

School Nutrition has the Knack for After-school Snacks!

Sample
After-school
Snacks on the Back!



❖❖❖ After-school Program Fast Facts ❖❖❖

There's a challenging phenomenon in our society: the school day ends at 3:00 p.m., but the workday ends at 6:00 p.m. It's just three hours a day, but the void created is huge.

- ❖ 14.3 million students in Kindergarten through grade 12 are unsupervised after school ends.
- ❖ Children and youth are more likely to be involved in crime, substance abuse and premature sexual activity during after-school hours.
- ❖ The number of after-school programs available meets only 25% of the demand among parents of students in Kindergarten through grade 12.
- ❖ Food is a central part of after-school programs. Research indicates that food always comes up when children in after-school programs are asked what they like best or least about their program.

❖❖❖ The All Important Snack ❖❖❖

The snack component of an after-school program is fundamental to its success. With lunch being a distant memory by afternoon, children are usually ravenous. They need a nutritious snack spanning the bridge to dinner and fueling their growing bodies and curious minds to get the most from after-school enrichment activities. And, nutritious after-school snacks should be treated as an integral part of wellness policies.

❖❖❖ After-school Snack Experts Wanted ❖❖❖

That's you! As the authority in administering the child nutrition program in your school district, your help in ensuring healthy after-school snacks will be invaluable to after-school program students and staff. Every program that meets basic standards is eligible to benefit from federal funding. Over 930,000 children at nearly 24,000 after-school programs receive snacks in this manner. Your involvement can:

- ❖ Obtain after-school snack cash reimbursement through the National School Lunch Program
- ❖ Entice student participation in the program via delicious, nutritious snacks
- ❖ Improve the health and well-being of the children involved
- ❖ Give parents peace of mind that their children are getting a healthy snack
- ❖ Encourage healthy lifestyles and help fight childhood obesity and overweight
- ❖ Create synergy: The after-school program gains a valuable nutrition partner and school nutrition can improve their bottom-line through reimbursement funds and use of assets



Sample Snacks

❖❖❖ From Menus Around The Country* ❖❖❖

- ❖ Lowfat Yogurt (4 oz.)
Orange (1 medium)
Water
- ❖ Cinnamon Bear Cookies (1 package)
1% Chocolate Milk (1 cup)
- ❖ Mini Oatmeal Cookies (1 package)
100% Blended Strawberry Yogurt (4 oz.)
- ❖ Lowfat Chocolate Milk (1 cup)
Mixed Fruit in Light Syrup (3/4 cup)
- ❖ Mini Football Cookies (1 package)
1%, 2%, or Whole Milk (1 cup)
- ❖ Lowfat Chocolate Milk (1 cup)
Bagel (.9 oz.) with
Light Cream Cheese (1 oz.)
- ❖ Graham Crackers (3 count)
2% Milk (1 cup)
- ❖ Yogurt (4 oz.)
100% Orange Juice (3/4 cup)
- ❖ Cottage Cheese (1/2 cup)
Pineapple Chunks (3/4 cup)
Water
- ❖ Tiny Twist Pretzels (1 serving)
1%, 2%, or Whole Milk (1 cup)
- ❖ Apple Pie Explosion Smoothie (1 apple)
Graham Crackers (1 oz.)
- ❖ Lowfat Milk (1 cup)
Carrot Sticks/Pepper Strips (3/4 cup)
Lowfat Ranch Dressing (2 tbsp.)
- ❖ Soft Pretzel (1 serving)
String Cheese (1 oz.)
Water
- ❖ Blueberry Muffin (1 serving)
1% Chocolate Milk (1 cup)
- ❖ Lowfat Chocolate Milk (1 cup)
Banana (1 medium)



❖❖❖ Federal Funding Specifics ❖❖❖

Learn how you can get federal funding for after-school snacks with the FRAC Afterschool Guide, developed by the Food Research & Action Center and National Dairy Council®, which you can download at www.NutritionExplorations.org/pdf/sfs/frac.pdf.

Get motivated by success stories on after-school snacks in USDA Team Nutrition's Making It Happen: School Nutrition Success Stories, available at www.fns.usda.gov/tn/Resources/makingithappen.html.

For
Additional
Snack
Information:

United States Department of Agriculture: www.fns.usda.gov/cnd/afterschool/default.htm
Food Research and Action Center: www.FRAC.org
National Dairy Council School Foodservice section: www.NutritionExplorations.org

*Please consult your state nutrition agency and USDA Dietary Guidelines when creating menus.

Thanks to the Food Research and Action Center (FRAC) for compiling the menus and to the Department of Recreation and Parks in Baltimore, MD, the Kansas City, MO School District, the Vermont Campaign to End Childhood Hunger, and the United States Department of Agriculture for providing them.

The snacks above are selections from sample snacks from Menus Around the Country.