

# Summer Nutrition Summit

January 12-13, 2026



# **RNC 101:**

## **THE BUILDING BLOCKS TO SUCCESSFUL AND SUSTAINABLE RURAL SUMMER MEALS**

**Summer Nutrition Summit 2026**





# Speakers



**Donna Martin**  
No Kid Hungry  
Consultant



**Ericka Jackson**  
Departmental Analyst  
MI Dept. of Education



**Carrie Bean**  
Anti-Hunger Initiatives  
Director, The Monroe  
Family YMCA

## Disclaimer

Our speakers represent their own experience with non-congregate summer meal programs in their states and localities. Certain program models and implementation methods may be restricted in some states. Check with your local state agency before implementing any new meal service models or implementation methods.



# Agenda

- Welcome
- Introductions
- Rural Non-Congregate: A Win for Students, Community & School Nutrition
- Best Practices from a Michigan State Agency
- The Monroe Family YMCA: Strategies & Lessons Learned
- Q&A
- Preview of New Summer Meals Calculator
- Audience Practice
- Interactive Debrief
- Closing Reflections



# **Rural Non-Congregate: A Win for Students, Community and School Nutrition**

Donna S. Martin, EdS, RDN, LD, SNS, FAND  
No Kid Hungry Consultant



# Objectives

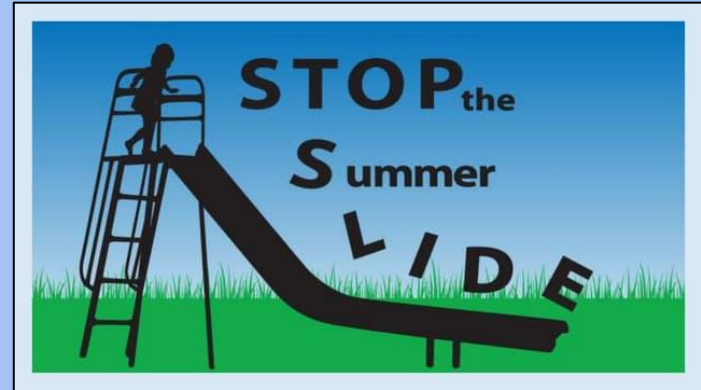
- To introduce the core concepts and profound benefits of rural non-congregate summer programming.
- To provide a clear understanding of budget considerations and the financial sustainability inherent in these programs.
- To address common questions and illuminate the practical advantages of rural non-congregate programming.
- To demonstrate the significant positive impact rural non-congregate programs can have on communities and children.





# Why Summer Feeding?

- Hunger does not stop when summer starts
- Students' lifeline to nutrition stops when school ends
- Students need good nutrition in order to learn
- Food Insecurity is on the rise
- Summer EBT is not available to everyone



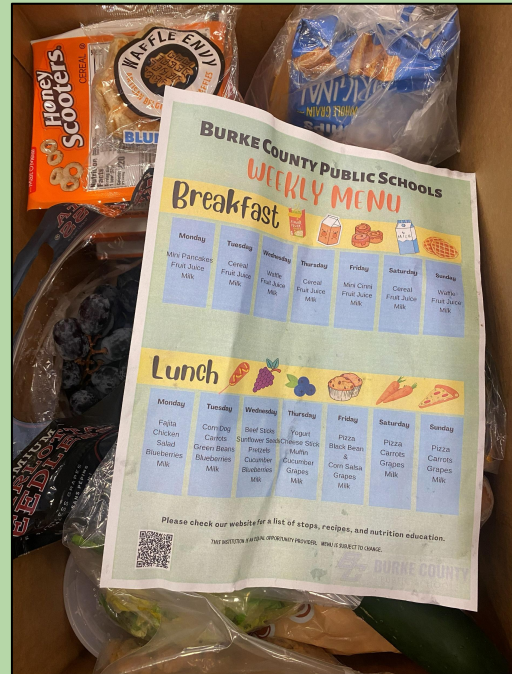
# Who wins when you offer summer feeding?

- Students
- Parents
- School Nutrition Employees
- School Nutrition Program
- Farmers



# Non-Congregate Feeding

- Non-congregate feeding offers us a unique opportunity to be able to serve children in rural districts who have trouble with transportation.
- It saves on labor costs because you can do multiple meals for multiple days.
- You can send home breakfast and lunch or a meal and a snack
- You also save because you do not have to serve and clean up after students eat.
- Employees don't have to work a full week





# Lots of meal delivery options



# Remember

- Menu Drives Participation
- Once a week delivery/pickup is easier than daily delivery/pickup
- Social Media can drive participation
- Every site can be different
- Summertime is when Farm to School is most available
- There are flexibilities like giving half gallons of milk and bulk food



# Tips

- Shelf Stable Milk
- Farm to School opportunities
- Rent a walk-in cooler or freezer if you need more storage
- Include items in meals that are popular with different populations you serve
- Have an “exciting” item in every box
- Post pictures of meal items
- Have families order in advance
- Remember who your main audience is, and can they prepare the meals
- Put instructions on items that need to be cooked
- Have backup items in case product does not come in





# Financial Viability

- Non-Congregate Summer Feeding is a money maker for School Nutrition Programs



# Difference in Reimbursement Rates for Summer Feeding vs. School Year Rates

	Reimbursement Rates	Reimbursement Rates	Reimbursement Rates
	NSLP/NSBP	SFSP	SFSP/SSO Difference
Lunch	\$4.86	\$5.40	\$0.54
Breakfast	\$2.94	\$3.03	\$0.09

# Ericka Jackson

Departmental Analyst  
Michigan Department of Education  
Office of Nutrition Services  
Summer Food Service Program



This picture is courtesy of Monroe Public Schools



# Now and Then

**Michigan Department of  
Education 2025**



**City of Detroit Recreation  
Department 2020**



# RNC in Michigan

	2024	2025	% Change
Total SFSP BREAKFAST	3,065,617	3,989,606	30%
Total SFSP LUNCH	3,749,564	4,743,282	27%
Total SFSP SUPPER	133,419	89,273	-33%
Total SFSP SNACK	145,831	116,556	-20%
<b>Total SFSP MEALS</b>	<b>7,096,455</b>	<b>8,938,717</b>	<b>26%</b>
RNC BREAKFAST	1,966,597	2,483,558	26%
RNC LUNCH	1,959,182	2,506,971	28%
RNC SUPPER	46,684	8,383	-82%
RNC SNACK	2,282	656	-71%
<b>RNC TOTAL</b>	<b>3,974,745</b>	<b>4,999,568</b>	<b>26%</b>
<b>RNC % of Total SFSP Meals</b>	<b>56%</b>	<b>56%</b>	<b>0%</b>
<b>Total SFSP Reimbursement</b>	<b>\$29,366,375.20</b>	<b>\$37,964,912.00</b>	<b>29%</b>

# Best Practices

- Use colored bags
- Use insulated bags
- Numbers on cars
- Sign-up process
- QR codes/Scan
- Google Docs
- Attestation statements
- Try to limit distribution to 3 hours
- Use child friendly instructions for heating and preparation
- Use as many fresh fruits and vegetables as possible





# Final Tips and Takeaways



Seek feedback



Reflect on  
performance



Explore new  
techniques



Set attainable  
goals



Adapt to change



Work with partner  
agencies for  
assistance



Don't be afraid to  
reach out to your  
State Agency



Advertise!!!!

# Carrie Bean - Anti-Hunger Initiatives Director

- The Monroe Family YMCA
- CACFP & SFSP Sponsor with 11 years of experience
- 4 RNC sites serving from beginning to end of summer
- Our “profit” from RNC is our largest support for feeding kids year round
- Biggest goal was a kid friendly menu and packaging





**MONROE FAMILY YMCA**  
**SUMMER MEAL DISTRIBUTION PROGRAM**  
**FREE HEALTHY MEALS FOR ALL KIDS & TEENS!**

**DROP-IN DAILY MEALS**  
*USDA regulations require daily meals to be consumed onsite. Ages 5 and under must be accompanied by an adult.*

**ELLIS LIBRARY**  
 3700 South LUDINGTON RD, NORTON, MI 48161  
**JUNE 16-JULY 24**  
**MONDAY-THURSDAY**  
**LUNCH: 12:15pm-1:00pm**

**LUNA PIER LIBRARY**  
 4349 Oak St. Luna Pier, MI 48157  
**JUNE 9-AUGUST 22**  
**MONDAY-FRIDAY**  
**LUNCH: 12:30pm-1:00pm**

**MONROE FAMILY YMCA**  
 1111 West Elm Ave. Monroe, MI 48162  
**JUNE 10-AUGUST 22**  
**MONDAY-FRIDAY**  
**BREAKFAST: 7:00am-8:00am**  
**LUNCH: 1:00pm-1:00pm**  
*MEALS SERVED IN CHILDCARE*

**SALVATION ARMY COMMUNITY CENTER**  
 815 E. 135 STREET, MONROE, MI 48161  
**JUNE 16-AUGUST 29**  
**MONDAY-FRIDAY**  
**BREAKFAST: 9:00am-10:00am**  
**LUNCH: 12:00pm-1:00pm**

**ALL MEAL DISTRIBUTION SITES**  
**WILL BE CLOSED JULY 4**



USDA TURNIP THE BEET  
 AWARD RECIPIENT  
 2017-2023  
 RECOGNIZED FOR SERVING  
 HIGH-QUALITY,  
 HEALTHY SUMMER MEALS



**GRAB & GO MEAL BUNDLES**  
*USDA regulations limit distribution to one bundle per each child per household*

**ERIE RESTAURANT**  
 9792 South Dixie Hwy. Ely, MI 48133  
**JUNE 10-AUGUST 28**  
**TUESDAY 12:00pm-1:00pm**  
**MEAL BUNDLES INCLUDE**  
**7 BREAKFASTS & 7 SUPPERS**  
*Drive up to grab & go*

**FRENCHTOWN-DIXIE LIBRARY**  
 2101 Hudson Dr. Monroe, MI 48162  
**JUNE 16-AUGUST 25**  
**MONDAY 3:00pm-3:30pm**  
**MEAL BUNDLES INCLUDE**  
**7 BREAKFASTS & 2 SUPPERS**  
*Drive up to grab & go*

**LUNA PIER LIBRARY**  
 4349 Oak St. Luna Pier, MI 48157  
**JUNE 13-AUGUST 22**  
**FRIDAY 12:30pm-1:00pm**  
**MEAL BUNDLES INCLUDE**  
**7 BREAKFASTS & 2 LUNCHES**  
*INSIDE PICKUP*  
*Drive up/outside service unavailable*

**MONROE COUNTY COMMUNITY COLLEGE**  
 1555 South Bascomville Rd. Monroe, MI 48161  
**JUNE 19-AUGUST 28**  
**THURSDAY 3:00pm-3:30pm**  
**MEAL BUNDLES INCLUDE**  
**7 BREAKFASTS & 7 SUPPERS**  
*INSIDE PICKUP AT THE SOUTH ENTRANCE OF WARWICK STUDENT CENTER*  
*FOLLOW "MEAL & UP & EAT UP" SIGNAGE*  
*Drive up/outside service unavailable*



**NO ENROLLMENT NECESSARY!**  
**ALL** youth up to age 18  
 are encouraged to participate  
*This institution is an equal opportunity provider*

**FOR MORE INFORMATION CONTACT**  
 CARRIE POWELL  
 (734) 241-2606 ext. 242  
 cpowell@monroefamilyymca.org

**ANTI-HUNGER INITIATIVES MAJOR SPONSOR**  
**LA Z BOY**  
*Live Life Comfortably*

**PROGRAM SUPPORTERS**  
**NO KID HUNGRY**  
**HAP CareSource**  


# Outreach and Storytelling

- **Social Media** - Weekly Facebook post with pictures of bundles and highlighting 2-3 main entrees
- **Website** - listing all of our meal locations with days, times, and meal type
- **Flyers** - Post flyers at partner sites (even if they are not a meal site)
- **Participant Spotlight** - with permission, interview a participant and post on social media (posts do not have to include names or pictures.)
- **Word of mouth is the best!**



# Menu

- Two or three week cycle menu
- Include “favorite” items
- Culturally relevant meals
- Kid friendly cooking directions - microwave & oven
- Easy grab & go packaging
- Holiday themes
- Fresh Fruits & Veggies/whole foods
- List meal type, components, age, food item, & serving size
- Colorful/visually appealing



# Lessons Learned

- Start with 1 or 2 sites
- Tailor your program to fit your current space
  - Limited prep space
  - Limited staff time
  - Safe storage
- Not a SFSP sponsor? Partner with an existing
- Utilize current partnerships for volunteers & site locations



# Motivation

*“WOW!!!!!! I am so incredibly impressed by the food – the options, the packaging, the DIRECTIONS included...what a blessing!! This seriously saved us SO much money!!!! These meals don’t feel like “low income” meals!!!”*

- 2024- 2025 participant





# Summer Meals Calculator



**NOKID HUNGRY** center for BEST PRACTICES

Programs ▾ Resources & Research ▾ Policy & Advocacy ▾ Blog About Us

[Home](#) / Summer Meals Calculator

## Summer Meals Calculator

PROGRAM  
Summer Meals

CATEGORY  
Research & Data

AUDIENCE  
School Nutrition Staff

DOWNLOAD

No Kid Hungry's Summer Meals Calculator is designed to help sponsors estimate the revenue and expenses for their summer meals programs. Its interactive format lets you try out different scenarios, such as changing anticipated meal counts or staffing levels, to see how those choices shape your financial outlook. The tool provides helpful estimates, but please use it as guidance rather than a final program budget.

If you would like to keep a copy of the calculations you enter into this page, click the "Print this page" button at the end of the calculator. This will create a print-friendly version of your calculations that you can either print or save as a PDF. This calculator will not save the information you enter into it, so please be sure to use the "Print this page" button if you would like to keep your information.

NOTE: The calculator currently reflects reimbursement rates for 2025. The calculator will be updated to reflect reimbursement rates for 2026 as soon they are published by USDA.

### Instructions

Add your program's inputs to the boxes.

If needed, guidance on standard estimates are provided in *"Italics"*.

### Operations

Which of the following describes your location?

Which of the following describes the type of site(s) you operate?

**FSFP Breakfast Reimbursement Rate: \$3.09**

**FSFP Lunch Reimbursement Rate: \$5.40**

**SSO Breakfast Reimbursement Rate: \$2.94**

SSO Lunch Reimbursement Rate: \$4.86

## Revenue

How many breakfast meals do you plan to serve each week?

How many lunch meals do you plan to serve each week?

How many weeks during the summer will your program serve meals?

*Most programs run 8 weeks*

Estimated Revenue for FSFP: \$0.00

Estimated Revenue for SSO: \$0.00

## Expenses Labor

Does your program schedule include additional time before or after meal service weeks for setup, training, or close-out? Enter number of non-revenue-generating weeks.

*For example, a half week of preorientation and a half week of close-out would equal 1 week*

How many managerial positions will your program require?

What is the manager's hourly pay?

How many hours per week will the manager work?

How many supporting staff positions will your program require?

What is support staff's hourly pay?

How many hours per week will support staff work?

Scan QR code with your phone or tablet to access calculator



Calculator can also be accessed via this direct link:  
<https://bestpractices.nokidhungry.org/resource/summer-meals-calculator>

# Time to get your phones out







**THANK YOU!**

If you have follow-up questions about this workshop please contact:

**Briana Webster Campbell**  
**Managing Director, No Kid Hungry**  
**Center for Best Practices**  
**[bwebstercampbell@strength.org](mailto:bwebstercampbell@strength.org)**