At-Risk Afterschool Programs

This handout covers information on the new options for At-Risk Afterschool Programs only. Refer to the other component handouts for the other requirements with the New CACFP Meal Pattern. They can be found at this website.

New Requirements Effective October 1, 2017

- Offer versus serve (OVS) is allowed
- Share tables may be implemented
- Children may take one food component off-site

What can I start doing now?

- Children may take one food component off-site
- Share tables may be implemented

Offer versus Serve (OVS)

OVS is an optional method to serve meals at breakfast, lunch, or supper. All required food components must be offered to each participant, but some of the foods may be declined. **OVS is not allowed for snacks.**
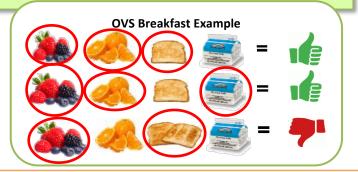
Key Terms

- **Food Component**—food categories that make up a reimbursable meal (i.e. milk, meat/meat alternate, grains, vegetables, fruits)
- **Food Item**—foods that are part of a food component (i.e. broccoli, apple)

All **food items** at breakfast, lunch and supper must be *different* from one another. For example, bran flakes and puffed rice cereal are the same **food item** (i.e. cereal), and apple slices and apple sauce are two forms of apples that are not identical but are the same **food item**.

The Basics of OVS

OVS at Breakfast

- The 3 required **food components** at breakfast are milk, fruit/vegetable, and grains.
- OVS requires at least 4 **food items**, in the required minimum serving sizes, be offered:
    1. Milk
    2. Fruit/vegetable component
    3. Grains component
    4. Meat/meat alternate or one additional different item from the fruit/vegetable or grains component
- The child must take 3 different **food items** out of the 4 **food items** offered.

OVS Breakfast Example

OVS at Lunch/Supper

- Requires one **food item** from each of the 5 **food components**, in the required minimum serving sizes, be offered:
    1. Milk
    2. Meat/meat alternate component
    3. Vegetable component
    4. Fruit component
    5. Grains component
- The child must take 3 **food components**, rather than 3 items.

OVS Lunch/Supper Example

Share Tables

Share tables or stations allow children to return whole food or beverage items they choose not to eat, which are then available to other children who may want additional servings. Programs must plan, prepare, and order food with the goal of providing one meal per child at each meal service.

The food and/or beverages placed on the share table may be used in the following ways, depending on your Program's preferences:

- Children may take an additional helping of a food or beverage from the share table at no cost;
- Food or beverage items left on the share table may be served and claimed for reimbursement during another meal service; and/or
- Food or beverage items may be donated to a non-profit organization, such as a community food bank, homeless shelter or other non-profit charitable organization *(Refer to CACFP 05-2012)*

A meal can be claimed for reimbursement when the child has received a **full reimbursable meal**. Then, the child can choose to put one or more components on the share table.

It is recommended to have a written policy outlining the use of share tables. Programs may use the table below as a guide. More details may be found in the USDA policy memo on Share Tables (CACFP 13-2016). **Prior to implementation of the share table, contact your CACFP Consultant and local health department.**

Share Table Requirements and Best Practices

Share Table Requirements and Best Practices
Step 1 (REQUIRED): Follow Federal, State, and local health and food safety requirements.
Step 2: Establish clear guidelines for food components that may and may not be shared or reused as part of a later reimbursable meal (see purples boxes to the right).
Step 3: If sharing items that require cooling is permissible under local laws, establish strict food safety guidelines to prevent the risk of foodborne illness.
Step 4: Supervise the share table at all times to ensure compliance with food safety requirements.
Step 5: Promote the share table to children and families.

Water Requirement

Water must be made available during the program but it is not part of reimbursable meal and cannot replace fluid milk. Refer to *Make Water Available Throughout the Day* tip sheet from Team Nutrition on ideas to make it more accessible, and USDA policy memo CACFP 20-2016 for more information.

This institution is an equal opportunity provider.

Taking a Food Component Off-site

At-Risk Programs may allow children participating in the meal service to take **one vegetable, fruit, or grain item off-site** to eat at a later time. The food item taken off-site must be from the child's own meal or snack, or left on a share table by another child who did not want it.

Programs must ensure that when allowing items to be taken off-site, it is in compliance with their local and state health and safety codes. This provision must be monitored by the program to prevent any food safety or integrity issues.

New Age Group 13 -18 Year olds

The addition of this new age group does not increase the serving sizes required for 13-18 year olds; the serving sizes remain the same as the 6-12 year olds. It encourages serving larger portions, as an option, to this new age group based on their higher caloric and nutrient needs.

Guidelines for Share Table Food Components

Food components recommended for sharing	Food components NOT recommended for sharing
• Unopened pre-packaged items, such as a bag of baby carrots or sliced apples in a cooling bin • Whole pieces of fruit, such as apples or bananas • Unopened milk, if immediately stored in a cooling bin maintained at 41°F or below	• Unpackaged items, such as a salad bowl without a lid • Packaged items that can be opened and resealed • Opened items, such as an opened bag of carrots or sliced apples • Perishable foods when temperature controls are not in place

For More Information, refer to USDA policy memos:

- **OVS:** CACFP 05-2017
- **Share Tables:** CACFP 13-2016
- **Taking Food Off-Site:** CACFP 22-2016

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