



Summer Meals Newsletter

MAY 2016

SPRING IS HERE AND SUMMER IS NEAR
IT IS TIME TO KICK YOUR PLANNING INTO HIGH GEAR!

What's New?

New Designs! The 2016 Administrative Guidance for Sponsors, 2016 Nutrition Guidance for Sponsors, 2016 Sponsor Monitor's Guide, the 2016 Site Supervisor Guide in English and Spanish have been updated with brand new designs. Check them out here: <http://www.fns.usda.gov/sfsp/handbooks>

Summer Food, Summer Moves resources now available! Check them out at <http://www.fns.usda.gov/tn/summer-food-summer-moves>



Upcoming USDA and Partner Events

May 4th, 3pm EST

USDA Office of Community Food Systems: Engaging Students
<https://cc.readytalk.com/cc/s/registrations/new?cid=oeyenqoio413>

May 5th, 1:00pm EST

Food Research & Action Center: Nutrition Education and Other Enrichment Activities for Summer Meal Programs
<https://frac.peachnewmedia.com/store/seminar/seminar.php?seminar=60512>

May 14th, 2pm EST

Share Our Strength Center for Best Practices: Engaging Elected Officials at Summer Meals Sites
<https://bestpractices.nokidhungry.org/events/2015/may/14/engaging-elected-officials-summer-meals-sites>

May 18th, 1:00pm EST

USDA FNS: Maps to Make Your Summer Meal Program Better
<https://cc.readytalk.com/cc/s/registrations/new?cid=67q2ik6441m1>

Proactive Planning for Sponsors



- Ensure your sites are still available and ready to serve meals.
- Conduct outreach to families and children near your sites.
- Finish health inspection letter.
- Ensure site staff and volunteers have been trained.
- Prepare to promote kick-off events in conjunction with your State and organizational partners.
- **REMINDER:** By June 15 all sponsor applications must be submitted to your State agency. Note that some States may have earlier deadlines.

Resources for Sponsors

New Meal Quality Handout for Summer Meal Program Operators

As the summer approaches, make sure you have all the right information to serve healthy meals and encourage participation in summer meal programs. In May, the Food and Nutrition Service will release a 4-page handout for summer meal site operators that gives practical ideas for small changes that sites can implement to improve the nutritional quality of meals they serve, and ways to make foods more appealing to children and teens. The handout will be available in both English and Spanish, and will include tips, resources, a taste-testing ballot, and sample menus!

The **Offering Healthy Summer Meals that Kids Enjoy** handout provides tips and tools to improve the quality of meals being served and ensure kids enjoy all that Summer Meal Programs have to offer. Start using the delicious sample menus and the “taste test ballot” now, to decide which fruits, vegetables, and recipes you should include in your summer menu more often. Find additional ideas about how to engage volunteers and staff and how to incorporate local foods in this colorful handout, and put your new inspiration into action with the interactive goal-setting section. The handout has information to help every type of site (big, small, or vended) make their summer meal program fun and healthy!

This handout will be available along with other Team Nutrition summer resources at <http://www.fns.usda.gov/tn/summer-food-summer-moves>. Free printed copies of this handout, and other summer resources, are expected to be available for summer meal sites participating in the USDA Child Nutrition programs this summer through the Team Nutrition Web site: <http://teamnutrition.usda.gov>. If you have questions please contact Team Nutrition at TeamNutrition@fns.usda.gov.

USDA United States Department of Agriculture

Offering Healthy Summer Meals That Kids Enjoy

Ways your summer meal program can help kids fuel up, have fun, and get the nutrition they need for growth and good health

Helping children get the nutrition they need for health and growth is what summer meals are all about. There are many ways you can plan your menus and set up your summer meal sites to make the biggest difference possible. Some small changes in your program can make a positive difference in:

- The number of children that attend your summer meal program
- How satisfied children feel after eating the provided meal and/or snack
- Ensuring that children get the nutrition they need to stay active, healthy, and ready to learn

If your meal site offers foods in addition to what's required in the meal pattern, consider offering healthier extras.

Serving kids an additional ½ cup of baby carrots instead of potato chips provides them with additional vitamin A, a nutrient that helps keep their eyes and skin healthy.

How can I get started? Make a plan and start with changes that work best for your summer meal site. Some easy ideas to start with include:

- **Focus on whole fruits.** Serve whole and cut-up fruits more often than juice. Offer favorite fruits, such as melon, apples, and plums, instead of sweets like cake, brownies, or cookies.
- **Vary your veggies.** Offer dark-green, red, and orange vegetables, as well as beans and peas during the week.
- **Make half your grains whole grains.** Look for whole grains listed first on the ingredients list. Try whole-wheat bread, whole-grain tortillas and pastas, and brown rice.
- **Vary your protein routine.** Mix up your main dishes to include seafood, beans and peas, nut or seed butters, eggs, and lean meats and poultry. Limit processed meats, such as hot dogs and bologna, to no more than once per week.
- **Move to low-fat (1%) or fat-free milk.** Offer water as an additional beverage.

How can I offer healthier meals?

- Emphasize nutrition expectations in vendor specifications. For example, specify low fat content for dairy products like cheese, yogurt, and milk.
- Share your nutrition goals with program staff, partners, and supporters. Discuss how you are working to make every bite count by offering foods that provide the nutrients kids need to grow and be healthy. Work together to find ways to offer more healthful food items that kids enjoy. Focus on a few small changes at a time.
- When building your summer menu, be sure to taste test recipes and possible menu items with children who are participating in afterschool or school meal programs.

Offering ¾ cup of apple slices instead of ½ cup of apple juice gives kids an additional 2 grams of fiber. Fiber helps kids feel full longer and is good for digestion.

ChooseMyPlate.gov

TEAM

Promoting Summer Meals

USDA United States Department of Agriculture

School's Out!

POWER UP for Summer Fun!

SUMMER MEALS for KIDS & TEENS
Being Served in Your Community

To find a nearby site:
Call 1-866-348-6479

Go to www.fns.usda.gov/summerfoodrocks
Text FOOD to 877-877 operated by a USDA partner

Open to all children 18 and younger
NO Enrollment, NO Cost!

U.S. Department of Agriculture | Food and Nutrition Service | 7965-490 | May 2015 | USDA is an equal opportunity employer and provider

The **Summer Meal Flyers** have arrived, and are ready for distribution. Follow this link to access flyers, postcards, and bookmarks you can use to make your summer meal program the talk of the town! Remember, summer meal outreach can be done by ANYONE, ANYWHERE, so make sure to share these resources with ALL community partners!

Click here to check out the fliers:
<http://www.fns.usda.gov/sfsp/raise-awareness>