

Afterschool Snacks



The Afterschool Snack Program provides children with a nutritional boost while drawing them into supervised activities that are safe, fun and filled with learning opportunities. If your school is already offering educational or enrichment programming after the traditional school day ends, adding Afterschool Snacks makes sense – and cents.

Why are afterschool snacks important?

In a national survey, 59% of low-income parents said that tight household budgets made it difficult to provide food for their kids after school.¹ Schools have the facilities, equipment, staff and skills to help fill this gap through an Afterschool Snack Program.

Afterschool snacks help students engage in afterschool programming by filling the hunger gap many of them face in the afternoon and early evening. Afterschool snacks can also bring in significant revenue for your program.



Increased Child Nutrition Revenue

Afterschool snacks can bring in significant additional revenue, especially in areas that have a high percentage of students eligible for free or reduced lunch.



More Nutrition for Students

School-aged children have higher daily intakes of fruits, vegetables, milk and key nutrients – like calcium, vitamin A and folate – on days they eat afterschool meals compared to days they do not.²



Increased Learning Opportunities

Afterschool meals can help draw children into educational and enrichment activities and programming after school.²

“The support Dairy MAX provided has been invaluable in increasing our ability to provide options to our Afterschool Care Program that we would not have otherwise been able to provide. Our afterschool care administrators, students and parents have loved the increase in healthy snack options. These healthy snacks positively impact our students’ ability to engage in educational and social activities and help keep them full until their next meal.”

– Katherine Smith, SNS, Nutrition Coordinator
Frisco ISD, Frisco, Texas



Frequently Asked Questions



Which schools are eligible for the Afterschool Snack Program?



Under the National School Lunch Program, to be eligible to participate, a school site must operate the lunch program and the school district must sponsor or operate afterschool programs with regularly scheduled educational or enrichment activities in an organized, structured and supervised environment.

Eligible activities include: homework assistance, tutoring, supervised “drop-in” athletic programs, extended day programs, drama activities, and arts and crafts programs. Organized interscholastic programs or community-level competitive sports are not eligible. State agencies can provide more information about eligibility.



What are the food requirements for afterschool snacks?



Afterschool snacks must contain at least two different components of the following four:

- A serving of fluid milk
- A serving of meat or meat alternative
- A serving of vegetables or fruits or full-strength vegetable or fruit juice
- A serving of whole-grain or enriched bread or cereal



What are the snack reimbursement rates?



State agencies reimburse school food authorities for snacks according to the reimbursement rates prescribed by the food and nutrition service. These are adjusted annually.

- Area-eligible afterschool care programs: Reimbursed at the free rate, regardless of an individual student’s eligibility for free or reduced-price lunches.
- Non-area-eligible afterschool care programs: Reimbursed at the free, reduced-price and paid rate, depending on each child’s eligibility.³



How do children qualify for free and reduced-price afterschool snacks?



Any child at a participating school may purchase a snack through the Afterschool Snack Program. If it is an area-eligible site, all children receive a snack at no charge.

More questions?

Reach out to your Dairy MAX [School Wellness Consultant](#).

References:

1. [To Meet Need, Growth in Afterschool Snacks and Meals Must Continue A Report on History and Trends: FY 2017 Update](#) 2. <https://frac.org/programs/afterschool-nutrition-programs> 3. <https://www.fns.usda.gov/school-meals/afterschool-snacks-faqsk-faq>