

AFTER-SCHOOL SNACK PROGRAM

Nishna Valley Family YMCA



Helping Kids Stay Fueled, Focused, and Ready to Thrive!

The Nishna Valley Family YMCA is helping close the hunger gap for local kids!

Through our Snack Program, we provide nutritious, hearty snacks on Tuesdays and Thursdays after school through 4:00 p.m. throughout the school year.

This program is made possible through the Child and Adult Care Food Program (CACFP), which reimburses the YMCA for grocery costs—allowing us to serve healthy, balanced snacks that support children's growth and energy between school lunch and suppertime.

Program Highlights:

- ✓ Free, healthy snacks provided after school on Tuesdays & Thursdays
- ✓ Helps fill the hunger gap between lunch and dinner
- ✓ Encourages healthy habits and nourishes growing kids
- ✓ Supported by the State of Iowa's CACFP reimbursement program
- ✓ Open to kids aged kindergarten to 18 years old that are either YMCA members or have paid admission to the Y.

