



Summer Splash

Nutritional Development Services - Issue 4



Our summer meals program is nearly halfway through, and has made wonderful progress so far! We currently have over 290 sites operating, and our sites have given over 270,000 meals to children and teens all over Philadelphia and the surrounding communities. Your work is making a huge impact in the fight against childhood hunger, and we at NDS are so grateful for you all!

In this issue, we have chosen to focus on wellness, and the many ways to help ensure that children are staying nourished and healthy during the summer months as well as during the school year.

We have chosen to highlight some great moments from the Summer Meals program so far, as well as some of the other programs that we offer. Nutritional Development Services works year-round to connect resources with those in need through both federally and privately funded programs, but without the help of individuals and organizations from the community, we wouldn't be able to achieve our mission of fighting childhood hunger.

Make wellness a top priority for your summer!

During the school year, we send out monthly Wellness Newsletters with resources, tips, and opportunities to maintain wellness and proper nutrition for all children. Although school is out for the summer, efforts to keep kids healthy and active can't take a break! Here are some ideas for how to keep this summer fun and healthy!

Keep meals balanced and complete!

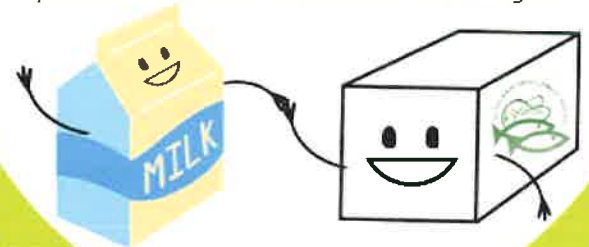
Kids need the proper balance of the five main food groups each day to help them grow up nourished and healthy! All NDS lunches are specially formulated to give kids the nutrients they need to stay strong and active during the summer- this is why it's so important to make sure kids get all components of the meals, including milk!

Tips for staying healthy at home

Encourage parents to look for fruits and veggies that are in season, but canned and frozen options with no added sugar or salt are also great options to increase nutritional value! Studies have shown that allowing kids to help cook meals and choose their food can help them develop healthier eating patterns. Meals like tacos or personal pizzas are fun and easy to customize with added vegetables and proteins.

Please make sure you understand- milk and lunch go hand-in-hand!

Always serve a complete meal! Make sure each child receives a white box lunch and a milk. If a child does not want something, instruct them to place it on Share Table after receiving it.



Visit

ChooseMyPlate.gov
for information, games,
and tips on how to help
kids get the foods and
nutrients they need.



NDS Summer Highlights



Day of Kindness 7/10

To celebrate our theme for the summer- Operation Kindness- members of our Summer Meals team visited St. Malachy School on July 10th for the Day of Kindness. Mark, the seminarian we are lucky to have with us this summer, taught the kids, through a lesson and an arts activity, that no act of kindness is ever wasted.



Produce Stands

Our Produce Stands have also been a huge hit this summer! Through donations from our community as well as a partnership with the Catholic Charities Appeal, the NDS Fresh Produce Initiative is able to set up fresh produce stands to provide fruits and vegetables to families would not be able to afford them.

In addition to fresh produce, clients receive nutrition tips as well as samples of healthy recipes. These images are from our stand on July 9th, where we gave out produce like corn, melon, strawberries, peaches, and kale!



After School Meal Program

The Afterschool Meal Program is a federally-funded program that provides free, nutritious meals to children at eligible after-school programs in the five-county area.

Eligibility: Sites must be non-profits with 501 (c) (3) status, and provide an educational or enrichment activity in a supervised environment to a minimum of 25 children on a daily basis. Sites must have refrigeration.

Sites may serve hot supper, cold supper, and/or snack- hot supper programs must have a freezer and oven.

For additional details, please call Nutritional Development Services at
(215) 895- 3740 option 4



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