

Enriching your Summer Meals Program

Thursday, March 31, 2016
2:00 PM ET



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PRACTICES

This webinar was made possible through the generous support
of the Arby's Foundation.



School's Out, Food's In.

STRATEGIES & SOLUTIONS FOR CHILDHOOD HUNGER



Agenda

- Introductions
- USDA Summer Enrichment Toolkit
- SNAP-Ed Funding for Summer Enrichment
- First Book Resources
- First Book in Action: Hope for Miami
- Q&A

Introductions

- Moderator: **Carolyn Wait**, Program Manager, No Kid Hungry Center for Best Practices
- **Maya Maroto**, Nutritionist, US Department of Agriculture Food and Nutrition Service, Nutrition Promotion and Technical Assistance Division
- **Dorian Stonebarger**, Program Manager, Three Square Food Bank
- **Candace Radoski**, Director of Partner Development, First Book
- **Yvonne Sawyer**, COO, Hope for Miami



New! Team Nutrition Summer Resources

Infographic - Parent's Guide – Summer Food, Summer Moves Kit

USDA United States Department of Agriculture

Take a Healthy Summer Break!

Discover Some Easy Ways to Help Kids Stay Happy and Healthy This Summer

Did you know?
Kids sometimes gain weight **two times faster** in the summer than during the school year.

Only 1 in 4 kids ages 6-15 gets the recommended 60 minutes of physical activity each day.

Move More
Get at least 60 minutes of physical activity a day. Try dancing, biking, walking, jumping rope, and active games like tag.

Sit Less
Kids spend an average of 7.5 hours a day in front of a screen.
Limit TV, computers, tablets, and video games to no more than 1-2 hours a day as another step towards good health.

Choose Water
Give thirsty kids a healthier choice. Plain water has no added sugar!

Did you know?
A 12-oz sugar-sweetened drink can have 31 grams of added sugar. That's 8 teaspoons!

As many as 27% of kids' daily calories come from snacks, mostly from desserts and sugar-sweetened beverages.

Eat Smart To Play Hard
Want kids to reach for healthier snacks? Offer fruits and vegetables at snack time!

Find a Summer Meal Site Near You!
Your child can enjoy a healthy meal with friends at a summer meal site.* All kids age 18 and under eat free. Some sites also offer games, crafts, and activities.
Visit <http://www.fns.usda.gov/summerfoodrocks> or call 1-866-348-6479 to find a summer meal site near you!
*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on local school or census data.

Food and Nutrition Service
FNS-008
March 2016
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THIS SUMMER, EAT SMART TO PLAY HARD

A Parents' Guide

TASTY RECIPE INSIDE

Discover free summer meal sites for kids!

Try the 4 Healthy Moves Challenge!

Use the Random Boosters to keep kids active!

USDA United States Department of Agriculture

Summer Food, Summer Moves

OPERATOR'S ACTIVITY GUIDE

Look inside for over 30 fun games and educational activities to do at your summer meal site!

- Provide families with tips and tools for a healthy summer
- Promote your summer meal site
- Boost attendance



Team Nutrition

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Programs



Provides free curricula, resource guides, posters, parent handouts, and other resources

Aims to improve children's lifelong eating and physical activity habits

<http://teamnutrition.usda.gov>

@TeamNutrition



Nutrition Education & Summer Meals

- **Prevent “Summer Slide.”** Help kids maintain healthy eating patterns and get regular physical activity when school is out.
- **Boost Participation.** Offering activities along with a meal, can help motivate more families to attend.
- **Generate Smiles.** Kids love games, challenges, food preparation, and tasting activities.



4 Healthy Moves

THE FOUR HEALTHY MOVES

The goal of *Summer Food, Summer Moves* is to teach these healthy habits to kids and families.



DRINK SMART TO PLAY HARD

Help families cut down on added sugar. Teach kids how to recognize drinks that are high in added sugars. Motivate them to choose water instead of sugar-sweetened beverages. Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.



CHOOSE MORE FRUITS & VEGGIES

Encourage kids to eat fruits and vegetables during meals and snacks. Introduce them to new fruits and vegetables with food tastings and demonstrations.



LIMIT SCREEN TIME

Help kids discover fun ways to stay busy and physically active this summer. Educate families about ways to limit TV and video game time to no more than 1–2 hours each day.



GET ACTIVE

Kids need at least 60 minutes of physical activity each day. Help kids and their families get moving with active games, dancing, and more.



Infographic

- English and Spanish
- Print and Digital

USDA
United States Department of Agriculture

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0 sugar

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Sit Less
Limit TV, computers, tablets, and video games to no more than **1–2 hours** a day as another step towards good health.

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Visit <http://www.fns.usda.gov/summerfoodrocks> or call 1-866-348-6479 to find a summer meal site near you!

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FNS-606
March 2016
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Parent's Guide

THIS SUMMER, EAT SMART TO PLAY HARD
A Parents' Guide

TASTY RECIPE INSIDE

Discover free summer meal sites for kids!

Try the 4 Healthy Moves Challenge!

Use the Bronzer Boosters to keep kids active!

THE 4 HEALTHY MOVES

1 DRINK SMART TO PLAY HARD
Thirsty? Choose water instead of sugar-sweetened beverages.

- Make sure your fridge has healthy drinks ready to go. When kids open the fridge and see cold water, they'll likely grab it.
- Drink less regular soda, sports drinks, and other sugar-sweetened beverages.
- Offer 100% juice in smaller amounts, 1/2 to 1 cup a day, depending on age.
- Make water more fun by adding sliced fruit or cucumber.
- Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.

2 CHOOSE MORE FRUITS AND VEGETABLES
Fill half your plate with fruits and vegetables.

- Have "Try Day" Fridays by eating a new fruit or vegetable each week.
- Keep a bowl of whole fruit like apples, oranges, and bananas on the table.
- Visit a farm or farmers market and try some local produce.
- Try fruit and vegetable options at summer meal sites.

3 GET ACTIVE
Help your kids get at least 60 minutes of physical activity every day.

- Bored? Make up games, have relay races, bike, walk, shoot hoops, or play soccer.
- Make up an exciting social event: Have a dance or jump rope contest.
- Take a walk together on summer evenings.

Staying happy and healthy this summer is easy when your family makes the 4 Healthy Moves!

4 LIMIT SCREEN TIME
Make a family agreement to limit your computer, phone, TV, and video game time to no more than 1-2 hours a day.

- Don't let kids text the night away! Keep phone chargers in the living room, not the bedroom.
- Reconnect your family with nature. Discover a forest or park near you at <http://www.fs.fed.us>.

SERVINGS: 6
SERVING SIZE: 1/2 cup
INGREDIENTS:
1 medium zucchini
1 medium white onion
3 Roma tomatoes
1 jalapeño pepper (optional)
4 cloves garlic
1/2 cup fresh cilantro or parsley, chopped
1 teaspoon salt
1/2 cup lime juice

PREP TIME: 15 MINUTES
Summer Vegetable Salsa
Your whole family will come to the table when you prepare this fresh salsa. It's easy to make and packed with seasonal summer veggies.

DIRECTIONS
1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and Roma tomatoes into small pieces and put into a medium bowl.
3. Because they can burn the skin, an adult should remove the seeds and mince the jalapeño. Mince the garlic. Add the seeded and minced jalapeño and garlic to the tomato mixture.
*Wear latex gloves when handling the jalapeño.
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

OPTIONS
• Grill the vegetables before dicing and adding them to the salsa.
• Instead of zucchini, you could use 1 cup of yellow squash or cucumber in this recipe.
• Add watermelon, peaches, or pineapple for a truly summer salsa.
• Serve with cut-up vegetables or whole-wheat pita chips, or on top of grilled chicken or fish.

NUTRITION INFORMATION
Amount per serving: 1/2 cup. Calories: 25. Total Fat: 0 g. Saturated Fat: 0 g. Sodium: 190 mg. Potassium: 212 mg. Total Carbohydrate: 4 g. Dietary Fiber: 1 g. Sugars: 3 g. Protein: 1 g. Vitamin A: 444 IU. Vitamin C: 18 mg. Vitamin D: 0 IU. Calcium: 19 mg. Iron: 0 mg.

FIND MORE GREAT RECIPES AT
<http://www.whatscooking.fns.usda.gov>

Try the Family Challenge!

Take steps to be more physically active, eat healthier, and limit screen time as a family.

1. Pick one of the healthy moves below to work on as a family.
2. Choose a reward to keep your family motivated. Write it in the space below. It could be a visit to a local park, a picnic, a party, or a trip to somewhere special.
3. Each day that your family completes the healthy move, cross off a circle.
4. Once you've crossed off all the circles for your healthy move, enjoy your family reward!

Our Family Reward: _____

Write your family's reward here.

1 DRINK SMART TO PLAY HARD
Cross off a circle for every day your family has no soda or any other sugar-sweetened beverages.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2 CHOOSE MORE FRUITS AND VEGETABLES
Cross off a circle for every day that your family has fruits or veggies as snacks.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 LIMIT SCREEN TIME
Cross off a circle for every day that each member of your family limits screen time to less than 2 hours.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4 GET ACTIVE
Cross off a circle for every day that each member of your family gets at least 60 minutes of physical activity.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THERE'S A SUMMER MEAL SITE NEAR YOU!

Your child can enjoy a delicious, healthy meal with friends at a summer meal site.* Kids age 18 and under eat for free. Some sites also offer games, crafts, and activities that will keep kids of all ages engaged and active.

Visit <http://www.fns.usda.gov/summerfoodrocks> or call 866-348-6479 to find a location near you!

*In areas where at least 50 percent of children are eligible for free or reduced price school meals, based on local school or census data.

Your local summer meal site is located at:

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- English and Spanish
- Six Page Brochure



Summer Food, Summer Moves

Summer Food, Summer Moves

OPERATOR'S ACTIVITY GUIDE

Look inside for over 30 fun games and educational activities to do at your summer meal site!

- Provide families with tips and tools for a healthy summer
- Promote your summer meal site
- Boost attendance



Includes:

- Operator Activity Guide
- 7 Posters
- 6 Fliers
- Activity Placemat
- 6 Family Activity Guides

Bring More Families to Your Summer Meal Site with These Fun and Easy Activities!

“Even after [the activity] they were still talking about it, so that’s successful.”

—Summer Meals Site Operator, NJ

“I like how [the activity] encourages kids to try new things.”

— Parent, Philadelphia, NJ

“Before the activities, kids would eat and leave, some would stay and play for half an hour. They stayed longer with the activities.”

— Summer Meals Site Operator, Community Center, MI



Operator Activity Guide

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- Food Allergies 5
- Words To Know 6
- Activities 7

Activity Index

THEME	ACTIVITY	DIFFICULTY			PAGE
		LOW PREP-O-METER	MEDIUM PREP-O-METER	HIGH PREP-O-METER	
SUN	Colorful Fruits and Veggies	X			8
	Light & Camera Water!		X		9
	Fruit and Veggie Trivia	X			10
	Bring the Heat 2-Minute Challenge		X		12
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STAY COOL	Fruity Fun Chicken Salad Cups			X	14
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	Cool Cucumber Yogurt Dip			X	22
	Red Pepper, Green Pepper, Chili Pepper	X			24
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	Collaborative Poetry Slam		X		26
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	Get Down With Bell Peppers		X		29
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	Ultimate MyPlate		X		32
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CELEBRATIONS	That's What Friends Are For		X		34
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	Power Up and Give Me 60!	X			48
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Drink Smart To Play Hard		X		50	
Power Path		X		52	
Power Up Your Snack		X		53	
Home Run Hummus Wrap			X	54	



Operator Activity Guide

Lights! Camera! Water!

Give kids a chance to turn off the television and become the entertainment! Kids will create and perform short commercials about the benefits of drinking water in this fun drama activity.



CHOOSE WATER INSTEAD OF SUGAR-SWEETENED DRINKS



STEP-BY-STEP DIRECTIONS

- ASK:** "Have you ever seen a commercial for a soda, energy drink, or other drinks that have added sugars? What was it like? Now... have you ever seen a commercial for water? Why do you think there are more commercials for sugar-sweetened beverages, like soda, than for water?"
- SAY:** "Water is healthy and free, but not well advertised. Did you know that plain water doesn't have any added sugars? So it's better to help keep a healthy weight and prevent cavities than sugar-sweetened beverages. Best of all, ice-cold water tastes great on a hot day! Today you are going to make up a commercial to help spread the word about the benefits of water."
- DO:** Divide kids into small groups of 2-4, or have them make a group with a few friends. Explain the rules (below). Give kids 10-15 minutes to create and rehearse their skits.

Your commercial must have:

- A catchy slogan about drinking water
- A scene that shows kids choosing water
- Three reasons why water is a great drink choice



Show kids the water poster to give them some ideas!

PERFECT FOR...

- Ages: 8-13
- Size of Group: 6-20
- Time: 30-60 minutes
- Setting: Outdoors, Indoors

MATERIALS

Props (optional): such as drinking cups, water bottles, other beverage containers, or poster board for kids to create their own props.

SET UP

Optional: Write rules on large sized paper or chalkboard.

See below "Make It Your Own" for different ages, group sizes, and time available.



Great turnout for our summer meals, summer fun event at (insert name of location)! The fun continues on (date).

OPTIONAL FOLLOW-UP:

- Give kids time to drink water after performances.
- Invite family members to join the audience.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, simplify the rules and provide a catchy slogan, such as, "Choose water every day!"	For smaller groups, make groups of 2 work together to create a commercial to perform for families.	If you have more time, let audience members give compliments after performances.
For older kids, let them be the directors or ask them to create a jingle.	For bigger groups, make groups of 4-5.	If you have less time, ask kids to create posters rather than skits individually or in small groups.

No materials? No time? No problem!

Say: "I want to motivate kids to choose water instead of sugar-sweetened drinks like soda and energy drinks. Can you think of a catchy slogan to get kids like you to drink more water?"

EAT FRUITS AND VEGETABLES AT MEALS & SNACKS



Jump in for Healthy Choices

Kids will learn to identify "Sometimes Foods" and "Everyday Foods" with this active and easy, and ready-to-go game that can be played outdoors, or indoors on a hot day.



PERFECT FOR...

- Ages: 5-10
- Size of Group: Any size
- Time: 10-30 minutes
- Setting: Outdoors, Indoors

MATERIALS

MyPlate icon (p. 21)
Note: you can request a **MyPlate** poster from Team Nutrition at <http://teammnutrition.fns.usda.gov>

SET UP

None

See below "Make It Your Own" for different ages, group sizes, and time available.



Refer to the summer snacks poster for delicious ways to enjoy Everyday Foods!

STEP-BY-STEP DIRECTIONS

- DO:** Gather kids into a circle and show the **MyPlate** icon (p. 21), or display the **MyPlate** poster.
- SAY:** "To be healthy, we need to eat foods from each of the five **MyPlate** Food Groups. Who knows what the Five Food Groups are? (Fruits, Vegetables, Grains, Dairy, and Protein Groups). You can see all of the food groups on the **MyPlate** icon. These foods provide nutrients that our bodies need to be healthy.

The healthiest food choices from these food groups are low in added sugars and saturated fats. **Everyday Foods** are foods that have a lot of nutrients we need without a lot of extra calories from added sugars and saturated fats. These foods help us stay healthy and strong and should be eaten often.

Foods that are high in added sugars and saturated fats are called **Sometimes Foods** because they provide extra calories without nutrients, like vitamins and minerals. We should eat **Sometimes Foods** less often and in smaller amounts. Eating too many **Sometimes Foods** makes it difficult to get the nutrition we need to be healthy and can make it hard to stay healthy.

Today we are going to play a fun game to test your knowledge of **Sometimes Foods** and **Everyday Foods**.

PLAY: Have kids pretend they are standing around a swimming pool or a big lake. Tell kids that when you say a food, they have to decide if it is a **Sometimes Food** or a healthy **Everyday Food**. If it is an **Everyday Food**, they jump forward. If it is a **Sometimes Food**, they jump back. Call out foods from the list on page 21.

WRAP-UP: "Great job! Remember, water, low-fat and fat-free milk are "Everyday" drink choices because they have added sugars. Fruits, vegetables, whole grains, lean protein foods, and low-fat dairy can be great **Everyday Foods** as long as we do not add sugars, butter, and other sauces to them. Cakes, cookies, and candies are **Sometimes Foods** because they contain saturated fats and added sugars which are not good for our bodies. Remember to eat smart to play hard."

OPTIONAL FOLLOW-UP:

- Start slowly and then speed up to increase the fun and the giggles.
- Continue using the words **Everyday Foods** and **Sometimes Foods** when you can.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, play slowly.	For smaller groups, have kids pretend they are standing in line for a diving board.	If you have less time, play with fewer foods.
For older kids, let them act as activity leaders by having them call out foods on the list.	For bigger groups, make sure there is enough space for everyone to jump in safely.	If you have more time, ask everyone to share a fruit or vegetable that they like to eat.

No materials? No time? No problem!

Try this quick tip when kids are eating. Read aloud Step 2 and ask kids to say "Everyday" or "Sometimes" when you call out a food from the list on page 21.

Summer Food, Summer Moves Recipes



Berry Jams Party Bites



Garden Fiesta Tuna Pockets



Home Run Hummus Wrap



Summer Vegetable Salsa



Fun Fruity Chicken Salad
Cups



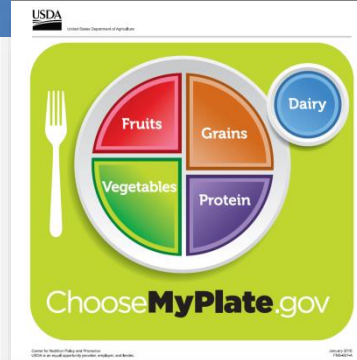
Cool Cucumber Yogurt Dip



United States Department of Agriculture

Posters

- English and Spanish
- Initial kit will include 1 poster set
- Additional sets will be available to order



Activity Placemat

USDA United States Department of Agriculture

Summer Food Summer Moves

Quick! Do 10 Firecracker Jumps. Jump with your arms and legs exploding out.

CRACK THE SECRET CODE
Use your detective skills and the code at right to complete the activity

1) Fill half your plate with _____ and _____

2) Get 60 minutes of _____ each day

3) Choose _____ instead of _____

4) Balance your day with food and _____

5) Eat fruits and vegetables at _____ and _____

6) Eat _____ to play hard

CODE

A	🍌	N	🍌
B	🍌	O	🍌
C	🍌	P	🍌
D	🍌	Q	🍌
E	🍌	R	🍌
F	🍌	S	🍌
G	🍌	T	🍌
H	🍌	U	🍌
I	🍌	V	🍌
J	🍌	W	🍌
K	🍌	X	🍌
L	🍌	Y	🍌
M	🍌	Z	🍌

LOL!

Q: WHAT DID THE FATHER TOMATO SAY TO THE BABY TOMATO ON A FAMILY WALK?
A: KETCHUP!

Q: WHAT VEGETABLES ARE A SAILOR'S ENEMY?
A: LEEKS!

ANSWERS: (1) fruits, vegetables (2) water, sugar-free drinks (3) play (4) milk, snacks (5) fruit

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- English and Spanish
- Initial kit will include 25 copies
- Additional packages of 25 will be available for order



Flyers

- English and Spanish
- 25 of each will be in the initial kit

Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS _____

OPERATING HOURS _____

PHONE _____

EMAIL _____

Join us for friends, games, meals, and activities!

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Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS _____

OPERATING HOURS _____

PHONE _____

EMAIL _____

Join us for friends, games, meals, and activities!

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Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS _____

OPERATING HOURS _____

PHONE _____

EMAIL _____

Join us for friends, games, meals, and activities!

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Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS _____

OPERATING HOURS _____

PHONE _____

EMAIL _____

Join us for friends, games, meals, and activities!

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Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS _____

OPERATING HOURS _____

PHONE _____

EMAIL _____

Join us for friends, games, meals, and activities!

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Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS _____

OPERATING HOURS _____

PHONE _____

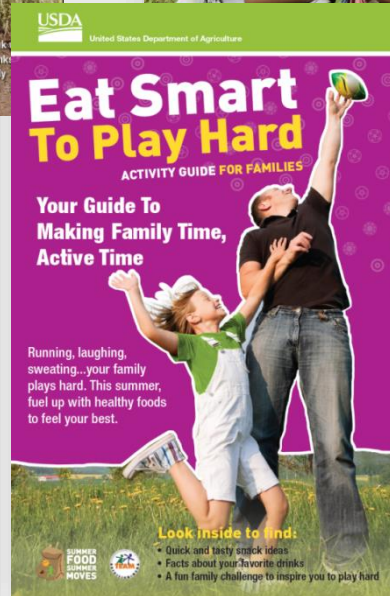
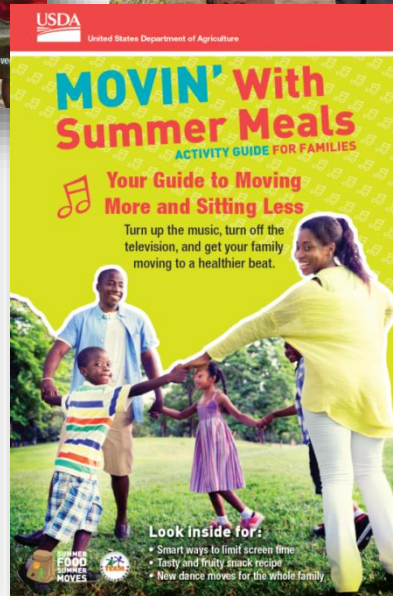
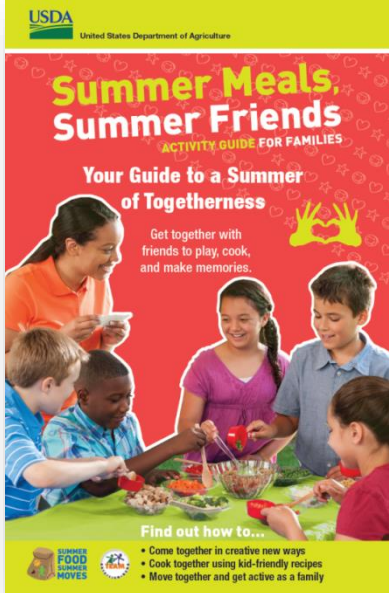
EMAIL _____

Join us for friends, games, meals, and activities!

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Family Activity Guides



- English and Spanish
- Initial kit will include 25 copies
- Additional packages of 25 will be available for order





All Materials Available in English AND Spanish

USDA
United States Department of Agriculture

Alimentos de verano Pasos de verano

GUÍA DE ACTIVIDADES DEL COORDINADOR

¡Encuentra adentro más de 30 juegos divertidos y actividades educativas para realizar en tu Sitio de Alimentos de Verano!

- Bríndales a las familias consejos y herramientas para que tengan un verano saludable.
- Promociona tu Sitio de Alimentos de Verano.
- Fomenta la asistencia.

Department of Agriculture

Alimentos de verano Selección de verano

GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Tu guía de frutas y vegetales de verano

¡Ayuda a tu familia feliz y saludable dándole frutas y vegetales de verano en las comidas y las meriendas.

Encuentra adentro del folleto:

- Ideas para meriendas rápidas y sabrosas
- Datos sobre tus bebidas favoritas
- Un divertido desafío familiar para inspirarte a jugar con ganas.

USDA
United States Department of Agriculture

Aliméntate bien para jugar con ganas

GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Tu guía para hacer que el tiempo en familia sea activo

Corriendo, riendo, sudando... tu familia juega con ganas. Este verano, recárgate con alimentos saludables para sentirte estupendo.

Encuentra adentro del folleto:

- Ideas para meriendas rápidas y sabrosas
- Datos sobre tus bebidas favoritas
- Un divertido desafío familiar para inspirarte a jugar con ganas.

USDA
United States Department of Agriculture

Entra en onda con los alimentos de verano

GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Nunca hace demasiado calor para jugar

Consulta esta guía ocasional para divertirte en familia.

Encuentra adentro del folleto:

- Nuevas maneras refrescantes de tomar agua
- Juegos ocultos en bebidas

USDA
United States Department of Agriculture

Alimentos de verano, pasos de verano

Dibuja aquí una comida saludable de verano.

¡Rápido! Haz 10 saltos explosivos. Salta con los brazos y las piernas de manera explosiva.

DESCIFRA EL CÓDIGO SECRETO

Usa tus habilidades de detective y el código que aparece a la derecha para completar la actividad.

- 1) Llena la mitad de tu plato con frutas y verduras.
- 2) Practica 60 minutos de actividad física cada día.
- 3) Elige un alimento saludable en vez de uno poco saludable.
- 4) Equilibra tu día con alimentos saludables.
- 5) Come frutas y vegetales en tus meriendas.
- 6) Aliméntate bien para jugar con ganas.

CÓDIGO	Letras	Alimentos
A	N	Frutas y verduras
B	O	Granos
C	P	Proteína
D	Q	Lácteos
E	R	Frutas y verduras
F	S	Granos
G	T	Proteína
H	U	Lácteos
I	V	Frutas y verduras
J	W	Granos
K	X	Proteína
L	Y	Lácteos
M	Z	Frutas y verduras

USDA
United States Department of Agriculture

Ocho razones para tomar más agua este verano

Una bebida gaseosa azucarada de 12 onzas tiene 31 gramos de azúcar adicional. Eso equivale a ¡8 cucharaditas!

¡El agua no tiene azúcar adicional! Es deliciosamente refrescante y ¡GRATIS!

¡Tendrás que caminar entre 45 y 60 minutos* para quemar las 126 calorías de los azúcares adicionales!

*Las calorías de azúcar y el azúcar añadido de un vaso de 12 onzas de una bebida gaseosa azucarada son de 126 calorías. La actividad recomendada es caminar a un ritmo moderado durante 45 minutos para quemar esas calorías.



Coming Soon: Offering Healthy Summer Meals That Kids Enjoy

How to offer healthier meals

How to improve meal appeal

Best practices to improve meal quality






Free Materials


- > [Team Nutrition Home](#)
- How To Apply**
 - > [Become a TN School](#)
- Popular Topics**
 - > [About Team Nutrition](#)
 - > [MyPlate](#)
 - > [Resource Library](#)
 - > [Resource Order Form](#)
 - > [HealthierUS School Challenge](#)
 - > [Graphics Library](#)
 - > [Training Grants](#)
 - > [Team Up](#)
 - > [Local Wellness Policy](#)
- Other Useful Links**
 - > [Best Practices Sharing Center](#)
 - > [Healthy Access Locator](#)
 - > [Healthy Meals Resource System](#)
 - > [Healthier School Day](#)

Team Nutrition




MyPlate for Kids

Free songs, posters, lessons, books, handouts, and more.




Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.


Spotlights




Recent HUSSC:SL Award Winners from AK, DE, FL, IL, IN, MD, MI, MO, NH, NJ, OH, SC, TN and WV



Team Nutrition's School Breakfast Materials



Nutrition and Wellness Tips for Young Children: Spanish version now available in print!




Team Nutrition MyPlate eBooks are now available!


<http://teamnutrition.usda.gov>

Follow Us on **twitter**

@TeamNutrition



**SUMMER
FOOD
SUMMER
MOVES**



Three Square Food Bank

Summer Meal Activity Sites

Three Square Summer Meals Background

- Started direct meal service in 2009
- Vended only until 2013
- Technical Assistance state 2014
- Sites with programming highest rate of retention

SNAP Ed Funding

- Evidence Based Physical Education Activities and Nutrition Education
- 2.5 hours through SNAP Ed
- Up to 10 sites with schools as a target

SNAP Ed Funding

- Purchased Spark Curriculum and selected over 55 days worth of Activities
- Added additional 1.5 hours through SFSP meal service for a total of 4 hours
- 5 sites total
 - 2 schools
 - 2 apartment complexes
 - 1 cultural center

Partnerships

- Boys & Girls Clubs of Southern Nevada
 - Hired One Manager
 - Adult Site Lead (1 per site)
 - Youth (2 per site)
- Cooperative Extension
 - Additional Nutrition Education



Lessons Learned for 2016

- More engaging curriculum
- More training
- Market earlier
- Incentives
- 3 returning sites, 3 new

Dorian Stonebarger

Program Manager

Three Square Food Bank

dstonebarger@threesquare.org



First Book: Engaging Kids at Your Summer Meal Site

The power of books

- ➔ Tangible tools
- ➔ Bridging gaps, building relationships
- ➔ Help stop summer learning loss
- ➔ Mirrors and windows



About First Book

- ➔ **International nonprofit social enterprise** that provides access to free and low-cost new books and educational resources for children in need
- ➔ **135 million books** distributed since 1992
- ➔ **Delivering a permanent supply of *free and low-cost* brand new books** to existing programs and classrooms



First Book Network



SHELTERS &
CLINICS



LIBRARIES & MUSEUMS



MILITARY FAMILY
SUPPORT PROGRAMS



FAITH-BASED
ORGANIZATIONS

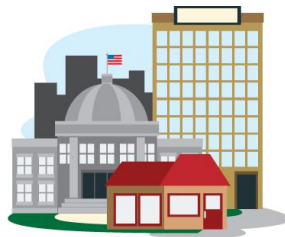
WHO CAN SIGN UP WITH FIRST BOOK?



EARLY CHILDHOOD
PROGRAMS



OUT-OF-SCHOOL TIME
PROGRAMS



AND MANY MORE!



SCHOOLS

➔ **245,000+**
educators and
service
providers
across the
country working
with children in
need

➔ Anyone working
with kids in
need can sign up
to access
resources

Signing up

- ➔ **All SFSP sites are eligible to sign up with First Book (www.firstbook.org/summermeals)**
 - **Free, no-strings-attached** online process to sign up
 - Multiple people in the same school/program can and should register
- ➔ Any program working with children in need can sign up (eligibility criteria apply)
- ➔ Ensures that books and resources are going to programs most in need

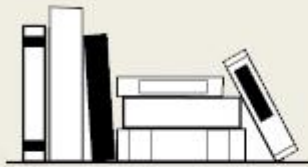
What First Book offers

- ➔ Brand-new, top-quality books and educational resources
- ➔ Books for all kids – birth to 18
- ➔ Partnerships with 90+ publishers
- ➔ Free resources created with educational thought leaders and experts
- ➔ Power of choice



First Book Marketplace

- ➔ **THOUSANDS OF LOW COST, HIGH QUALITY BOOKS**
- ➔ Online shopping platform with top quality children's books at deep discounts – **50 to 90% off retail prices**
- ➔ **\$2.85** = average price of a First Book Marketplace book (includes shipping)



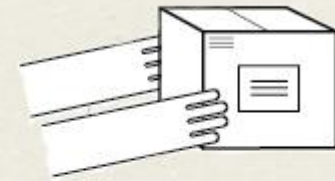
1 BOOKS
First Book buys high-quality books directly from publishers.



2 NETWORK
Because we serve millions of kids in need, we're able to get great books at low rates.



3 PURCHASES
Teachers and program leaders purchase the books they need from the Marketplace website.



4 DELIVERY
We send the books directly to schools and programs around the country; with no shipping costs.

First Book Marketplace

- ➔ More than 5,500 titles
- ➔ Relevant content areas driven by our network
 - Healthy eating
 - Anti-bullying
 - Latino-interest titles
 - Bilingual and in-language titles
 - Popular and classic titles
 - Family engagement resources
 - Multicultural titles

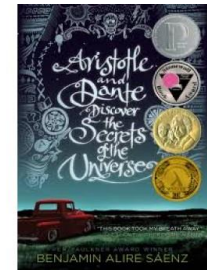
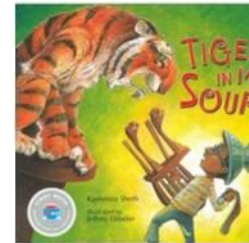
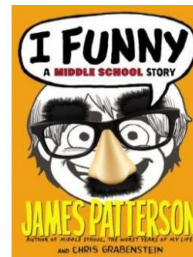
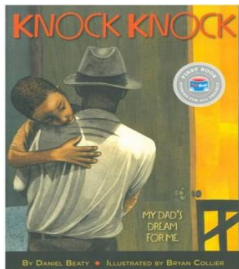
The screenshot displays the First Book Marketplace website interface. At the top, there is a navigation bar with links for 'My Dashboard', 'My Wishlist', 'Help', 'My Shopping Cart', 'Checkout', and 'Login'. A 'Welcome to the First Book Marketplace' banner features the site's logo and a message about providing high-quality books and educational resources for schools and programs serving kids in need. To the right, a 'HOW CAN I GET BOOKS?' section includes a 'Sign Up' button and a login form with fields for 'Enter Your Email' and 'Password', and a 'Login' button. Below this is a blue navigation menu with categories: 'HOME', 'AGE GROUPS', 'TOPICS', 'GENRES', 'FUN THEMES', 'PROGRAMS', and 'COLLECTIONS'. A prominent red banner advertises 'Free Multimedia Resources' for a limited time, highlighting a 'Latino Culture & Heritage Collection for Elementary School' with access to 327 multimedia resources from TeachingBooks.net. A 'CLICK HERE' button and a '1 2 3 4' pagination indicator are present. The main content area features a search bar, social media links for Facebook, Twitter, and Tumblr, and a 'View Shopping Cart' icon. Below are three featured sections: 'NEW ARRIVALS' with a 'View More' button, 'WELCOME SPRING!' with a 'View More' button, and 'AWARD WINNERS' with a 'View More' button. Each section displays book covers with titles, prices, and 'Add to Wishlist' buttons. For example, in the 'NEW ARRIVALS' section, 'Duck & Goose, Here Comes the Easter Bunny' is listed with a retail price of \$6.99 and an 'Our Price' of \$2.95, offering a 71% discount. Other titles include 'Diez Deditos: Ten Little Fingers and Other Day Names and Action Songs from Latin America' and 'Baby Tami (First Book Multicultural Special Edition Board Book)'. The 'WELCOME SPRING!' section features 'Flower Garden', 'I Love My Little Storybook', and 'Lucky Ducklings'. The 'AWARD WINNERS' section shows 'GIVER', 'The Dog', and another book.



THE STORIES FOR ALL PROJECT™



Through the Stories for All Project™ First Book strives to provide all kids with diverse books that act as mirrors and windows. Kids feel valued and validated when they see their own experiences reflected on the pages of books, and they develop curiosity and empathy when they read about experiences different from their own.



As profiled in:

The New York Times

**PUBLISHERS
WEEKLY**

**KIRKUS
REVIEWS**

theguardian

Free on the First Book Marketplace

MIND in the Making

The Seven Essential Life Skills Every Child Needs

Executive Function Life Skill: Focus and Self Control
Children need this skill in order to achieve their goals, especially in a world that is filled with distractions and information overload. It involves **paying attention, remembering the rules, thinking flexibly** and exercising self control.

Suggestions for Promoting Focus and Self Control

Tip:

As you read each page of *Goodnight Moon*, point to the objects named in the story (the red balloon, two little kittens) and ask your child to point after you.

Skill:

When you invite your child to find the objects, you are helping your child learn to **pay close attention** to the details in the pictures, which calls on **Executive Function** skills. The back and forth interaction you have with your child in reading this book is what researchers call **"serve and return."** Like a game of ball, one of you says or does something (serves) and the other responds (returns). The importance of these everyday interactions to brain building is a key finding from child development research.

Tip:

After the opening of the book, there is a tiny mouse on all of the pages with pictures in color. See if your child can find and point to the mouse. If not, point the mouse out to your child.

Skill:

Your child will not only have to pay attention to find the mouse, he or she will also have to use the skill of **self control** to select the mouse in the midst of everything else happening in the picture.

Tip:

Once your child has heard *Goodnight Moon* a number of times, stop before words that rhyme. Can your child remember that after "Goodnight, Kittens" is "Goodnight, mittens?" You can help your child remember by pointing to the relevant pictures.

Skill:

When you play the rhyming and remembering game, you are not only helping your child learn to **listen carefully to the sound of words**, you are also promoting his or her **working memory**, an important aspect of

Goodnight Moon

By Margaret Wise Brown

In this classic bedtime story, a rabbit says goodnight to what's in the room, from "Goodnight, moon" to "Goodnight, nobody" finally to "Goodnight, noises everywhere." The mesmerizing cadence of the rhymes and the clever details in every picture form a reassuring and calming end of the day tradition for children and adults alike.



High-quality books and educational resources from First Book supporting research-based Life Skills from *Mind in the Making* by Ellen Galinsky

Find more books and materials on the First Book Marketplace, a resource available exclusively to educators and programs serving children in need. www.fbookmarketplace.org

You will notice that these tips promote two child development principles: **Serve and Return** and **Executive Function** skills.

Serve and Return: Like game of ball, involves a back and forth conversation between you and your child where you listen, then build on and extend what your child says or does to promote learning.

Executive Function skills are skills you use to manage your attention, your feelings, your thoughts and your behavior to reach your goals.

They include being able to pay attention, remember information, think flexibly and exercise self control. Find more about Families and Work Institute's *Mind in the Making* at

BUILD STRONG FAMILIES WITH STORIES

Family Strengths are actions that **ALL FAMILIES** can take to grow stronger and support a child's success, according to Search Institute research. This guide will help you discuss this story with your child and use it to explore your family's unique strengths.



THE FAMILY BOOK
written and illustrated by Todd Parr

This simple but powerful book celebrates the things that make a family unique and the love family members have for each other.

THIS STORY MODELS BEING WARM

The *Family Book* helps kids see that every family is special - including yours! It shows that families come in all shapes and sizes and express care in different ways. Think about how:

- There are lots of different kinds of families.
- Being different from other families is okay and makes your family special.
- No matter what a family looks like, families are made with love.
- Embracing unique qualities helps make a family strong.

TRY THIS!

Make your own family book. Your family can work together to assemble photographs and write a story that celebrates your unique family. You might make a book about your family history and traditions, tell a story about a family adventure or create a cookbook of favorite family foods.



TALK AND ASK YOUR CHILD QUESTIONS AS YOU READ

- ★ There are so many different kinds of families. **ASK: Are any of these families like our family? How are they the same or different?**
- ★ Many families like to hug each other. **ASK: Why do we hug? What are some other things our family does to show love?**
- ★ Talk with your child about different families you and your child know. **ASK: How are our families the same or different? What do you think your life would be like if you had a different family? What things would you miss?**
- ★ Families can help each other be strong. **ASK: What does that mean? How can we help each other be strong? What makes our family special?**

BEING WARM is an action you can take in your family to [express care](http://express.care) for one another. Learn more at www.ParentFurther.com.



Steal The Cap

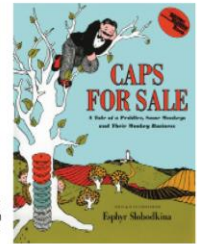
Players: 5 or more
Space: large
Materials: chalk, small easy-to-grab object to be the cap

Name a referee, then divide the remaining players up into two equal teams (the "monkeys"). The players on each team should count off so that each player shares a number with a player on the other team.

Take the chalk and draw two lines on opposite sides of the playing area and a circle in the center. Have the teams line up on opposite lines, and place the cap in the circle. The referee starts the game by calling out a number.

The two players who counted off as that number run towards the center and try to grab the cap before their opponent. The player who gets the cap has to run back past his or her team's line before getting tagged by the other player. If the player with the cap makes it back to the line, that team gets a point. If she or he is tagged first, then no point is awarded.

The cap is then returned to the circle, the referee calls out another number and another pair of opponents tries to steal the cap. First team to 10 points wins.



Tips for facilitating play

CARING ADULTS

On and off the playground, play is a great way to build strong bonds between adults and kids, bonds that help kids learn and grow. Through play, adults can unleash kids' creativity and encourage them to take on age-appropriate challenges.

DESIGNATE A QUIET SPACE

Not every child wants to engage in every activity. Children (much like adults) may need a quiet place to retreat to, away from high-activity areas.

PLAY + LEARNING

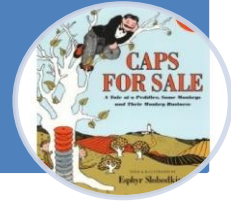
Play helps children adjust to the school setting, enhances their learning readiness, and indirectly contributes to children learning more hard skills in school by mitigating behavioral problems and increasing academic engagement.

ROLE-PLAY

Be willing to take on roles assigned by children. Children will often invite you into their play session. If you are patient, you may be tossing around a Frisbee or becoming a dinosaur before long.



Active Play



Executive Function



Family Strengths



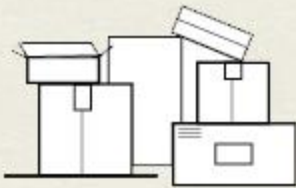


Open eBooks

- Open eBooks is a partnership between Digital Public Library of America, The New York Public Library, and First Book
- Educators, librarians and program leaders working with children and youth from in-need families can sign up with First Book to receive free access to the Open eBooks app.

First Book National Book Bank

- ➔ **FREE BRAND NEW BOOKS IN CARTON QUANTITIES**
- ➔ The **first and only nationwide system** for distributing books donated by the publishing industry to schools and programs serving kids in need ~(10 million books each year)
- ➔ **Books are free**; recipients pay only shipping and handling (\$.45/book, on average)



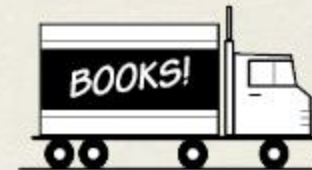
1 DONATIONS
Publishers donate millions of new books to First Book every year.



2 NETWORK
First Book tells our network of programs about the newest titles as we receive them.



3 APPLICATIONS
We match up the applications from teachers and program leaders with the books we have available.



4 DELIVERY
Once the applications have been reviewed, we send out the books; recipients pay only the shipping costs.

Engaging site programming

➔ Books as incentives

- Kids can earn points for every day they come. Five points = one book they can choose to take home and keep.

➔ Host family reading parties

- Invite parents, families and caregivers to your site and encourage families to read together. Have books for the kids to take home, along with reading tips for parents.

➔ Engage local leaders

- Invite local leaders to come read to the kids at your site. You can demonstrate the value your site brings to the community while providing a great, engaging activity.



Engaging site programming

➔ **Make transitions easier**

- Invite teachers from the kids' schools to come and read on site. This could give kids a chance to meet their teachers for the coming school year – especially great for those entering kindergarten!

➔ **Pair books with healthy activities**

- First Book has a wide selection of healthy eating/healthy living titles that can help you reinforce these positive messages.

➔ **Create activities based on books**

- Have the kids write stories or create art based on the work of a particular author or illustrator. Have kids act out a story you read together, or even create their own ending.

Engaging site programming

➔ Go around the world with books

- Organize a menu around a particular culture, read a book together, then do activities to help your kids learn about that culture. First Book has great multicultural resources!

➔ Establish a site lending library

- The more books that are available, the more likely kids will be to read! Have kids vote on which books to put in the site library.

➔ Engage other community partners

- Read a play with your kids, then invite a local theater troupe to your site to act it out. Invite the local librarians to come and sign the kids up for library cards so they can keep reading!

Action items

➔ Sign up with First Book!

- www.firstbook.org/summermeals

➔ Explore the First Book Marketplace

- www.fbmarketplace.org

➔ Talk with us!

- We want to hear from you!
- We can brainstorm ideas, share leading practices and help you think through how you can bring First Book to your community.



“The more you read, the more things you will know. The more you learn, the more places you will go.” - *Dr. Seuss*

Candace Radoski
Director, Partnership Development
cradoski@firstbook.org

First Book Help Team
1-866-READ-NOW
8am-6pm EST



Yvonne Sawyer

COO



Family Literacy Book Festivals Within Summer Camp Programs

Purpose:

Combat summer learning loss



- Over a 3 year term
- 40-50 locations each summer
- Distributed 45,000 new books plus parent tips in English, Spanish and Creole



Partnership with

- First Book Foundation (books)
- The Children's Trust (funding)
- Florida International University (reading teachers and training)
- Village Youth (summer meals)



Promoted summer meals program by hosting a community-wide workshop on “how to obtain summer meals”

- For churches, youth programs, and other non-profits
- 90 in attendance
- Two years in a row



Yvonne Sawyer

Chief Operating Office

Hope for Miami

Yvonne@hopeformiami.org



Questions?



Thank You!