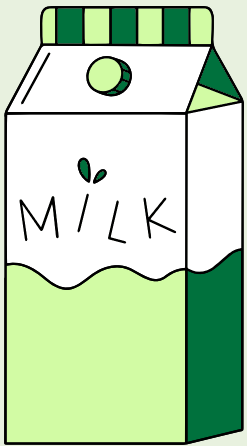


VOL.01
JUNE 2022

SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES



More Inside This Newsletter

- Easy Recipes
- Menu Spotlight: Popcorn Chicken Salad
- Kindness Contest
- Fruit/Vegetable Matching



Reminders

- Our office is closed on July 4th and no deliveries will be made
- Call the office before 1 p.m. to make any changes to the next day's delivery

WELCOME!

Welcome to the Nutritional Development Services (NDS) Summer Meals Program! We are so excited that you are partnering with us to provide nutritious and delicious food to the children in your community this summer!

Be sure to train all staff planning to help on how to receive a delivery, fill out paperwork, and serve meals. Thank you for contributing this service!

MENU ENTREES

Happy 4th
of July!

M

**No deliveries
today**

T

Turkey Ham &
Cheese

W

Turkey Bologna
& Cheese

T

Popcorn
Chicken

F

Turkey, Salami,
and Cheese

Frozen Banana Cereal Pops Recipe

Frozen bananas coated with fruit-flavored yogurt and crunchy cereal makes for a great snack on a hot summer day!

Ingredients: fruit-flavored yogurt, cereal, bananas, wooden pop sticks

1. Peel and horizontally cut each banana in half.

2. Insert wooden stick into each banana half. Roll banana halves in yogurt, then coat with cereal.

3. Freeze at least 2 hours or until firm.

4. Let stand at room temperature for 10 minutes.

5. Enjoy!



Food Fun Fact of The Week!

Red seedless grapes contain significant amounts of vitamins A, C, and K which can boost overall health.

You can try these delicious grapes as a side on Thursday with the popcorn chicken!



Menu Spotlight: Popcorn Chicken Salad



On **Thursday**, the Romaine Salad with Spinach and Chickpeas can be combined with the Popcorn Chicken to make a **Popcorn Chicken Salad**!

2022 Kindness Contest

Mail or deliver to NDS by Friday, July 29th. Must include child's name, age, and the name of the site/camp number on the back of artwork.

3 winners per category with prizes!

Creative Kindness Writing Contest

Write about kindness in a poem, story, song, or other form of writing.

Children Ages: 5-8 and 9 or older

Kindness Counts Contest

As your students do kind acts fill in the Kindness Counts Log with the date and name of the student and describe the kind act.

Children Ages: All children as one kind community!

Creative Drawing Contest

Design posters about kindness with a simple message about being kind and caring.

Children Ages: 5-8 and 9 or older

Scan for a map of
our sites



Fruit/Vegetable Matching

Follow the lines to match the fun fact about nutrition with the fruit/vegetable!

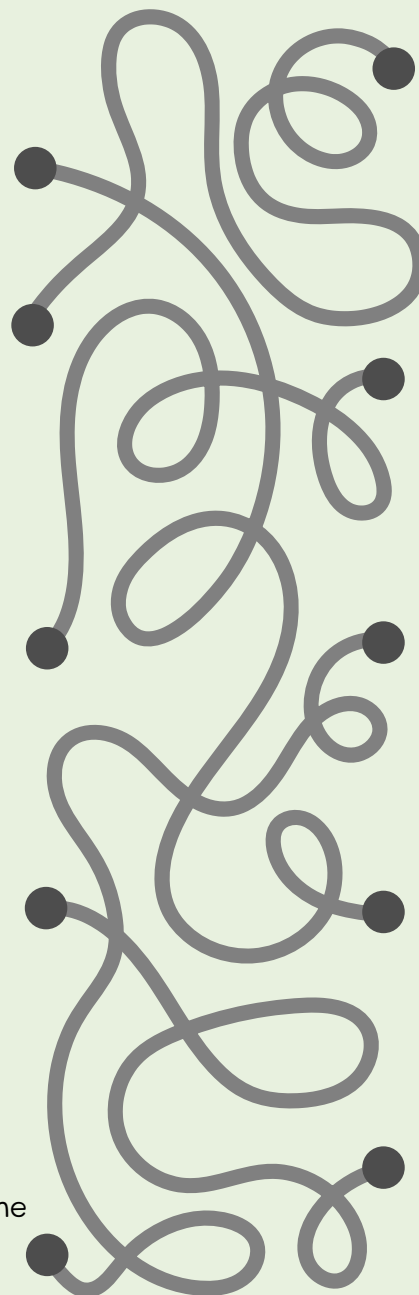
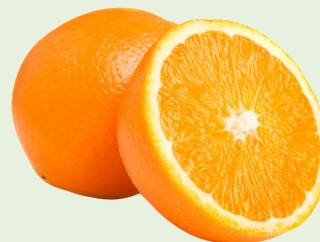
This is high in fiber which helps to promote healthy digestion and to lower risk of heart disease and diabetes.

This is rich in beta-carotene and consumption on a regular basis can help in improving the eyesight.

Every type of this fruit has more than 100% of your recommended daily amount of vitamin C. That's more than any other citrus fruit.

This is one of the most nutritious vegetables. It's high in iron, which helps build red blood cells.

This is rich in lycopene, an antioxidant that is good for the heart and effective against certain cancers.



Stay Updated with our Social Media!



@SummerMealsNDS



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