



In this issue:

- Meal Highlights
- Summer Meal Do's and Don'ts
- Colorful Food Feature
- Summer Meals around the World
- Celebrating July 4th in Philly
- Food Trivia
- Puzzle Answers

Welcome Back!

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! We hope your program has run smoothly so far. Thank you again for your partnership in the Summer Meals Program!

Keep an eye out for new
menu surveys coming soon!



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

M

Chicken,
Turkey Ham &
Cheese
Wedge

T



Happy 4th of
July!

W

Turkey Ham &
Cheese Sub and
the new Orange
Gello Cup!

Th

Whole Grain
Cheese Waffle
Sandwich

F

Chicken, Turkey
Pepperoni &
Cheese
Croissant



Summer Meal Do's and Don'ts

Do

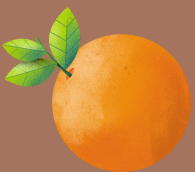
- ✓ Fill out all required paperwork and keep them organized
- ✓ Call 215-895-3740, Option 1 before 1:00 pm to ensure meal changes are made for the next day
- ✓ Count delivery before driver leaves
- ✓ Serve only one meal and one milk per child
- ✓ Serve all menu items at once
- ✓ Serve leftover meals from the previous day first: remember FIFO (First in First Out)

Don't

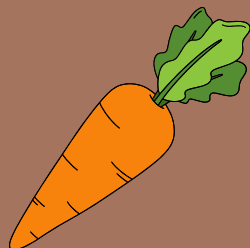
- ✗ Let refrigerator temperature rise over 41 degrees
- ✗ Serve milk received over 45 degrees
- ✗ Forget to have a trained staff member complete the Point of Service sheet
- ✗ Leave refrigerated items at room temperature - keep them in the refrigerator or on ice

Colorful Food Feature: Orange

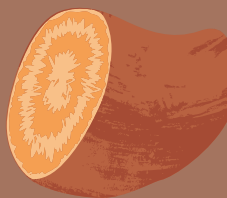
Orange fruits and vegetables contain a huge range of nutrients. From the vitamin C in oranges to the vitamin A in carrots to the B vitamins in squash, these healthy options are always good choices.



Orange



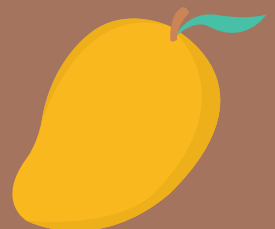
Carrot



Sweet Potato



Squash



Mango

What other orange fruits and vegetables can you think of?

Summer Meals Around the World



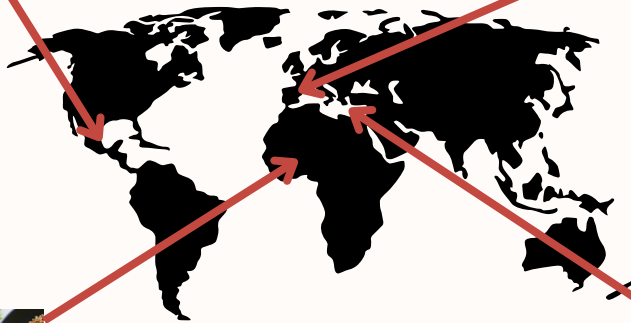
Elote

Elote ("eh-loh-tay") means corn cob in Spanish. This dish features corn on the cob covered in mayo and spices for a delicious flavor



Gazpacho

This Spanish tomato-based soup packs a punch of vegetables while still being a cold summer bite



Mango-Cucumber Salad

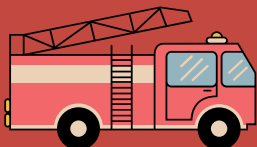
This blend from East Africa combines sweetness and hydration for a delicious and healthy combination



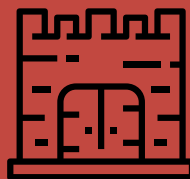
Mediterranean Salad

This cucumber, tomato, and onion salad with lemon juice and olive oil adds a bright, refreshing note to a meal

July 4th Activities in Philly



Saturday, July 1:
Free museum day at
Fireman's Hall
Museum



Monday, July 3:
Free nighttime entry
to Eastern State
Penitentiary



Tuesday, July 4:
Fireworks over Ben
Franklin Parkway

Check out Wawa Welcome America Festival for many other events before and on July 4th!

Operation Kindness

We are celebrating
Day of Kindness on
July 12th!

It is a good day to
show acts of kindness,
or to highlight
kindness by having a
celebration. Make
Kindness a part of
your routine!

**Don't forget,
submissions for the
Kindness Contest are
due July 21st!**

Submit via email to Dave Stier
at dstier@ndsarch.org

Food Trivia

Can you guess this food based on
the clues?

- We most often see this vegetable in its orange form, but it can also be purple, red, or white
- This vegetable grows as the root of the plant in the ground
- This vegetable is a rich source of Vitamin A which is needed for vision and why people say this vegetable is good for your eyes
- You'll find them in some lunches, often paired with hummus
- They are the second-most popular vegetable in the US, after potatoes!

Check your answer in the upside-down text below

COOLDOWN CROSSWORD ANSWERS

Find the puzzle in the first Summer Splash issue

Across:	9. Strawberry	Down:	7. Lettuce
5. Smoothie	12. Popsicle	1. Summer	9. Swimming
6. Salad	14. Watermelon	2. Water	10. Fruit
8. Orange		3. Picnic	11. Hiking
		4. Carrots	13. Corn
		7. Lettuce	

Food Trivia Answer
The answer is Carrots!
Did you know that baby carrots are just big
carrots that are peeled and cut to make them
easier to eat?

**Find us on
social media!**



@SummerMealsNDS

Nutritional Development Services
222 North 17th Street, Philadelphia, PA 19103
215-895-3740, Option 1
<https://nutritionaldevelopmentservices.org/>