

For further information, visit:

www.squaremeals.org

www.fns.usda.gov/cnd/Contacts/StateDirectory.htm

www.rgccisd.org

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

*Good nutrition today
means a stronger
tomorrow!*



**RGCCISD
CHILD NUTRITION PROGRAM**

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**RGCCISD
Child Nutrition Program**



**At-Risk Afterschool
MEALS in the Child
and Adult Care Food
Program
(CACFP)**

BUILDING FOR THE FUTURE

When school is out and parents are still at work, children need a safe place to be with their friends, with structured activities, and supportive adults. Afterschool programs that serve meals or snacks draw children and teenagers into constructive activities that are safe, fun, and filled with opportunities for learning. The meals and/or snacks give them the nutrition they need to learn, play, and grow.

Programs must provide educational or enrichment activities in an organized, structured, and supervised environment after the end of the school day.



Who is eligible for CACFP meals?

Children aged 18 and under at the start of the school year may receive a meal at **no charge**. There are no age limits for children with disabilities.



What qualifies as educational and enrichment activities?

- *Arts and crafts
- *Homework assistance
- *Life skills
- *Computers
- *Remedial education
- *Competitive sports teams are NOT eligible, but programs that include a sports activity as part of their enrichment program may be eligible.
- *Sites are open to all children, regardless of their participation in an enrichment activity.

What kind of meals are served?

Program personnel take pride in preparing nutritious and healthy meals that are appetizing for kids.

Examples of suppers served:

- Grilled Chicken Burgers baby carrots, fresh fruit, fat-free or low-fat milk
- Toasted Ham & Cheese Sandwich, raw veggies, fresh fruit, fat-free or low-fat milk

Current Program Locations:

- *Rio Grande City High School*
- *RGCCISD Grulla High School*
- *RGC Boys & Girls Youth Club*
- *Grulla Middle School*
- *Ringgold Middle School*
- *Veterans Middle School*
- *La Union Elementary*
- *Ringgold Elementary*

Contact the RGCCISD Child Nutrition Program Office for updates regarding locations and hours of service.



Healthy Schools

