



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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Food Research and Action Center

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Daniel Hatcher, National Out-of-School Advisor

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!**



United States Department of Agriculture



New! Team Nutrition Summer Resources

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

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.

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

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

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

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

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

31g 0 sugar

60 minutes

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!
*To 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-608
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 Boredom Busters to keep kids active!

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



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.





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.



SUMMER
FOOD
SUMMER
MOVES





United States Department of Agriculture

Infographic

- English and Spanish
- Print and Digital

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.

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

Choose Water

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

0 sugar

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

27%

Kids spend an average of 7.5 hours a day in front of a screen.

Sit Less

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

1–2 hours

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.

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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 Summer Boosters to keep kids active!

THE 4 HEALTHY MOVES

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

- Make sure your fridge has no sugary drinks ready to go. When kids open the fridge and see cold water, they'll like to grab it.
- Drink less sugary foods, sports drinks, and other sugar-sweetened beverages.
- Offer sports juice in smaller amounts, to 1 cup a day, depending on age.
- Make water more fun by adding sliced fruit or cucumbers.
- Kids should drink 2 to 3 cups of low fat (1%) or fat free milk a day, depending on age.

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.
- Group bowl of fruit or fruit, veggie, and yogurt on the table.
- Visit a farm or farmers market and buy some local produce.
- Try fruit and vegetable options at summer meal sites.

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

- Don't? Make up games, move to play notes, take walks, shoot hoops, or play soccer.
- Make up an exciting goal at events: 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!

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: ½ cup
INGREDIENTS:

- 1 medium zucchini
- 1 medium white onion
- 1 Roma tomato
- 1 jalapeño pepper (optional)
- 4 cloves garlic
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ 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. Slice 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. Slice 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

- Chill 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 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: 1 g. Dietary Fiber: 1 g. Sugar: 2 g. Protein: 1 g. Vitamin A: 44 IU. Vitamin C: 10 mg. Vitamin D: 0 IU. Calcium: 19 mg. Iron: 0 mg.

Choose MyPlate.gov

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
<input type="checkbox"/>						

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"/>						

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"/>						

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"/>						

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 is free at summer meal sites.

Your local summer meal site is located at _____

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- English and Spanish
- Six Page Brochure





United States Department of Agriculture

Coming Soon: Offering Healthy Summer Meals That Kids Enjoy



Offering Healthy Summer Meals That Kids Enjoy

Ways your summer meal program can help kids fuel up, have fun, and get the nutrition they need for growth and good health

Helping children get the nutrition they need for health and growth is what summer meals are all about. There are many ways you can plan your menus and set up your summer meal sites to make the biggest difference possible. Some small changes in your program can make a positive difference in:

- The number of children that attend your summer meal program
- How satisfied children feel after eating the provided meal and/or snack
- Ensuring that children get the nutrition they need to stay active, healthy, and ready to learn

How can I use local foods in summer meals?

snacks, and available in your community. Consider local farmers' markets, garden produce, and more.



If your meal site offers foods in addition to what's required in the meal pattern, consider offering kids extras. Serving kids an additional 1/2 cup of baby carrots instead of potato chips provides them with additional vitamin A, a nutrient that helps keep their eyes and skin healthy.

How can I get started? Make a plan and start with changes that work best for your summer meal site. Some easy ideas to start with include: **Focus on whole fruits.** Serve whole and cut-up fruits more often than juice. Offer favorite fruits, such as melon, apples, and plums, instead of sweets like cake, brownies, or cookies.

Vary your veggies. Offer dark-green, red, and orange vegetables, as well as beans and peas during the week.

Make half your grains whole grains. Look for whole grains listed first on the ingredients list. Try whole-wheat bread, whole-grain tortillas and pastas, and brown rice.

Vary your protein routine. Mix up your main dishes to include seafood, beans and peas, nut or seed butters, eggs, and lean meats and poultry. Limit processed meats, such as hot dogs and bologna, to no more than once per week.

Move to low-fat (1%) or fat-free milk. Offer water as an additional beverage.



How can I offer healthier meals?

• Emphasize nutrition expectations in vendor specifications. For example, specify low-fat content for dairy products like cheese, yogurt, and milk.

• Share your nutrition goals with program staff, partners, and supporters. Discuss how you are working to make every bite count by offering foods that provide the nutrients kids need to grow and be healthy. Work together to find ways to offer more healthful food items that kids enjoy. Focus on a few small changes at a time.

• When building your summer menu, be sure to taste test recipes and possible menu items with children who are participating in afterschool or school meal programs.



Offering 3/4 cup of apple slices instead of 1/2 cup of apple juice gives kids an additional 2 grams of fiber. Fiber helps kids feel full longer and is good for digestion.



Be Label Smart

Use the Nutrition Facts label and ingredients list to compare food items and choose those that are lower in fat, and added sugars.

Nutrition Facts	
Serving Size 2 oz Servings Per Container: 6	
Amount Per Serving	
Calories 92	Calories from Fat 18
% Daily Value*	
GET LESS Saturated Fat	1%
GET LESS Sodium	16%
Total Fat 2g	4%
Total Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 47mg	9%
Sodium 23mg	46%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 1g	2%
Protein 17g	34%

*Percent Daily Values are based on a diet of 2,000 calories per day.

Sample label for grilled skinless chicken breast



Get less added sugar

You can find added sugars by looking at the ingredients list. Some names for added sugars are: high-fructose corn syrup, glucose, sucrose, dextrose, fructose, lactose, molasses, maltose, honey, brown sugar, invert sugar, malt syrup, trehalose, turbinado sugar, and corn syrup.

Getting Volunteers and Staff Excited About Healthy Foods

Get support and buy-in from adults working or volunteering with your summer meal site by sharing some of the benefits of making healthy food choices. Staff and volunteers may enjoy setting goals together or having a friendly challenge. As a group or individually, you could set a goal to eat more vegetables or be more physically active and track your progress using the free SuperTracker at <http://www.choosemyplate.gov/tools-supertracker>.



How can I make healthy meals fun?

- Use bright and colorful signs to highlight signature dishes, special offerings, and locally sourced foods.
- Consider offering meals for parents or caregivers to purchase, so that they feel welcome and the site feels like a family-gathering spot.
- Offer a themed meal, such as a Country Barbecue, Taco Tuesday, or Friday Fajitas, to create excitement.
- Have a contest for kids to create imaginative names for healthy meals and snacks.

• Use the free activities, posters, placemats, family brochures, flyers, and recipes in Team Nutrition's **Summer Food, Summer Moves** kit to make your summer meal site healthier and more fun for kids and families. It's available at <http://www.fns.usda.gov/ta/summer-food-summer-moves>.



© Team Nutrition's Summer Food, Summer Moves kit

think about the

summer menu.

peness and in

roasted chicken

vegetables, beyond

en possible,

add sodium-free

it.

or Meals!

Using a fun placemat makes the view more interesting. See <http://www.fns.usda.gov/ta/summer-food-summer-moves>.

It for me)

meals is:

LITTLE EXTRAS = 😊

Serving different types of whole-grain breads, tortillas, rolls, and pitas during the week makes everyday sandwiches more appealing.

Including foods that are different colors, shapes, and textures (crunchy, smooth, crisp, etc.) makes meals more appetizing.

Providing extra veggie fillings makes wraps, burgers, rice bowls, and baked potatoes more satisfying.

Using a fun placemat makes the view more interesting. See <http://www.fns.usda.gov/ta/summer-food-summer-moves>.



Lunch or Supper Menus

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Chicken • Tuna • Salad • Tomatoes • Cucumbers • Orange (sliced) • Milk* 	<ul style="list-style-type: none"> • Tilapia fish taco on whole-grain tortilla** with shredded cabbage and salsa • Carrot sticks with Cool Cucumber Yogurt Dip • Garden Fiesta Tuna Pockets on a whole-grain pita with kids' choice of veggie toppings • String cheese** • Unsweetened applesauce** • Milk* 	<ul style="list-style-type: none"> • Barbecued Beef or Pork** on whole-grain roll • Corn on the cob • Collard greens • Watermelon • Milk* • Chilled quesadilla (includes sweet potato, black beans, and reduced-fat cheddar cheese** on whole-grain tortilla**) • Summer Vegetable Salsa • Milk* 	<ul style="list-style-type: none"> • Stir-fry summer vegetables with chicken** and brown rice** • Pineapple chunks (canned in 100% juice) • Milk* • Berry Jam Party Bites (includes peanut butter** on whole-grain English muffin half and fresh berries; 2 servings) • String cheese** • Colary • Dried cherries** • Milk*

flavored. Water is also available with meals.

For more ideas on What's Cooking? USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov>.

What can you make?

Will work for your site?

Will make a change to include healthier food choices?

Will make a change to increase the appeal of the meals and/or activities offered?

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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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THEME	ACTIVITY	DIFFICULTY			PAGE
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	Fruit and Veggie Trivia	X			10
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Operator Activity Guide

Summer Meals Summer Fun

Hello sunshine!
School is out and kids are ready to play

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- 2 Minute Challenge 16
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Stay Cool With Summer Meals

Hot out?
Kids will cool down with these fun activities!

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STAY COOL

MOVIN' with Summer Meals

Turn up the music!
And turn your meal site into a celebration!

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MUSIC & DANCE

Summer Meals, Summer Friends

Make Friends!
A week's worth of friendly meals and activities

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Let's Celebrate Summer Meals!

Summer!
It's the season of parties and celebrations

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SPORTS



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 vegetable 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.



United States Department of Agriculture

Summer Food, Summer Moves Recipes

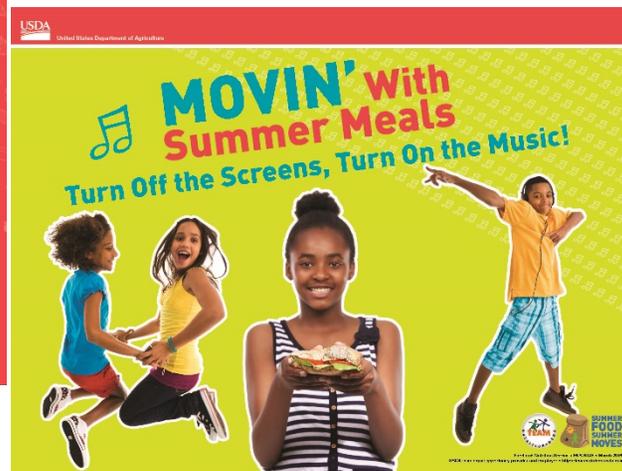




United States Department of Agriculture

Posters

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





United States Department of Agriculture

Activity Placemat

USDA United States Department of Agriculture

Summer Food Summer Moves

Draw a healthy summertime meal here.

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) fruits, vegetables, water, milk, nuts, seeds, whole grains

USDA is an equal opportunity provider and employer. FSN-615, February 2016. <http://teamnutrition.usda.gov>

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





United States Department of Agriculture

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!

Food and Nutrition Service • FNS-607G • March 2016
USDA is an equal opportunity provider and employer • <http://teamnutrition.usda.gov>

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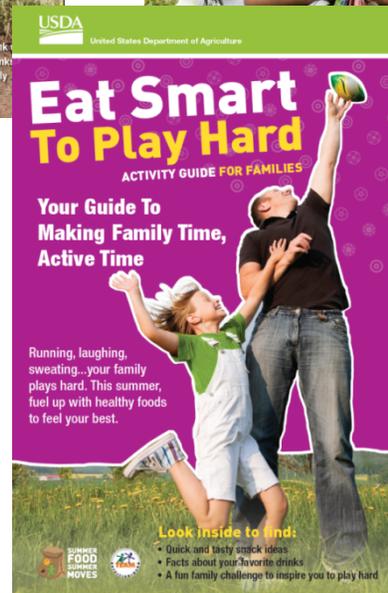
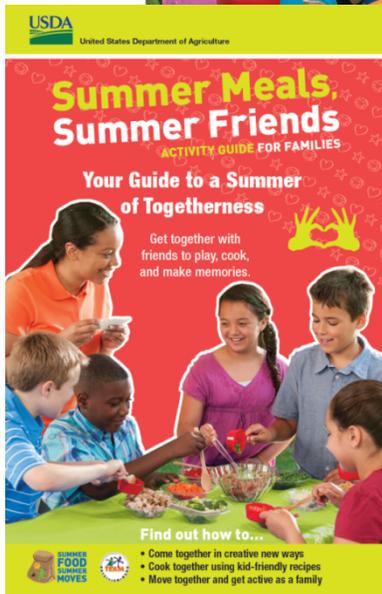
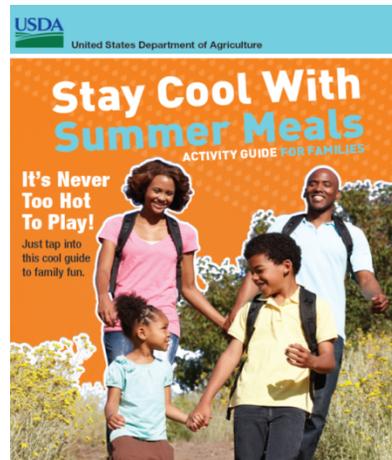
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United States Department of Agriculture

Family Activity Guides



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





United States Department of Agriculture

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 Pasos 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.

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 para que tu familia disfrute de un verano activo y saludable.

Encuentra adentro del folleto:

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

USDA United States Department of Agriculture

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!

¿CÓMO LE DICES PAPA, TOMATE A BEBE TOMATE EN UNA COMIDA FAMILIAR?
R: ¡A PAPA SE!

¿CÓMO LE DICES UNO CEREZA AL VERSE AL ESPERAR?
R: ¡CEREZA UNO!

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!

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

*Las calorías de un 12 onzas de bebida azucarada son 126 calorías. La actividad aeróbica que se muestra en el gráfico puede quemar entre 117 y 126 calorías. Los pesos y las alturas de las personas que se muestran en el gráfico son solo para fines de referencia y no representan a ninguna persona en particular.



United States Department of Agriculture



Free Materials

Team Nutrition

- > 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.

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!

Follow Us on **twitter**
@TeamNutrition

<http://teamnutrition.usda.gov>



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

NRPAs 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!](#)



National Recreation and Park Association
www.nrpa.org/CommitToHealth

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 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.



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.



National Recreation and Park Association

www.nrpa.org/CommitToHealth

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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 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



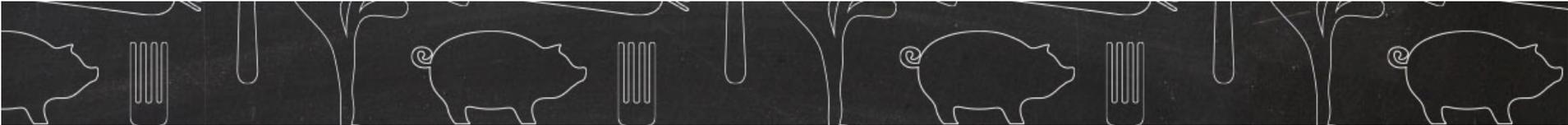
THE
FARM *to* **SCHOOL**
PROGRAM



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>

USDA United States Department of Agriculture
Food and Nutrition Service

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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

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



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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