Nutrtional 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!



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

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



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.









orange

Pumpkin



Persimmen



Carrots







NUTRITIONAL DEVELOPMENTAL SERVICES PRESENTS



UNITY DAY:
JULY
JOTH

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

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!

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.

SOMMER TIME SAFETY INCORTANCE OF WATER

Drink 2 Or More Water 2 In A Day

O1 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!



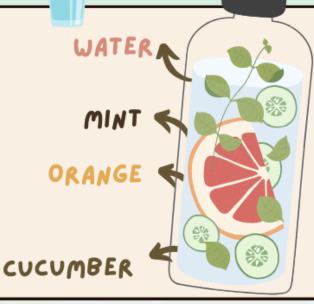
ACTIVITY: MAKING FLAVORFUL WATER

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:





YOUR	TURM.	TAHW	FLAVOR	COMBINATIONS	WILL YOU TRY
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Examples: (1) Lemon (2) Strawberry-cucumber (3) Orange-pineapple

1.

2. **3**.

MORE ON SOCIAL MEDIA

@SUMMERMEALSNDS









