

## Help Bring Good Nutrition to Kids at Your Library

### The Growing Need for Nutritious Meals Afterschool and During the Summer...

Are you noticing an increasing number of kids visiting afterschool or spending their summer days in your library? Perhaps your library is the nearest community center and/or trusted public space for children and teenagers to spend time in. As the range of your library services continues to grow, why not consider feeding kids, too?



During the school year, many children and teenagers eat breakfast and lunch at school. However, when school is out – both afterschool and over summer vacation, many low-income children experience a nutritional void.

Low-income children and teenagers who lack access to quality and consistent food are likely to be sick more often, have less energy, and be less focused on learning. Other linked issues include hyperactivity, anxiety, undernutrition, and even weight gain.

The federally- and state-funded At-Risk Afterschool Snack and Supper Program and Summer Food Service Program both help children and teenagers grow, learn, and play. These two nutrition assistance programs can be beneficial to kids, families, and your library!



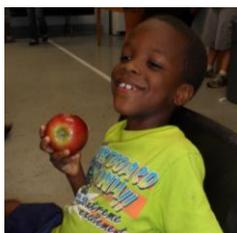
### Serving Free Meals to Kids at Your Library Can Make a Difference!

The At-Risk Afterschool Snack and Supper Program runs during the school year - afterschool, weekends, and school holiday breaks. The Summer Food Service Program runs over the summer when school is not in session.



**Helps low-income kids access good nutrition:** Eating free meals and snacks with either nutrition program is a better choice than eating unhealthy ‘junk foods’ from a nearby store or not eating at all.

**Boosts your library’s programs:** Adding a free meal or snack component to existing youth programming can help enrich the quality of your program. Even if your library does not have structured youth programs, providing free nutrition may attract new patrons and draw them into other library services.



**Requires little to no cost to your library:** Both nutrition programs are federal entitlement programs, meaning there is government funding to cover food and related costs. Most libraries utilize existing resources and/or volunteers to help out with meal service.

**Strengthens your library’s reputation and commitment to patrons:** Your library is a trusted community center where parents are assured their children are not only enriching their minds, but filling their tummies.

## How Can My Library Learn More and Get Involved?

- ✓ Visit our website and learn more about the At-Risk Afterschool Snack and Supper Program and the Summer Food Service Program.
- ✓ Become an Afterschool Snack and Supper sponsor and start serving snacks and/or supper to kids.
- ✓ Become a Summer Food sponsor or meal site and start providing free meals to kids this summer.
- ✓ Connect with a colleague about free meals or snacks. Libraries across the state have experience with these nutrition programs.
- ✓ Spread the word! Nearly 2,400 locations across New York State serve free summer meals. If there are meal sites already in your service area, please notify families through word-of-mouth, on bulletin boards, and/or on your website. Call 1-800-522-5006 or visit [www.summermealsny.org](http://www.summermealsny.org) to locate your nearest summer meal site.



### Libraries in NYS that have in the past or are currently participating in the At-Risk Afterschool Snack and Supper Program and/or the Summer Food Service Program:

- Bolivar Free Library, Bolivar
- Mastic-Moriches-Shirley Library, Shirley
- Mooers Free Library, Mooers
- Queens Libraries: Arverne, Central Library, Far Rockaway, Laurelton, Lefrak City, Pomonok, South Jamaica, South Hollis, Woodside, and others
- Rochester/Monroe County Library System: Lincoln Branch, Maplewood Public Library, and Phillis Wheatley Community Library
- Russell Public Library, Russell
- Southeast Steuben County Library, Corning
- Stephentown Memorial Library, Stephentown

### Check out these online resources about the At-Risk Afterschool Snack and Supper Program and the Summer Food Service Program:

Hunger Solutions New York:  
<http://hungersolutionsny.org/index.php/info/child-nutrition-center/cacfp> and [www.summermealsny.org](http://www.summermealsny.org)

The United States Department of Agriculture:  
[www.fns.usda.gov/cnd/care/Afterschool.htm](http://www.fns.usda.gov/cnd/care/Afterschool.htm) and  
[www.fns.usda.gov/cnd/summer](http://www.fns.usda.gov/cnd/summer)

New York State Department of Health:  
[www.health.state.ny.us/prevention/nutrition/cacfp/overview.htm](http://www.health.state.ny.us/prevention/nutrition/cacfp/overview.htm)

New York State Education Department:  
[http://portal.nysed.gov/portal/page/pref/CNKC/SFSP\\_pp](http://portal.nysed.gov/portal/page/pref/CNKC/SFSP_pp)

To learn more about how federally- and state-funded nutrition assistance programs can help your library and its youngest patrons, please contact:



Rachel Hye Youn Rupright, Child Nutrition Program Specialist  
Hunger Solutions New York  
(518) 436-8757 x121  
[rachel.rupright@hungersolutionsny.org](mailto:rachel.rupright@hungersolutionsny.org)

Hunger Solutions New York, formed in 1985 as the Nutrition Consortium of New York State, is a caring and informed voice for hungry New Yorkers. Learn how to become part of the solution to end hunger at [www.hungersolutionsny.org](http://www.hungersolutionsny.org)

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