

AMP up Afterschool!

Attract more students to afterschool activities with the Afterschool Meals Program (AMP)!

AMP is a federal nutrition program that reimburses schools and afterschool programs for meals and snacks served to students after the school day ends and during school vacations. Programs with over 50% of their students eligible for free and reduced-price meals qualify for the program*.

AMP Helps Kids Focus

By the time the school day ends, it has often been 3-4 hours since a child's last meal or snack. Afterschool meals provide the energy necessary to get the most out of your programs.

*If your school is not currently over the 50% eligibility threshold, you can still serve snack to your students through the National School Lunch Program. Contact us for more information.



Why combine meals and activities after school?

Improve children's health.

AMP meals include protein, grains, fruits and/or vegetables and milk. They provide essential nutrients for growth and development, to keep kids healthy.

Close the achievement gap.

Afterschool meals narrow the achievement gap between low and higher income students. Meals attract more students to afterschool programming, support concentration and learning, and ensure that children leave at the end of the day with a nutritious meal so they can arrive the next morning ready to learn.

Support children, families, and the community.

Afterschool programs provide a safe, supervised environment for children in your community during the hours of 3-6 pm, which is the peak time for high-risk behavior for school-aged kids. Additionally, 1 in 7 Vermont children live in food-insecure households. AMP can ensure that these children have access to nutritious meals in the vulnerable hours outside of school, and provide some relief for families with tight food budgets.

Action Steps– What can providers Do?

Step 1: Contact Hunger Free Vermont today to find out if your program is eligible

Hunger Free Vermont can let you know if your program is currently eligible to provide afterschool meals, or what actions you can take to make your program eligible.

Step 2: Convene a team to prepare for the Afterschool Meal and Snack Program

Before applying for AMP, gather a team of all interested parties to discuss the importance of afterschool meals and the logistics of the program. If you're a school program this group may include; the food service director, a representative of the school board, the afterschool program director, coaches, health and wellness staff, the principal, etc. Hunger Free Vermont is available to attend and facilitate these meetings and to provide information and resources.

Step 3: Help your school administrators or organization directors see the value of AMP

Not only do afterschool meals reduce the risk of low-income kids going hungry when school is out, and help all kids be ready to focus and learn afterschool, but AMP can actually improve overall school meal program finances. AMP reimburses all meals at the highest NSLP reimbursement rate (\$3.31 per meal and \$0.84 per snack). A school serving 30 children a meal and a snack could gain over \$5,000 per year in meal program *profits*.

If your afterschool program is not connected to a school, this high reimbursement rate should allow your organization to cover all AMP food and labor costs.

Step 4: Serve meals and/or snacks that meet federal nutrition guidelines

Afterschool meals and snacks can be served to children and teens age 18 and under at any time after the school day or during school vacations. The meals can be hot or cold, but must follow federal nutrition guidelines and be served in a group setting at no cost to students. Keep a record or sign-in list of the children and youth that attend your afterschool programs, and document the number of meals and snacks served. The school or other sponsoring organization submits your records for reimbursement.

For more information and support contact:

The Child Nutrition Initiatives Team

802-865-0255

childnutrition@hungerfreevt.org