

# Implementation of New Legislation for the Snacks and Meals Served in After School Programs – Effective January 2014

## Snack & Meal Standards for After School Programs

This fact sheet identifies the California nutrition standards for snacks offered in after school programs and the federal reimbursable nutrition requirements for the snack and meal.

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### Summary

#### **California Department of Education (CDE) Administered After School Programs**

As of January 1, 2014, after school programs have the option to serve a snack, a meal, or both. All snacks provided to students in the CDE administered After School Education and Safety (ASES) programs or the federally-funded 21st Century Community Learning Centers (21st CCLC) programs must meet, at a minimum, the California nutrition standards identified below. **If snacks are provided through one of the federally reimbursable meal programs, the food must meet *both* the federal requirements and the California nutrition standards.** Federal Program Monitoring (FPM) reviewers will evaluate the after school program for compliance with the nutrition standards.

Assembly Bill (AB) 626 added a meal to the acceptable food options that must be offered to students in CDE administered after school programs (ASPs). Meals served in ASPs through the Child and Adult Care Food Program (CACFP) must meet the CACFP nutrition requirements to receive federal reimbursement. For flexibility, the CACFP allows School Food Authorities to use either the CACFP or the National School Lunch Program meal pattern. **AB 626 clarifies that afterschool meals are not required to comply with the California nutrition standards identified below.**

**Non-CDE Administered After School Programs.** If the after school program (ASP) is not funded through the After School Education and Safety (ASES) and/or 21st CCLC grants, compliance with the nutrition standards below are not required. However, ASPs are strongly encouraged to serve food that meets the nutrition standards. **If ASP snacks or meals are provided through a federally reimbursable meal program, the food must meet the federal requirements for that specific program.**

# California Education Code Requirements

(Education Code sections 49430-49431.7, 8482-8484.6)

## Food

1. Snacks provided in ASES and 21st CCLC- funded ASPs must meet all of the following standards. Each individual food item **may not**:
  - Be deep fried, par fried, or flash fried by the entity preparing the food item
  - Be deep fried, par fried, flash fried as part of the manufacturing process unless an “acceptable” oil is used such as canola, safflower, sunflower, corn, olive, soybean, peanut, or a blend of these oils, typically liquid at room temperature and are known for their positive cardiovascular benefit
  - Contain artificial *trans* fat
  - Contain more than 35 percent of its total calories from fat
  - Contain more than 10 percent of its total calories from saturated fat
  - Contain more than 35 percent of its total weight from sugar, including naturally occurring and added sugar
  - Contain more than 175 calories per individual food item (for elementary students)
  - Contain more than 250 calories per individual food item (for middle, junior high or high school students)
2. The above standards do not apply to individually packaged portions of nuts, nut butters, seeds, eggs, individually packaged cheese, fruit, vegetables that have not been deep fried, and legumes.
3. Whole grain products are highly recommended.

## Beverages

Only the following beverages may be served to students:

- Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
- Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
- Drinking water with no added sweetener
- Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk that does not contain more than 28 grams of total added sugars per 8 ounces.

## Definitions

**“Added Sweetener”** - Any additive other than 100 percent fruit juice that enhances the sweetness of a beverage

**“Deep fried”** - A food item is cooked by total submersion in oil or fat

**“Par fried”** - A food item is fried to reach an internal temperature of 160 degrees Fahrenheit then is cooled to room temperature so that it may be refrigerated or frozen for future frying

**“Flash fried”** - A food item is quickly fried on both sides in oil with a temperature of 400 degrees Fahrenheit or higher

**“Artificial *Trans* Fat”** - A food contains artificial *trans* fat if the food contains vegetable shortening, margarine, or any kind of partially hydrogenated vegetable oil, unless...documentation...lists the *trans* fat content as less than 0.5 grams of *trans* fat per serving

## **Federal Reimbursable Snack Requirements**

**Federal Food and Nutrition Programs** provide funding for snacks and meals served to ASP participants. ASPs may be able to receive reimbursement from one of three different food and nutrition programs administered by the U.S. Department of Agriculture (USDA). These include the National School Lunch Program Afterschool Snacks, the Child and Adult Care Food Program, or the Summer Food Service Program. ASPs may be able to receive reimbursement for a meal served under the at-risk afterschool meals component of the Child and Adult Care Food Program. For a comparison chart of the different elements of the programs visit [After School Snack Facts](#) on the CDE Nutrition Services Division Web site.

**We strongly encourage eligible ASPs to participate in the CACFP after school meal in order to provide a larger quantity and potentially higher quality of food that better meets the nutritional needs of the students.** If this is not possible, we encourage ASPs to use program funds saved through participation in a USDA reimbursable snack program to augment the snack with healthy items, such as fresh fruit and vegetables. Remember, ASPs can count the federal reimbursement dollars of the snack and meal programs as part of their required ASES match.

A reimbursable snack must contain full servings of any **two** of the following four food components:

- Fluid Milk – 8 ounces
- Fruit, Vegetable, or 100 percent Juice –  $\frac{3}{4}$  cup
- Grain or Bread Product – 1 slice bread, for example
- Meat or Meat Alternate – 1 ounce meat, for example

For snacks, these components may be served in any combination, except that juice may not be served when milk is the only other component. Portion sizes for various age groups can be found on page 15 in the USDA *Food Buying Guide, Introduction*. Sample snack menus are available in the California Adolescent Nutrition and Fitness Program's (CANFIT) [Healthy Snack Guide for Your After School Program](#) (PDF; 2MB).


A reimbursable meal must contain full servings of all of the following **four** food components:

Fluid Milk – 8 ounces

Fruits and/or Vegetables –  $\frac{3}{4}$  cup (at least two different items must be served, totaling  $\frac{3}{4}$  cup)

Grain or Bread Product – 1 slice bread, for example

Meat or Meat Alternate – 1 ounce meat, for example

For more details about the at-risk afterschool meal requirements, consult the [USDA At-Risk Afterschool Meals Handbook](#) (PDF). Step-by-step instructions to ensure that the meal complies with the California snack nutrition standards are available at the [California AfterSchool Network](#) .

Visit the [California After School Resource Center \(CASRC\)](#) Web site for more resources on healthy snacks, nutrition education, physical activity, and related workshop opportunities.

## **Contacts**

For more information about the At-risk Afterschool Meal program or the California Education Code requirements for snacks, contact Deborah Tamannaie, Nutrition Services Division, at 916-323-2473 or by e-mail at [dtamanna@cde.ca.gov](mailto:dtamanna@cde.ca.gov).

For more information about federal reimbursable snack or meal requirements, contact your local Child Nutrition Consultant or call the Nutrition Services Division at 800-952-5609.

## **Additional helpful information:**

- Ten minute webinar on how to apply to serve meals in the after school program  
<http://www.afterschoolnetwork.org/pod/how-apply-serve-meals>
- Handout (below) from the CDE Nutrition Services Division Web site

# Federally Reimbursable Snack and Meal Programs

This convenient chart highlights key components of the federally reimbursable snack and meal programs to assist After School Programs in deciding which program is the best fit.

## After School Snack Facts: Federally Reimbursable Snack and Meal Programs

Criteria	NSLP After-School*	CACFP "At-Risk"*	CACFP*	SFSP Snack Project* (CCNSP) and Summer Meals
Eligible Organization	<ul style="list-style-type: none"> <li>Public or Private Schools/County Offices of Education</li> <li>District in partnership with non-profit CBO*</li> </ul>	<ul style="list-style-type: none"> <li>Public or Private Schools/County Offices of Education</li> <li>Non-profit CBO with school partnership</li> <li>Non-profit CBO</li> <li>Governmental Agency</li> <li>For-profit CBO</li> </ul>	<ul style="list-style-type: none"> <li>Public or Private Schools/County Offices of Education</li> <li>Non-profit CBO with school partnership</li> <li>Non-profit CBO</li> <li>Governmental Agency</li> <li>For-profit CBO</li> </ul>	<ul style="list-style-type: none"> <li>Non-profit CBO</li> <li>Governmental Agency</li> <li>Tribal Agency</li> <li>Migrant Agency</li> </ul>
Ages	School-age children age 18 and younger	School-age children age 18 and younger	School-age children age 12 and younger	School-age children age 18 and younger
Food Available	Snack	Snack/Meal**	Snack/Meal**	Snack**
Eligibility*	Individual or Site	Site	Individual	Site
Time Period	After school	After school, weekends, and school holidays	After school	After school
Days of Service	School days only	Generally during school year	365 days per year but generally during school year	Generally during school year
Can program contract with vendor?*	Yes	Yes, especially if no kitchen facilities are available on-site	Yes, especially if no kitchen facilities are available on-site	Yes
Nutrition Standards	<ul style="list-style-type: none"> <li>Meet snack meal pattern - 2 of 4 food components*, <b>and</b></li> <li>Meet <i>EC</i> nutrition standards* (ASES &amp; 21<sup>st</sup> Century Community Learning Center grantees only)</li> </ul>		<ul style="list-style-type: none"> <li>Meet federal snack and supper meal pattern, <b>and</b></li> <li>Snack must meet <i>EC</i> nutrition standards* (ASES &amp; 21<sup>st</sup> Century Community Learning Center grantees only)</li> </ul>	<ul style="list-style-type: none"> <li>Meet federal snack and meal pattern - 2 of 4 food components*, <b>and</b></li> <li>Snack must also meet <i>EC</i> nutrition standards* (ASES &amp; 21<sup>st</sup> Century Community Learning Center grantees only)</li> </ul>
Snack Reimbursement Rate (2013-14)	\$0.80 (if site is area-eligible)	\$0.80 (Snack) \$3.16 (Supper)	3 reimbursement rates (Snack) 3 reimbursement rates (Supper)	\$0.80 - \$0.82 (Snack) Various rates for meals

Monitoring Oversight by Local Program	2 times per year	3 times per year if a sponsoring organization*	3 times per year if a sponsoring organization*	1 <sup>st</sup> week, then by 4 <sup>th</sup> week, then by March 1, and then one in summer
Training Requirement*	Annual	Annual	Annual	Annual
Pros/Cons (from ASP* perspective)	Less administrative work Less control over snack program	More administrative work Meals can be served in addition to snacks More control over snack program	More administrative work Meals can be served in addition to snacks More control over snack program	Reduced paperwork if operates during summer since snack program can stay the same Meals can be served during school vacation periods of 15 days or more.
Application and Assistance Nutrition Services Division 800-952-5609	Stephanie Enright Program Specialist <a href="mailto:senright@cde.ca.gov">senright@cde.ca.gov</a> <a href="#">ov</a>	Claire Camp Program Specialist <a href="mailto:ccamp@cde.ca.gov">ccamp@cde.ca.gov</a>  or Patty Atherton Program Specialist <a href="mailto:patherto@cde.ca.gov">patherto@cde.ca.gov</a>	Claire Camp Program Specialist <a href="mailto:ccamp@cde.ca.gov">ccamp@cde.ca.gov</a>  or Patty Atherton Program Specialist <a href="mailto:patherto@cde.ca.gov">patherto@cde.ca.gov</a>	Melissa Garza Program Specialist <a href="mailto:mgarza@cde.ca.gov">mgarza@cde.ca.gov</a>

## Web Sites

Program	Web Site
NSLP After School Snack	<a href="#">Meal Supplements (Snacks) Under the NSLP Food and Nutrition Service (FNS), U.S. Department of Agriculture (USDA)</a> 
CACFP CACFP After School Programs	<a href="#">Child and Adult Care Food Program (CACFP) FNS, USDA</a>  <a href="#">California Afterschool Network</a> 
SFSP	<a href="#">Summer Food Service Program FNS, USDA</a> 

## \*Glossary

Term	Definition
ASES	After School Education and Safety Programs receive state funding for ASPs (Visit <a href="#">Before and After School</a> ).
ASP	After School Program.
CACFP	Child and Adult Care Food Program.
CBO	Community Based Organization.
CCNSP	Community Child Nutrition Snack Project.
Component	A reimbursable <b>snack</b> must contain full servings of any two of the following four food components. A reimbursable <b>meal</b> must contain full servings of all four components:

	<p style="text-align: center;">Fluid Milk - 8 ounces  Grain or Bread Product - 1 slice bread (for example)  Meat or Meat Alternate - 1 ounce meat  Fruit, Vegetable, and/or 100% Juice - 3/4 cup (for a meal, at least two different items must be served, totaling 3/4 cup)</p> <p>For snack, these components may be served in any combination, except that juice may not be served when milk is the only other component. Portion sizes for various age groups can be found in the USDA <i>Food Buying Guide</i> introduction at the <a href="#">USDA Resource Library</a> page.</p>
EC Nutrition Standards	<i>Education Code</i> , Chapter 9 of Part 27, Article 2.5, beginning with Section 49430 (ASES & 21 <sup>st</sup> Century only): Refer to <a href="#">Education Code 49430-49436</a> for details.
Eligibility	Refers to how the after school program qualifies for funding and is reimbursed for the NSLP snack or meal program. Sites that are "area eligible" qualify by being located in a low-income area (50% Free/Reduced-price National School Lunch Program) and receive the highest rate of reimbursement for all snacks/meals served. Snacks served by sites that are not area-eligible are reimbursed based on an individual child's household income (reference <a href="#">Meal Supplements (Snacks) Under the NSLP</a> ).
For Profit CBO	Must be operating an existing CACFP child care center to add an at-risk site. For more information, refer to USDA's <a href="#">At-Risk Afterschool Meals Handbook</a> (PDF)
FRAC Guide	Food Research & Action Center, <i>Making the Most of Child Nutrition Funding: A Guide for After School Education and Safety Grantees</i> , September 2007. Download free guide at <a href="#">FRAC: California Guide</a> .
POS	Point of Service.
NSLP	National School Lunch Program.
SFSP	Summer Food Service Program.
Sponsor	Local agency that administers a USDA reimbursable meal program.
Training Requirement	Sponsor attends annual Nutrition Services Division training.
21 <sup>st</sup> CCLC	21 <sup>st</sup> Century Community Learning Centers receive federal funding for ASPs (reference <a href="#">Before and After School</a> ).
Vendors	If kitchen facilities are not available on-site, programs usually contract with a vendor. Potential vendors include district school food service departments, community kitchens, food banks, hospitals, other nonprofit organizations, and for-profit companies.

\*\*Additional meals (breakfast, lunch and/or supper) can be served under the CACFP At-Risk, the CACFP, and the SFSP. For more information contact the program specialist.

**Note:** Nutrition standards are "minimum" standards. All ASPs are encouraged to ensure that students receive a variety of foods over the course of a menu planning cycle, especially fresh fruits and vegetables. ASPs typically need to budget additional monies above the amounts provided by "reimbursable" programs to meet the quantity needs of their students, particularly for junior high and high school-aged students. These additional foods must also meet the nutrition requirements of the California *Education Code* for ASES and 21st CCLC-funded programs. "Reimbursable snack" funds may count towards the required "match" under the ASES grant.