

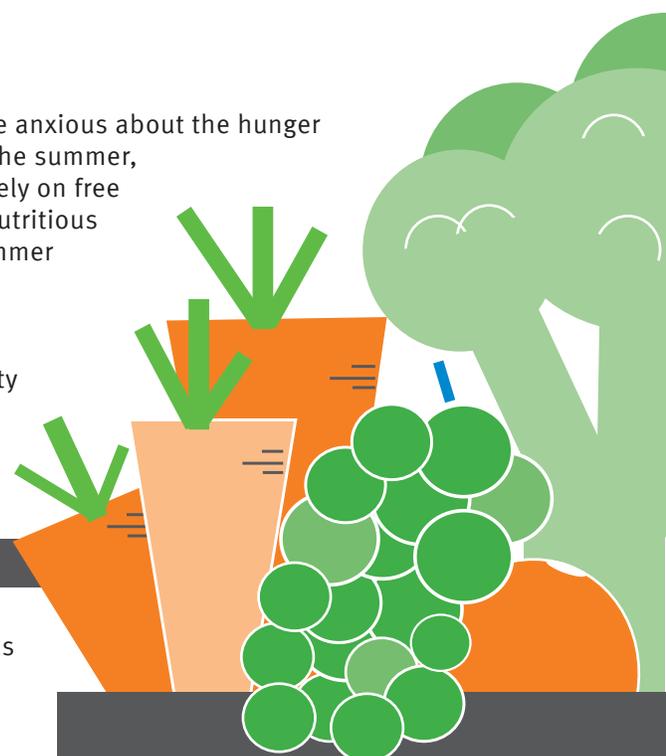


SUMMER MEALS

END SUMMERTIME HUNGER IN YOUR COMMUNITY

While many children and youth eagerly anticipate summer break, others are anxious about the hunger that will soon become their reality. Working families often struggle during the summer, paying an average of \$300 more a month for food, and their children who rely on free and reduced price school lunches during the school year, may go without nutritious meals. Fortunately, the U.S. Department of Agriculture (USDA) will fund summer meals and snacks for children and youth through the Summer Food Service Program (SFSP).

Access to nutritious food is key to a child's physical development and ability to learn. With money available for meals there is no reason that children in Washington State should go without food all year. Through SFSP communities can take matters into their own hands to fight hunger!



LEND A HELPING HAND

BECOME A SPONSOR If you are a public or private non-profit such as a school district, local government agency or summer program you may be eligible for SFSP funds for summer meals.

BECOME A VENDOR If your organization is competent in food production and distribution and has adequate facilities, you may be eligible to prepare, package, and distribute meals to sites.

START A MEAL SITE If your program has sufficient space, staff and utilities, you may be eligible to serve meals to children.



SCHOOL'S OUT WASHINGTON IS HERE TO HELP!

RAISE AWARENESS We are here to increase the number of sponsors, local government agencies, school districts, children and families aware of the summer meals program. The more people who know about SFSP meals, the more resources and options communities have.

CONNECT Our role is to connect people, organizations, and public entities that have similar goals and mutually beneficial offerings. Such connections expand the knowledge base and strengthen local communities in a multitude of ways.

SUPPORT We support SFSP meal sponsors and those associated with them every step of the way. We distribute information, share knowledge of best practices, connect you to experts, and answer any questions you might have during any part of the process.

ONLY 1 IN 8 KIDS ELIGIBLE for free/reduced price school lunch receives SFSP summer meals.¹ The number of summer meal sponsors decreased by 4.6% from 2014-2015.²

Find a summer meals site near you
www.fns.usda.gov/capacitybuilder

Questions? Contact Sukhjit Dhaliwal at
sdhaliwal@schoolsoutwashington.org
or (206) 336-6931

1. "Summer Nutrition Report." http://frac.org/pdf/2016_summer_nutri_on_report.pdf p. 15-16
2. "The State of Obesity in Washington." <http://stateofobesity.org/states/wa/>



AFTERSCHOOL MEALS

FIGHT CHILDHOOD HUNGER AFTERSCHOOL

Afterschool programs keep kids learning, nourished and safe after the school day ends, leading to healthier development and greater academic success.

The U.S. Department of Agriculture can reimburse programs for meals and snacks served to children in need through the Child and Adult Care Food Program (CACFP). We support programs that utilize these resources to ensure that all children and youth receive the food they deserve and all programs are reimbursed accordingly. As more afterschool programs adopt these practices, fewer children will go hungry afterschool!

HUNGER IN YOUR COMMUNITY

IN THE UNITED STATES 3 in 4 low-income parents believe afterschool programs should provide nutritious meals.

IN WASHINGTON STATE 382,860 children are food insecure, a number equivalent to nearly half the population of Seattle. Programs that serve meals report higher levels of engagement, focus and positivity among youth participants.¹

HOW YOU CAN GET INVOLVED

SERVE MEALS OR BECOME A SPONSOR To participate in the At-Risk Afterschool Meals Program you can act as an independent afterschool program or work through a sponsor.

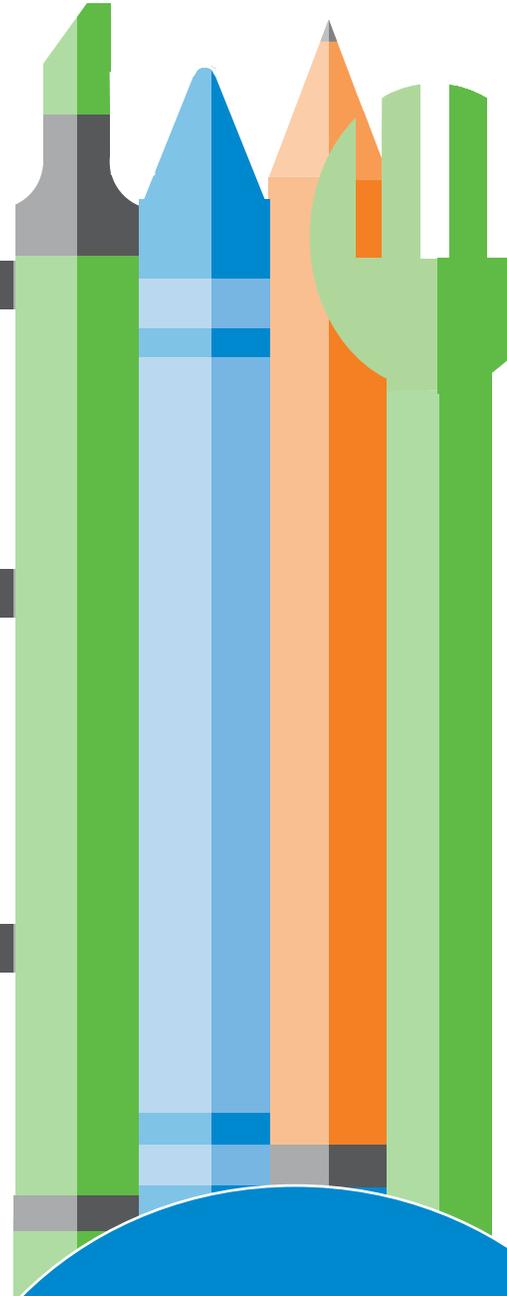
FIND THE MODEL THAT'S RIGHT FOR YOU You are eligible for reimbursements if your program is located in an eligible zone and provides education or enrichment activities afterschool, on weekends, or on holidays.

SCHOOL'S OUT WASHINGTON IS HERE TO HELP!

RAISE AWARENESS We are here to increase the number of sponsors, government agencies, and school districts who know about At-Risk Afterschool Meals. The more people know about CACFP At-Risk Meals, the more resources and options communities have.

CONNECT Our role is to connect people, organizations and public entities that have similar goals and mutually beneficial offerings. Such connections expand the knowledge base and strengthen local communities in a multitude of ways.

SUPPORT We will be there to support CACFP At-Risk Meal sponsors and those associated with them every step of the way. We distribute information, share knowledge of best practices, connect you to experts, and answer questions you might have during any part of the process.



Learn More at our Website:

[www.schoolsoutwashington.org/
pages/afterschool-summer-meals](http://www.schoolsoutwashington.org/pages/afterschool-summer-meals)

1. "Healthy Children, Healthy Lives: Barriers to Participation in the At-Risk Afterschool Meals Program in Washington State." www.schoolsoutwashington.org/1424_198/AfterschoolandSummerMeals.htm, p. 13-15