

SUMMER

SPLASH



**NUTRITIONAL  
DEVELOPMENT SERVICES**  
Archdiocese of Philadelphia



SHARE TABLE



EASY SUMMER  
SALSA



SPLASH PADS AND  
SPRAYGROUNDS



MUSICAL MEALS



HARVEST OF THE  
MONTH

## COMMUNICATION WITH NDS

- **Got a problem? Give us a call!** Remember, do not send problems (missing, damaged items, or late deliveries) or changes by email. NDS staff are in and out of the office. Your problem or change has a strong chance of getting missed by email. Call and speak to a staff person who will assist you in the moment.
- We have staff available by phone Monday through Friday from 7:30 AM – 4:30 PM.

**(215) 895-3470, Option 1**

**YOU MAY EMAIL POS SHEETS TO  
DATAMANAGEMENT@NDSARCH.ORG OR FAX  
TO 215-895-0830. AFTER YOUR LAST WEEK OF  
SERVICE, A MONITOR WILL NOT BE OUT TO  
COLLECT YOUR PAPERWORK**

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



Scan for a map of our sites:



Stay Updated with our Social Media!



@SummerMealsNDS



# SHARE TABLE REMINDERS

## SHARE TABLE

Share Tables are designated stations where children may return whole and/or unopened food or beverage items they choose not to eat. These items are then made available to other children who may want or need another serving during or after the meal service.



### DO

- Encourage children to try new foods.
- Donate or send home extra items on the share table with children at the end of the day.
- Store perishable items properly (Use ice or store in refrigerator to keep cold)

### DON'T

- Put complete meals that haven't been served on the share table.
- Allow food to sit out!
- Count incomplete meals (children who only eat from the share table) on your Point of Service report.
- Recreate meals from share table items.

## HOW TO MAKE FRUIT SALSA

You will love this summer appetizer as a new way to enjoy your fruits!

### INGREDIENTS:

your favorite fruits (kiwi, strawberries, pineapple, blueberries, etc.), lemon juice, tortilla chips



## HOW TO CUT A KIWI

1. Place the kiwi on its long side.
2. Using a small knife, slice off both ends.
3. Flip the kiwi so that it is upright and u cut away the peel in a downward motion, rotating the kiwi as you remove the skin.
4. Slice the kiwi vertically in half and then into wedges.

## SALSA RECIPE

1. Wash and cut fruit into similar size cubes.
2. Add the cut fruits in a medium bowl.
3. Add fresh lemon juice. Mix very gently.
4. Enjoy with tortilla chips!







# National Waterpark Day

Celebrate on July 28th by going to a Splashpad or Sprayground!



## Dilworth Plaza



Located on the west side of Philadelphia City Hall, Dilworth Plaza has a big interactive fountain area to play! It also has seating and a cafe for parents.

ADDRESS: 1 S 15th St, Philadelphia, PA 19102

HOURS: 7:45am – 10:00pm, Daily

## Roberto Clemente Park and Playground

This sprayground has a beautiful flower structure in the center of the playground. Water shoots out from the flowers as well as around from several sprinklers.

ADDRESS: 1800 Wallace St, Philadelphia, PA 19130

HOURS: 9:00am–9:00pm, Mon–Fri



Scan for a map of  
spraygrounds in Philadelphia!



## GET MOVIN' WITH SUMMER MEALS!

Turn up the music at your site, get some exercise, and have some fun! (Tips from CACFP)

On days when kids cannot go outside, play this game to balance the day with food and exercise.



## MOVIE MOVES PARTY GAME

1. Have kids share their favorite movies and write the ideas down on the poster board.
2. As a group, come up with three dance moves based on movies.
3. Divide kids into smaller groups and give them 5–10 minutes to come up with additional moves.
4. Have each group teach the moves to the rest of the kids.
5. Put on music and have a dance party with all your new dance moves. If you do not have music, lead kids in a clapping rhythm!

# PENNSYLVANIA HARVEST OF THE MONTH: DAIRY!

PENNSYLVANIA HARVEST OF THE MONTH (PA HOM) IS A PROGRAM DEVELOPED BY THE PENNSYLVANIA DEPARTMENT OF EDUCATION AND PROJECT PA (PENN STATE UNIVERSITY) TO PROMOTE A LOCAL AGRICULTURAL PRODUCT EACH MONTH THROUGH SCHOOLS, CHILD AND ADULT CARE CENTERS/DAY CARE HOMES, AND SUMMER FEEDING SITES. THE PROGRAM AIMS TO PROVIDE PARTICIPANTS WITH LOCAL, HEALTHY PRODUCTS WHILE SUPPORTING PENNSYLVANIA FARMERS AND PRODUCERS.

## DID YOU KNOW?

Dairy foods are best known for calcium and the role it plays in building strong bones and teeth.

A calcium-rich diet during childhood helps maximize peak bone mass and can help to reduce the risk of osteoporosis and fractures in later life.

## SAFETY REMINDERS

- Check your milk dates!
- Keep milk for meals separate from share table milks
- It is very important to keep the milk cold, especially with the current heat!

**YOU CAN COUNT ON OUR SANDWICHES TO GET YOU YOUR DAILY DOSE OF VITAMINS AND NUTRIENTS!**



## After School Meals Program

### GET FREE NDS MEALS AFTERSCHOOL!

If you have an after school time program with educational or enrichment activities, NDS can provide with meals. We currently partner with over 100 organizations.

You must be:

- Located in an eligible area
- Have a 501©3
- Minimum of 25 children

We have snack, cold supper and hot supper available! Scan the QR code for more information!

If you are interested, please call us at **215-895-3470, Option 4.**

