

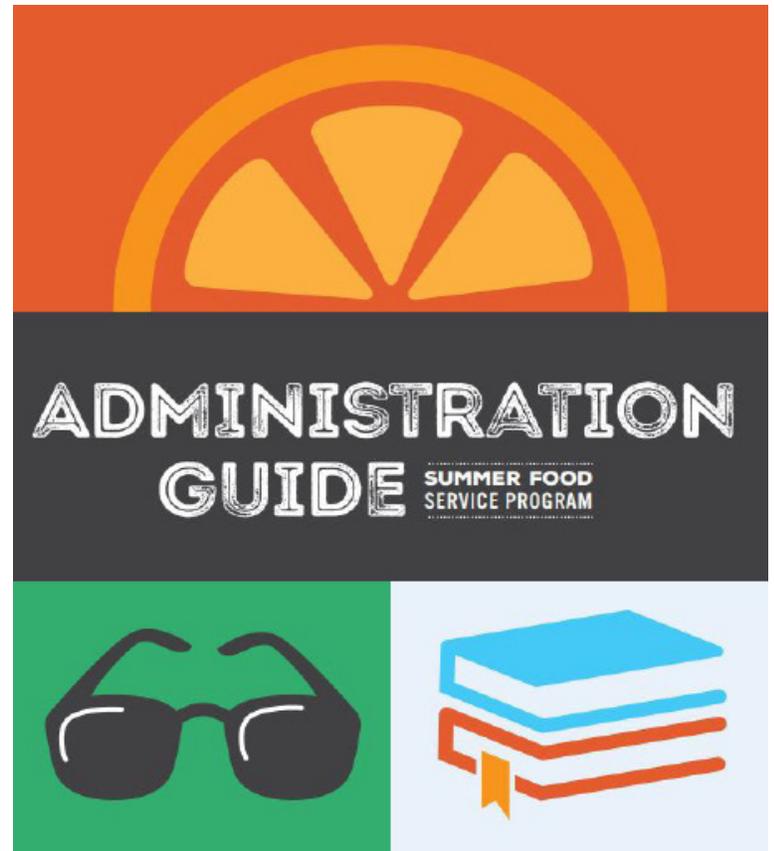


Planning for SFSP 2019

It is time to begin planning for Summer 2019. Sponsors may refer to the **SFSP Administrative Guide**, pages 161-162 contains a sample checklist of actions to be taken to properly prepare for the upcoming summer meals season.

The list includes tips on everything from closing out your current year's meal service to determining which sites are returning. Note that this list is not exhaustive, however it provides tips and information that can be helpful in planning for your upcoming summer meals season.

The checklist can be found on DECAL's website [here](#).



December 2019 Summer Meals Newsletter Now Available

Every month, USDA's Food and Nutrition Service creates two newsletters highlighting new resources available to assist with coordination and operation of the Summer Meal Programs, including the Summer Food Service Program and the Seamless Summer Option of the National School Lunch Program.

The December newsletters are now available for state agencies and sponsors working to improve their programs and reach children with nutritious Summer Meals. This newsletter will be posted on the USDA Food and Nutrition Service (FNS) website.

Available via PartnerWeb
State agency Newsletter
Sponsor Newsletter

Visit the public website to read previous month's newsletters:
<https://www.fns.usda.gov/sfsp/summer-meal-newsletters>



SFSP Program Training Dates (February - May 2019)

Please see below the list of training sessions for February - May 2019. Please contact Sylvia Boykin at sylvia.boykin@decal.ga.gov for more information.

SFSP - Experienced Sponsor

February 8, 2019

Oak Conference Room

SFSP - Experienced Sponsor

February 22, 2019

DeBose Porter Center

560 Pinehill Road

Dublin, GA 31021

SFSP - Experienced Sponsor

March 12, 2019

Columbus Technical College

928 Manchester Expressway

(Library - Room 600)

Columbus, GA 31904

At-Risk Afterschool Meals Program

March 19, 2019

Spruce Conference Room

Limit 10 people

SFSP - New Sponsor Training

March 21-22, 2019

Georgia State University

75 Piedmont Avenue, 6th floor

Atlanta, GA 30303

SFSP - Experienced Sponsor

March 26, 2019

Georgia State University

75 Piedmont Avenue, 6th floor

Atlanta, GA 30303

SFSP - New Sponsor Training

April 9-10, 2019

Columbus Technical College

928 Manchester Expressway

(Library - Room 600)

Columbus, GA 31904

SFSP - New Sponsor Training

April 23-24, 2019

DeBose Porter Center

560 Pinehill Road

Dublin, GA 31021

SFSP - New Sponsor Training

May 6-7, 2019

Oak Conference Room

At-Risk Afterschool Meals Program

May 21, 2019

Georgia State University

75 Piedmont Avenue, 6th floor

Atlanta, GA 30303



There are no mandatory program training sessions in January and June. However, there will be quarterly training in January. More information to come.

Nutrition News

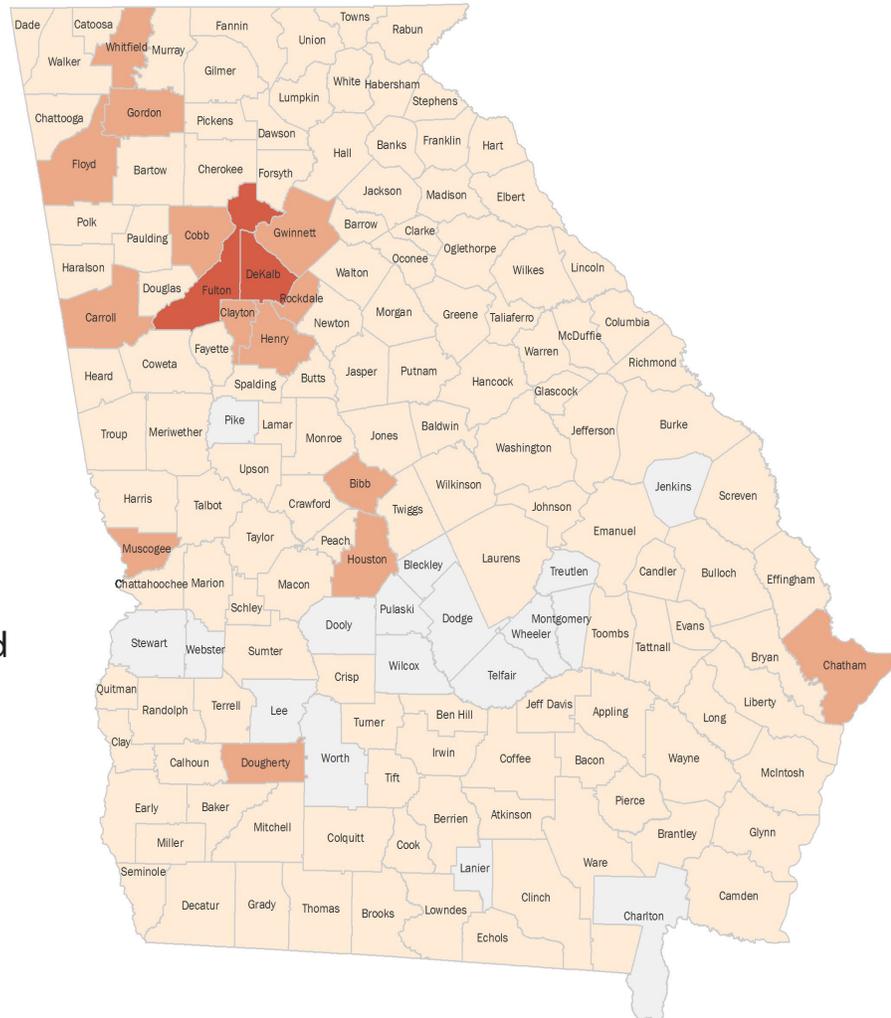
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2019 SFSP Targeted Counties

Below are the Targeted Counties (shown in grey on the map) that have no meal service through the Summer Food Service Program (SFSP) nor the Department of Education's Seamless Summer Option (SSO) program. We are working to ensure that summer meals are served in these counties and that they all have multiple summer meal sites! Please share information about the SFSP with organizations in your community.

If you know of organizations from the target counties who would be interested in becoming a potential sponsor, please contact Cindy Kicklighter at (404) 656-3221, or via email at cindy.kicklighter@dec.al.ga.gov.

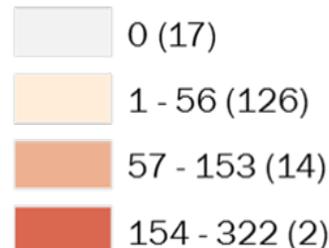


2019 Targeted Counties

- Charlton
- Dodge
- Dooly
- Harris
- Jenkins
- Lanier
- Lee
- Montgomery
- Pike
- Pulaski
- Stewart
- Telfair
- Treutlen
- Webster
- Wheeler
- Wilcox
- Worth

Georgia's Summer Meal Sites

(count of counties)





Spagetti Squash & Meatballs

Who doesn't love spaghetti?!? Did you know there are healthier alternatives to traditional pasta? Spaghetti Squash is one such example. Once cooked (either steamed, boiled or baked), Spaghetti Squash looks like regular pasta noodles. Since it is a vegetable, Spaghetti Squash is full of vitamins (A & C), high in fiber and low in calorie. Squash seeds can also be saved, cooked and served as a healthy snack similar to Pumpkin Seeds. ([SNAP-Ed/ Michigan State University Extension](#)).

Known as a type of winter squash, Georgia's Spaghetti Squash is primarily grown and harvested in South Georgia for availability August through March. ([Georgia Dept. of Agriculture](#)). Now is peak season, so try incorporating this super simple Spaghetti Squash and Meatball recipes from [EatingWell.com](#) into your creative meal planning!!



Ingredients

- 1 3-pound spaghetti squash
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil, divided
- ½ cup chopped fresh parsley, divided
- ½ cup finely shredded Parmesan cheese, divided
- 1¼ teaspoons Italian seasoning, divided
- ½ teaspoon onion powder
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper
- 1 pound 93%-lean ground turkey
- 4 large cloves garlic, minced
- 1 28-ounce can no-salt-added crushed tomatoes
- ¼ - ½ teaspoon crushed red pepper

Nutrition Information

- Serving size: ¾ cup squash, ¾ cup sauce & 3 meatballs
- Per serving: 408 calories; 18 g fat(5 g sat); 8 g fiber; 32 g carbohydrates; 31 g protein; 36 mcg folate; 74 mg cholesterol; 14 g sugars; 0 g added sugars; 2,728 IU vitamin A; 33 mg vitamin C; 170 mg calcium; 7 mg iron; 608 mg sodium; 1,239 mg potassium
- Nutrition Bonus: Vitamin A (55% daily value), Vitamin C (55% dv), Iron (39% dv)
- Carbohydrate Servings: 2
- Exchanges: 1 starch, 2 vegetable, ½ lean meat, 3 medium-fat meat, 1½ fat