



April 2009

## Nutrition Services' Food for Thought Newsletter

### *From the Director's Chair*

The Summer Food Service Program (SFSP) is looking for eligible sponsors to serve nutritious meals to needy children throughout Georgia's 159 counties this summer. The Summer Food Service Program is administered by Bright from the Start: Georgia Department of Early Care and Learning (Bright from the Start), and is federally funded by the U.S. Department of Agriculture (USDA).

The program provides free meals to eligible children in low-income areas during the summer months when most students are away from their regular school environment where they would normally receive breakfast and/or lunch. Approximately 3.5 million meals were served through the SFSP during the summer of 2008, and Bright from Start issued \$9.1 million in reimbursements to participating sponsors last year; however Bright from the Start needs additional assistance to serve all the children who normally receive free and reduced price lunches during the school year when the Georgia Department of Education



serves more than 1.5 million meals daily to qualified students.

Qualified sponsors can include or operate as:

- Public or private non-profit schools
- Private non-profit organizations with tax exempt status issued from the IRS
- Universities, colleges or camps
- Units of local government

Sponsors can operate the SFSP at:

- Schools
- Churches
- Recreation centers
- Playgrounds
- Community and migrant centers

Please share information about the SFSP with community-based, faith-based, and public organizations in your communities. Inform them of the **FACT** that children in their community might be going hungry or, at the very least, may not be receiving nutritious meals because they

are not in school benefitting from the School Lunch Program. Encourage them to help meet the needs in their own neighborhoods by feeding hungry children.

Qualified organizations will receive training regarding the application process and how to set up and operate a successful SFSP as well as receive technical assistance during operation.

If you or potential sponsors have questions or want additional information, contact one of the SFSP staff below:

Sherry Mays at 404-651-7426 or [sherry.mays@dec.al.gov](mailto:sherry.mays@dec.al.gov), SFSP Administrative Assistant

Nikki Venisee at 404-463-1494 or [nikki.venisee@dec.al.gov](mailto:nikki.venisee@dec.al.gov), SFSP Manager

Potential sponsors can also call 1-888-442-7735 (toll free) and ask for the Summer Food Service Program.

Thank you in advance for partnering with us to help ensure that the nutritional needs of Georgia's children are met...even when they are not in school.

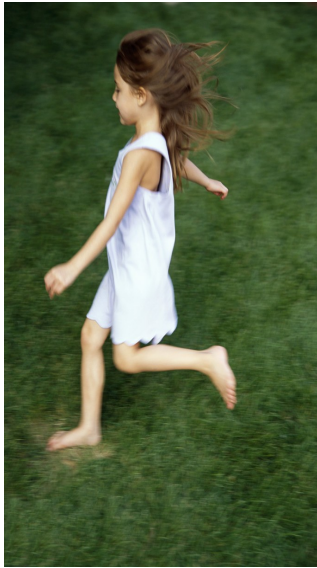
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## Healthy Eating for Life



The "Eat Healthy. Be Active." curriculum was developed to help caregivers encourage and reinforce healthy eating and physical activity habits for children in their care.

Bright from the Start recently began distributing the "Healthy Eating for Life" activity DVDs and CDs, which support the "Eat Healthy. Be Active." curriculum.

The DVD shows three to five year olds singing songs and participating in activities that promote good health. The music CD is an audio version of the DVD that can be used with the "Eat Healthy. Be Active." curriculum.

The DVDs can be used as a teaching tool, and the CDs can be used when doing activities with the children. To get a copy of these activity resources, contact your Child Care Services or Nutrition consultant.

If you are interested in reviewing the "Eat Healthy. Be Active." curriculum and kit, contact your local Child Care Resource and Referral Agency at [www.gaccrra.org/contact.html](http://www.gaccrra.org/contact.html). The curriculum is also available at the Healthy Eating for Life website [www.healthyeatingforlife.org](http://www.healthyeatingforlife.org) under the "Quick Clicks" section on the webpage.

## Serving the "Milk Component" to Children: What can be done to increase consumption?

Milk is a required component when breakfast, lunch, or supper meals are served.

Although milk is required to be served, child care institutions are often confronted with servings that are not consumed by their participants.

However, this challenge can be tackled by offering flavored milk such as strawberry or chocolate.

According to a study in the *Journal of*

*American Dietetic Association*, children who drink flavored milk are more likely to meet their calcium needs because their overall consumption is greater than their peers who drink plain milk.

Flavored milk is a favorite with kids because it tastes better, and when offered at schools, chocolate milk is the most popular choice.

When selecting flavored milk, select milk that is low in fat, and compare the

grams of added sugar per serving.

It is important to select flavored milk that has the lowest amount of sugar that a child will still find enjoyable.

[www.nutritionexplorations.org](http://www.nutritionexplorations.org)



## Perfect Child and Adult Care Food Program (CACFP) Reviews

Nutrition Services acknowledges the following institutions for having perfect CACFP reviews:

**Rainbow Village** — 90-day Review

**Happy Dayz Child Care Learning Center, Inc** — 1-year Review

**Little Darling Academy, LLC** — 1-year Review

**The Family Y, Young Men's Christian Association/YWCO Of The CSRA, Inc** — 1-year Review

**Tendercare Preschool and Daycare Academy, LLC** — 3-year Review

**Pineland Area Community Service board** — 3-year Review

**JKT Learning Centers, Inc** — 3-year Review

**Brighter Star Development** — 3-year Review

**Lynlot, Inc dba A Child's World Daycare** — 3-year Review

**Sikes Rockin Horse** — 3-year Review

**Congratulations! Continue to keep up the good work!!!**

## *Nutrition Services' Upcoming Training*

### **Summer Food Service Program (SFSP) Training**

Training for the SFSP will be held on May 4th and 5th in Macon and on May 15th in Atlanta. Non-profit organizations interested in attending the training should contact Sherry Mays at (404) 651-7426 or Nikki Venisee at (404) 463-1494 to register.

### **Annual Training**

Registration for FY 2010 CACFP Annual Training will begin in June 2009 through CNP 2000. Training registration announcements will be sent via e-mail to all CACFP institutions and sponsors just prior to online registration. In order for your institution to promptly receive the announcement, make sure that the e-mail address in your online application in CNP 2000 is valid, current, and able to receive e-mail from this agency.

### **Quarterly Training**

#### ***Center Sponsor Responsibilities Training***

Training will guide Center Sponsors on Record Keeping and Monitoring requirements, Internal Controls, Claims, Staff Training, and Adding Sites to the Center Sponsor application. The training is scheduled for May 2009. Instructions on how to register for the training will be sent via e-mail to all current Center Sponsors.

### **Two-Day Child and Adult Care Food Program (CACFP) Training & Orientation**

This training focuses on how to administer and manage a federally funded food program at child care and adult day care institutions. The training is held monthly, and independent centers or institutions with multiple centers interested in applying as well as institutions that need to assign a new program contact or back-up program contact are welcome to attend. To register, contact Leslie Truman at (404) 657-1779.

## *We are Here to Serve You — Contact Information*

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