



Summer Meals Newsletter

AUGUST 2016 • SPONSORS

SUMMER ISN'T COOLING DOWN YET...
LET'S MAKE IT ONE THE KIDS CAN'T FORGET!

What's New?

Mark your calendar! National Farmers Market Week starts August 8th! Consider organizing a field trip to a local farmers market or invite a local farmer to visit a site and teach the kids all about local produce! For more ideas, check out the Farm to Summer memo "Local Foods and Related Activities in Summer Meal Programs": <http://www.fns.usda.gov/local-foods-and-related-activities-summer-meal-programs-questions-and-answers>

Updated Toolkit pages: Be sure to check out the Summer Toolkit page for updates to toolkit resources! <http://www.fns.usda.gov/sfsp/summer-meals-toolkit>

Upcoming USDA and Partner Events

August 4th, 1pm EST

Food Research & Action Center: Evaluating and Recognizing Quality Summer Nutrition Programs
http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event_KEY=81848



Recruiting and Retaining Volunteers

A reliable volunteer base is important to the success of any Summer Meals Program. Volunteers can help with outreach, supervision, meal preparation, and activities. When searching for volunteers, sponsors can target the following groups:

- **Teen Interns.** "Summer Meals Internships" can encourage teens older students to become involved in the Program.
- **Local Employers.** Businesses can choose one day each week to send staff to volunteer at a site.
- **Senior Citizen Programs.** AARP's "Create the Good" (<http://www.createthegood.org/>) and Senior Corps (<http://www.nationalservice.gov/programs/senior-corps>) are great places to find older volunteers.
- **Volunteer Directories.** Sponsors can share opportunities on national volunteer websites, such as United We Serve (<http://www.serve.gov/?q=site-page/endhunger-sfsp>) and Volunteer.gov (<https://www.volunteer.gov/>).

Promoting Summer Fitness & Nutrition

Summer Meals sites are the perfect place to teach children healthy habits that can last a lifetime. **USDA's Team Nutrition** has free, educational resources sponsors can use to incorporate nutrition, fitness, and fun into their site programming.

Fitness Activities

- **Summer Food, Summer Moves.** Check out the new Team Nutrition Summer Food, Summer Moves resources for posters, flyers, and family activities guides to keep kids moving throughout the summer! <http://www.fns.usda.gov/tn/summer-food-summer-moves>
- **Sports & Games.** Ask local sporting good stores or gyms to donate used athletic equipment, such as jump ropes, kick balls, and Frisbees, for the children to play with before or after their meal.
- **Fitness Class.** Invite a fitness instructor from the local gym to lead a Zumba or yoga session, or ask older teens and college students to lead physical activities, such as jumping jacks, for younger participants.
- **Wellness Day.** Promote wellness for the entire family by hosting a "Community Wellness Day" at your sites. Local health organizations and dieticians can provide "activity stations" to share fitness tips and promote active lifestyles.

For more tips, check out Team Nutrition's Power Up with Local Athletes: http://www.fns.usda.gov/sites/default/files/TNevents_powerup.pdf



Nutrition Activities

- **Offering Healthy Summer Meals that Kids Enjoy.** This colorful 4-page resource is now available to order! It provides practical ideas for site operators to help improve nutritional quality in the meals they serve. <http://www.fns.usda.gov/tn/offering-healthy-summer-meals>
- **Try-Day Friday.** Host a recurring event where kids sample new foods and indicate how much they like each sample on a "Try-Day Ballot."
- **Mock Grocery Store.** Invite kids to participate in a "shopping simulation" where they learn how purchase foods from each MyPlate food group.
- **Food Smarts.** Pair participants with an older "book buddy" who can read them a story about healthy behaviors.
- **MyPlate Food Drive.** Demonstrate the importance of giving back by hosting a "Healthy Foods Drive," helping kids identify affordable foods from each food group.
- **Healthy Food Scavenger Hunt.** Have teams of children "search" for ingredients for a healthy snack, then prepare the snack together once all the ingredients are found.

For more suggestions, check out the Team Nutrition Popular Events Idea Booklet: <http://www.fns.usda.gov/team-nutrition-popular-events-idea-booklet>