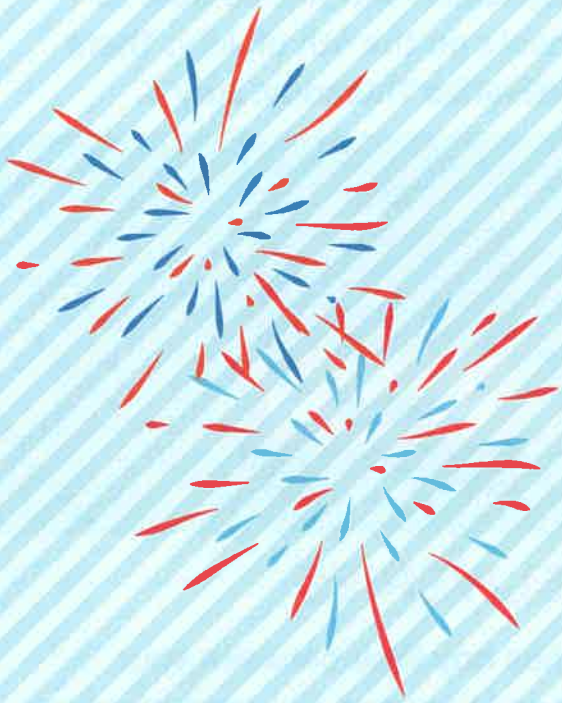


ISSUE 3 • JULY 2019

# SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES • (215) 895-3470 OPTION 1



## JULY IS HERE!

Summer has officially started, and our meals program is moving along quickly! July is a month of celebration, especially here in the Philadelphia area, where so much of our country's history is rooted!

Thank you for serving the kids and making a difference in your community! Keep reading for some reminders to help your program run smoothly, and get info about fun and free activities in Philly!

# REMINDERS



## INDEPENDENCE DAY

Happy Fourth of July! If you plan to serve our meals that day, make sure to call NDS by Tuesday, July 2 before 1:00 PM to get extra meals on Wednesday, July 3. Sites without refrigeration will not be able to serve NDS meals on the 4th of July. **There will be no deliveries Thursday, July 4.**

## FIELD TRIPS

If the kids are going on a field trip, make sure to fax us a field trip form at least **2 days in advance** at (215) 895-0830, or call it into the office at (215) 895-3470 Option 1.



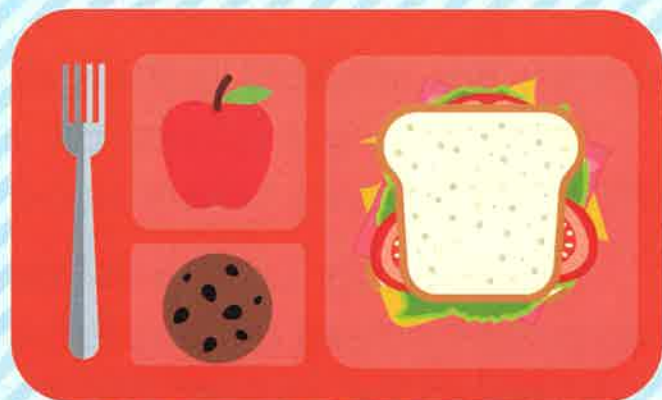
## LATE DELIVERIES

Your driver has **any time** between your earliest delivery time and the start of your lunch serve time to deliver your meals. If your delivery has not arrived at the start of your lunch service, call NDS.

## LEFTOVER MEALS

Remember: sites with refrigeration must follow **first in, first out**. If you have more than five meals left over, call the office to lower your next delivery!

If your site is an **outdoor feeding site**, you cannot keep meals left over. After meal service, if you have more than five meals left over, please call our office to adjust the amount of meals you are receiving.



**Other questions? Check your green manual or call us at (215) 895-3470 option 1.**

# ACTIVITIES

## FREE EVENTS IN PHILLY AREA

### Free Bubble Festival

**When:** Thursday, July 4 from 12-5pm

**Where:** Memorial Park | 75 West King Street | Pottstown, PA 19464

**What:** Making bubbles and other fun activities

### Screening Under the Stars

**When:** Thursdays in July at 8pm

**Where:** Great Plaza at Penn's Landing

**What:** Free movie screenings

July 11 - Captain Marvel

July 18 - Crazy Rich Asians

July 25 - Creed 2

### Philly Glow in the Dark Art Night

**When:** Saturday, July 20 from 7-11pm

**Where:** Philly Art Collective | 253 N 3rd St | Philadelphia, PA 19106

**What:** Interactive glow in the dark art exhibit; first 500 tickets are free, afterwards tickets are donation based

## OPERATION KINDNESS

We're holding three contests for our **Operation Kindness Program:**

1. Creative Kindness Writing
2. Creative Drawing
3. Kindness Counts

Enter to win up to \$50 per child and \$100 per site! Contact us for more information.

All entries must be sent in with your monitor, or mailed to NDS by **Friday, July 19.**

## MOSAIC OF MEALS

Our Social Media Contest this year is called **Mosaic of Meals!**

Using leftover boxes and materials from meals, kids can create a mosaic (or any kind of art piece). Color the items, cut them into pieces, and glue the pieces on poster or board to make a larger picture!

Post a picture of your mosaic with a caption describing your masterpiece on Instagram! Use the hashtag **#MosaicofMealsNDS** and tag us (**@SummerMealsNDS**) to be entered into the contest! You can also mail or email (bmullen@ndsarch.org) a picture of your mosaic with a paragraph describing your art.

The deadline for submissions is **Wednesday, July 31.**



### PRIZES

- 1st place - \$50 Visa gift card and arts supplies
- 2nd place - \$25 Visa gift card
- 3rd place - arts supplies

June 13, 2019



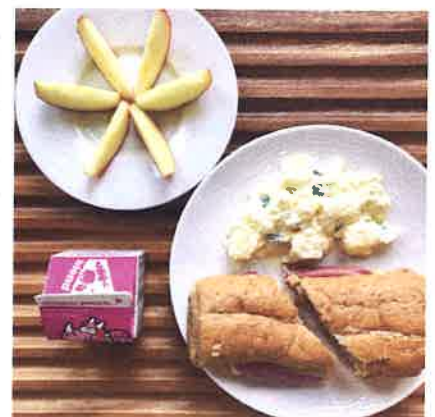
We love our popcorn chicken with salad!

June 21, 2019



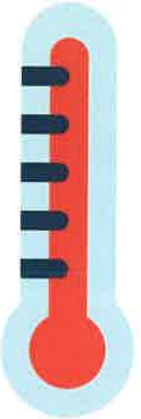
Scooby-doby-doo!

June 19, 2019



An apple a day keeps the doctor away!

## Keep it Cool– Food Safety Tips



### Sites with Refrigeration

- All cold foods must be put in the fridge as soon as you receive them.
- The refrigerator temperature should be 41 degrees or below in the **warmest part** of the fridge- be sure to check often to keep food fresh!

### Sites without Refrigeration

- Use coolers and ice to keep the cartons of milk cold until your serve time.
- Keep food in a shaded area, and **off the ground.**
- Always keep the master case closed to help keep foods cold.

**Recalibrate your thermometer weekly to maintain accuracy, and if you have questions about shelf life or food safety, call NDS!**

## CONTACT US

Nutritional Development Services  
Archdiocese of Philadelphia  
222 N 17th St  
Philadelphia, PA 19103

**Phone:** (215) 895-3470

**Fax:** (215) 895-0830

[nutritionaldevelopmentservices.org](http://nutritionaldevelopmentservices.org)

## FOLLOW US



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