

Improving Meal Quality in the Summer, One Change at a Time

Tuesday, April 18
2:00-3:00 PM Eastern



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Thanks to Our Sponsor:



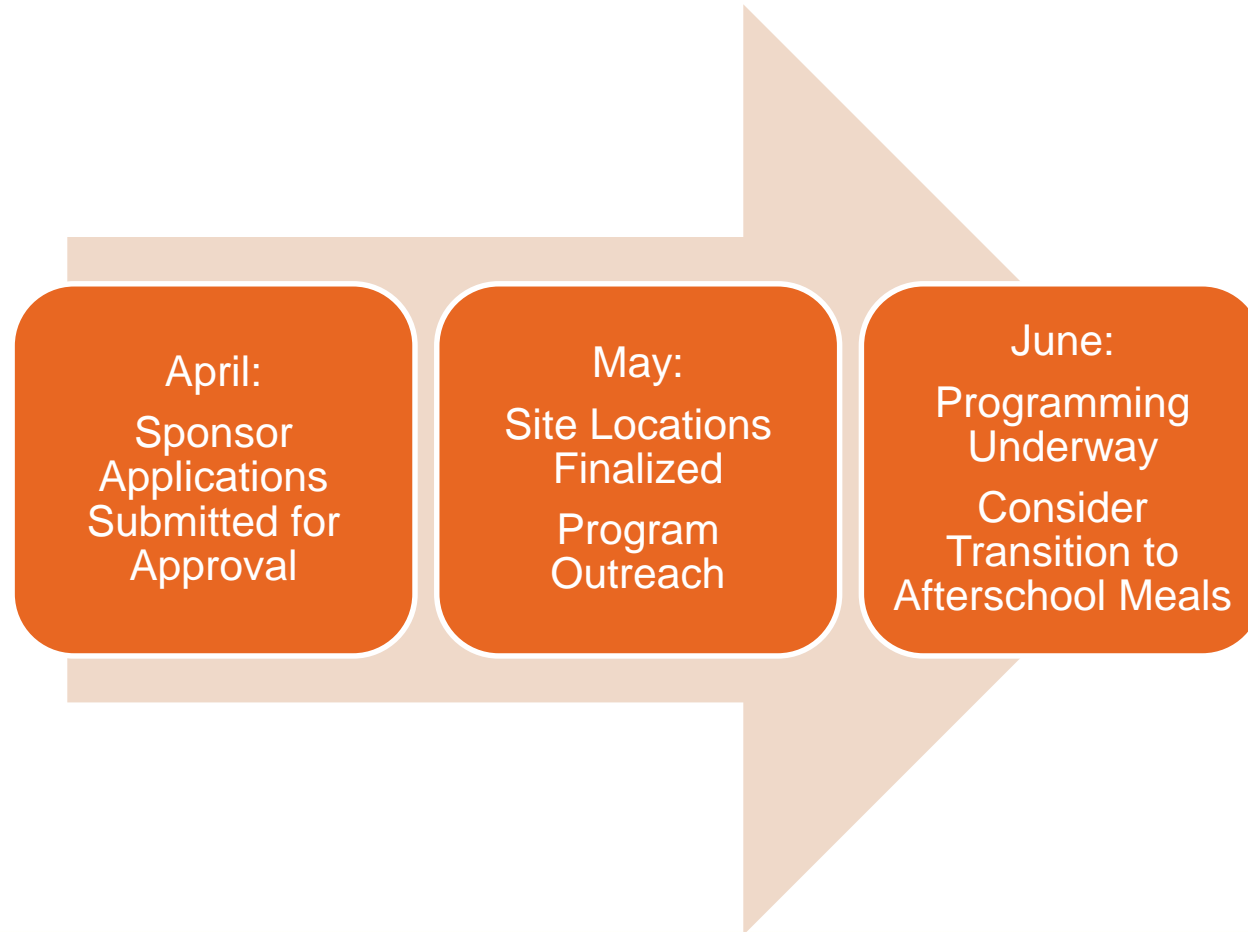


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Agenda

1. Planning Timeline & Updates
2. Meal Quality: Stories from the Field
3. Questions & Answers
4. Wrap-Up

1. SUMMER MEALS PLANNING TIMELINE



1. UPDATE: NEW SUMMER MEALS OUTREACH MATERIALS





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2. Meal Quality: Stories from the Field
3. Questions & Answers
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2. MEAL QUALITY: STORIES FROM THE FIELD

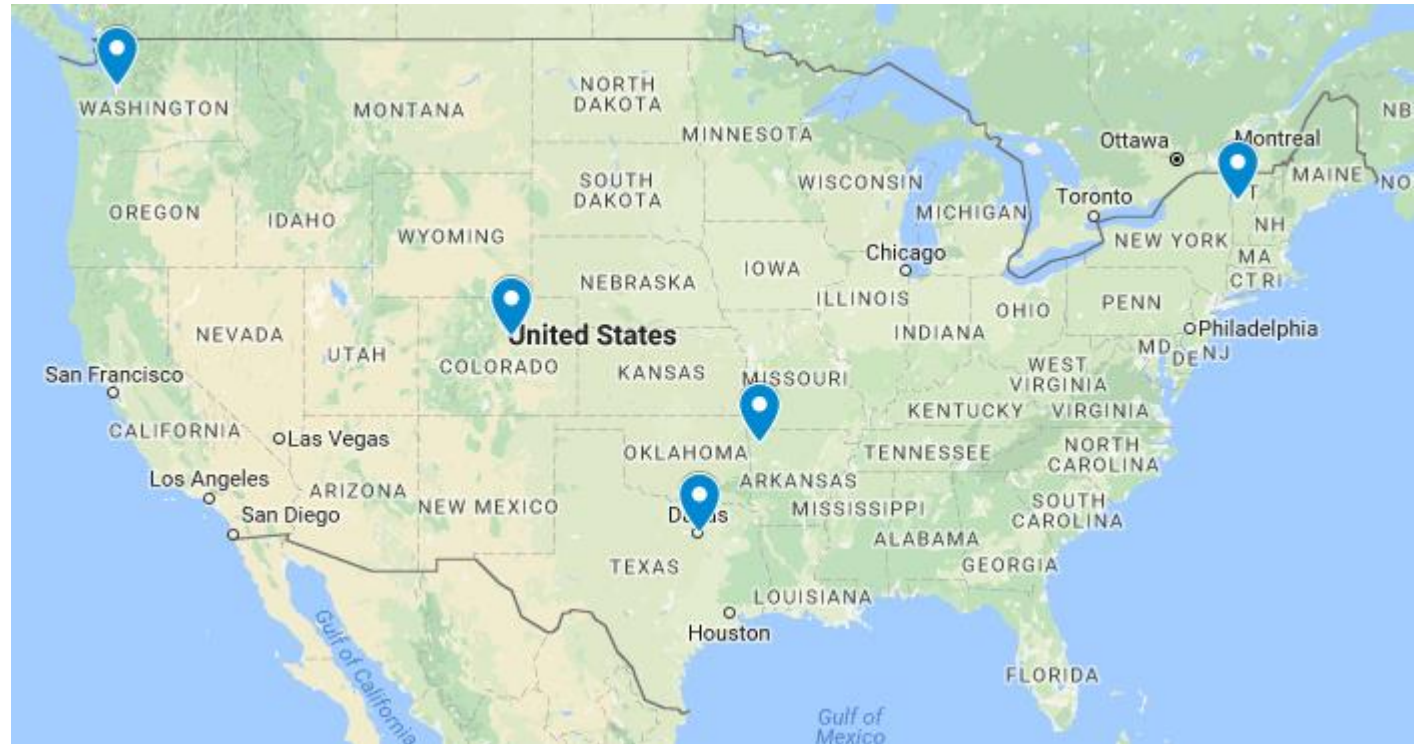
Meal Quality:

- Definition
- Importance
- Benefits



WELCOME TO OUR SPEAKERS

- Seattle, WA
- Denver, CO
- Dallas, TX
- Fayetteville, AR
- Bristol, VT



Dallas Independent School District

Food and Child Nutrition Services

Providing Nutrition to Students that Fuels Successful Learning



Michael Rosenberger
Executive Director, Food & Child Nutrition Services

Statistics- Summer Food Program

- The Dallas Independent School District's Food and Child Nutrition Services (FCNS) Department has served as a sponsor for the Summer Food Program for the past 22 years.
- Last year FCNS served at 227 sites, of which, 25 sites were external customers.
- In 2016, the Summer Food Program served 21,000 meals on average each operating day, creating a total of 422,891 summer meals served.
- **Seamless Summer Option (SSO)**- Seamless transition from the school year to summer
 - 100 or more participants- Hot meals
 - 60-100 participants- Cold meals prepared onsite
 - 59 and below- Pre-packed cold meals prepared in central kitchen

Excellence in Summer Meals

The Dallas ISD department of Food and Child Nutrition Services received recognition for the 2016 Summer Food Service Program (SFSP) by earning a Silver level of excellence .

The Excellence in Summer Meals is awarded by the Dallas office of the Texas Hunger Initiative, the Food Research and Action Center (FRAC), and the United Way of Metropolitan Dallas.

Summer Food Service Providers are evaluated on best practices in:

- Programming and Operations
- Food Quality
- Marketing and Outreach



TEXAS HUNGER INITIATIVE
Baylor University School of Social Work



Celebrating Our Success



Striving for Excellence with Every Meal Served

FCNS strives to serve high quality meals that are both appealing and nutritious.

The Summer Food Service Program Best Practices followed by FCNS:

- Training- All feeding sites
- Site Audits
- Supplies for Food Safety
- Fast Deliveries
- Sanitary Environment for Food Production



Healthy Summer Meals

The summer meal menu promotes our nutrition Initiatives through:

- Local Texas Produce
- Menu Variety
- Cultural Offerings
- Student favorites
 - All-Star Menu Items

2016 HEALTHY SUMMER MEALS MENU
No Cost For Kids 18 and Younger

Week 1: June 6, June 20, July 4, July 18, August 1, August 15
Week 2: June 15, June 27, July 11, July 25, August 8

Dallas Independent School District FCNS

Energize with Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	PIZZA SMART BOX	TUNA SALAD WITH SMART BREAD	TOTALLY TURKEY SMART BOX	HAPPY BIRTHDAY SMART BOX	ITALIAN TERN SANDWICH SMART BOX
Sides	BANANA CARROTS BRANDED RASPBERRY	VEGETABLE FRIES CORN SALAD FRESH ORANGE	CELERY STICKS BANANA CARROTS PEANUT CUP	SWEET POTY POPCORN MUSCLO BITES MILKED FRUIT CUP	SHRIMP TONNIFRIES MUSCLO BITES FRESH PEACH

Smart Start Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					
Entrees	MARINATED WICKESSE STEAK	BREAKFAST TOAST	TOAST & BANANA	PIZZA	CEREAL MEAL BREAK
Sides	FRESH PEACH	FRESH APPLE	FRESH APPLE	MILKED FRUIT CUP	APPLE SLICES
WEEK 2					
Entrees	MARINATED WICKESSE STEAK	STRAWBERRY BAIT BOX	TOAST & BANANA	CEREAL MEAL BREAK	CEREAL MEAL
Sides	FRESH PEACH	APPLE CARROTS	FRESH PEACH	MILKED FRUIT CUP	APPLE SLICES

Juice and Choice of Milk are offered daily. Meals provided by Dallas ISD Food and Child Nutrition Services in collaboration with Texas Department of Agriculture through the Summer Food Service Program. Some menu items offered may vary by grade-level. Menu is subject to change.
Special diets information can be found on www.dallasisd.org/food. *No lunch service on July 4, 2016.

In accordance with Federal civil rights law and the Department of Agriculture's (USDA) nondiscrimination policy, the Dallas ISD, its agencies, offices, and employees, and contractors participating in the Summer Food Service Program are prohibited from discriminating on the basis of race, color, sex, national origin, age, or disability. Any individual who believes they have been discriminated against in any program, activity, or service provided by Dallas ISD should contact the Dallas ISD Office of Equity and Compliance at (972) 252-2222 or the Texas Department of Agriculture at (214) 255-2222. Complaints should be filed within 60 days of the date of the alleged discrimination. For more information, please contact the Texas Department of Agriculture at (214) 255-2222. The Summer Food Service Program is a Federal program administered by the Texas Department of Agriculture. The program is subject to the terms, conditions, and regulations of the Summer Food Service Program. The program is subject to the terms, conditions, and regulations of the Summer Food Service Program. The program is subject to the terms, conditions, and regulations of the Summer Food Service Program.

Break Meal Program

When School is Out, Hunger doesn't take a Break

The Break Meal Program began in the spring of 2016 as a pilot at 5 Dallas ISD schools in the southern sector.

Meals are now provided during all school breaks

The Break Meal Program Provides:

- Free meals
- Available to anyone under 18
- Provided throughout the district
- Educational/Enrichment Activities



Students enjoying a hearty lunch during the 2016 Spring Break Meal Pilot Program

Questions?

For More Information, Please Contact:

Food & Child Nutrition Services

1515 Al Lipscomb Way

Dallas, TX

214-932-5500

<http://www.dallasisd.org/FCNS>

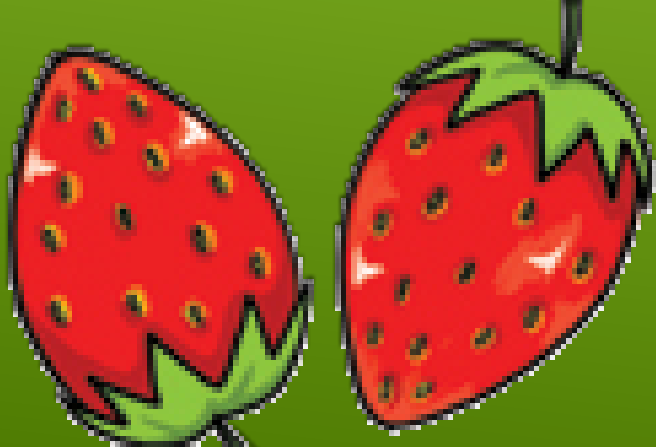
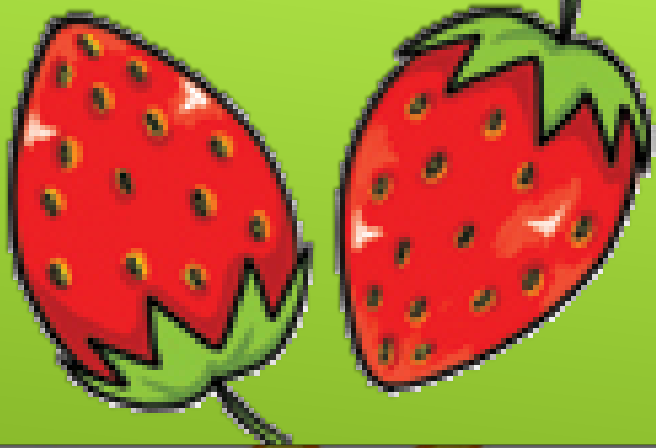


QUALITY MEALS IN SFSP

Feeding Kids Well On the GO



Addison Northeast Food Service Cooperative
Kathy Alexander, Director
Bristol, Vermont



- ▶ 11 Sites
- ▶ 6 rural towns
- ▶ Central Kitchen
- ▶ 4-5 part-time staff
- ▶ 7:00 a.m. – 11:30 p.m. and 8:30 a.m.– 1:00 p.m.
- ▶ 3 farms (school year 13)
- ▶ 350 – 400 meals/day
- ▶ 7 weeks



SUMMER MEALS IN ADDISON NORTHEAST



Taco Salad, corn salad, corn chips local blueberries, goldfish (not shown)

THE OPPORTUNITIES

Meals on the Go that are:

- 🍓 Nutritious
- 🍓 Appealing
- 🍓 Colorful
- 🍓 Tasty
- 🍓 Safe
- 🍓 Varied
- 🍓 Local



Chicken Salad Wrap, Potato salad, local Peas, watermelon cubes

Fajita Chicken Salad with green beans, tortellini salad, local strawberries



Ham and Cheese Wrap, Veggies with cream cheese, oranges and local strawberry.

WORKING LOCAL PRODUCT INTO THE MEAL
VARIETY/COMBINATIONS



Prepping Local Strawberries for the Freezer

Cold Chicken Tenders w/ BBQ sauce, Banana Muffin, Kiwi and Strawberry, Baby Carrots



Turkey and Cheese on WW Bun, Spinach salad with Strawberries, Kiwi



4 week cycle menu

KID FRIENDLY MEALS
COLD SUMMER MEALS
CREATIVE MEALS

CONTACT US:

Katherine Alexander

kalexander@anesu.org

802-233-4439 or 802-453-7002

www.anesunutrition.com





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVING MEAL QUALITY IN THE SUMMER: ONE CHANGE AT A TIME



YMCA OF GREATER SEATTLE

Michael Simonelli
Program Director of
Hunger Initiatives

HERE'S HOW WE IMPROVE MEAL QUALITY AT THE YMCA OF GREATER SEATTLE:

- HEPA (Healthy Eating and Physical Activity) Standards
- Working with Vendor
- Licensing and Public Health
- Farmer's Market / Farm to Table

HEPA STANDARDS

- Beverage
- Food
- Family Engagement
- Infant Feeding
- Physical Activity
- Screen Time



HEPA STANDARDS:

Beverages

Water and unflavored low-fat/nonfat milk. Water available at all times.

Food

- Allowing children to serve themselves (family style)
- Provide fruits and vegetables at every meal and snack.
- Do not provide any fried foods.
- Do not provide any foods that contain trans fats
- Offer only whole grains
- Provide foods that don't list sugar as one of the first 3 ingredients or contain more than 8 grams of added sugar per serving
- Staff modeling healthy eating behaviors at all times.

WORKING WITH VENDOR

- Brought in HEPA standards
- Solidify non-negotiables
- Let them find the wiggle room
- Formal policy in place



LICENSING:

Finding unitized or pre packaged food for our sites with no kitchens

- Takes pressure off of site in creating a balance between licensing and public health
- Bring in our HEPA standards
- Frees up time for program planning
- Easier administratively

FARMER'S MARKET / FARM TO TABLE:

Farmer's Market

- Fresh produce at the right price
- Buy bulk at the market
- Ask for donations at the end of the day
 - Provide to parents of your site
 - Distribute to families of the community

Farm to Table

- Purchasing at Farmer's Market led to relationship for Farm to Table
- Sites can be creative and eat fresh produce that's in season
- Teaches children where food is coming from and build direct relationship with farmers



THANK YOU!

Michael Simonelli
YMCA of Greater Seattle
msimonelli@seattleyymca.org
#TheYFeedsKids



Jill R. Turley, MS, RD/LD, SNS

National Nutrition Advisor

The Alliance for a Healthier Generation



One-Stop-Shop

With the Smart Food Planner

Smart Food Planner



Enhanced Product Search



Recipes



Interactive Menus

The screenshot shows the Smart Food Planner website interface. At the top, there is a navigation bar with the logo for the Alliance for a Healthier Generation, a search bar, and links for HELP and LOG IN/REGISTER. Below the navigation bar, the main content area is titled "Smart Food Planner" and includes a secondary navigation menu with links for Smart Snacks, Menu Plans, Recipes, Products, Calculator, and About Us. The main content area is divided into several sections: "Products" (Browse for products that fit the reimbursable meal patterns or for foods and beverages that meet the Smart Snacks in School nutrition standards), "Recipes" (Freshen up your menu with these kid-friendly recipe ideas), and "Menu Plans" (Check out our collection of great menu ideas). Below these sections, there is a "Product Calculator" section (Take the guesswork out of school nutrition. View Product Calculator) and a "Food for Thought" section (Introducing the Smart Food Planner: All You Need to Meet your School Nutrition Needs). At the bottom, there is a "Breaking Child Nutrition News!" section and a "How to Use This Tool" section.



Products

Home - Products

Find a Product

Keyword

Category

Filter

Smart Snacks Compliant Only

Products



1 - 20 of 67

< 1 2 3 4 >



Apple Cinnamon Cereal -
1.2 oz.

Smart Snacks Compliant



Berry Berry Kix(R),
BowlPak

Smart Snacks Compliant



Cheerios(R), Bowlpak
Smart Snacks Compliant



Cheerios(R), Bulkpak
Smart Snacks Compliant

Recipes

Home - Recipes

Find a Recipe

Keyword

Category



Filter



[SEARCH ALL RECIPES](#)

Recipe Search



1 - 11 of 11

Sort By

Name A-Z

Bacon Cheeseburger

BBQ Pulled Pork

Beans and Rice (Black/Red)

Beef Shepherd's Pie

Chicken & Brown Rice Casserole

El Monte's Tuna Salad

Fajita Chicken with Onions & Peppers

Hall County's Fiesta Fish Sandwich

Healthy School Meal Contest
Winner!

A Mexican seasoned tuna
sandwich served with season...

Menus

Home - Menu Plans

It's Snack Time!

Check out this 5-Week cycle snack menu for fun, fresh ideas to incorporate into your snack time.

[View](#)

Jill's Snack Menu

This 4-Week cycle snack menu features some of National Nutrition Advisor Jill Turley's favorite snack items.

[View](#)

Lubber Run's Snack Menu

Lubber Run from Arlington County Department of Parks and Rec shares their 7-Week cycle menu used at their site. They paired this fun snack menu with nutrition education materials for parents to reinforce the message they are spreading at their site about good nutrition and healthy eating.

[View](#)

Create an Account

Account / My Dashboard

My Dashboard

[My Lists](#)

[My Products](#)

[Preferences](#)

My Favorites



Oakland Unified's Pozole con Pescado

[VIEW](#)

My Lists

[Jill's Products](#)

[Jill's Recipe Book](#)

[VIEW](#)

My Products

You have not submitted any products.

CHECK IT OUT!

go to...

foodplanner.healthiergeneration.org



FOODPLANNER.HEALTHIERGENERATION.ORG

Send us your menus, recipes and questions at
foodtools@healthiergeneration.org



Follow me on Twitter

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Cooking Matters for Summer Meals

Megan Bradley, RDN
Senior Program Manager
Share Our Strength Colorado



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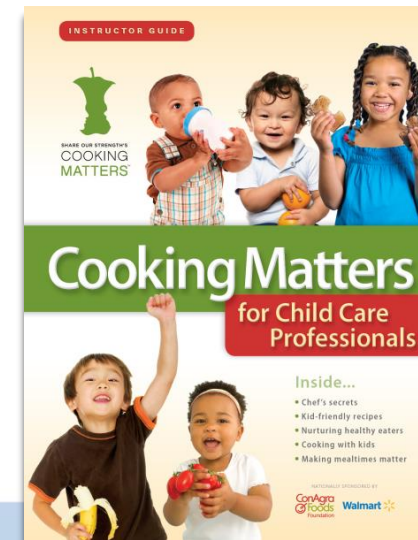
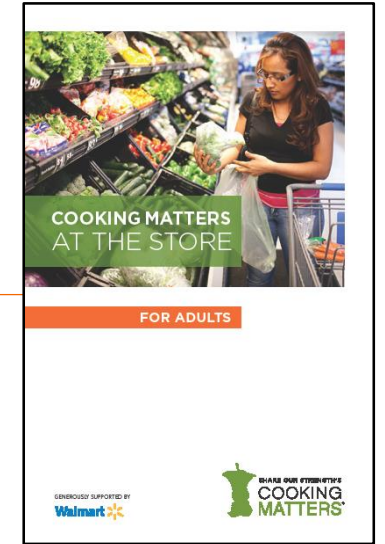
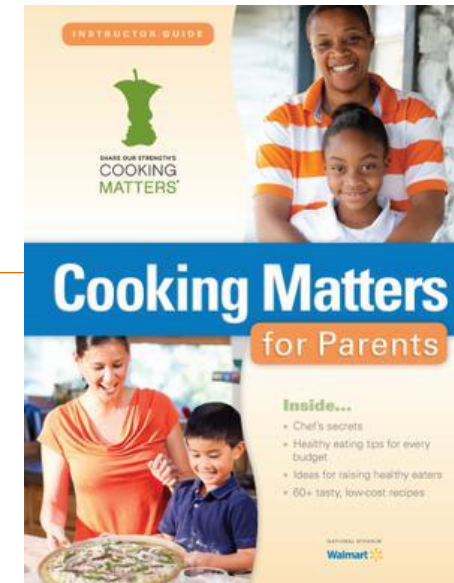
OF LOW-INCOME PARENTS SAY THAT **EATING HEALTHY MEALS IS IMPORTANT TO THEIR FAMILIES**

HOW COOKING MATTERS WORKS



COOKING MATTERS: WHAT WE DO

- Hands-On Cooking Courses
- Interactive Cooking Matters at the Store Tours
- Childcare Professionals Trainings
- Educational Tools



COOKING MATTERS FOR SUMMER MEALS

COOKING MATTERS PRESENTS Sugar Shocker

Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That's where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sweet drink, think about seeing 16 packets of sugar. That's how much sugar is in a 32-ounce can! Instead, try using 100% fruit juice in an everyday drink.

It's ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Nutrition Facts	
Serves 1 (1/2 cup) Servings per container: 2	
Calories 100 Total Fat 0g	
SUGAR 16g	
Sodium 0g	
Total Protein 0g	
% Daily Value*	
Total Fat	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	0%
Total Carbohydrate	25%
Dietary Fiber	0%
SUGAR	32%
Protein	0%

Compare the food labels below. Circle which food or drink is lower in sugar.

a. Soda OR Plain milk

b. "Frosted" whole grain cereal OR Unfrosted whole grain cereal

c. Plain yogurt OR Strawberry yogurt

COOKING MATTERS PRESENTS Make Your Plate a Rainbow

Go crazy for colors!

Colors of fruits and vegetables help you grow and get strong. Plus, they look great on your plate! See if you can eat at least 5 different colors of fruits and veggies each day.

How many fruits and vegetables can you think of for each color? Write them in or draw pictures of them below. Color in the ones you already eat.

Red

Orange

Yellow

Green

Blue or Purple

DID YOU KNOW?

Your school serves colorful fruits and veggies every day. Try to eat a variety of them every day to help you grow and get strong.

DID YOU KNOW?

Getting different colors helps your body and your brain. Plus, you can even turn your veggies into fun art projects. Great ideas show you along the bottom and back. Draw and share your ideas with your friends and help you fight off color!

TIP: The next time an adult asks you to go grocery shopping, go with them! Look for a fruit or vegetable you've never seen or tasted before. Ask if you can try it together at home.

COOKING MATTERS for Chefs and Kids

- The SFSP meal pattern enables sponsors to serve meals that are appealing and are consistent with the [Dietary Guidelines](#).
- Cooking Matters is also based on the Dietary Guidelines so our recipes and activities can align with Summer Meals!
- [Free resources including handouts and toolkits](#)

COOKING MATTERS FOR SUMMER MEALS

Connect with Cooking Matters:

- Use our free resources to reinforce the importance of nutrition and foods skills education
- Connect with [local partners](#) offering Cooking Matters in your area
- Lead your own through Cooking Matters Grant Opportunities!
 - [RFP](#) and [webinar information](#)

Megan Bradley, RDN
Senior Program Manager
Share Our Strength Colorado

Wondering how to use these resources or what to know more? Feel free to email me:

mbradley@strength.org



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3. QUESTIONS & ANSWERS

- Write questions in chat box
- Panelists are available to field your questions





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2. ~~Meal Quality: Stories from the Field~~
3. ~~Questions & Answers~~
4. Wrap-Up

4. WRAP-UP

- Importance of Meal Quality
- Examples of High-Quality Meal Programs
- Online Meal Quality Resources





Thank you and please join us next month!
Save the Date: Tuesday, May 9 at 2:00 PM Eastern

Website: www.bestpractices.nokidhungry.org

Email: bestpractices@strength.org