



Summer Meals Program for Children Summer Splash

Nutritional Development Services
Archdiocese of Philadelphia

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Dear Summer Site Supervisors:

Greetings! Welcome new and returning sites to a summer of food and fun and, hopefully, peace in our communities.

We at NDS specialize in sponsoring the USDA federally funded child nutrition programs offered to children across our nation. Thanks to hundreds of partners like you, we are helping to meet the needs of our youth.

Unfortunately, many children still have lower calorie and nutrient intake during the summer months because they do not have access to these programs. Please spread the word about the Summer Meals Program. Encourage participation at your organization and share information about this program with other organizations or individuals so they too can serve meals. NDS has no deadline for signing up, so if you have a friend or colleague who is interested in the Summer Meals Program, please give them our name and number.

Food is only nutritious if children eat it. Inspire the children at your site to try new foods with reassuring words and actions. Encouraging students to take one bite will lead to two bites another day. Most of all, be patient. Some children have to see a new food many times before they are willing to try. An encouraging, positive eating environment will help.

Keep a close eye on food safety. All foods must be checked by you when delivered to make sure they are cold. Keep foods cold until mealtime and while on the Share Table. Review the "Food Safety Do's and Don'ts" with your staff to make sure everyone is doing their part to keep the food safe for the children to eat. Healthy eating goes hand in hand with physical fitness. Encourage children to move more and stay active. Remind them to drink lots of water to stay hydrated through the hot summer months. Activities can also give children another reason to return to your site every day.

Thank you again for choosing to partner with us to meet children's nutritional needs this summer. Connect with us through Facebook, Instagram, and Twitter to share your photos and participate in contests. As always, feel free to call us if we may help you in any way. Have a healthy and peace-filled summer!

NDS Summer Meals Staff



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Let's Move!

Eating nutritious meals is just the first step to a safe and healthy summer. Kids and teens also need to be physically active, at least 60 minutes a day, 5 days a week. Children may be less active during summer months as days are less structured. You have a great opportunity to teach kids at your meal site healthy habits for life.



Physical activity Ideas

- Dance
- Design an obstacle course
- Have children compete or do jumping jacks, sit-ups, or push-ups with each other. If you record the numbers and chart them, you can see how they improve from start to finish of your summer meal site. This also makes a great math enrichment opportunity.
- Create races like skipping, one-legged, jumping, or crawling races.

You can also incorporate enrichment activities to help kids continue to learn over the summer. Here are a few ideas you can do without purchasing any materials:

- Read a book - Pick one up from the library or ask children to bring one to share with the group
- Have children write letters or make cards for friends, family members or pen pals
- Finger paint
- Learn a language





Contests



Creative Writing Contest

Encourage students to write poems, stories, songs, etc., about kindness. Students may also submit stories on how they tried to improve the lives of others by being kind, or how an act of kindness has brightened their day or made a difference to them.

Creative Poster Contest

Encourage students to design a poster or creative drawing on kindness with a simple message about what it means to be kind.

Kindness Counts Contest

Encourage students to perform kind acts and document them to share with NDS. Acts of kindness can be as small as giving a friend a high five or saying thank you, or as large as helping a fellow camper complete a task.

Submit entries (mailed or delivered) with the child's name, age, and name and number of site on the back by **Friday July 20, 2018**

Submission are placed in two categories with winners:

Students from 5-8 years old

Students 9 and older

Promoting the Summer Meals Program

Summer Meal sites play an important role in feeding children when schools are out of session. In addition to healthy meals, sites can also provide physical and enrichment activities to keep children and teens engaged and coming back. Providing free or low-cost activities to incorporate in your program can help boost attendance and make meal service more fun for children and volunteers alike.



How can you increase participation

- Create banners, yard signs, and flags
- Provide information to laundromats, grocery stores, churches, health agencies, WIC offices, libraries, and churches.
- Use high school students as volunteers who are looking for community service hours to help assist with activities at your site
- Partner with community agencies
- Create activities and contests in the beginning of summer to be awarded at the end
- Partner with food banks and/or libraries

Outreach is really important to make your summer meal site successful!

Food Safety

One of our jobs as food providers for children is to keep the meals we serve safe. This is easy if we follow a few simple steps:



- **Handwashing.** Start good habits right away this summer with your staff and students by incorporating handwashing into your schedule. It is the number one most important thing we can do when it comes to food safety. Soap and water kill harmful micro-organisms - have plenty available.
- **Keep food off the floor and out of the sun.** Even the boxes or coolers that the foods are stored in should be kept off the floor. This practice will help keep the food free of contamination.
- **Keep cold foods cold.** Foods served in this program should be kept cold. Please refrigerate items as soon as possible after you receive a delivery; use ice and coolers if you are an outdoor meal site.



Wrapping Up

SUMMER MEALS HOTLINE

If you know of any children who are not close enough to visit your site for a meal, tell them about the Summer Meals Hotline! They can call 1-855-252-MEAL (6325) or text "FOOD" to 877877 to find the nearest Summer Meals site.



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CHANGING LIVES WITH HEALTHY MEALS



Nutritional Development Services (NDS)
 Archdiocese of Philadelphia
 222 N 17th Street
 Philadelphia, PA 19104
 Phone: 215-895-3470 option 1
 Fax: 215-895-0830
www.nutritionaldevelopmentservices.org

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