

# NUTRITION NEWS

Helpful Hints & Tips | SFSP Edition XVIII

## • Team Nutrition Resources for Summer Meals •



This year Team Nutrition is introducing its first materials for summer meal sites. These new materials are designed to help families learn more about the importance of healthy eating and physical activity over the summer months, to raise awareness of the summer meal programs, and to make it easier for your summer meal sites to offer enrichment activities.

These materials are currently available online and may be printed and reproduced. Team Nutrition will make printed copies available this summer. They include infographics, flyers, posters, parent guides, and summer kits that include fun activities with positive nutrition messages.

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support federal Child Nutrition programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. To access these new resources, visit <http://teamnutrition.usda.gov>.

## • Upcoming TA Training •

The TA team will host trainings for sponsors during April and May. See the list below for a short description of each training:

- *Making the Most of Summer Meals (Face-to-Face):* This training is a review of the meal pattern requirements, menu planning, serving nutritious meals, sample recipes, and nutrition education and enrichment. The next session is April 21st.
- *Procurement 101 Training:* This ½-day training will provide information on procurement regulations, requirements, and processes. Institutions and sponsors will learn how to develop solicitations and will receive guidance on upcoming procurements. The next session is May 12th.
- *SFSP Budget Training:* This ½-day training will focus on completing and submitting the budget for the SFSP. Participants will need to bring budget information to training. The next session is May 12th.

Note: *Budget and Procurement 101* trainings are held on the same day at the same location for your convenience!

To register for the listed trainings, contact Leslie Truman at 404.657.1779.

## • Application Deadline Dates •

To ensure adequate time to review the application and to prepare for upcoming SFSP operations, DECAL encourages sponsors to complete and submit the application within 45 days of the start of summer meal service and no later than June 15th.

Failure to submit a complete application by the deadline date may delay approval of the application. Refer to the FY 2016 SFSP Application Instruction Booklet for detailed instructions on completing the application. The instruction booklet is available via DECAL's website [here](#) or may be retrieved from the FY 2016 SFSP flash drive provided at annual training.

## • Farm-to-Summer Resources •

Need ideas on keeping children engaged at your SFSP sites? Looking to add variety to your summer meals menus? Farm-to-Summer is a way to keep kids engaged and explore the bounty of fresh produce available during the summer months. In Georgia, local harvests peak during the warmest months of the year. This provides an excellent opportunity for sponsors to explore the local produce and foods available from farmers, co-ops, community supported agriculture (CSA) programs, and other sources in the state. Below are resources to help you expand your summer meals program by incorporating Farm-to-Summer.

### Create an “edible” summer meals site

Sponsors are encouraged to establish open meal sites at community gardens, farmers markets, and other sites highlighting agricultural-based activities. Farmers markets are an excellent meal site option where children can be engaged by the many fresh and local offerings, and can be taught about the process of bringing food to the table. Find your nearest local farmers market [here](#) and set up an open site today.

### Benefits of Farm-to-Summer

- Sponsors can increase participation by improving the quality and appeal of meals and keeping kids engaged through fun, hands-on activities.
- Kids and teens can access fresh, nutritious meals and experience hands-on learning activities at meal sites, staying nourished and active while school is out.
- School food authorities (SFAs) participating in the SFSP can begin efforts to source locally during the summer providing an optimal opportunity to test recipes using local foods and creating menus children will love.

### Farm-to-Summer Resources for SFSP Sponsors

*(Click the “resource” name to access that document, webinar, etc.)*

Resource	Description
<a href="#">Farm-to-Summer Fact Sheet</a>	Describes the various ways Farm-to-Summer can be implemented in your summer meals programs
<a href="#">Local Foods and Related Activities in Summer Meals Programs, with Questions &amp; Answers</a>	Provides guidance on incorporating local foods and nutrition and agriculture-based activities in the SFSP
<a href="#">Procuring Local Foods for Child Nutrition Programs</a>	Covers procurement basics, defining local, where to find local products, and the variety of ways SFSP sponsors can purchase locally in accordance with regulations
<a href="#">Serving High Quality Meals in Summer Meals Webinar</a>	Covers ways to create and serve high quality meals in the SFSP, including a section on local sourcing beginning around the 16:00 mark
<a href="#">Integrating Local Foods into Child Nutrition Programs Fact Sheet</a>	Provides tips on how to integrate local produce and foods into your SFSP meal service operations
<a href="#">USDA Farm to School Grant Program (for school-based summer meals programs)</a>	Assists eligible entities in implementing farm to school programs that improve access to local foods in eligible schools

For other resources, fact sheets, handbooks, and more, visit the USDA FNS Farm-to-Summer resource page [here](#).