

Nutritional Developmental Services

# SUMMER SPLASH

Vol. 4: July 2024



## OFFICE HOURS:

- Monday to Thursday: 8:30 AM - 4:30 PM
- Friday: 8:30 AM - 3:00 PM

Welcome to another issue of the NDS Summer Meals Program Summer Splash Newsletter. In this edition, we're excited to share some new updates, tips, and resources to help make the most of your summer meals program. We are committed to ensuring that every child receives nutritious meals throughout the summer, and your dedication plays a crucial role in this mission.

Remember, don't hesitate to call 215-895-3740, Option 1 with any questions. Thank you for your hard work and commitment to the NDS Summer Meals Program. Together, we're making a positive difference in our community!

IN THIS ISSUE:

- Lunch entree highlights
- Colorful food feature
- Unity Day and Contest Details
- Trivia Answers
- Importance of Drinking Water

## MENU SPOTLIGHT:

For this week's menu, our two vegetable juices, Ruby Rusher and Dragon Punch, both contain sweet potatoes!



SCAN OR  
CLICK HERE  
TO VIEW  
OUR MEAL  
SITE MAP







# YUMMY LUNCH MENUS!

## MONDAY!

- Turkey Ham, Turkey Pepperoni & Cheese Sub
- Celery
- Ruby Rusher Vegetable Juice
- Fresh Fruit
- Milk Variety

## TUESDAY!

- Turkey & Two Cheese Wedge
- Bagged Baby Carrots
- Red Pepper Hummus
- Dole Tropical Fruit Cup
- Milk Variety

## WEDNESDAY!

- Italian Combo
- Homestyle Potato Salad
- Salsa
- Raspberry Lemonade Craisins
- Tostitos Scoops
- Milk Variety

## THURSDAY!

- Soy Butter & Jelly Sandwich
- Romaine Salad with Cherry Tomatoes
- Apple Cherry Juice
- Cheez-Its
- Milk Variety

## FRIDAY!

- Chicken, Turkey Pepperoni & Cheese Croissant
- Chocolate Brownie Hummus
- Dragon Punch Vegetable Juice
- Fresh Fruit
- Cinnamon Tiger Bites
- Milk Variety



# COLORFUL FOOD FEATURE: ORANGE

Orange foods, like fruits, vegetables, and spices, are rich in carotenoids, which give them their bright color. Our bodies convert these carotenoids into Vitamin A, essential for good vision, healthy skin, and a strong immune system.



Salmon



Orange



Egg



Carrots



Pumpkin



Persimmon



SUMMER TIME SPOT THE DIFFERENCE ANSWERS!





NUTRITIONAL DEVELOPMENTAL SERVICES PRESENTS

# UNITY CONTEST

UNITY DAY:  
JULY  
10TH

Each site received a packet of activity projects, including games, discussions & lesson topics, activity sheets, and other ideas to promote UNITY. Please use these fun opportunities to create unity at your Summer Meal Site and in the community!

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 our address at 222 N 17th St, Philadelphia, PA 19103, or sent to Dave Stier at [dstier@ndsarch.org](mailto:dstier@ndsarch.org)

**Group Unity Contest:** **Site works together to** celebrate unity among themselves or for others. Submissions should demonstrate creativity with group art, murals, creative sculptures, poems, songs, etc., that symbolize unity. Use paper, cloth, your NDS lunch boxes, or any other creative means you can think of! You can also document a unity activity that was done at the site. **The key is to demonstrate unity and have fun doing it!** Use your imagination!

**Creative Poster Contest:** Design a poster or creative drawing 8.5 x 11 inches (or bigger) that **shows what "Unity" means to you.** Additionally, include a simple message with words and/or drawings. Age categories: 5-8 years old & 9+ years old. There will be 2 prizes awarded per age category.

2 GROUP  
PRIZES  
AWARDED

SUBMISSION  
DEADLINE:  
July 19th  
11:59 PM

SEND PHOTOS OR BLURBS  
FOR NDS SOCIAL MEDIA!



# SUMMER TIME SAFETY

## IMPORTANCE OF WATER

Drink Water **2L** Or More In A Day

### 01 WHY WATER?

- Drink water to make sure your mouth makes **saliva**. You don't want to become dry like a desert! Saliva is the water in your mouth that we sometimes call spit.
- Without saliva, you can't **swallow, chew, or taste** your **yummy** food. It also keeps your mouth and teeth clean. Saliva even fights germs and gives you good breath!



### 02

### ACTIVITY: MAKING FLAVORFUL WATER

Add frozen **fruit**, chopped fresh fruit, or sliced **vegetables** to your water or herbal tea. Store in the refrigerator for up to **three days**. Flavored water is not only tasty but also a great way to increase your water intake.

Fruits and vegetables with the highest water content are **cucumbers** and **watermelons**. Each containing about 95-96% water. This makes them excellent, crunchy choices for **staying hydrated!**

### FUN FOOD FACT:

### 03



WATER

MINT

ORANGE

CUCUMBER



### YOUR TURN: WHAT FLAVOR COMBINATIONS WILL YOU TRY?

**Examples:** (1) Lemon (2) Strawberry-cucumber (3) Orange-pineapple

1. ....
2. ....
3. ....

### 04

MORE ON SOCIAL MEDIA!

@SUMMERMEALSNDs

