

Nutritional Developmental Services
222 North 17th Street, Philadelphia, PA 19103

Summer Splash

Vol. 2: June 2024



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NEW LUNCH MENUS!

M MONDAY

Italian Combo
Sandwich on a Bun w/
Mango Mango
Vegetable Juice, Salsa,
Strawberry Jello Bowl,
& Tostitos Scoops

T TUESDAY

Rotisserie Chicken &
Mozzarella on a
Brioche Bun w/ PA
Dutch Potato Salad,
Cheesy Pizza Hummus,
Watermelon Craisins,
& Hartzel Pretzels

W WEDNESDAY

Turkey Ham & Cheese Sub
w/ Romaine Salad with
Spinach & Chickpeas,
Fresh Fruit, & Apple
Cinnamon Bear Grahams

TH THURSDAY

Buffalo Chicken
Breast & Cheddar on
a Brioche Bun w/
Bagged Baby Carrots,
Cherry Star Vegetable
Juice, & Fresh Fruit

F FRIDAY

Turkey Ham &
Cheese Croissant
w/ Celery, Red
Pepper Hummus,
Fruit Punch Juice,
& Cinnamon
Scooby Snacks

Welcome!

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

Remember, we are here to help your program become successful. Please, do not hesitate to call 215-895-3740, Option 1 during regular business hours with any and all questions!

Thank you again for your partnership in the Summer Meals Program! Without you, NDS cannot fulfill its mission.



Food Fun Facts:

Next time you are feeling dehydrated and do not feel like drinking water, try snacking on a cucumber; it is 96% water!

EVERYDAY MEALS WILL COME WITH A VARIETY OF LOW FAT AND SKIM MILK. CONDIMENTS ARE INCLUDED, AND ALL ITEMS ARE PORK-FREE.



NDS C U O N N T E OPPORTUNITY

WHAT IS UNITY OPPORTUNITY?

This summer, the theme for the NDS Summer Meals Program is: **UNITY**

Creating a culture of unity can teach children to be considerate, respectful, and mindful of the needs of others. Together, we can encourage our children to have mindsets that promise unity amongst peers, family, and the community.

WIN PRIZES IN THE UNITY CONTEST!

All entries must include the **child's name (first name, last initial is OK), age, name of the site, and site number on the reverse side of the entry.**

All entries for both contests must be received by **Friday, July 19th, 2024 — mailed or delivered to the address on page 1, or sent to Dave Stier at dstier@ndsarch.org.**

1) Creative Poster Contest: Design a poster or creative drawing 8.5 x 11 inch (or bigger) that shows what “Unity” means to you. Additionally, include a simple message with words and/or drawings.

01. UNITY ACTIVITIES!

Teachers will receive a packet of activity projects including games, lessons & lesson topics, activity sheets, and other ideas to promote UNITY.

DAY OF UNITY!

The day of unity is **Wednesday, July 10th, 2024.**

This will be a special day to highlight & celebrate UNITY. Be on the lookout for suggestions for the day. Send photos of your Unity Day Celebrations so we can share with others.

03. SOCIAL MEDIA ACTIVITIES!

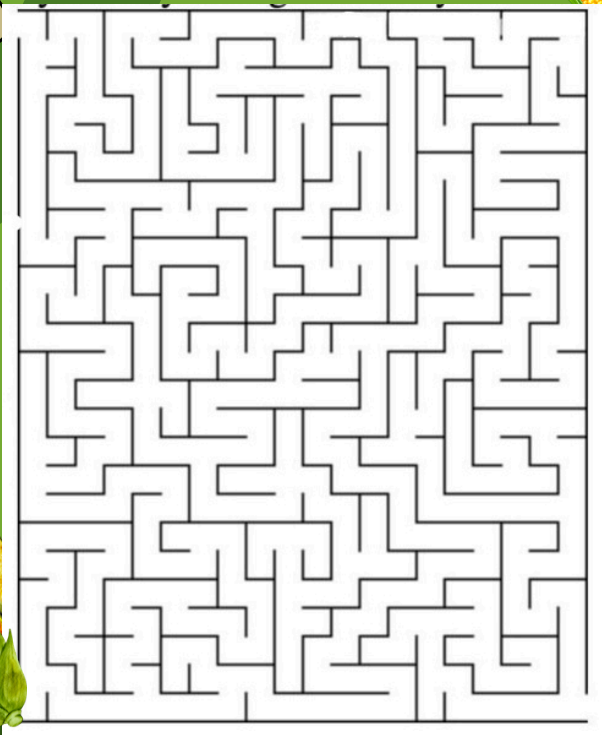
NDS will send out notices to site leaders offering opportunities to join in special “Unity” activities, projects, events, etc. Be on the lookout for these fun opportunities to engage the children in a positive way!

Follow us on social media (information on page 4) to be the first to know about them!

SUMMER WORD SEARCH ANSWERS!

X	S	N	O	R	K	E	L	I	N	G	J	W	W
G	K	G	O	T	S	U	N	S	C	R	E	E	N
D	E	N	V	S	U	N	G	L	A	S	S	E	S
X	H	A	M	M	O	C	K	N	R	Q	I	C	H
X	A	D	V	E	N	T	U	R	E	F	R	A	Z
P	S	A	N	D	C	A	S	T	L	E	G	M	T
B	B	P	I	C	N	I	C	H	B	M	L	P	I
L	I	F	E	G	U	A	R	D	M	M	K	F	D
S	U	R	F	B	O	A	R	D	Y	W	L	I	K
U	Y	G	B	E	A	C	H	B	A	L	L	R	K
R	B	C	O	C	O	N	U	T	T	P	W	E	I
H	E	A	T	W	A	V	E	L	A	J	E	G	Y
C	Z	Z	H	I	C	E	C	R	E	A	M	X	Y
Y	P	D	S	E	A	G	U	L	L	S	E	S	B

CORN MAZE CRAZE!



SUMMER TIME

Find all **ten** differences between the two pictures.



1. BUTTERFLY 5. LADYBUG 9. TADPOLES 13. CAMPER
2. FLOWERS 6. RAINBOW 10. BREEZE 14. BASKET
3. BLOSSOM 7. PICNIC 11. SUNSHINE 15. CAMPFIRE
4. RAIN 8. BLOOM 12. GROW

SUMMER WORD SCRAMBLE

Unscramble the following fifteen summer time words!

- YLTURETBF _____
- EWFOLSR _____
- BOLSSOM _____
- RINA _____
- LDYAUGB _____
- RWOIANB _____
- PCINCI _____
- LOOBM _____
- TOPDSAEL _____
- BERZEE _____
- SNSHUIEN _____
- GORW _____
- CAPERM _____
- BESKAT _____
- CIMPFERA _____

SUMMER WORD SCRAMBLE ANSWERS ARE UPSIDE DOWN BELOW!

SUMMER FUN ACTIVITIES WITH CAMPERS



Food Safety

Reminders

Food Safety is a term used to describe the steps you take to make sure children receive food that is safe to eat. This includes...

01.

Inspecting the food when it is delivered to make sure that it is not opened or damaged

02.

Receiving and taking the temperature of milk (at 45°F or below) and storing milk (at 41°F or below) **on ice at all times**

03.

Keeping food at least 6 inches off of the floor while storing and serving and keeping food in the refrigerator or on ice when you are not serving them

04.

Practicing First In-First Out. This means serving left over meals from yesterday before serving the meals you received for today.

05.

Checking your refrigerator temperature daily to ensure your refrigerator stays cold (no higher than 39°F)

MORE ON SOCIAL MEDIA!

@SUMMERMEALSNDOS

