

NUTRITION DEVELOPMENT SERVICES

SUMMER SPLASH JULY

ISSUE
#3

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@SummerMealsNDS

222 North 17th Street,
Philadelphia, PA 19103

<https://nutritionaldevelopmentservices.org/>

JULY
9

DAY OF HOPE

July 9th is Our Day of Hope. Send us some photos to be highlighted in the next newsletter!

Contact:

dstier@ndsarch.org

FEEDBACK SURVEYS

Let us know what you think of our meals by filling out the forms below!

Breakfast

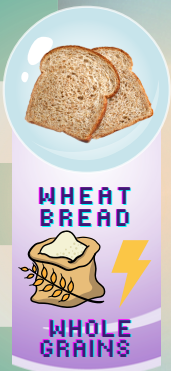
Lunch



HAVE ANY QUESTIONS ON SUMMER MEALS? CALL 215-895-3470 OPT 1

MORE LUNCH

NUTRITIONAL DATA



Nutritional Facts

Protein: Turkey Ham

Protein are the molecules that support everything our body does. Nearly half of the amino acids we need to make these proteins must come from food. However, it's important to be mindful of how much you consume, and where it comes from. For example, turkey ham is a healthier option as opposed to red meats like steak.

All

Age: **RECOMMENDED DAILY ALLOWANCE (RDA)**

1-3 years 13 grams/day

4-8 years 19 grams/day

Boys

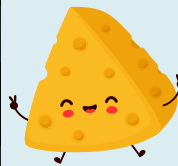
Girls

9-13 years 34 grams/day 34 grams/day

14-18 years 52 grams/day 46 grams/day



Cheese also contains protein!



Dairy: Cheese

Cheese, as a dairy product made from milk, is rich in calcium. Calcium is important to maintain bone density and reduces risks of fractures.

Milk

Milk is considered one of the main sources of which people consume calcium. One cup of milk, depending on the brand and type (whole, low-fat, nonfat), can contain 300 mg of milk,



MORE OF NDS - CHILDCARE

Do you run a childcare center in Philadelphia? You may be able to get free/subsidized meals for your kids through NDS! Here are the qualifications:

- Your center needs to serve at least 25 kids a day and have equipment to store and prepare food.
- If you're a non-profit, you'll need to show proof
- If you're for-profit, at least 25% of kids enrolled in your center must be subsidized through ELRC to be eligible for free/reduced meals.

CALL 215-895-3470 at Option 2 for any questions!



Summer is flying by, and the school year is just around the corner!

LOOKING TO STAY PARTNERED WITH NDS? **WANT TO SERVE AFTERSCHOOL MEALS?**



ARE YOU A REGISTERED NONPROFIT?



if YES to all of the above, stay tuned for more info and call 215-895-3470 at Opt 4 for more information

DO'S AND DON'TS



Do's



Serve the entire meal to kids
(which includes the milk)

Encourage the use of share tables for any unwanted items.



Calibrate your new (yellow) thermometers

Check in with NDS to see the serve by date for meals, and further instructions



Wash your hands thoroughly before serving meals

If outdoors, have a tent to serve during rainy days



Call NDS before 12:50 pm to make changes for the next day's order.



Don'ts



Bring share table food items (including milks) back to serve as meals



Leave food out in the heat.



Bring milks into inventory without taking the temperature



Discard any meals without reporting them to NDS

Turn in any forms (Meal Count, Delivery Tickets) without the signature

**** SERVE WITHOUT FILLING THE MEAL COUNT REPORT****








Serve meals past their serve by date.

Connect the Meals

FINISH

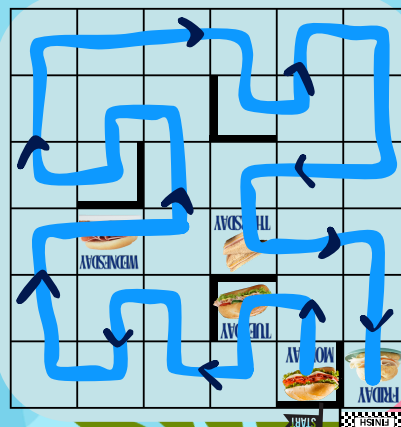
START

FRIDAY 	MONDAY 				
		TUESDAY 			
		THURSDAY 		WEDNESDAY 	

RULES!

1. FILL EVERY CELL
2. USING LINES, CONNECT IN ORDER (START WITH MONDAY THEN TO TUE -> WED -> THUR, END ON FRIDAY)
3. NO OVERLAPPING LINES
4. CAN'T DRAW THROUGH BOLDED LINES

Answer

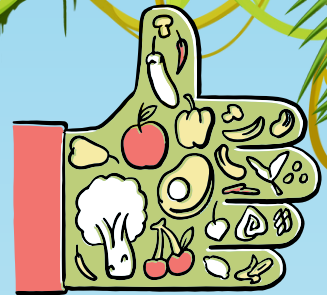


Trying NEW Foods

MAINTAINING A BALANCED DIET

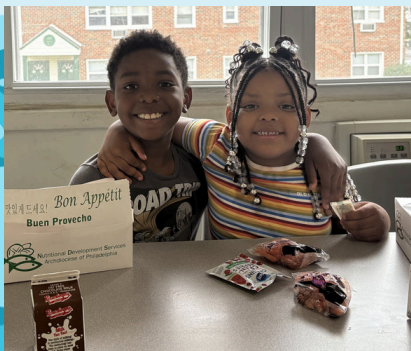


Eating a balanced diet helps your body grow strong and stay healthy, but it can be hard when we overconsume junk food that tastes good but aren't good for us. That's why it is important to keep an open mind to trying healthy foods. Here are some tips to help you get started!



START SMALL

Pair new foods with familiar ones. This way, kids won't be overwhelmed and will still have something to eat if they don't like the new foods.



BE A ROLE MODEL



- Be a role model when encouraging children to eat healthy foods by eating the food to!
- Try new foods with them. And if they don't like it, that's okay. There are many other options.
- Trying new, healthy foods should not come with pressure, it should develop into a good experience.



BE CREATIVE



Many kids eat with their eyes first. Plain lettuce or spinach might not be appealing, but a colorful salad with tomatoes and dressing can be more inviting. Some dislike fruit textures or its individual tastes, but smoothies can make them easier to enjoy and digest!



SHOUTOUT TO YWCA MURAL!

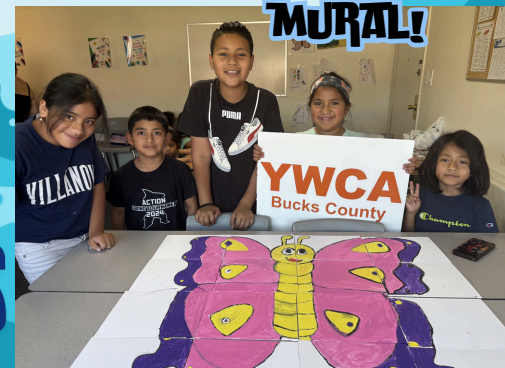


PHOTO HIGHLIGHTS



We love seeing our sites in action! Send us any photos you would like to highlight to

DSTIER@NDSARCH.ORG

