

Stay Updated with our Social Media!



@SummerMealsNDS



Scan for training
video to instruct
staff or re-watch
for clarification:



Scan for a map
of our sites:



VOL .02
JULY 2022

SUMMER SPLASH



Food Safety



Easy Recipes



Physical Activities

222 N 17th Street, Philadelphia

+215 895 3470, Option 1

www.nutritionaldevelopmentservices.org



Archdiocese of Philadelphia



REMINDERS

Report your field trips!

A field trip is anytime you take the children away from your site during your serve time, whether it is across town or across the street.

On field trips, remember to follow food safety guidelines and fill out the point of service sheet properly.

NDS requests **48 hours** advance notice of a field trip.

Fax your field trips to 215-895-0830, or -0832 or email to bmingioni@ndsarch.org.



Take Milk Temperature!

As soon as your delivery driver leaves, take the temperature of the milk. Write the temperature of the milk on the delivery ticket. The milk may be received at **45° F**, but must be stored at **41° F** or below.

If it is **higher than 45° F**, call NDS right away. Do not throw away anything before calling.

If you need a food thermometer, call the office to receive one in your delivery.



Fill in your Point of Service Count Record!

Make sure to complete the POS Sheet in its **entirety**. Always count meals accurately, circle the **correct** meal type, and sign.



FOOD SAFETY

Check the meals

- Be sure that you've received all menu items and none are damaged or spoiled.
- If there are any problems, call us right away.
(215) 895-3470, Option 1



Keep Cold Foods Cold

REFRIGERATION:

- Upon delivery, immediately refrigerate all items.
- The fridge should be at 41° F or lower.

ICE:

- Keep all items in coolers or on ice.
- Keep food off the ground.
- Store food in the shade.
- Keep meals in the mastercase.

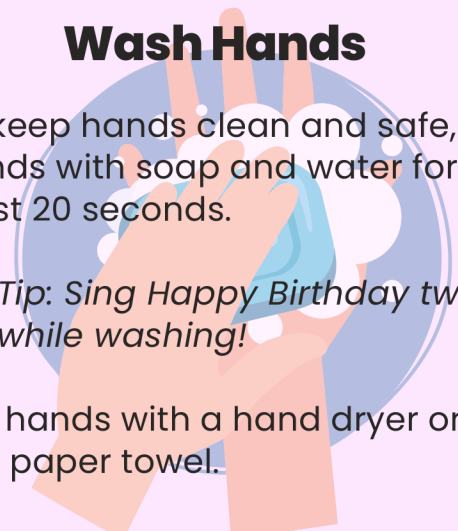


Clean Area

- Make sure food storage areas are clean and sanitized (including fridges and dry storage).

Wash Hands

- To keep hands clean and safe, wash hands with soap and water for at least 20 seconds.
 - *Tip: Sing Happy Birthday twice while washing!*
- Dry hands with a hand dryer or single use paper towel.



Trail Mix Apple Pops Recipe



Make this delicious and healthy snack with just apples, peanut butter, trail mix, and skewers/popsicle sticks.

1. Cut apples into wedges.
2. Carefully insert a the stick/skewer into each apple wedge.
3. Coat each apple wedge with peanut butter.
4. Sprinkle your trail mix (nuts and fruit) onto apple.
5. Enjoy!

LET'S GET ACTIVE!

Eating nutritious meals is just the first step to helping children have healthy bodies and minds.

The Physical Activity Guidelines for Americans recommend that children and teens ages 6 to 17 years do 60 minutes or more of moderate-to-vigorous physical activity daily.

Physical activities during camp is a great opportunity to teach kids healthy habits!

PHYSICAL ACTIVITY SCRAMBLE

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ANSWERS + ACTIVITIES YOU CAN DO!

1. RACE: Create races or obstacle courses for the kids by having them jump over cones, skip, run one-legged, jump, or crawl!
2. GAME: Play games that encourage running or physical activity like red light green light, red rover, or tag!
3. DANCE: Have a dance party! Kids could play freeze dance, musical chairs, can compete for best dance move, or can simply make up a dance to an entire song.
4. WALK: Go for a hike or nature walk! Pick a scenic trail and explore the outdoors whether it's in a park, by a pond, or in the woods. This could also double as an academic lesson!

EVENTS FOR KIDS AROUND PHILLY!

Art Kids

Join the Philadelphia Museum of Art this summer for drop-in art making, family tours, and more. Visitors 18 & under are always free.



KidsePlay Splash Day!

On Saturday, July 23rd, head to Gold Star Park for a pop up spray ground!

