

# SUMMER & AFTER-SCHOOL MEALS



Youth 18 & under eat for FREE

Sponsored by: **IMPACT** 

This institution is an equal opportunity provider.

# WELCOME

*Hi there!*

Our nonprofit organization, **Impact LA**, aims to ensure that all kids get the nutritious meals they need everyday. Some kids can't count on having a healthy meal waiting for them when they get home, especially a warm one. That is why we work with various food vendors to ensure we meet the nutritional needs of kids 1-18 years old in order to thrive every day after the regular school day ends. Whether you are not currently receiving meals (hot & cold or shelf stable) after-school or you are but are not happy with the vendor or currently sponsor, **Impact LA** can help. Let's continue the conversation.

Contact us today!



Emerita & Courtney  
Co-Founders of Impact LA

# PRE- QUALIFICATIONS

- Must be located in a low-income area or a location where at least 50% of the enrolled children are eligible to receive free or reduced price school meals
- Must have a program (park, recreation center, school, etc.) that consists of organized activities
- Must have storage for food cambros (containers) or refrigeration for the meals
- Must have staff available to take delivery of meals and keep track of corresponding paperwork

# PROGRAM REQUIREMENTS



- Your Program/Organization must provide education and/or enrichment activities
- Your Program/Organization must be organized primarily to provide care for children after-school, during summer or on the weekends, holidays, and school vacations

# STAFF RESPONSIBILITIES

- Your Staff must be trained by IMPACT LA
- Your Staff must be available to receive meals daily from food vendor
- Your Staff must be capable of serving meals to children, keeping track of attendance, conducting meal counts and recording meal temperatures on a daily basis (it's easy with our software)
- Your Staff must submit daily stat reports and monthly forms on time

# KIDS 18 & UNDER EAT FOR FREE

## PERCEIVED BARRIERS OF PROGRAM PARTICIPATION

- Concern of managing multiple programs
- Compliance and training
- Logistics of RFP, vendors, deliveries, etc.
- Lack of expertise to self sponsor

## BENEFITS OF USING A SPONSOR

- Increased nutrition and decreased hunger
- Can serve meals afterschool, weekends, holidays and during the summer
- Increased interest in enrichment activities
- Better focused and improved performance
- Decreased liability
- Increased community partnerships
- Increased flexibility (adding and dropping sites)
- Decreased administrative burden

### BENEFITS

## IMPACT LA OFFERS ITS MEAL SERVICES SO YOU DON'T HAVE TO MANAGE:

- ✓ meal production
- ✓ meal distribution to sites
- ✓ data retrieval and storage
- ✓ compliance requirements
- ✓ supplies and forms
- ✓ staff training
- ✓ meal program audits
- ✓ monthly claim submittal



# Fresh And Healthy Food (sometimes shelf stable)

Our food service program follows the USDA, CACFP and SFSP meal plan guidelines, which include a variety of milk, fruit, vegetables, grain products and meats or meat alternatives (Ground turkey, eggs, cheese, etc.) Qualified programs have the option to receive Snacks, Breakfast, Lunch and/or Supper.

## Meal Patterns may include



Grain Products



Vegetables



Fruit



Meat or meat alternatives

Turkey, eggs, cheese, tofu, etc.



Milk

or milk alternative if "Special Meal" form is on file

## Meal Types

### CACFP At-Risk Afterschool

**SUPPER & SNACK** OR **SUPPER ONLY**

On Weekends and Holidays

**BREAKFAST & LUNCH** OR **LUNCH ONLY**

### SFSP- Summer Programs

**BREAKFAST & LUNCH OR SUPPER**

OR

**LUNCH ONLY**

# Frequently Asked Questions

## HOW MUCH WILL THIS COST ME?

It's FREE! We sponsor nutritious meals in the state of California during the school year, winter break, spring break, and summer break at no cost. We provide supper during the school year and breakfast, lunch and/or supper during to children ages 1-18 through government funding.

## FREE MEALS? WHAT'S THE CATCH?

You heard right! IMPACT LA is an approved Meal Sponsor through the Child and Adult Care Food Program (CACFP) so all of our sites must comply with CACFP guidelines. Site coordinators have to go through IMPACT LA's training as well as submit daily stat numbers (meals delivered, meals received, attendance, temperature of meals), monthly attendance summaries, and monthly transportation records on a consistent basis.

## IS THERE A MINIMUM AMOUNT OF MEALS I NEED TO ORDER?

Minimum of 25 students/day, but shelf stable options may be available.

## CAN I CHOOSE WHAT FOOD MY KIDS RECEIVE?

If students have food allergies and/or religious beliefs food vendors can make special meal requests. We work with various food vendors to provide sites with additional meal options.

## WHAT MEALS DO YOU OFFER?

We offer a range of fresh, well-balanced nutritious meals of all sorts. Menu's generally differ depending on food vendor but all meals include a Grain, fruit, vegetable, protein, and milk component.

## WHAT GRADE LEVELS DO YOU SERVE?

We serve elementary through high-school ages 1-18 years old.

## DO WE HAVE A LIMIT ON HOW MANY MEALS WE RECEIVE?

No, you may order as many meals as your site can consume. Must have attendance to prove you have enough kids in program to consume meals.



# Sample Menu










(Combo of hot & cold)

Fresh

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Turkey and Cheese Sandwich or Grilled Cheese Sandwich (V) with Baby carrots	<b>4</b> BBQ Chicken Bowl or Pizza Bagels (V) with Mixed Vegetables	<b>5</b> Beef and Cheese Taco Stick or Garlic Pasta with Cheese (V) with Mixed Vegetables	<b>6</b> Bean and Cheese Burrito (V) or Tofu Stir-fry Bowl (V) with Corn	<b>7</b> Pizza Hut Cheese (V) or Pepperoni Pizza or Cheesy Pull-aparts (V) with Baby carrots
<b>10</b> Crispy Chicken Sandwich or Cheesy Pull-aparts (V) with Potato Wedges	<b>11</b> Chicken Tamale or Bean and Cheese Burrito (V) with Corn	<b>12</b> Hamburger or Pasta Marinara with Cheese (V) with Mixed Vegetables	<b>13</b> Beef Burrito or Cheesy Nachos with corn chips (V) with Corn	<b>14</b> Pizza Hut Cheese (V) or Pepperoni Pizza (V) or Grilled Cheese Sandwich (V) with Baby carrots
<b>17</b> Individual Cheese Pizza Pack (V) or BRC Burrito (V) with Baby carrots	<b>18</b> Beef and Cheese Taco Stick or Cheesy Alfredo pasta (V) with Seasoned carrots	<b>19</b> 3-Cheese Enchiladas (V) or BRC Bowl (V) with Beans	<b>20</b> Chicken Burrito or Bean and Cheese Burrito (V) with Corn	<b>21</b> Pizza Hut Cheese (V) or Pepperoni Pizza (V) or Cheesy Nachos (V) with corn chips with Baby carrots
<b>24</b> Chicken Tamale or Mac and Cheese (V) with Corn	<b>25</b> Beef and Cheese Chalupa or 3-Cheese Enchiladas (V) with Mixed Vegetables	<b>26</b> Chicken Nuggets with Potato Wedges or Edamame Stir-fry Bowl (V) with Mixed Vegetables	<b>27</b> Cheese Ziti (V) or Cheesy Nachos (V) with corn chips with Corn	<b>28</b> Pizza Hut Cheese (V) or Pepperoni Pizza (V) or Cheesy Pull-aparts (V) with Baby carrots

Dry, delivered in pallet

Shelf Stable

<p>C01V - NACHOS MEAL</p> 	<p>C02V - CHICKEN SALAD MEAL</p> 	<p>C03V - SUNBUTTER &amp; GRAHAMS</p> 
<p>C04V - PIZZA MEAL</p> 	<p>C05V - MEDITERRANEAN MEAL</p> 	<p>C06V - BEAN DIP MEAL</p> 
<p>C07V - PB &amp; GRAHAMS</p> 	<p>C08V - MEAT &amp; CHEESE MEAL</p> 	<p>C09V - SWEET BBQ CHICKEN MEAL</p> 

# Contact Us

To apply to receive free meals for your program, please visit our website. There you will be able to apply to the afterschool meal program and/or summer meal program depending on your needs. Each site must fill out an application. If you have additional questions or would like to set up a meeting, please email or call.



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## Website

[www.ImpactLA.org](http://www.ImpactLA.org)



## Email

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**IMPACT** The logo for ImpactLA, featuring the word "IMPACT" in a bold, black, sans-serif font, followed by a red square containing a white outline of the letter "LA".



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