



STUDENT-ATHLETE **MEAL PROGRAM TOOLKIT**

A Guide to Nutrition
Feeding Programs

BEEF
LOVING
TE★ANS

SPORTS NUTRITION
GAME PLAN

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OVERVIEW

Sports Nutrition Game Plan Program Background

This Sports Nutrition Game Plan toolkit is designed to help Title 1 high school coaches like you implement the most effective feeding programs for your athletes. It provides information, resources, and step-by-step guidance to make the process easy.

Sports Nutrition Game Plan Toolkit Goals:

- Help your school's athletic programs identify ways to properly fuel your athletes.
- Provide resources to assist with program implementation.

Food Insecurity (FI) Challenges for Student Athletes

The United State Department of Agriculture (USDA) defines FI as the uncertainty or inability to acquire enough food due to a lack of money or other resources. This issue can significantly affect a student's daily life. Studies have shown that FI in adolescents is linked to lower cognitive function, lower school test scores, difficulty interacting with peers, and increased rates of school suspensions.

For athletes, FI poses an even greater challenge. Adequate energy (calories) is crucial for athletic performance, and recent research emphasizes the importance of "energy availability." This means having enough energy for bodily functions after the energy cost of exercise is subtracted. Low energy availability has been found to decrease performance in both male and female athletes of all ages.

The Role of School Meal Programs

School breakfast and lunch programs are vital for student athletes, and breakfast programs specifically improve cognitive function and academic outcomes. Even with these programs, food-insecure student athletes may not meet their nutritional needs.

Schools with afterschool athletic programs can provide additional support through afterschool snacks via programs like the National School Lunch Program (NSLP) or the Child and Adult Care Food Program (CACFP).

Title 1 Schools and the Athlete Feeding Programs Toolkit

Title 1 schools, with a high percentage of low-income students, receive additional funding for support services. These schools must have at least 40% of their students enrolled in free or reduced-price lunch programs to qualify for this funding. The Athlete Feeding Programs Toolkit assists these schools in addressing FI among student-athletes by utilizing USDA-funded programs to offer additional meals and snacks, thus promoting their health, performance, and recovery.

TOOLKIT COMPONENTS

The Toolkit contains the following components:

■ Presentation:

A slide presentation summarizing feeding programs, which can be used by athletic directors and school administrators to present to the superintendent and other decision-making groups.

■ Tracking Spreadsheet Templates:

Basic templates to help track feeding program implementation.

■ Fuel Toolkit Contents:

1. **Feeding Program Guide:** A guide with program names, descriptions, offerings, qualifications, restrictions, guidelines, application process, and timeline.
2. **Food Bank, Grants, and Other Local Non-USDA Feeding Program Resources:** Tips and resources for schools to work with local food banks. Grant opportunities and email templates for coaches and sports medicine teams to use in outreach to their Child Nutrition Departments, local food banks, and local feeding organizations.

3. **High School Sports Dietitian Job**

Description: A job description for athletic directors and child nutrition directors to use in efforts to hire a registered dietitian with a dual role in athletics and child nutrition. On the athletics side, the registered dietitian can implement the free, already-developed Sports Nutrition Game Plan program with teams. On the child nutrition side, the registered dietitian will be responsible for tracking the feeding program for athletics.

4. **Resources:** Contains additional programs, resources, and website links.

Presenting the Sports Nutrition Game Plan at:

- Athletic Director Association conferences
- School Nutrition Association conferences
- Athletic Trainer and Strength Coach Association conferences, regional and national

Additional Information About the Toolkit

The Athlete Feeding Programs Toolkit is a resource for athletic departments to discuss with their child nutrition director, superintendent, and school district about utilizing USDA-funded programs to provide additional meals and snacks for student-athletes and all students in extracurricular activities.¹ The goal is to help high school athletic programs identify avenues and resources to help fuel FI athletes and the student-athlete population and promote optimal health, performance, and recovery.

References

1. United States Department of Agriculture. Economic Research Service. <https://www.ers.usda.gov/topics/food-nutrition-assistance/foodsecurity-in-the-us/>; accessed 1/31/2020
2. Shanafelt A, Hearst M, Wang Q, Nanney M. Food insecurity and rural adolescent personal health, home and academic environments. *J Sch Health*. 2016 June; 86(6): 472-480. doi:10.1111/josh.12397
3. www.fns.usda.gov/cn
4. www.nata.org/sites/default/files/july-nata-news-food-insecurity.pdf
5. Bruening, M, Argo K, Payne-Sturges D, Laska MN. The struggle is real: a systematic review of food insecurity on postsecondary education campuses. *J Acad Nutr Diet*. 2017 November; 117(11):1767-1791

SUMMARY

High school athletic programs need a fueling solution to combat the challenges of resource limitations and undernourished athletes. The Sports Nutrition Game Plan and Athlete Feeding Programs Toolkit provide nutrition education and resources to fuel athlete growth, development, performance, and recovery.

Potential Opportunities

- Working with school district Student Health Advisory Councils and Title 1 coordinators for program implementation.

FEDERAL FEEDING PROGRAMS

PROGRAM	PROGRAM OFFERINGS
CACFP Afterschool Meal Program	<ul style="list-style-type: none"> ■ Free meal and/or snack, up to 1 snack and 1 meal per child per day. ■ Can be offered during the summer. Can be used for away games.
NSLP Afterschool Snack Service	<ul style="list-style-type: none"> ■ Reimbursed afterschool snacks through NSLP. ■ 1 snack per day per child only on school days.
Summer Food Service Program (SFSP)	<ul style="list-style-type: none"> ■ Meals are offered free for students during the summer months. ■ Up to 2 meals or 1 meal and 1 snack per child per day. ■ Option to contract meals from food service vendors.
Seamless Summer Option (SSO)	<ul style="list-style-type: none"> ■ Free meals during the summer months. More streamlined approach than the SFSP because it is administered alongside the School Breakfast Program (SBP) and NSLP. ■ Less paperwork.
Special Milk Program (SMP)	<ul style="list-style-type: none"> ■ Reimbursement for half pints of milk served daily.

NON-FEDERAL FEEDING PROGRAMS

PROGRAM	PROGRAM OFFERINGS
Backpack Program (Feeding America®)	<ul style="list-style-type: none"> Free groceries for students and families over weekends and holiday breaks. Students take home food-filled backpacks.
School Food Pantry Program (Feeding America®)	<ul style="list-style-type: none"> Feeding America® food banks will assist schools in creating a food pantry on school grounds or in close proximity. The food pantry can serve students, their families, and the community.

FEDERAL FEEDING PROGRAM

AFTERSCHOOL MEAL PROGRAM (AT-RISK AFTERSCHOOL)

Under the CACFP

Summary	The At-Risk Afterschool Meal Program operates under the CACFP to provide federal funding to afterschool programs providing children with a meal and/or snack. The Afterschool Meal Program specifically states that sports teams may receive snacks and meals, but the program cannot be limited to a sports team. The program must provide educational or enrichment activities such as but not limited to homework assistance, fitness activities, or arts and crafts that are open to all children in a structured and supervised environment.
What the Program Offers to Schools	<ul style="list-style-type: none"> A free meal or snack offered to students in afterschool enrichment programs such as tutoring, music, and sports. USDA will reimburse meals/snacks at the highest rate (1 meal and 1 snack) for schools using the CACFP Afterschool Meals Program. Small additional payments for commodities are also available. This program can be used during the summer months, however, to provide a reimbursable meal, the activity must last longer than 2 hours.
Qualifications and Restrictions	<ul style="list-style-type: none"> At least 50% or more of enrolled children are eligible for free or reduced-priced meals. Regularly scheduled educational or enrichment activities must be provided. Competitive sports cannot be the only activity offered afterschool. There must be an enrichment activity open to all students who wish to participate that is not a competitive sport. Attendance and who receives the meal or snack served must be recorded. Students receiving the meal or snack are not required to participate in the activity being offered. Meals and snacks served on weekends or holidays (for example, spring break) may be reimbursed if these weekends or holidays occur during the regular school year.

*continued on next page

AFTERSCHOOL MEAL PROGRAM - CONTINUED

Guidelines for Implementation	<ul style="list-style-type: none"> ■ Additional revenue can be used to support the school nutrition budget, but it must be tracked and recorded. This can include paying staff, hiring a sports registered dietitian, purchasing new equipment, or improving the quality of the food service. ■ Hot meals can be served in the cafeteria or prepared in advance and stored in coolers. Meals can also be delivered to each team or provided at a central location on campus. ■ Meals and snacks must be served after the school day and during an afterschool program. ■ Activities must last at least 2 hours for meals served to be eligible for reimbursement. ■ Snacks and meals must follow the CACFP Meal Pattern. ■ Meals must be consumed on-site or may be used for away games, but you must let your state agency know when traveling will be taking place. ■ 1 vegetable, fruit, or grain item is permitted to be taken off-site by each student to eat at a later time. ■ Reimbursement rates are established by Congress and can be found here.
Application Process	<ol style="list-style-type: none"> 1. The application information can be found here on the Texas Department of Agriculture (TDA) website. 2. Scroll down to the “Before You Apply” section and click on visit this page to complete the intake form. 3. TDA will determine if a financial viability review is necessary or if you may proceed to the next steps. You will be sent an email from TDA with instructions. 4. After TDA's approval, click on the School Food Authorities (SFA) link under “When You're Ready To Apply.” 5. Complete the application through the Texas Unified Nutrition Program System (TX-UNPS). 6. Required training must be completed before your application is reviewed. Staff must be trained on program operation before the program can begin and training must be completed annually. For questions about required training, contact CACFP staff at CACFP.BOps@texasagriculture.gov. 7. Recertification materials must be sent each year. The initial application and documentation demonstrating eligibility is valid for 5 years.
Resources	<ul style="list-style-type: none"> ■ Application information ■ Application via TX-UNPS ■ At-Risk Afterschool Care handbook ■ CACFP Meal Patterns ■ CACFP Staff Contact Email: CACFP.BOps@texasagriculture.gov ■ CACFP reimbursement rates ■ SFA ■ TDA intake form ■ 2020 - 2025 Dietary guidelines for Americans

AFTERSCHOOL SNACK SERVICE

Under the NSLP

Summary	The Afterschool Snack component of the NSLP aims to fill the afternoon hunger gap for school children by providing financial assistance to allow schools to serve snacks to children after regular school hours. Eligible children under the age of 18 and those who turn 19 during the school year may receive reimbursable snacks if they participate in an approved afterschool care program. The Afterschool Snack Service offers cash reimbursement for snacks to children enrolled in afterschool activities provided by SFA. SFA are responsible for administering the snack service.
What the Program Offers to Schools	<ul style="list-style-type: none"> ■ Cash subsidies from the USDA for each reimbursable snack served (up to 1 per participant per day). ■ Program providers receive the “free” rate for all snacks served in school attendance areas where a minimum of 50% of enrolled students are eligible for free or reduced-price meals. ■ Programs located in ineligible areas receive the “free,” “reduced-price,” or “paid” rate depending on each student’s eligibility status.
Qualifications and Restrictions	<ul style="list-style-type: none"> ■ Afterschool Snack Service must be sponsored or operated by a school district and must be located in a jurisdiction where at least 1 school participates in NSLP. ■ If a school is located in a district where at least 50% of the children are eligible for free or reduced-price lunches, then the school can provide reimbursable afterschool snacks to its students. For example, if a high school doesn’t meet the 50% requirement but the middle school in the same district does, then the high school can still provide snacks to its students and receive reimbursement through the program. ■ Organized athletic programs at an interscholastic or community level are eligible. Competitive sports are not eligible. ■ Snacks must meet federal requirements and must be offered at a free or reduced price to eligible children. ■ Snacks must be offered on regular school days, snacks served on weekends, holidays, or during school breaks are not eligible for reimbursement.
Guidelines for Implementation	<ul style="list-style-type: none"> ■ A record must be kept of the total number of snacks served each day. ■ May be offered in the summer only if the school holds summer school. ■ Must follow and document compliance with the NSLP Meal Pattern.
Application Process	<ol style="list-style-type: none"> 1. Complete the School Nutrition Program (SNP) pre-eligibility form on the NSLP New School Nutrition page on the TDA website. Scroll down the bottom of the page to find the form. 2. Upon completion and review of eligibility, TDA will provide information regarding the next steps including access to TX-UNPS login information and training that must be completed before application approval.
Resources	<ul style="list-style-type: none"> ■ NSLP Meal Pattern ■ SNP pre-eligibility form ■ TX-UNPS

SPECIAL MILK PROGRAM (SMP)

Summary	The SMP reimburses schools for serving half-pints of milk. To be eligible for reimbursement, schools must not be participating in other child nutrition meal service programs such as the SBP, NSLP, and SFSP.																									
What the Program Offers to Schools	■ Reimbursement for half-pints of milk served to school-aged children.																									
Qualifications and Restrictions	■ The school cannot already be participating in the NSLP, SBP, or SFSP.																									
	■ Summer Camps are eligible to apply.																									
	■ Participating children must meet the below income requirements (effective July 1, 2023 - June 30, 2024):																									
	<table><tr><th>Household Size</th><th>Maximum Annual Income</th></tr><tr><td>1</td><td>\$18,954</td></tr><tr><td>2</td><td>\$25,636</td></tr><tr><td>3</td><td>\$32,318</td></tr><tr><td>4</td><td>\$39,000</td></tr><tr><td>5</td><td>\$45,682</td></tr></table>		Household Size	Maximum Annual Income	1	\$18,954	2	\$25,636	3	\$32,318	4	\$39,000	5	\$45,682	<table><tr><th>Household Size</th><th>Maximum Annual Income</th></tr><tr><td>6</td><td>\$52,364</td></tr><tr><td>7</td><td>\$59,046</td></tr><tr><td>8</td><td>\$65,728</td></tr><tr><td>Each Additional Household Member:</td><td>+\$6,682</td></tr></table>		Household Size	Maximum Annual Income	6	\$52,364	7	\$59,046	8	\$65,728	Each Additional Household Member:	+\$6,682
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1	\$18,954																									
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8	\$65,728																									
Each Additional Household Member:	+\$6,682																									
Guidelines for Implementation	■ Only pasteurized fluid types of fat-free or low-fat (1%) milk may be offered. ■ All milk served should contain vitamins A and D at the specified Food and Drug Administration (FDA) levels .																									
Application Process	1. Complete the SNP pre-eligibility form on the NSLP New School Nutrition page on the TDA website. Scroll down the bottom of the page to find the SNP pre-eligibility form . 2. Upon completion and review of eligibility, TDA will provide information on next steps.																									
Resources	■ FDA Vitamin A and D in milk ■ SNP pre-eligibility form ■ SMP income eligibility ■ USDA SMP fact sheet																									

SEAMLESS SUMMER OPTION (SSO)

Under the NSLP

Summary	The SSO is operated through the NSLP or SBP. The same meal service rules and claiming procedures used by the NSLP and SBP apply to the SSO. The SSO is different from the SFSP because the SSO offers a more streamlined approach to implementing a summer feeding program to provide summer meals. Texas law mandates public school districts that have 50% or more enrolled students who receive NSLP free or reduced-priced meals must offer a feeding program to provide summer meals.	
What the Program Offers to Schools	<ul style="list-style-type: none"> ■ Less paperwork and a streamlined approach to providing free meals to children through the age of 18 over the summer (May - September). ■ Free meals to children during unanticipated emergencies resulting in school closures (October - April). 	
Qualifications and Restrictions	<ul style="list-style-type: none"> ■ Schools must be participating in the NSLP or SBP to be eligible to apply to the SSO. ■ Meals are reimbursed at the NSLP and SBP free rate, slightly lower than the Summer Food Service rate, and must follow the SFSP rules. ■ Schools can offer breakfast, lunch, snacks (AM or PM), and supper but must follow the below guidelines: <ul style="list-style-type: none"> □ Lunch and supper cannot be reimbursed on the same day for the same site. □ A maximum of 2 meals per day can be served. ■ Open site qualification: at least 50% of children in the area are eligible for free or reduced meals and the site is open to the community. <ul style="list-style-type: none"> □ All children may eat for free. ■ Closed enrolled site qualification: at least 50% of enrolled children are eligible for free or reduced-priced meals. ■ The TDA must determine and approve the site type. 	
Guidelines for Implementation	<ul style="list-style-type: none"> ■ Follow the same meal service rules and meal patterns as the NSLP and SBP. ■ Designated SSO meal periods to follow: <ul style="list-style-type: none"> □ Breakfast: In the morning hours. □ Lunch: Between 10:00 a.m. and 2:00 p.m. □ Supper: After lunch and recommended to begin before 7:00p.m. and end by 8:00p.m. □ Snacks: Evenly and adequately spaced between other meal service times to minimize food waste and ensure good nutrition practices. ■ Supper meals claimed for reimbursement must meet NSLP lunch meal pattern requirements. ■ Records must be documented for meal production, meal services, and counting and claiming. 	
Application Process	<ol style="list-style-type: none"> 1. Ensure you school is enrolled in the NSLP and/or the SBP. 2. Apply through the TX-UNPS website by the May 31 deadline (this deadline is the same every year). 	
Resources	<ul style="list-style-type: none"> ■ Application via TX-UNPS ■ NSLP ■ NSLP Meal Pattern 	<ul style="list-style-type: none"> ■ SBP ■ SBP Meal Pattern ■ TDA SSO resource presentation

SUMMER FOOD SERVICE PROGRAM (SFSP) Under the Summer Meals Program	
Summary	The SFSP is federally funded and state-administered by the TDA. The goal of SFSP is to ensure children in low-income areas receive nutritious meals and snacks during the summer months when they are not provided school breakfasts and lunches. Meals are served by contracting entities at summer sites in low-income communities where they often concurrently offer enrichment activities.
What the Program Offers to Schools	<ul style="list-style-type: none"> ■ Reimbursement to schools for each meal served to an eligible child that meets federal nutritional SFSP meal pattern guidelines. ■ Schools can offer 2 meals or 1 meal and 1 snack per day. Meal combinations of lunch and supper served on the same day are not allowable. (for example, breakfast and lunch served on the same day are allowable, but not lunch and supper).
Qualifications and Restrictions	<ul style="list-style-type: none"> ■ Open site qualification: At least 50% of children in the area are eligible for free or reduced meals and the site is open to the community. <ul style="list-style-type: none"> □ All children may eat for free. ■ Closed enrolled site qualification: At least 50% of enrolled children are eligible for free or reduced-priced meals. ■ Camp sites: May only serve income-eligible children free meals. Children who do not meet income requirements can have meals but they must pay for them. This is a good option for sports camps. ■ Before application approval, TDA will conduct a site visit to assess applicant viability, capability, and accountability to operate SFPS. This site visit is required for all new applicants. During the site visit, TDA will assess: <ul style="list-style-type: none"> □ Review and verification of the application, management plan, budget, financial documentation, and other records. □ Observe site operations. □ Determine the date the organization is eligible to file its first claim. □ Assess the adequacy of financial and staff resources. □ Determine compliance with civil rights requirements. ■ Renewal applications are required every year. ■ Meals served must be counted, tracked, and reported to the state agency (TDA).
Guidelines for Implementation	<ul style="list-style-type: none"> ■ Meals prepared by the site, whether prepared from scratch or assembled from purchased components, have a slightly higher reimbursement rate for “self-prep” compared to meals purchased through an agreement with an area school or contract meals from food service vendors. ■ A record must be kept of the number of meals served and who received them. ■ Meals may not be reimbursed if they are taken off-site. ■ Meals must follow the SFSP Meal Pattern. ■ CEs must file a claim through TX-UNPS monthly to receive reimbursement.

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SFSP - CONTINUED

Application Process	<ol style="list-style-type: none"> 1. Access the SFSP application packet information and deadlines here. <ul style="list-style-type: none"> □ January 15: Access to the SFSP application packet opens in TX-UNPS □ March 15: Deadline for CEs requesting advance payment □ April 15: Deadline for new applicants □ May 1: Deadline for renewing CEs 2. Complete the SFSP Intake link for new CEs on the TDA Summer Meal Programs website. Scroll to the middle of the page, the link will be above the “Additional Tools and Resources” section. <ul style="list-style-type: none"> □ Note: The SFSP intake link is only available from January 15 - April 15 of each year. 3. Upon completion and review of the intake link, in 3-5 business days TDA will provide information regarding next steps including access to TX-UNPS login information and training that must be completed prior to application approval. 4. Complete the application through TX-UNPS by the above deadlines.
Resources	<ul style="list-style-type: none"> ■ Application through TX-UNPS ■ Quick reference guide for SFSP contracting entities ■ SFSP application packet information and deadlines ■ SFSP Meal Pattern ■ USDA allowability of SFSP costs tip sheet

MULTIPLE PROGRAMS CHART

*If you qualify for each program, review the Qualifications and Restrictions section for enrollment criteria.

		PROGRAMS PERMITTED SIMULTANEOUSLY				
		Afterschool Meals Program	Afterschool Snack Program	Special Milk Program	Seamless Summer Option	Summer Food Service Program
PROGRAMS	Afterschool Meals Program	n/a	YES	NO	YES	YES
	Afterschool Snack Program	YES	n/a	NO	YES	YES
	Special Milk Program	NO	NO	n/a	NO	NO
	Seamless Summer Option	YES	YES	NO	n/a	NO
	SFSP	YES	YES	NO	NO	n/a

NON-FEDERAL FEEDING PROGRAM

BACKPACK PROGRAM Sponsored by Feeding America® Food Banks	
Summary	The Backpack Programs provide free groceries to families during weekends and school holidays. Feeding America® food banks partner with schools to supply backpacks filled with food items to children. Backpacks are usually picked up on Fridays and contain healthy and easy-to-prepare food for meals children will enjoy.
What the Program Offers to Schools	<ul style="list-style-type: none"> ■ Feeding America® food banks partner with schools to distribute backpacks at the school filled with food items to children. ■ Each backpack is picked up the day before weekends or holidays and students return them the day they return to school. ■ Each backpack contains food to make a few healthy meals.
Qualifications and Restrictions	<ul style="list-style-type: none"> ■ Some Feeding America® food banks require schools to have 50% or more enrolled students receiving free or reduced-price lunches. ■ Requirements vary depending on the Feeding America® food bank that 2. serves your area.
Guidelines for Implementation	<ul style="list-style-type: none"> ■ Parents must sign a permission slip for their child to participate.
Application Process	<ol style="list-style-type: none"> 1. Contact the local food bank if you would like to set up a backpack program at your school. 2. After clicking on the link insert your zip code to find the closest Feeding America® food bank near you. 3. Email your local food bank representatives and they will direct you to the online application. 4. Upcoming school year applications should be submitted before the month of April. 5. Onboarding after acceptance into the program takes 2-3 weeks to complete.
Resources	<ul style="list-style-type: none"> ■ Feeding America® BackPack Program ■ Find your local Feeding America® food bank

SCHOOL FOOD PANTRY PROGRAM Sponsored by Feeding America® Food Banks	
Summary	The School Food Pantry Program facilitates Feeding America® food banks providing food to families on school grounds or nearby.
What the Program Offers to Schools	<ul style="list-style-type: none"> ■ Feeding America® food banks assist schools in providing free food items to students and their families. ■ Provides schools with the opportunity to host a food pantry on school grounds or nearby.
Qualifications and Restrictions	<ul style="list-style-type: none"> ■ Some Feeding America® food banks require schools to have 50% or more enrolled students receiving free or reduced-price lunches. ■ Requirements vary depending on the Feeding America® food bank that serves your area. ■ School pantries assist families who struggle with grocery expenses, and they are not only restricted to those students who receive free or reduced-price lunch. Some of these pantries accept all students residing in their district, regardless of the school they attend, and also extend their services to the local community, regardless of whether they have children at the school.
Guidelines for Implementation	<ul style="list-style-type: none"> ■ Food from school food pantries may be distributed to participants through: <ul style="list-style-type: none"> □ Pre-packaged boxes or bags □ Drive-through pantries □ Farmer's market-style pickups □ In-person shopping where students and families pick out what they want ■ Food pantries usually stock fresh fruits and vegetables, grains (bread, pasta, rice), meat and protein options, canned foods, and pantry staples. ■ School food pantries typically have designated days and hours of operation, with some open once a month while others may be accessible once a week or as per the requirement of families. Additionally, some pantries may continue to function during summer vacations. ■ Many of the options that schools use to distribute food require volunteers. Schools can utilize teachers, parent volunteers, or high school students and clubs such as the National Honor Society.
Application Process	<ol style="list-style-type: none"> 1. Contact the local food bank if you would like to set up a backpack program at your school. 2. After clicking on the link insert your zip code to find the closest Feeding America® food bank near you. 3. Email your local food bank representatives and they will direct you to the online application. 4. Upcoming school year applications should be submitted before the month of April. 5. Onboarding after acceptance into the program takes 2-3 weeks to complete.
Resources	<ul style="list-style-type: none"> ■ Feeding America® Backpack Program ■ Find your local Feeding America® Backpack Program food bank

FEEDING PROGRAM TRACKING & TEMPLATES

SPREADSHEET TRACKING TEMPLATES

Tracking meals is essential for school federal feeding programs to receive full reimbursement and monitor program effectiveness. Schools track data to identify areas for improvement and ensure compliance with regulations. Requirements vary by program, so schools should refer to specific program guidelines. Tracked data may include meals served, student eligibility, and meal components. Examples of what may need to be tracked include:

- **Date:** Record the date the meal was provided.
- **Sports Teams:** Track which sports teams students belong to, if applicable.
- **Student Information:** Collect information on the students receiving meals, including their name, grade level, age, race, or ethnicity, and any relevant eligibility criteria.
- **Meal type:** Indicate whether the student ate the food provided or not.
- **Special Circumstances:** Note any special circumstances that may affect the student's ability to participate in the program (for example, illness, absence, etc.).

**To use the templates linked below, please copy and paste the content into a new Google Sheet or Microsoft application.*

[Basic Template](#)

[CACAO Specific Instructions and Template](#)

ADMINISTRATION PRESENTATION INTRODUCTION

This [embedded presentation](#) is a tool for coaches and athletic directors to present to school administration or the school board. It summarizes each federal feeding program and 2 additional feeding program opportunities to help schools select the best program for them. It includes a script that can be used while giving the presentation and can be customized with additional slides.

By utilizing this embedded presentation, coaches and athletic directors can confidently advocate for the implementation of feeding programs, equipped with essential information, and a script that aids in delivering a compelling presentation to the school administration or the school board.

This presentation aims to enable coaches and athletic directors to effectively communicate the benefits and options of federal feeding programs to school leadership. It provides an overview of each program and additional opportunities, equipping decision-makers with the information needed to implement a feeding program. The goal is to show how these initiatives can positively impact student nutrition and well-being, and create potential collaborations and funding opportunities.

EMAIL TEMPLATES

This toolkit includes ready-to-use email templates to help you efficiently communicate with key stakeholders about implementing feeding programs. Simply copy, paste, and personalize with your school's information.

[Email Templates Folder](#)

EMAIL TEMPLATE DECISION-MAKING GUIDANCE

By following this decision-making guidance, schools can determine the appropriate email template based on the specific scenario and recipient, ensuring effective and targeted communication throughout the process implementing feeding programs.

USE	SCENARIO	RECIPIENT	PURPOSE
Inquiry about Federal Feeding Programs for High School Athletes	Coaches are interested in exploring federal feeding programs to provide nutrition support for high school athletes.	Coaches to Athletic Director	To inquire about the availability and suitability of federal feeding programs for high school athletes.
Request for Approval of Nutrition Program for Student Athletes	Coaches have identified a specific nutrition program and are seeking approval to implement it for student-athletes.	Coaches to Superintendent	To formally request approval and support from the superintendent for implementing a nutrition program for student-athletes.
Request for Meal and Snack Assistance for Student Athletes	Coaches are seeking meal and snack assistance from local food banks to support student-athletes.	Coaches to Local Food Banks	To request assistance and support in obtaining meals and snacks for student-athletes from local food banks.
Inquiry about Federal Nutrition Program for Athletes	Athletic directors are interested in exploring a specific federal nutrition program for athletes.	Athletic Director to Child Nutrition Director	To inquire about the details, eligibility, and application process of a specific federal nutrition program for athletes.
Inquiry about Nutrition Programs for Athletes	Athletic directors want to explore existing nutrition programs available for athletes in their school.	Athletic Director to Child Nutrition Director	To inquire about the availability of nutrition programs specifically tailored to athletes and explore options for implementation.
Introduction of a New Feeding Program for High School Athletes	Athletic directors are announcing the implementation of a new feeding program for high school athletes.	Athletic Director to Parents/Guardians	To introduce the new feeding program, explain its benefits, and provide relevant details to parents/guardians.

OPPORTUNITIES FOR PROGRAM IMPLEMENTATION

STAFFING & VOLUNTEER OPPORTUNITIES

Hiring a High School Sports Registered Dietitian

The Student-Athlete Meal Plan toolkit provides a job description for a high school-level registered dietitian to work with student-athletes and promote healthy eating habits through nutrition education and the Sports Nutrition Game Plan. An RD can provide group nutrition education, track meals, and communicate regulations regarding feeding programs.

Schools can also partner with RD interns virtually at no cost through the [Sports Nutrition Playbook](#). The Sports Nutrition Playbook, created by sports dietitian Amy Goodson, aims to partner RD interns virtually with schools at no cost to the schools. This can pave the way for schools to hire a sports dietitian to provide sports nutrition education, implement feeding programs, and connect the athletic department and child nutrition.

Solving Staffing Issues: Hire Students

Schools can hire students to assist kitchen staff after school and during the summer to help alleviate staffing shortages while providing students with job training and work experience. This approach can be a win-win for both the school and its students, helping to support the feeding program while also providing job opportunities for young people in the community.

Volunteer Opportunities

Schools can also involve student volunteers from school clubs, like National Honor Society or Student Council, to support feeding programs, such as food distribution events. This provides students with community service experience and fosters civic engagement and responsibility.

HIGH SCHOOL SPORTS DIETITIAN JOB DESCRIPTION

Job Summary

The high school registered dietitian (RD) will provide nutritional education to athletic teams through the Sports Nutrition Game Plan, as well as manage the CACFP Afterschool Meals service and/or similar federal nutrition programs. The ideal candidate will have a thorough knowledge of nutrition, a willingness to work with children and adolescents to meet their nutritional needs, and excellent communication and organizational skills.

Responsibilities

■ Athletic Department:

- Implement the Sports Nutrition Game Plan in the high school setting.
- Provide individual nutrition consultations for student-athletes as needed.
- Educate athletic teams on proper nutrition for optimal performance and recovery.
- Communicate with coaches on rules and regulations regarding the implemented feeding program.
- Record and track teams and individual athletes that receive feeding program services.

■ Child Nutrition:

- Collaborate with the school food service director to provide and promote healthy food options.
- Oversee the CACFP Afterschool Meals service, including participation tracking and sharing information with the school food service director.
- Manage when and where the feeding program(s) will be administered to students.
- Ensure that all meals and snacks meet the nutritional requirements set forth by the specific program.
- Keep accurate records of program participation and expenditures.
- Stay informed on current nutrition research and trends to inform program development and implementation.
- Responsible for nutrient analysis of meals provided by meal programs.
- Work closely with the director of school nutrition to implement and organize programs.
- Maintain accurate reports.
- Follow the rules and regulations of the school.

■ Optional for Schools:

- Teach a sports nutrition course or nutrition elective.
- Perform other duties as assigned by the school administration.

■ Qualifications:

- Bachelor's or Master's Degree in Nutrition or a related field.
- RD credential from the Commission on Dietetic Registration.
- Excellent communication and interpersonal skills.
- Strong organizational and time-management skills.
- Ability to work independently and as part of a team.
- Knowledge of nutritional requirements for students.
- Knowledge of quantity foods production.
- Passion for promoting healthy eating habits and lifestyles among students and the community.

■ Work Environment:

- The high school RD will work primarily in a school setting but may also need to travel to other locations for meetings or events. The work environment may include exposure to various allergens and dietary restrictions.

LOCAL & COMMUNITY OPPORTUNITIES

HOW TO RESEARCH FOR LOCAL OPPORTUNITIES

Local Opportunities will be the best way for schools to receive additional meals and snacks that are not federally and/or USDA-funded. Schools can be partnered with one, multiple, or none of the programs listed above. When trying to find local opportunities use keywords such as: "school food programs near me," "food for student athletes in (the town you reside in or close to)," "food pantry in _____," "food bank in _____," etc.

Local food banks can possibly offer:

- Partnerships with schools to distribute food
- Opportunities for snacks
- Ideas and help on how to start a school food bank
- Mobile food pantry opportunities

**Note: Small, local food banks might be limited on the services/food they can provide to schools. However, if one food bank is unable to provide the assistance they could inform you and your school of other options and opportunities to feed students and student-athletes. Local churches hosting food banks can also be a great resource to reach out to for feeding and nutrition assistance.*

EXAMPLES OF LOCAL OPPORTUNITIES

Champion Fuel Food Program: Be a Champion, Houston, Texas

The Champion Fuel Food Program, in partnership with Food for Good by PepsiCo, assists schools and afterschool programs with providing nutritious meals and snacks to students in enrichment programs. Designed for schools and organizations administering the federally funded CACFP and SFSP programs, which address FI in low-income communities, Champion Fuel reduces administrative burden while promoting students' physical, academic, and overall well-being.

The Champion Fuel Food Program partners with schools and afterschool programs to provide nutritious meals and snacks that meet federal nutrition program guidelines. The program helps schools streamline food service and comply with regulations.

[Champion Fuel Food Program Website](#)

[Champion Fuel Food Program
CACFP Enrichment Activities](#)

Tarrant Area Food Bank (TAFB) Mobile Food Pantry, Fort Worth, TX

The TAFB mobile pantry is a community-based program that partners with local organizations such as schools, churches, and Boys and Girls Clubs to provide food to community members in need. The mobile pantry is very similar to SFSP administered through Feeding America® food banks. With regular food and grocery distributions typically once a month, the TAFB mobile pantry provides a reliable source of food for those who may not have access to traditional food assistance programs.

The mobile food pantry distributes various foods, including fresh produce, frozen items, and non-perishable goods, ensuring families have access to nutritious options. The program increases community food security, ensuring access to healthy food. The pantry operates like a drive-through, needing volunteers to direct traffic and load groceries; this is an excellent opportunity for a school club.

[TAFB Mobile Food Pantry Website](#)

GRANT OPPORTUNITIES (NATIONAL & STATE)

BREAKFAST IN THE CLASSROOM (BIC) GRANTS & RESOURCES

STANDARD ACTION FOR HEALTHY KIDS (AFHK) - DISTRICT PARTNERSHIP GRANT	
Summary	School district staff apply for support for district-level policy and professional development, as well as funding and professional development for schools within the district to support curricula/programs, best practices and policy implementation, and family-school partnerships to address social-emotional health and risk behavior prevention (ConnectEd), food access and nutrition education (NourishEd), and physical activity and active play (EnergizEd), and provide a learning environment where students are healthy in body and mind. All grants include monetary and in-kind support from AFHK.
Eligibility Requirements	<ul style="list-style-type: none"> School districts located in and around the following communities are eligible to apply for a district partnership grant: Chicago, IL Jacksonville, FL Palm Beach, FL Friendship, NY. School districts with a demonstrated need and a lack of resources will receive priority for funding. AFHK utilizes an equity index to guide grant decision-making, which includes poverty-related metrics, race, population density, student disabilities, and per pupil expenditures, to acknowledge characteristics that may result in health and educational disparities. Contact for eligibility in Texas: Michelle Smith - MSmith@ActionForHealthyKids.org
Resources	AFHK website - grants & support

AFHK - NOURISHED DISTRICT PARTNERSHIP GRANT	
Summary	School district staff apply for support for district-level policy and professional development, as well as funding and professional development for schools within the district to support curricula/programs, best practices and policy implementation, and family-school partnerships to address social-emotional health and risk behavior prevention (ConnectEd), food access and nutrition education (NourishEd), and physical activity and active play (EnergizEd), and provide a learning environment where students are healthy in body and mind. All grants include monetary and in-kind support from AFHK.
Eligibility Requirements	<ul style="list-style-type: none"> Districts located throughout the U.S. are invited to apply for a grant. School districts in which there is demonstrated need and a lack of resources will receive priority for funding. AFHK utilizes an equity index to guide grant decision-making, which includes metrics related to poverty, race, population density, student disabilities, and per pupil expenditures, to acknowledge characteristics that may result in health and educational disparities. Contact for eligibility in Texas: Michelle Smith - MSmith@ActionForHealthyKids.org
Resources	<ul style="list-style-type: none"> AFHK website - grants & support

BIC IMPLEMENTATION RESOURCES	
Summary	Resources and tools developed by partners of BIC to guide everything from menus to student activities to make your SBP a success.
Resources	<ul style="list-style-type: none"> BIC website

DAIRY MAX GRANTS & RESOURCES

NUTRITION NOW	
Summary	Nutrition NOW is a full-service solution to school nutrition, offering expertise from school wellness consultants to provide customized support to expand meal service operations and drive average daily participation growth. Additionally, they provide customized marketing support to elevate your program and grant funding provided by dairy farm families in the state. School districts that participate in the NSLP, SBP, SFSP, SSO, or CACFP After School Meals can apply for funding to increase student dairy food consumption. They offer meal solutions, including meals delivered to student classrooms, grab-and-go breakfasts, afterschool meals and snacks, summer feeding, and even an à la carte option for smoothies and yogurt parfaits. To connect with a school wellness consultant, use this link.
Eligibility Requirements	<ul style="list-style-type: none"> Schools will be evaluated to receive grant funding based on a variety of factors, including the strength of the program, enrollment, and potential for impact.
Resources	<ul style="list-style-type: none"> Find your school wellness consultant Nutrition Now website

BUILT WITH CHOCOLATE MILK	
Summary	Coaches may contact a school wellness consultant to receive a free chocolate milk cooler for the athletic department.
Resources	<ul style="list-style-type: none"> BUILT with Chocolate Milk website

FUEL UP	
Summary	Fuel Up is an initiative focused on helping educators and students fuel wellness in the areas that matter most, like being mindful and staying healthy. The educational resources, partnerships, and grant/funding opportunities aim to broaden access to good nutrition and overall wellness. Fuel Up is committed to: Fueling Minds, Fueling Bodies, and Caring for the Planet.
Eligibility Requirements	<ul style="list-style-type: none"> Funds are available to any qualified U.S. K-12 school. To apply, schools must participate in the NSLP. If you have received funds for Fuel Up in the past 3 years, your school needs to have submitted all required funds for Fuel Up final reporting to be eligible to receive an equipment kit.
Resources	<ul style="list-style-type: none"> Apply for funding Sample application Online playbook Smoothie resources

DAIRY DOLLARS FOR SCHOOLS: INCREASE REVENUE WITH DAIRY	
Summary	An interactive online model to help schools determine which programs are best fit for their current needs.
Resources	<ul style="list-style-type: none"> Dairy Dollars for Schools guide

FOOD RESEARCH & ACTION CENTER (FRAC) GRANTS & RESOURCES

COMMUNITY ELIGIBILITY PROVISION (CEP)	
Summary	The CEP allows high-poverty schools and districts to provide breakfast and lunch at no charge to all students. Community eligibility reduces administrative paperwork and costs, increases school meal participation, eliminates stigma, maximizes federal reimbursements, and makes it easier to implement BIC and other innovative breakfast models.
Eligibility Requirements	<ul style="list-style-type: none"> Any school district, group of schools in a district, or school with 40% or more identified students (children who are certified eligible for free school meals without a household application) can choose to participate. Identified students include children directly certified through data-matching because their households receive the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), or the Food Distribution Program for Indian Reservations (FDPIR), and in some states, Medicaid benefits. Additionally, identified students include children who are certified for free meals without an application because they are homeless, migrant, enrolled in Head Start, or in foster care.
Resources	<ul style="list-style-type: none"> FRAC Community Eligibility website

SCHOOL BREAKFAST: HOW TO START A BREAKFAST AFTER THE BELL PROGRAM	
Summary	FRAC's fact sheet for guidance on starting and implementing a Breakfast After the Bell program to increase participation in school breakfast.
Resources	<ul style="list-style-type: none"> Secondary schools Breakfast After the Bell toolkit

AFTERSCHOOL NUTRITION PROGRAM	
Summary	The Afterschool Nutrition Programs operate through the CACFP to serve a meal and a snack to children after school, on weekends, and during school holidays. They also operate through the NSLP to provide a snack after school.
Resources	<ul style="list-style-type: none"> FRAC Afterschool Nutrition Program website

NON-PROFIT FOUNDATIONS GRANTS & RESOURCES

UNITED SUPERMARKETS FOUNDATION	
Summary	The foundation funds organizations that strengthen local communities, with a particular priority on hunger, youth and education, health and wellness, and quality of life. The United Family helped to raise money for 1 Texas school through a supply drive. Guests were able to donate either supplies or cash at the checkout counter so that they would have the supplies needed for their students for the upcoming school year.
Eligibility Requirements	<ul style="list-style-type: none"> Organizations funded must serve the community where United Supermarkets operate. Applications are reviewed 6 times per year.
Resources	<ul style="list-style-type: none"> Application United Supermarkets Foundation grant funding guidelines

OLIVER FOUNDATION	
Summary	<p>Level 1 Grant: Awarded for a single school year (2 or more semesters) or a summer program. Campus level, grade level, teacher, and summer programs that meet the minimum requirement of 3 of the 7 healthy messages will be considered. A physical activity and nutrition educational component are required as 2 of the 3 healthy messages. All programs must have a sustainability plan. For those grants that are purchasing equipment or supplies that are on an annual renewal basis, the grant must include a plan to renew said equipment/supplies for subsequent years. These grants are \$750-\$3,000.</p> <p>Level 2 Grant: Awarded for a 2-year (4 semesters) or longer program that includes a minimum of 5 of the 7 Healthy Messages. A physical activity and nutrition educational component are required as 2 of the 5 or more Healthy Messages. Level 2 grants are intended to create a long-term sustainable program at the campus level. All programs must have a sustainability plan. For those grants that are purchasing equipment or supplies that are on an annual renewal basis, the grant must include a plan to renew said equipment/supplies for subsequent years. These grants are \$3,000-\$5,000.</p>
Eligibility Requirements	<p>Projects are selected based on:</p> <ul style="list-style-type: none"> Focus on the prevention of childhood obesity by implementing Oliver Foundation's 7 Healthy Messages A nutrition and physical activity education component are mandatory. Programs that meet a clear, identifiable need. Creativity. Operational strength of the applicant organization, including project leadership. Sustainable impact of the overall program. Applicant must agree to complete and submit a mid-course progress report(s) and a final evaluation if awarded a grant.
Resources	<ul style="list-style-type: none"> Oliver Foundation website

U.S. DEPARTMENT OF AGRICULTURE (USDA) GRANTS & RESOURCES

FARM TO SCHOOL GRANT	
Summary	On an annual basis, the USDA awards competitive Farm to School grants that support planning, developing, and implementing farm to school programs. Farm to school programs serve healthy meals, improve child nutrition, provide agricultural education opportunities, and help students establish a positive relationship with food. The USDA website offers several resources for those new to the program and looking to find the steps needed to get started.
Eligibility Requirements	<ul style="list-style-type: none"> County governments, state governments, independent school districts, city or township governments, Federally recognized Native American tribal governments, and nonprofits having a 501(c)(3) status with the IRS, other than institutions of higher education.
Resources	<ul style="list-style-type: none"> Getting started steps Getting started toolkit New to Farm to School guide

HEALTHY MEAL INCENTIVES GRANTS	
Summary	USDA Food and Nutrition Services and AFHK offer competitive grants (up to \$150,000 per grant) for small and/or rural SFA to support their efforts to improve the nutritional quality of their school meals and meet the Healthy Meals Incentive Recognition Awards criteria.
Eligibility Requirements	<ul style="list-style-type: none"> County governments, state governments, independent school districts, city or township governments, Federally recognized Native American tribal governments, and nonprofits having a 501(c)(3) status with the IRS, other than institutions of higher education.
Resources	<ul style="list-style-type: none"> AFHK website Healthy Meals Incentive website

TEAM NUTRITION GRANT SUPPORTING NUTRITION EDUCATION FOR SCHOOL-AGED CHILDREN	
Summary	Supports state agencies and SFA in implementing the adoption of healthy eating patterns by school-aged children (grades pre-K through 12) and their families through the coordination and implementation of MyPlate nutrition education connected to the nutritious meals and snacks offered through USDA child nutrition options. State agency and SFA grantees will provide direct nutrition education to students, parents/caregivers, and other state stakeholders, and build capacity for revitalizing local school wellness policies, to improve the consumption of nutritious foods and beverages offered through USDA child nutrition programs.
Eligibility Requirements	<ul style="list-style-type: none"> State agencies that administer the NSLP and/or the CACFP, at-risk afterschool meals and outside school hours care centers, and SFA.
Resources	<ul style="list-style-type: none"> Team Nutrition Grant website For more information, email: TeamNutrition@USDA.gov

*continued on next page

USDA GRANTS & RESOURCES - CONTINUED

NSLP EQUIPMENT ASSISTANCE GRANTS FOR SFA	
Summary	Subgrants awarded to local educational agencies and schools to purchase equipment needed to serve healthier meals (valuing more than \$1,000), improve food safety, and help support the establishment, maintenance, or expansion of the SBP.
Eligibility Requirements	<ul style="list-style-type: none"> State agencies may consider any SFA eligible to receive a grant award. Selection criteria factors that state agencies may consider include, but are not limited to the following: <ul style="list-style-type: none"> Age of food service equipment or lack of appropriate items. Ability of food service equipment to increase the efficiency of SFA procurement, food storage, and distribution/service. The availability of existing state and local funding for equipment purchases. Strategies for adopting lunchroom changes that provide more convenience and appeal to the student. Opportunities to realize meaningful impacts on nutrition and quality of meals.
Resources	<ul style="list-style-type: none"> Equipment Assistance Grant policy memo TDA Equipment Assistance Grant webpage

ENERGIZE YOUR DAY WITH SCHOOL BREAKFAST TOOLKIT	
Summary	Designed for school food service directors and others who have an interest in establishing or increasing access to the SBP at their school(s). The content is also intended to be accessible to stakeholders at all levels and is intended to assist in determining which type of meal service is best suited to a school's needs, calculating costs of operation, developing menus and a marketing plan that will generate buy-in among school staff and the community, and encourage student participation.
Resources	<ul style="list-style-type: none"> School Breakfast toolkit

TEXAS DEPARTMENT OF AGRICULTURE (TDA) GRANTS & RESOURCES

URBAN SCHOOLS AGRICULTURE GRANT PROGRAM	
Summary	This grant program helps public schools develop better health and nutrition programs and prevent obesity among Texas children. The objective is to increase children's awareness of the importance of good nutrition and encourage them to pursue healthy lifestyles using the 3E's of Healthy Living — Education, Exercise, and Eating Right. In the past, grant recipients have used funds to help establish and expand farm to school activities including taste testing, school gardens, field trips to farms and agricultural based learning projects, and more.
Eligibility Requirements	<ul style="list-style-type: none"> Texas public elementary or middle school in an Independent School District (ISD) with an enrollment of 49,000 or more. Non-profit organization that has the support of a Texas public elementary or middle school in an eligible district.
Resources	Urban Schools Agriculture Grant Program webpage Urban Schools Grant Program ideas For more information, email: Grants@TexasAgriculture.gov

TIPS FOR BUDGET-FRIENDLY SNACKS

IMPORTANCE OF BALANCED SNACKS

Proper nutrition is essential for athletes, and snacks are a key component in providing necessary energy and nutrients. This handout focuses on affordable and practical snack options for school athletes, ensuring that nourishing choices are accessible to all. By selecting budget-friendly options, athletes can maintain a balanced diet without breaking the bank.

TIPS FOR SMART SNACKING

■ Plan Ahead:

- Encourage athletes to pack snacks the night before to avoid last-minute unhealthy choices.
- If you are packing snacks for your athletes, try prepping the snacks with help from parents or student volunteers the day before the snacks will be needed.

■ Buy in Bulk:

- Suggest purchasing snacks in bulk to save money and ensure availability, try club stores for the best deals.

■ Portion Control:

- Emphasize the importance of portion sizes to prevent excessive snacking or under-fueling.

■ Hydration:

- Remind athletes to stay hydrated by carrying a refillable water bottle.

■ Healthy Swaps:

- Provide suggestions for healthier alternatives to common unhealthy snacks.

■ Buy Generic vs. Name Brand:

- Brand name snacks tend to be more expensive than generic store brands. When you can, opt for generic brand snacks to help bring down the cost.

SHOPPING ON A BUDGET

It can be hard to eat nutrient-rich foods on a limited budget, but with a few smart tips you can efficiently manage your pantry, plan meals, and shop wisely to shop within your financial means. It all starts with a little bit of planning!

■ Smart Meal Planning Tips:

- Check your pantry/fridge/freezer to avoid purchasing foods you already have.
- Consider sharing groceries with roommates to cut back on cost and waste.
- Plan your cooking schedule based on the time you have available.
- Use leftovers creatively for future meals.
- Prepare meals in bulk for breakfasts/lunches on weekends.
- Choose recipes that share ingredients to minimize waste.

■ Smart Shopping Tips:

- Eat before shopping to avoid impulse buys.
- Use coupon apps for discounts.
- Choose generic brands over name brands.
- Look for less expensive items on lower and higher shelves.
- Track spending as you shop to stay within budget.
- Pay with cash for better budget control.

■ What do Local Food Pantries Offer?

- Basics: Rice, pasta, beans/legumes, canned goods (vegetables, fruits, soups/stews), and peanut butter.
- Occasional fresh items: Some pantries offer fresh fruit, vegetables, and various proteins.
- Call your local food pantry to determine if you are eligible.

ADDITIONAL RESOURCES

Texas Beef Council

The Sports Nutrition Game Plan is funded by the Texas Beef Council. Through their website, BeefLovingTexans.com, they offer protein education, health professional resources, and recipes.

If you have not yet joined the Sports Nutrition Game Plan community, visit SportsNutritionGamePlan.com to sign-up for **FREE!**

The Sports Nutrition Playbook

The [Sports Nutrition Playbook](#), created by sports dietitian Amy Goodson, offers [1-on-1 coaching](#) covered by insurance, sport specific on-demand programs, as well as a free [podcast](#), [Instagram](#), and [YouTube channel](#).

State Grants

To find state-specific grants, start by visiting the official website of the state you're interested in, specifically the department or agency responsible for grants or funding opportunities. Online resources like Grants.gov are also helpful in locating federal grants relevant to your state.

ACRONYM GLOSSARY

AFHK - Action for Healthy Kids

BIC - Breakfast in the Classroom

CACFP - Child & Adult Care Food Program

CEP - Community Eligibility Provision

FDA - Food & Drug Administration

FI - Food insecurity

FRAC - Food Research & Action Center

NSLP - National School Lunch Program

SBP - School Breakfast Program

SFA - School Food Authorities

SFSP - Summer Food Service Program

SMP - Special Milk Program

SNP - School Nutrition Program

SSO - Seamless Summer Option

TAFB - Tarrant Area Food Bank

TDA - Texas Department of Agriculture

TX-UNPS - Texas Unified Nutrition Program System

USDA - U.S. Department of Agriculture

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