

NUTRITION NEWS

Helpful Hints & Tips | SFSP Edition XX

• New Handout for Summer Meals Program Operators •

The Food and Nutrition Service has recently released a four-page handout for summer meal site operators filled with practical ideas for small changes that sites can make to improve the nutritional quality of meals they serve and to make foods more appealing to children and teens.

The Offering Healthy Summer Meals that Kids Enjoy handout provides tips and tools to improve the quality of meals being served and helps ensure that kids enjoy all that the summer meals program has to offer. The handout includes information that will help every type of site (large, small, or vended) make their summer meal program fun and healthy. The handout can be found online [here](#).

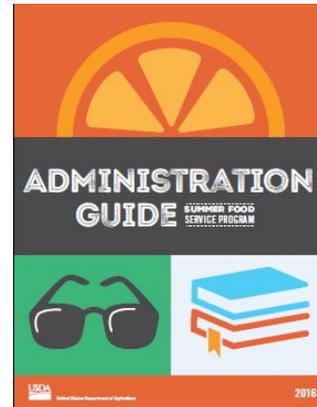
• New Updated Policy and Memoranda •

Newly issued policy guidance for Summer Food Service Program (SFSP) sponsors is below:

- [Requirements for Obtaining a Food Service \(Kitchen\) Inspection \(Version 2\)](#)
- [Bonding Requirements for Food Service Management Companies and Other Subcontractors](#)
- [Promoting Nutrition in Summer Meal Programs, with Best Practices](#)
- [Summer Food Service Program Participation by Higher Education Institutions, Hospitals, and other Non-Profit Organizations under Contract with a Food Service Management Company](#)

All SFSP policies and policy memoranda is available on DECAL's website [here](#) and [here](#).

• Redesigned SFSP Handbooks Now Available •



The USDA Food and Nutrition Service has released a newly designed version of the 2016 Summer Food Service Program (SFSP) Guides. The content of the guides has not changed since being released in January 2016. The only difference is the design (and minor changes in the order of some content).

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

• Tips to Protect Yourself from Mosquitoes this Summer •



Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito. (Continued on page 2)

• Tips to Protect Yourself from Mosquitoes this Summer • (continued)

- Female mosquitoes lay several hundred eggs on the walls of water filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- Mosquitoes prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put you at risk of becoming sick.

Protect Yourself from Mosquito Bites While Making Visits:

- Use an Environmental Protection Agency (EPA)-registered insect repellent. All EPA-registered insect repellents are evaluated to ensure they are safe and effective.
 - o Always follow the product label instructions.
 - o Reapply insect repellent every few hours, depending on which product and strength you choose.
 - o Do not spray repellent on the skin underneath clothing.
 - o If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.
 - o Treated clothing remains protective after multiple washings.
 - o See product information to find out how long the protection will last.
 - o If treating items yourself, follow the product instructions carefully.
 - o Do not use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.

More information can be found on the Georgia Department of Public Health website at <http://dph.georgia.gov/mosquito-borne-viral-diseases>.

• Farm to Summer Resources •



This month's agricultural education idea highlights "Grow It, Try It, Like It!" This garden-themed nutrition education information includes activities to involve children in learning about nutrition, agriculture, and healthy living. Resources for "Grow It, Try It, Like It!" can be found on the USDA Food and Nutrition Service Team Nutrition website [here](#).

The activity highlighted for June comes from Book 1 – The Basics (Pg. 52) "[How to Grow a Seedling in a Bag](#)" A Seedling in a Bag is a great visual to help children see what is happening to the seed they have planted in the soil. This low-impact and low-cost activity is relatively simple to implement.

If your sites are unable to add this activity to your programming, we encourage you to share it with children and their families to try at home!