



# Summer Splash

Nutritional  
Development  
Services

**Vol. 1:  
June 2023**

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## 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 on topics such as:

- Receiving deliveries
- Filling out paperwork
- Serving meals

Thank you for contributing this service!

Keep an eye out for these delicious lunch entrees coming up!

***M***

Turkey Ham &  
Cheese  
Croissant

***T***

Chicken,  
Turkey Ham,  
and Cheese  
Wedge

***W***

Turkey Ham,  
Turkey  
Pepperoni and  
Cheese Sub

***Th***

Turkey & Two  
Cheese  
Wedge

***F***

Italian Combo  
Wrap

# Keep your food safe

Remember to...



Calibrate your thermometer every week, or when dropped. Scan the QR code for more instructions!



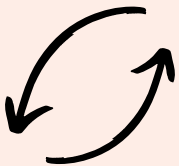
Scan or click [here](#) for thermometer calibration instructions



Receive milk at 45 degrees or below, and store milk at 41 degrees or below on ice or in the refrigerator



Call NDS at 215-895-3470, option 1 before 1:00 pm to change delivery details for the following day



Follow First In First Out to serve leftover meals from the previous day

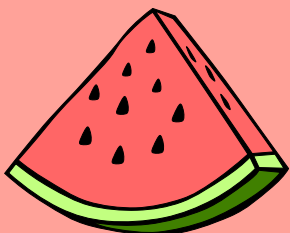


Store Muffin Breakfast Kits, on the menu starting July 5th, in the refrigerator

Don't hesitate to call NDS with any questions!

## Colorful Food - RED

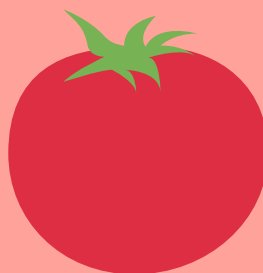
Try these red foods to vary your diet



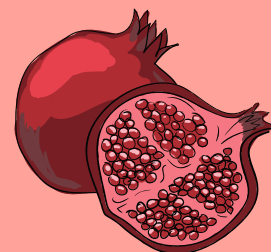
watermelon



strawberry



tomato



pomegranate



pepper

What other healthy red foods can you think of?

# Operation Kindness

This summer, NDS is sponsoring activities and contests for children in order to promote kindness in their communities. Creating a culture of kindness can teach students to be caring, considerate, and compassionate. Encourage your children to become Kind Kids, and teach them how simple acts of kindness can positively impact our peers, our community, our world, and our hearts & minds.

## Win Prizes in our Kindness Contests!

### 1. Creative Poster Contest

Design a 8.5 x 11 inch (or bigger) poster or creative drawing about Kindness and what it means to be kind

### 2. Creative Kindness Project

Create a poem, story, song, or any other creative piece about kindness, being kind, or how an act of kindness has or made a difference to you.

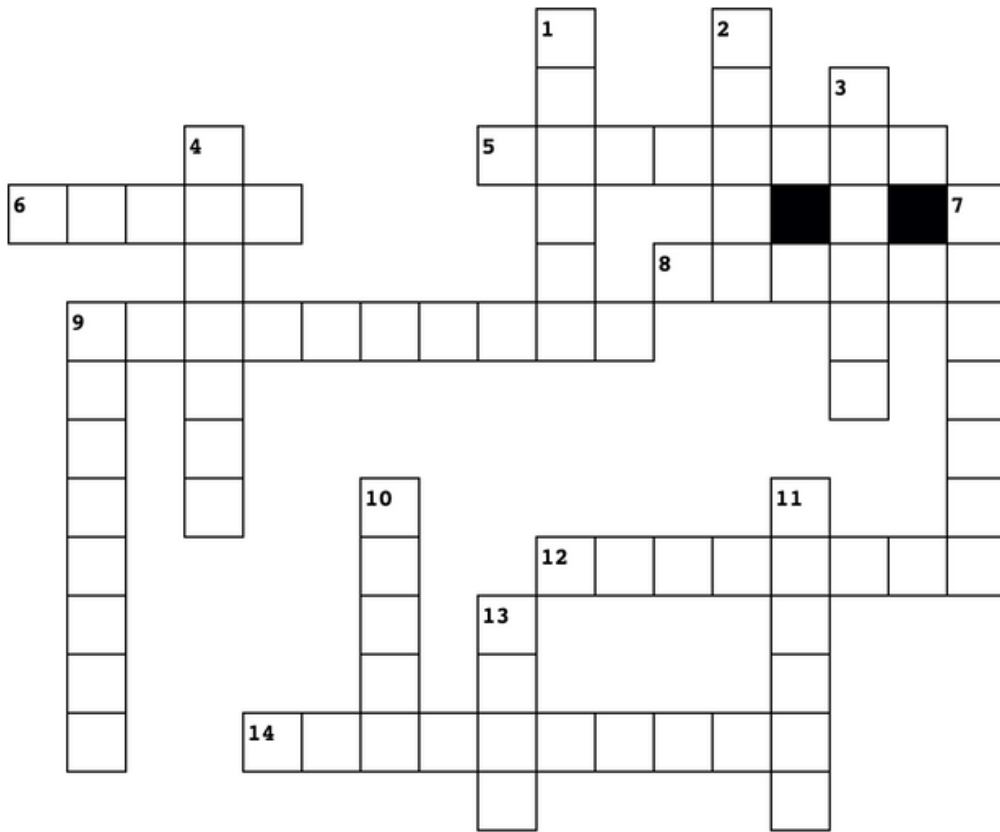
### 3. Kindness Calendar Plan

Come up with a Kindness Calendar Plan for the week — 5 kind acts to plan, plus 5 “bonus” kind acts. Students who complete 9-10 kind acts during the week can be entered into a random drawing.

Entries will be sorted into two age categories: 5-8 years old; 9 and older (Two prizes per category—12 total prizes!) Entries must be received by Friday, July 21st —mailed or delivered to the address on page 4, or sent to Dave Stier at [dsteir@ndsarch.org](mailto:dsteir@ndsarch.org). Include the child's name (first name, last initial is OK), age, name of the camp, and site number on the reverse side of the entry.

# Cool-off Crossword

Relax with this summer-themed puzzle



## Across

- 5. A cool, blended drink made from fruits
- 6. A mix of vegetables and more
- 8. A round citrus fruit with a peel and slices full of vitamin C
- 9. Red berry with lots of antioxidants
- 12. Frozen treat on a stick
- 14. Green and red fruit that can help keep you hydrated

Answers will be shared in the next Summer Splash issue!

## Down

- 1. Hottest season of the year
- 2. Drink this to stay hydrated
- 3. An outdoor meal to relax and eat
- 4. Orange vegetables with lots of vitamin A
- 7. Green vegetable with lots of fiber
- 9. A cool way to stay fit
- 10. A sweet, juicy treat
- 11. Walking on a path or trail
- 13. A yellow vegetable with lots of fiber and B vitamins

Find us on  
social media!



@SummerMealsNDS

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