

Nutrition News

Summer Food Service Program



November 12, 2019 • Edition L

We Want Your Feedback!

Are you interested in providing feedback about your experience with the Summer Food Service Program? This **Friday, November 15 at 10:00 a.m.**, DECAL's Nutrition team will host an online focus group to gather information--both positive and negative--from experienced sponsors to help us improve the SFSP.

If you have an interest in participating, please email cindy.kicklighter@decalfga.gov for more information.

DECAL Early Education Family Ambassadors learn about Resources for Georgia Families

DECAL's Early Education Family Ambassadors representing NW, NE & CW regions recently met in Gwinnett County to learn about the resources available to GA families such as the Summer Food Service Program and other programs provided by CAPS, DFCS, DPH and Parent to Parent.



The Family Ambassadors consist of 45 mothers, fathers, grandparents and foster parents from over 25 different counties around the state of Georgia. Each Ambassador has agreed to attend at least two events in their home communities and share information about the resources with families.

The Ambassadors attended two full-day training sessions where they learned about the importance of quality early care and learning, participated in leadership training, and learned about the many different programs at DECAL and other resources for families of young children in Georgia. They also participated in a focus group providing DECAL with feedback about priorities in selecting childcare.

Help Us Recruit New Sponsors

Do you know a non-profit organization or government entity that may be interested in becoming a SFSP sponsor next summer? Please send your referral to cindy.kicklighter@decalfga.gov for a chance to have your organization featured in our newsletter!

It's Never too Early to Start Planning for

Summer 2020

Providing summer meals is a year-round effort. At any point throughout the year, there are things you can do to prepare for next summer! Click [here](#) for more information on proactive planning for sponsors.

November:

- Reach out to sites that were underutilized and offer support to increase participation for the coming year.
- Register for the 2020 Summer Food Service Program Summit, details coming soon.
- Set participation goals for the next summer and plan how you will accomplish them.
- Look out for dates on mandatory sponsor training from your State agency.
- Begin developing a marketing and outreach campaign.

December/January:

- Sign up for mandatory sponsor training classes.
- Begin to determine which sites are returning, explore new site options, and meet with community partners.
- Plan site staff training, meal production and delivery, and programs and activities.
- Begin exploring the potential for serving mobile meals.
- Continue developing a marketing and outreach campaign.

Scholarships Available: Deadline January 16

SCHOLARSHIPS

AVAILABLE for the National Child Nutrition Conference.

Apply today for the opportunity to join over 1,700 attendees at the premier training and networking event for the Child and Adult Care Food Program (CACFP), Summer Food Service Program (SFSP), and Afterschool Meals community.



Scholarships Available!

34TH NATIONAL
**CHILD NUTRITION
CONFERENCE**
April 14-16, 2020

Apply online at cacfp.org/scholarships

The conference will be held April 14-16, 2020 at the Hyatt Regency Atlanta in Atlanta, GA. [Apply now here](#). **Deadline: January 16, 2020.**

Local Sourcing Spotlight

Autumn harvest is an opportunity for many to savor local produce only available during cooler months. Thanksgiving is often the time of year cranberries become widely available. While not locally grown and harvested in Georgia due to the warmer climate, cranberries can still be purchased commercially from mass producers in the Northeast or Midwest part of the United States where, according to [UGA Agriculture and Natural Resource Extension Agent Tim Daly](#), have the best climate to aid in cranberry growth.

However, if there is an interest to serve locally grown and harvested cranberries, they can be grown in small batches for a taste test or through local community supported agriculture such as [Fresh Harvest](#) in North Georgia.

Cranberry Craze

As germ season sets in, it's important to provide our bodies with armor to increase our immunity. Eating fruits and vegetables high in Vitamin C helps to provide our immune systems with strength. Cranberries are a creative way to provide extra Vitamin C in a meal and can be purchased fresh, frozen, or dried.



October is the beginning of cranberry harvest season as fresh cranberries are picked off low-lying vines in marshes where they are commercially grown. They are a Native American wetland fruit growing on vines like strawberries. Look for cranberries that are dark red or yellowish-red in color as well as plump and firm to the touch.

Cranberries can be integrated into meals and snacks in a variety of ways:

NOTE: Cranberries can be a choking hazard for certain ages and should only be served when developmentally appropriate and cut to prevent choking.

- Place dried cranberries on top of peanut butter and celery to create "ladybugs on a log"
- Bake cranberries into fresh whole grain bread
- Mix cranberries into chicken salad for a new spin
- Add cranberries to smoothies for a fresh flavor
- Mince cranberries and oranges into a relish

Have you listened to DECAL Download?

A new episode from the Sandra Dunagan Deal Center for Early Language and Literacy with Executive Director **Dr. Theresa Magpuri-Lavell**, recently appointed by Governor Kemp to our own Board of Early Care and Learning.



DECAL Download

Podcast with Commissioner
Amy M. Jacobs



You can find DECAL Download [here](#) or on Apple Podcasts, Google Play, Spotify, Stitcher, TuneIn, Overcast, and more!



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