



# After School Suppers –

How to Make This Program Work

Tracey Patterson, MPH

Nutrition Policy Advocate

California Food Policy Advocates



CSNA's 62<sup>nd</sup> Annual Conference  
November 15, 2014  
Sacramento, CA





# Why Serve Suppers?

Benefits to students and families:

- Provides nutritious meals to needy students during academic enrichment programming
- Alleviates food insecurity in low-income neighborhoods and relieves pressure on working families
- Reduces likelihood that students will eat junk food between school and returning home for dinner





# Why Serve Suppers?

Benefits for school districts & sponsors:

- Receive the highest (free) reimbursement rate for all meals served--currently \$3.23 per meal, compared with \$0.82 for snacks.
- Provides opportunities to expand current staffing—add part-time shifts, etc.
- Flexibility—may use NSLP, SBP or CACFP meal patterns; afterschool program staff can fill some food service roles; meal can be served at any time during programming—groups can eat together or separately.



# Key Quality Elements

- Experienced sponsors
- Menu variety & fresh preparation
- Complementary enrichment programming that reinforces healthy behaviors
- Engagement with program site staff, students and parents
- Flexibility and responsiveness to needs
- Innovative partnerships





# After School Suppers –

How to Make This Program Work

Barbara Jellison

Director – Food Services

West Contra Costa Unified School District



CSNA's 62<sup>nd</sup> Annual Conference  
November 15, 2014  
Sacramento, CA





# West Contra Costa USD

- 30,246 students
- 69% Free and Reduced Lunch
- 31 school sites
- 16 community sites
- 579,007 Suppers served 2013/14





# Operational Highlights

- Community outreach
  - Strong community need
  - Strong network
  - Strengthens community
- Training
  - Ongoing training and support for all sites
- Support Full Service Community Schools



# How We Achieve Quality

- Central kitchen
  - Ensures food safety
  - Increases quality and variety
- Menu planning
  - Coordinate all menus: breakfast, lunch, snack, and supper
- Healthy choices
  - Fresh prepared salads, fresh fruits and vegetables
- Hot meals in after school programs
  - Assessed as needed by after school program
  - Change to offer vs serve





# After School Suppers –

How to Make This Program Work

Cassandra Reed

Field Supervisor – Nutrition Services

Oakland Unified School District



# Oakland USD

- 47,200 students
- 75.3% Free and Reduced Lunch
- 23 Sites Elementary, Middle, & High Schools
- 259,000 Suppers served- 1439 ADP



# Operational Highlights

- Full time program supervision
- After school program as driver
- Partnerships with outside businesses





## How We Achieve Quality

- Provide a hot meal for students at least 3 days per week.
- Place same nutrition & procurement values to suppers as other meals.
- Seek & follow student feedback.
- Annual training requirements.



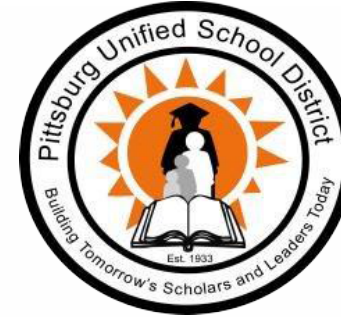
# After School Suppers –

How to Make This Program Work

Matthew Belasco

Director – Nutrition Services

Pittsburg Unified School District



CSNA's 62<sup>nd</sup> Annual Conference  
November 15, 2014  
Sacramento, CA



# Pittsburg USD

- 11,509 students
- 81% Free and Reduced Lunch
- Suppers operating at all K-12 schools (8 elementary, 3 middle, and 1 high) plus 2 community-based sites (began as pilot 2011)
- Served a total of 198,805 Suppers 2013-2014





# Operational Highlights

- All children convene in the cafeteria to eat at one time— staff time is used efficiently; meal quality is controlled.
- All meals prepared on-site with a focus on scratch cooking. High utilization of minimally-processed USDA Foods to prepare scratch-cooked meals.
- Purchased new equipment, extended hours for food service staff, and equipped community sites with warmers and refrigerators to enable them to serve the same fresh-cooked meals.

*New!*



*Join us for our  
After School Supper Program*

# How We Achieve Quality

- Conduct outreach, promotion and continued student feedback through Student Nutrition Advisory Committee.
- 2-week rotating seasonal menus feature a wide variety of entrees, fresh fruits and vegetables. Supper menus are planned alongside breakfast and lunch menus.
- Provide nutrition education during meals.







# Discussion and Questions

