

Summer Nutrition Summit

January 12-13, 2026



 **NO KID
HUNGRY**

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



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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



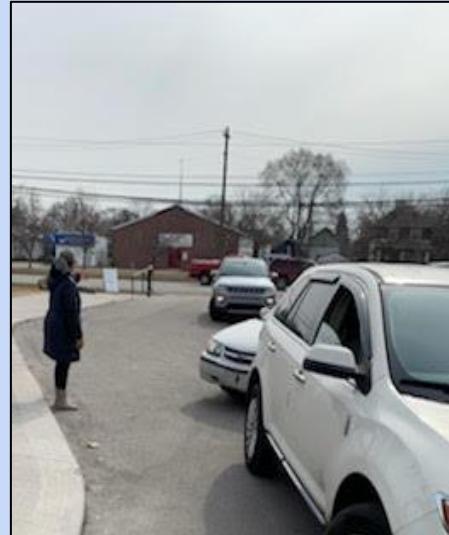
This picture is courtesy of Monroe Public Schools

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%
Total SFSP MEALS	7,096,455	8,938,717	26%
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%
RNC TOTAL	3,974,745	4,999,568	26%
RNC % of Total SFSP Meals	56%	56%	0%
Total SFSP Reimbursement	\$29,366,375.20	\$37,964,912.00	29%

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



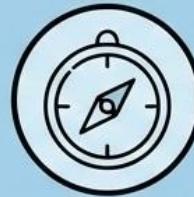
Final Tips and Takeaways



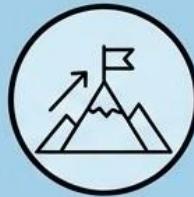
Seek feedback



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 supervision for children under 5.
Ages 5 and under must be accompanied by an adult.

ELIJAH LIBRARY

3700 South Custer Rd, Monroe, MI 48161
MONDAY-THURSDAY
LUNCH: 12:15pm-1:00pm

LUNA PIER LIBRARY

4349 Luna Pier Rd, Luna Pier, MI 48157
JUNE 9-AUGUST 22
MONDAY-FRIDAY
LUNCH: 12:30pm-1:00pm

MONROE FAMILY YMCA

1111 West Monroe St, Monroe, MI 48162
JUNE 16-AUGUST 22
MONDAY-FRIDAY
BREAKFAST: 7:00am-8:00am
LUNCH: 11:00am-1:00pm
MEALS SERVED IN CATERED

SALVATION ARMY COMMUNITY CENTER

1112 E. Monroe St, Monroe, MI 48161
JUNE 18-AUGUST 29
BREAKFAST: 7:00am-10:00am
LUNCH: 12:00pm-1:00pm

ALL MEAL DISTRIBUTION SITES WILL BE CLOSED JULY 4

GRAB & GO MEAL BUNDLES

USDA regulations limit distribution to one bundle
for each child per household

ERIE RESTAURANT

9792 Smith Rd, Monroe, MI 48133
JUNE 10-AUGUST 26
TUESDAY 12:00pm-1:00pm
MONDAY 12:00pm-1:00pm
7 BREAKFASTS & 7 SUPPERS
Drive up to grab & go

FRENCHTOWN-DIXIE LIBRARY

2815 Frenchtown Rd, Monroe, MI 48161
JUNE 16-AUGUST 25
MONDAY 5:00pm-8:00pm
TUESDAY 5:00pm-8:00pm
7 BREAKFASTS & 7 SUPPERS
Drive up to grab & go

LUNA PIER LIBRARY

4349 Luna Pier Rd, Luna Pier, MI 48157
JUNE 13-AUGUST 22
MONDAY 5:00pm-8:00pm
MEAL BUNDLES INCLUDE:
7 BREAKFASTS & 7 LUNCHES
Drive up/catered service unavailable.

MONROE COUNTY COMMUNITY COLLEGE

1555 South Kaisen Rd, Monroe, MI 48161
MONDAY 5:00pm-8:00pm
THURSDAY 5:00pm-8:00pm
MEAL BUNDLES INCLUDE:
7 BREAKFASTS & 7 LUNCHES
INSIDE PICKUP AT THE SOUTH ENTRANCE OF
MARICK STUDENT CENTER
FOLLOW THE SIGN OUTSIDE FOR CATERED SERVICE
Drive up/catered service unavailable.



NO ENROLLMENT NECESSARY!

All youth up to age 18
are eligible to participate.
This institution is an equal opportunity provider

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

ANTI-HUNGER INITIATIVES MAJOR SPONSOR
LAZBOY
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PROGRAM SUPPORTERS
NOKID HUNGRY HAP CareSource
Aflac

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



NO KID HUNGRY | center for BEST PRACTICES

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

[Home](#) / Summer Meals Calculator

Summer Meals Calculator

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?
 All states except Alaska and Hawaii

Which of the following describes the type of site(s) you operate?
 Rural or self-prep sites

SFSP Breakfast Reimbursement Rate: \$3.09

SFSP Lunch Reimbursement Rate: \$5.40

SSO Breakfast Reimbursement Rate: \$2.94

PROGRAM
[Summer Meals](#)

CATEGORY
[Research & Data](#)

AUDIENCE
[School Nutrition Staff](#)

DOWNLOAD

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 SFSP: \$0.00

Estimated Revenue for SSO: \$0.00

Expenses

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 prep/orientation 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?

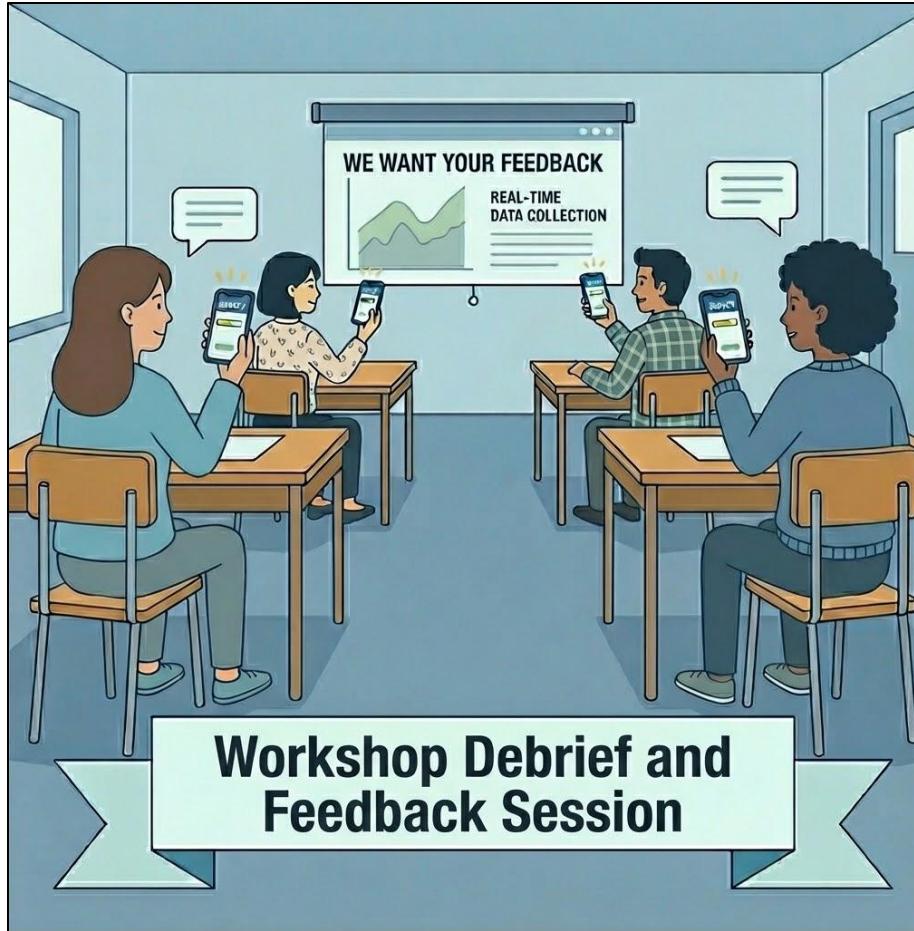
Scan QR code with your phone or tablet to access calculator



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

