



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

DECEMBER 2011

Healthy Eating After School

“At-Risk” After School Meal Program Meets Critical Need

The “At-Risk After School Snack and Supper Program” is available to meet critical needs for students and their families in your school districts. This program provides funding for snacks and suppers in organized after school programs for school districts with a free and reduced enrollment of at least 50%. This program has

proven to provide children not only needed nutrition, but has also been shown to help reduce or prevent children’s involvement in high-risk behaviors. At-Risk After School Programs provide the added benefits of:

- Improving the health and well-being of the children they serve
- Ensuring that children fully benefit from the educational and enrichment activities
- Counter the childhood obesity epidemic by providing healthy supper meals as well as nutrition education



Snack and Supper Meals can be provided free of charge to students, in school districts with 50% Free and Reduced Enrollment

Ava R-I Superintendent, Dr. Brian Wilson, commented on the At-Risk After School Meal Program. *“In these unprecedented economic times, the Ava R-I School District is not immune to the effects of this downward economic trend, nor are our patrons. With a free/reduced percentage nearing 70% and on the rise, one comfort that can be found in Douglas County is the opportunity for our children to receive **three nutritious meals per day** at an affordable price! Prior to educating students, we must first be able to provide the basic essentials. I truly believe with our after-school program, we are continuing to guarantee another extended effort in meeting the essential necessities of our children and community.”*

Your district may have this same opportunity to provide children and families additional assistance by participating in the “At-Risk After School Snack and Supper Program.” Meals and snacks are well balanced and provide the appropriate amount of energy and nutrients a child needs during critical stages of growth.

Contact your Director of Nutrition Services to learn more about this program and how Opa! can assist you with implementing an At-Risk After School Meal program in your district.