often questions about athletic organizations...so let's look at those requirements a little closer.

Organized athletic programs that only participate in interscholastic or community level competitive sports--for example, competitive youth sports leagues, community sports leagues,,, are not eligible for the program.

However, afterschool programs that include supervised athletic activity may participate as long as they are "open to all" and do not limit membership for reasons other than space, security, or licensing requirements.

## Organization Eligibility

✓ **Must be operated by an eligible organization:**

- Public agencies
- Tax-exempt nonprofit organizations

**Must meet State and/or local health and safety standards**

At-risk afterschool programs must be operated by an eligible organization to receive reimbursement.

Eligible organizations are those that are either operated by public agencies or are tax-exempt nonprofit organizations.

Afterschool care programs must also show they meet State or local health and safety standards.

Organizations should check with their local fire and health department to determine the particular requirements they must meet to participate in the at-risk afterschool meals program in their community [7 CFR §226.17a(d)]. Existing afterschool programs that have not had a meal service as part of their program in the past should also check with State and local health department officials to determine whether any additional requirements apply as a result of the service of an

afterschool meal or snack [7 CFR §226.6(d)]. Programs located in a public school building or that have a child care license with the Department of Early Learning have already fulfilled the inspection requirements.

## Program Requirements: Who?

- Enrolled or drop in
- Children up to the age 18 can participate
- Must be open to all children



At-risk afterschool programs may claim reimbursement only for meals and snacks served to children who participate in an approved afterschool program and who are age 18 or under at the start of the school year. Reimbursement also may be claimed for participants who turn age 19 during the school year. There is no age limit for persons with disabilities. Children who are enrolled in preschool, Head Start, Even Start, etc. and who are participating in an eligible afterschool program are eligible for Meals and snacks claimed for reimbursement.

The program may charge a fee for the care provided or a “tuition” charge, but there cannot be a separate charge for the meal service. Although the regulations do not specifically prohibit or specifically authorize tuition charges, should OSPI encounter a situation where a substantial participation fee is being charged that might adversely affect the ability of needy children to participate, OSPI will consult with the Regional Office prior to approving participation.

## **Program Requirements: Meals**

### **Meals and snacks served DURING the school year.**

(includes week-ends, holidays, and breaks during the school year)

- ✓ The meal can be served anytime after the school day ends or anytime on non-school days.
- ✓ Both a meal and a snack may be served if program length of time allows
- ✓ Meals and/or snacks must be eaten on-site, during the program time.

**Eligible meals and snacks must be served DURING the school year.**

(this includes week-ends, holidays, and breaks during the school year)

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Meals and/or snacks must be eaten on-site, during the program time.

# Meal Pattern Requirements

## Snacks

Must contain at least **two of four** components:

- Fluid Milk (1 cup)
- Meat / Meat Alternate (1 oz)
- Fruit and/or Vegetable (3/4 cup)
- Grain (1 serving, whole grain or enriched)

\*Children 5 years old and younger require smaller portions – check the CACFP Meal pattern chart for details

Meals and snacks must meet requirements in order to be claimed.

Snacks must contain at least two of four components. These components include;

Fluid Milk (1 cup)

Meat / Meat Alternate (1 oz)

Fruit and/or Vegetable (3/4 cup)

Grain (1 serving, whole grain or enriched)

# Meal Pattern Requirements

## Snacks

### Snack Examples:

Apple slices & milk



String cheese and grapes



Carrot/celery sticks & muffins



Here are some examples of potential snacks....

An 8 oz glass of milk and 3/4 cup of apple slices

1 oz of string cheese and 3/4 cup of grapes

Or a blueberry muffin and 3/4 cup of carrots and celery sticks.

We recommend that if you are serving raw vegetable that you serve 2 kinds to total the required 3/4 cup as 3/4 cups of one type of raw vegetables is a lot for a child to consume.

# Meal Pattern Requirements

## Supper

### CACFP Meal Pattern\*

<b>Fluid Milk</b>	<b>1 cup</b>
<b>Meat and Meat Alternates</b>	<b>2 oz</b>
<b>Grains</b>	<b>1 serving</b>
<b>Fruit / Vegetable</b> (2 or more)	<b>¾ cup total</b>

- Details provided in the [CACFP Meal Pattern Chart](#)
- Children 5 years old and younger require smaller portions – check the CACFP Meal pattern chart for details

Supper meals must meet the CACFP Meal Pattern which includes....

1 cup of fluid milk

2 oz of meat or meat alternate

1 serving of grains and ¾ cup of fruit and vegetable from 2 or more items.

Meal patten details ( for both meals and snacks) can be found on CACFP meal pattern charts which are located on the OSPI Child Nutrition Web pages

Children that are less than 5 years old require smaller portion sizes – specifics can be found on the meal pattern chart

# Meal Pattern Requirements

## Supper

Meal Example



An example of a supper meal is a bean and cheese quesadilla on a whole grain tortilla, fresh spinach salad, mixed fruit cup and milk.

# Meal Pattern Requirements

## Supper



Meal Example

Cold suppers are also allowed as long as they meet the correct components in the required sizes, such as this example of a turkey and cheese sandwich on whole grain bread, carrot sticks, apple and milk

# Program Requirements: Meals

**Meals / Snacks may be purchased from another organization participating in a Child Nutrition Program or outside vendor**

Examples:

- A school district participating in the National School Lunch Program
- A child care center participating in the Child and Adult Care Food Program

**An annual “Food Service Agreement” is required**

Meals and/or snacks may be purchased from another organization that participates in a Child Nutrition Program or an outside vendor.

Examples might be if you were to purchase meals from a school district that participates in the National School Lunch Program

OR a child care center that participates in the Child and Adult Care Food Program.

Do note that if you choose to purchase you meals or snacks that you are required to have and annual Food Service agreement.

## Program/ Record Requirements:

- Daily attendance rosters
- Served menus
- Collection of ethnic and racial data annually
- Annual staff training
- Civil Rights requirements and training
- Fiscal management  
(invoices, receipts, etc. to document administrative costs, and operating costs)

If you qualify for the At-Risk Afterschool meals program, keep in mind there are additional program and record keeping requirements that must be followed;

The requirements include;

- keeping daily attendance rosters
- records of your served menus that demonstrate meal pattern was met
- annually collect ethnic and racial data
- annual staff training
- following civil rights requirements and providing annual civil rights training
- and Fiscal management records including invoices, receipts, etc.

Details and specifics regarding these requirements are provided in resources that can be found at the OSPI/ child nutrition web pages.

# How do I start?

 **Office of Superintendent of Public Instruction**  
Chris Reykdal, Superintendent

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- Special Education ▶
- School Apportionment ▶
- Legislative Priorities ▶
- OSPI Rulemaking Activity ▶
- Grants & Grant Management ▶
- Student Health ▶
- Child Nutrition ▼**
- School Meals
- Community Nutrition**
- Food Distribution
- Procurement
- Washington Integrated Nutrition System (WINS)
- Child Nutrition Program Reports

## Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) provides federal funds to nonresidential child care and adult care facilities to serve nutritious meals and snacks. The goal is to improve and maintain the health and nutritional status of children and adults in care while promoting the development of good eating habits.

[Is Your Organization Eligible to Sponsor CACFP?](#)

### Centers Administering the CACFP

- [New Sponsors](#) - Start here to become a sponsor of the Child and Adult Care Food Program (CACFP)!
- [Communications and Updates from CNS](#)
- [Claims and Reimbursement Rates](#)
- [Meal Patterns and Menu Planning](#)
- [Program Materials/Forms](#)
- [Study Month and Eligibility](#)
- [Training](#)

### Caring For Children At Home

If you provide care for children from your house, you could be eligible to receive reimbursements for meals you serve! Family Day Care Homes (FDCH) is an organized nonresidential child care program for children, generally 12 years of age or younger.

[Sign up for Child Nutrition Program information of your choice!](#)

### Food, Body, and Mind Awards

**Does your center or home do something amazing?**

Let's celebrate your successes! Nominate your organization for a Food, Body, and Mind Award!

[Learn more about the award program, or apply today!](#)

### Contact Information

Child and Adult Care Food Program (CACFP)  
360-725-6200  
TTY: 360-664-3631  
[Staff Contacts](#)

[1/Program](#)

If you think you may qualify – what's the next step?  
Contact and OSP Child Nutrition program specialist. Specialist contact information and regions served can be found on the OSPI web pages



Combining nutritious meals and snacks with child care and enrichment activities is great for our children....we hope you consider applying!