



# Summer Meals Newsletter

NOVEMBER 2016 • SPONSORS

SUMMER 2016 WAS A WIN!

TIME FOR NEXT YEAR'S PLANNING TO BEGIN!

## Upcoming USDA and Partner Events

**November 3rd, 1:00 PM EST**  
**Reducing Food Waste and Serving Kid-Friendly Meals** | Food Research and Action Center (FRAC)

**December 1st, 1:00 PM EST**  
**Food Policy Councils and the Summer Nutrition Programs** | Food Research and Action Center (FRAC)

## What's New

### FRAC Releases First-Ever Report Analyzing Summer Breakfast Participation

*Hunger Doesn't Take a Vacation: Summer Breakfast Status Report* "measures July 2015 summer breakfast participation against July 2015 summer lunch participation, nationally and in each state. The findings show that only 1.7 million low-income children received summer breakfast on an average weekday in July 2015—barely half as many who ate summer lunch.

The report highlights best practices to increase summer breakfast participation and sets an ambitious, but achievable, goal of reaching 70 children with summer breakfast through the Summer Nutrition Programs for every 100 participating in summer lunch."

Read the report [here](#).

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## Reaching Migrant Children

Children from migrant households are more likely to experience food insecurity than their peers, making reaching migrant children an important priority. Sponsors can help FNS reach more children from migrant communities by prioritizing outreach to migrant organizations throughout their site recruitment efforts.

### ***Sponsors can help overcome barriers to participation by:***

- Emphasizing that families will not need to submit an application for the Program
- Making clear that no test of citizenship is necessary to participate

# Summer Spotlight: Summer Food, Summer Moves



## Summer Food, Summer Moves

is a fun, hands-on resource kit designed to get kids and families excited about healthy eating and physical activity during the summer months. The kit is designed for use by summer meal site operators and focuses on using music, games, art, and movement to motivate kids and families to choose more fruits and vegetables, choose water instead of sugary drinks, get enough physical activity every day, and to limit screen time.



The resource kit includes an **Operator Activity Guide** with nutrition education activities and kid-friendly recipes, **7 educational posters**, **150 promotional fliers**, **25 activity placemats**, and **150 educational activity guides for families**.

### **SAMPLE ACTIVITY: RED PEPPER, GREEN PEPPER, CHILI PEPPER**

Stand at the finish line. Have kids stand shoulder to shoulder at the starting line and face you. When you face away from the kids and say “Green Pepper,” the kids run towards you. When you turn around and say, “Red Pepper,” they must stop. If anyone is caught still running, they go back to the starting line and start again. If you say “Chili Pepper” at any point, they have to dance or jump in place. The first player to reach you wins and becomes the “Pepper Master”



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

Request your own print version of Summer Food, Summer Moves [here](#). Please allow 2-4 weeks for delivery!