

Issue 1: June 2018  
Nutritional Development Services  
Archdiocese of Philadelphia  
(215)-895-3470 Option 1



# Summer Splash

## Welcome to the Summer Meals Program!

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We're so excited to have you participating in our Summer Meals program for 2018! This year, we already have over 300 sites signed up to hand out healthy and delicious meals to children 18 and under. Thank you so much for providing an incredible service!

Keep a lookout for our biweekly newsletters to receive the latest updates on all things NDS! Our newsletter will also feature fun activities and tips for kids over the summer.

# Tips for New Sites

## Rhyme Reminders

WHEN THE DRIVER DELIVERS  
YOUR MEALS, COUNT  
BEFORE HE DISAPPEARS!

You should count all of the items before the driver leaves, but he doesn't have to wait while you take the temperature of the milk!

IF YOU WANT A CHANGE  
MADE, CALL BEFORE ONE  
EVERY DAY!

Call us at (215) 894-3470 option 1 before 1:00PM to make any changes to the next day's delivery.

IF YOU GOT BREAKFAST  
TODAY, SERVE IT THE  
NEXT DAY!

Breakfast is delivered the day before it is meant to be served.

**SAVE THE  
DATE!**

THE DATE ON THE MILK  
CARTON IS THE LAST  
DAY YOU CAN SERVE  
THE MILK

## Calibrating Your Thermometer

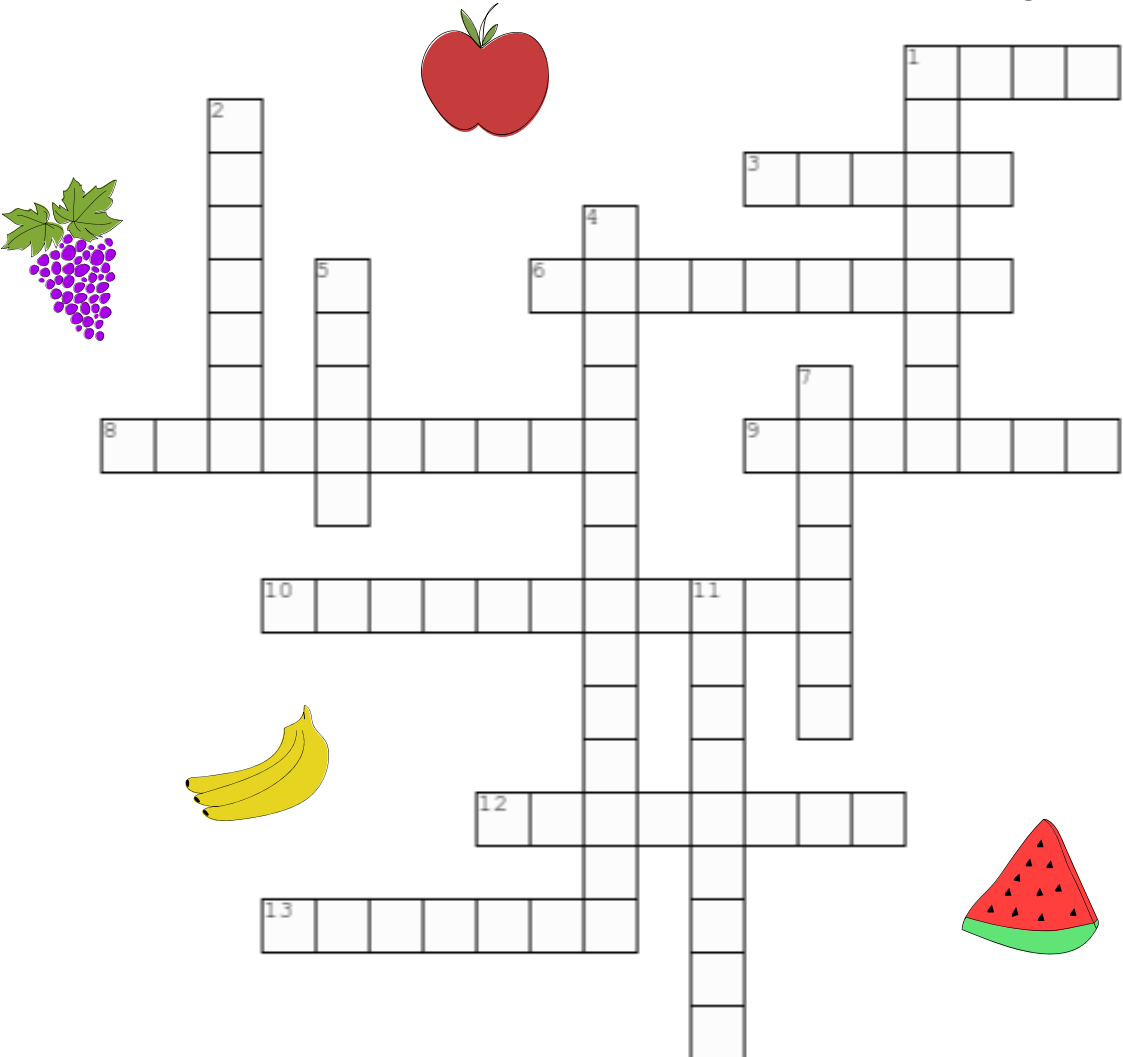
**Step 1:** Fill a container with crushed ice and water.

**Step 2:** Put the thermometer stem in the ice water and wait for 30 seconds.

**Step 3:** Adjust the thermometer to read 32° F (0° C) by rotating the head of the thermometer.

# Fruits and Veggies Crossword

Answers on Page 4



## Across

1. this vegetable has ears
3. this is a fuzzy stone fruit
6. this looks like an orange but smaller
8. the outside of this melon looks like a web
9. dried grapes are called
10. the opposite of a sour potato
12. this vegetable looks like a mini tree
13. monkeys love them

## Down

1. a palm tree grows these
2. a popular big squash at Halloween
4. this is a side dish at Thanksgiving
5. tomatoes, cucumbers and lettuce make a nice \_\_\_\_\_
7. dip these into our delicious garlic hummus
11. dip the leaves in butter and enjoy the heart of an \_\_\_\_\_

# Free Children's Events in Philly

## 1. Sunday's with Pop Up Play

Location: Spruce Street Harbor Park  
 Time: 11:30 AM - 12: 30 PM  
 Description: Fun games and free activities!

## 2. Music Time with Music Monkey Jungle

Location: Book Nook behind Miller's Twist at Reading Terminal Market  
 Time: 10 AM - 10:30 AM  
 Description: Free interactive performances!

## 3. Philly at the Movies

Location: East Fairmount Park  
 Date: June 28, 7 pm  
 Description: Watch a movie (*The Nutty Professor*) under the stars!

## 4. Free Admission to the Penn Museum

Location: Penn Museum, 3260 S. Street, Philadelphia, PA 19149  
 Date: June 29, 10 AM - 5 PM  
 Description: Mummies, artifacts, and special activities!

Don't forget the theme for this year's Summer Meals Program is:

**OPERATION KINDNESS!**

Encourage kids to perform acts of kindness on a daily basis, such as sharing, cleaning up, smiling, and giving compliments!

## Crossword Answer Key

### Across:

- 1. corn
- 3. peach
- 6. tangerine
- 8. cantaloupe
- 9. raisins
- 10. sweet potato
- 12. broccoli
- 13. banana

### Down:

- 1. coconuts
- 2. pumpkin
- 4. mashed potatoes
- 5. salad
- 7. carrots
- 11. artichoke

CHANGING LIVES WITH HEALTHY MEALS

### CONTACT US

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