



Nutrition Education and other Enrichment Activities for Summer Meal Programs

Thursday May 5th, 2016



Introductions

USDA's Summer Food, Summer Moves Resource Kit

Tools for summer enrichment from Alliance for a Healthier Generation

Farm to Summer and other resources

Questions and Comments

Speakers

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Alliance for a Healthier Generation

Summer Nutrition Programs



- Provides **free**, nutritious meals to low-income children 18 and under
 - Up to two meals a day
- Operates when school is not in session (including weekends)
- Qualify based on area eligibility or census data
- Funded by USDA and administered by state agency
- **No enrichment activity required – but helps participation!**



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New! Team Nutrition Summer Resources

Infographic · Parent's Guide · Tip Sheet · Summer Food, Summer Moves Kit



SUMMER
FOOD
MOVES



Overview

- Discover the Materials
- Print Materials
- Spreading the Word
- Questions





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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





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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.





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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.



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Infographic

- English and Spanish
- Print and Digital





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Parent's Guide



SERVINGS: 6
SERVING SIZE: ½ cup

INGREDIENTS:

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes
- 1 jalapeño pepper (optional)
- 4 cloves garlic
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ cup lime juice

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 jalapeños. Slice the garlic. Add the minced and minced jalapeño and garlic to the tomato mixture.
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 adding them to the salsa.
- Instead of zucchini, you could use 1 cup of yellow squash or cucumber in this recipe.
- Add watermelon, peach, or pineapple for a fruity 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: ½ cup. Calories 25; Total Fat: 0 g; Saturated Fat: 0 g; Sodium: 195 mg; Potassium: 217 mg; Total Carbohydrate: 6 g; Dietary Fiber: 1 g; Sugars: 3 g; Protein: 1 g; Vitamin A: 444 IU; Vitamin C: 10 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!
5. When you have met the challenge for one healthy move, try another!

Our Family Reward: _____

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

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

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

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

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, breakfast or lunch at school or summer meals.

Your local summer meal site is located at _____

- English and Spanish
- Six Page Brochure



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Summer Food, Summer Moves



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



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Materials for Your Summer Meal Site	2
Adapted Activities for Children Needing Functional Supports	3
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Food Allergies	5
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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
	Lights! Camera! Water!	X			9
	Fruit and Veggie Trivia	X			10
	Bring the Heat 2-Minute Challenge		X		12
	Water Sparklers		X		13
	Fruity Fun Chicken Salad Cups			X	14
STAY COOL	Jump in for Healthy Choices	X			16
	The Big Wind Blows	X			18
	Water Safety Tips	—	—	—	19
	Hot Tomato		X		20
	Fruit and Veggie Waters		X		21
	Cool Cucumber Yogurt Dip			X	22
MUSIC & DANCE	Red Pepper, Green Pepper, Chili Pepper	X			24
	Movie Moves Party Game	X			25
	Collaborative Poetry Slam		X		26
	Screen-Free Limbo Challenge	X			28
	Get Down With Bell Peppers		X		29
	Berry Jams Party Bites			X	30
FRIENDSHIP	Ultimate <i>MyPlate</i>		X		32
	Circle of Friends Cheer	X			33
	That's What Friends Are For		X		34
	Game Inventors	X			36
	Melon Medley		X		37
	Summer Vegetable Salsa			X	38
CELEBRATIONS	Cheer and Leap Game	X			40
	Herb Gardening			X	41
	Play Hard Activity Cube		X		42
	My Party Plate		X		44
	Garden Fiesta Tuna Pockets			X	46
	Power Up and Give Me 60!	X			48
SPORTS	Five Food Groups Relay Race	X			49
	Drink Smart To Play Hard		X		50
	Power Path		X		52
	Power Up Your Snack		X		53
	Home Run Hummus Wrap			X	54



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Operator Activity Guide



SUMMER FOOD MOVES





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 Foods). 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. Regular soda, sports drinks, sweet tea, and fruit drinks are "Sometimes" 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 veggie 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.



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Summer Food, Summer Moves Recipes

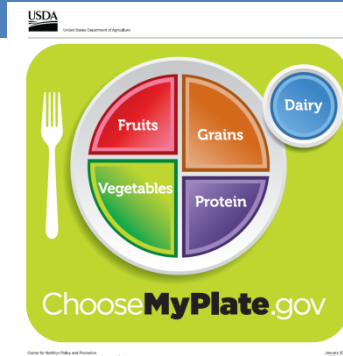




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Posters

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





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Activity Placemat

The placemat features a purple header with the USDA logo and text. Below is a yellow section with a red box containing a plate diagram divided into Fruits, Grains, Vegetables, Protein, and Dairy. To the right is a red box with a purple silhouette of a person jumping and text about firecracker jumps. Below these is a green box titled 'CRACK THE SECRET CODE' with six numbered instructions and a code grid. At the bottom left is a green box titled 'LOL!' with two riddles. The bottom right has a small text block with icons and a footer with logos and text.

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!

ANSWER KEY: 1) fruits, vegetables 2) physical activity 3) water, sugary drinks 4) play 5) fruits, vegetables 6) snacks, nuts, seeds, beans, lentils, soybeans, tofu, tempeh, seitan, meat, poultry, fish, eggs, dairy products

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



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Flyers

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

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Fruits. Veggies. Friendships.
Discover good things that grow in the sun.



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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Stay Cool at Summer Meals!
Where All the Cool Kids Go



Who?
All kids age 18 and under

What?

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

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MOVIN' With Summer Meals
Turn Off the Screens, Turn On the Music!



Who?
All kids age 18 and under

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REMEMBER: Friends Don't Let Friends Sit Inside All Summer!



Who?
All kids age 18 and under

What?

- Fun activities
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FRIENDS FOOD FUN
Three Reasons To Celebrate Summer!



Who?
All kids age 18 and under

What?

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AT SUMMER MEALS, KIDS WILL Eat Smart To Play Hard



Who?
All kids age 18 and under

What?

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

Visit a summer meal site:

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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





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All Materials Available in English AND Spanish

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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.

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Alimentos de verano Versión de verano

GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Tu guía de frutas y vegetales de verano

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

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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

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Entra en onda con los alimentos de verano

GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Nunca hace demasiado calor para jugar

Consulta esta guía para que tu familia se refresque.

Encuentra adentro del folleto:

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

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Alimentos de verano, pasos 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 y

2) Practica 60 minutos de cada día

3) Elige en vez de

4) Equilibra tu día con alimentos y

5) Come frutas y vegetales en

6) Aliméntate para jugar con ganas

CÓDIGO

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

Dibuja aquí una comida saludable de verano.

¡JA, JA, JA!

¿QUE LE DIO PAPA TOMATE A PERE TOMATE?
CA UNA COMARITA PAMILAR?

¿LA PAPA SE?

¿QUE LE DIO UNO CERREJA AL VERSE AL ESPEJO?
¿CERREJA CERREJA?

¿CERREJA CERREJA?

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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!

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

*Calorías de azúcar: 171 calorías por cucharadita de azúcar. 1 cucharadita de azúcar = 4 gramos. 126 gramos de azúcar = 31.5 cucharaditas. 31.5 cucharaditas de azúcar = 126 calorías. Los azúcares que se encuentran en las bebidas azucaradas pueden ser de origen natural o añadido. Los azúcares añadidos son los que se agregan a los alimentos y bebidas para mejorar el sabor. Los azúcares añadidos son los que se agregan a los alimentos y bebidas para mejorar el sabor. Los azúcares añadidos son los que se agregan a los alimentos y bebidas para mejorar el sabor.



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Free Materials

Team Nutrition

Print

> 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



MyPlate for Kids

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

4/5 << Resume >>



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 HUSC: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!

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@TeamNutrition

<http://teamnutrition.usda.gov>



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Spreading the Word

- MyPlate Facebook Posting
- USDA Blog
- E-Mail Announcement
- PartnerWeb
- Upcoming Webinars
- Conferences/Presentations
- Newsletters
- @TeamNutrition





Upgrade Summer Enrichment

Simple & Inexpensive Tools To Try *Today*



Daniel W. Hatcher, MPH
National Out-of-School Advisor

Daniel.Hatcher@healthiergeneration.org

@hatchdw, @healthiergen

healthiergeneration.org/hostblog

The Alliance's Investment

- Field Staff (CA, AR, AZ, LA, DC, FL, PA, KS)
- 2 National MOUs w/ Dedicated Staff Support
- 2,027 sites; >225,000 youth
- 86% of sites served are low-income
- A Growing Train-the-Trainer Model
- 2 Customer Support Staff, 1-888-KID-HLTH



6 Physical Activity Enrichment Ideas



2 Family Empowerment Ideas



RESOURCES FOR THE HOME

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

APRIL

Tax time reminds us to pay attention to our bills, including the cost of food we provide for our families. Take steps to make grocery shopping easier this April! Learn how to create shopping lists with healthy and nutritious foods while on a budget!

- Shopping for nutritious foods for yourself and your family can be done on a budget. Check out some [tips](#) for how to get it done!
- Eat healthier and spend less? How? Here is a great [set of examples](#) of less healthy foods compared to healthier foods, and price comparisons to help you think differently about items you buy!
- Physical Activity Tip: April showers may make us inclined to stay indoors, but that doesn't mean we cannot get some exercise! Head to the mall and take a few laps inside - or find a local yoga class, or try beginner's yoga at home with this great 20-minute [workout](#).
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here!](#) (Spanish)
- Help reinforce healthy eating with fun activity sheets ([fresh beans](#) and [nuts](#)) and coloring sheets ([fresh beans](#) and [nuts](#)) for your family!
- Think about what goes on your plate! Use [MyPlate](#) to create a well-balanced, nutritious meal each day.

* For Spanish information about MyPlate, please [click here!](#)



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April: Grocery Shopping on a Budget

How can you provide healthy food for your family while sticking to your budget? Learn how to create shopping lists and where you can find healthy foods.

May: Proper Hydration in the Heat

Warmer weather is starting to set in—make sure your family is staying hydrated with non-sugary beverages. Learn how to find healthier alternatives this month.

June: Break a Sweat and Exercise as a Family

Summer is here—get outside and have fun exercising as a family! Kick off summer by learning new exercises you can do as a family, where you can exercise together as a family, and what type of intensity you should be exercising at!

July: Having Seconds? Think about Portion Control

Portions a problem? This month examine proper portion sizes of the essential food groups.

August: Make Sure you are Reading the Nutrition Fact Label

Do you know what's in the food you're putting on the table? Learn how to read a food label, examine serving sizes, and make sure you're serving up something healthy. Find healthy alternatives for quick, healthy snacks for your kids!

September: Try new Recipes and Spices from around the World



Foods of the Month Newsletter

JUNE: BERRIES

Berries come in many colors and varieties including blueberries, strawberries, raspberries, blackberries, currants, and cranberries. Most berries can be eaten raw and are full of Vitamin C, potassium, and fiber. Strawberries have the most vitamin C of the berry family and are full of important vitamins; in fact, just $\frac{1}{2}$ cup of sliced strawberries contain 80% of the recommended daily value of vitamin C!

CHECK OUT THE VARIETIES OF HEALTHY BERRIES DESCRIBED BELOW!



Strawberries - have the most vitamin C of the berry family. There are more than 70 varieties of strawberries, many of which are grown in California and Florida. This familiar fruit is usually available fresh year round, with peak availability from April to July.



Blackberries - the more intense the color of the blackberry, the sweeter the fruit is. There are blackberry hybrids that include boysenberries, loganberries, and ollalieberries, which are all tart in taste. Blackberry peak season is June and July, but are harvested from May to September.



Raspberries - have a similar structure to blackberries but have a hollow core. Therefore, this fruit requires delicate handling during preparation. Red raspberries are the most common type but sometimes may be golden, amber, or purple in color, but all are similar in taste and texture.



Cranberries - good, ripe cranberries will bounce, which is why they are nicknamed "bounceberries." They should be shiny and plump and range in color from bright light red to dark red. Shriveled berries or those with brown spots should be avoided. Cranberries do not ripen after harvest.



Blueberries - have a protective light powdery coating on the skins and tend to last longer than other berry varieties. Blueberries are nutrient dense and are very rich in essential nutrients.



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June Foods of the Month

Berries



Nutritious, yummy berries, such as blueberries, strawberries, raspberries, cranberries, and blackberries, come in many fun shapes and colors! Blueberries are an especially nutritious powerhouse and taste great! All berries are a great source of fiber, antioxidants like vitamin C, and water.



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HEALTHY TIP:

You can grow these at home!



Ideas for Linking Health & the Environment



More Tips, Resources & Ideas

Empower Your Team: Tips from OST Experts

Healthy OST Blog

[healthiergeneration.org/
hostblog](http://healthiergeneration.org/hostblog)

5 Tips for the Healthiest Summer Yet

7 Budget-Friendly Meal Tools To Share with Families

Engage Staff and Families for Under \$8

Encourage Families to Prepare At-Home Meals: 5 Easy Resources

Short on Time and Money? Try This Family Engagement Tip Before the End of the Month

What's the Buzz? 4 Tips to Connect Science, Nature & Wellness

New Resource: Model Out-of-School Wellness Policy Language



Farm to Summer



THE
FARM *to* **SCHOOL**
PROGRAM



Local foods and related activities

- Encourage children to eat and enjoy fresh, nutritious foods
- Engage children in educational activities that teach them where their food comes from
- Help them stay active + engaged while school is out
- Support local and regional food systems





Farm to Summer Activities

- Growing or visiting edible gardens
- Offering agriculture-based, hands-on activities
- Organizing farm field trips or visits from producers
- Cooking demonstrations and lessons teaching students to prepare meals with local ingredients
- Taste tests with various fresh, seasonal products
- Junior Iron Chef Competitions with garden grown or locally sourced items
- Creating and sending newsletters home for parents with recipes, farmers' market tips, etc.
- Many, many more!



Marion, Ohio: The school district added garden boxes at six elementary school SFSP sites, with 30 raised beds and a total of 47 families involved in tending the gardens. Master Gardeners are on site during summer feeding times to provide tips and hands-on lessons to children and their families.




Model: School gardens in SFSP



USDA Farm to Summer Page

<http://www.fns.usda.gov/farmtoschool/farm-summer>









United States Department of Agriculture
Food and Nutrition Service

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Farm to School

- > National Statistics
- > State by State Farm to School Statistics
- > Grant Program
- > Procuring Local Foods
- > Farm to School Planning Toolkit
- > State Contacts
- > USDA Farm to School Staff
- > Fact Sheets
- > Videos and Webinars
- > Resources
- > Farm to Preschool
- > **Farm to Summer**


See Also

- > Agricultural Marketing Service
- > Know Your Farmer, Know Your Food
- > Cooperative Extension Offices
- > USDA Food Hubs

Farm To School

Farm to Summer


Local Foods in the Summer Food Service Program (SFSP)



Summer is a fantastic time of year to add variety to keep meals tasting great. In many regions across the United States, USDA's [Summer Food Service Program \(SFSP\)](#) aligns well with the peak growing season, allowing schools and nonprofit organizations to serve products in their freshest state. There are numerous benefits to "bringing the farm" to summer feeding sites. Sponsors can increase participation by improving the quality of meals and keeping kids engaged through hands-on activities. Schools can develop continuous, year-round farm to school programming, and test out cooking techniques and recipes using local foods. Regional producers benefit from a reliable outlet for their products during the summer months. And kids and teens get fresh, healthy meals and participate in activities at meals sites, staying nourished and engaged while school is out.

FNS Resources

- [Farm to Summer Fact Sheet](#) (pdf) - Use this fact sheet for summer meal program tips on incorporating





More Resources

School gardens/Community Gardens

- [Edible Gardens](#)
- [Kids Gardening](#)

Nutrition Education Programming

- [Cooperative Extensions](#)
- [CanFit](#)
- [Cooking with Kids](#)
- [Snap-Ed](#)

FRAC Fresh from the Farm Guide

Connect to other programming



National Recreation
and Park Association



More Summer Resources

- Summer Implementation Calendar
<http://bit.ly/1KPjiBs>
- Serving Weekend Meals
<http://bit.ly/1KU1H9T>
- Standards of Excellence
<http://bit.ly/1MNn1jv>
- Summer Meals Matter
<http://frac.org/frac-events>



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