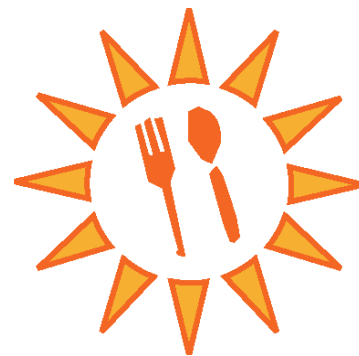


Food That's In . . . When School Is Out!

Summer Food Service Program

Delaware Department of Education



2008 FRAC Report Places Delaware 6th Nationally!

Congratulations to All Stakeholders!

The Food and Research Action Center (FRAC) recently released national participation data on the 2008 Summer Food Service Program. Delaware ranked 6th in the nation in the latest report. The FRAC annual summer report “Hunger Doesn’t Take a Vacation”, gives data for all states and looks at national trends. The report measures participation in the Summer Nutrition Programs by comparing the number of children receiving summer meals to the number of children receiving school lunch during the regular school year. FRAC measures national summer participation during the month of July when typically all children are out of school throughout the month and lose access to regular school year meals. Congratulations to all involved in our state that helped to make the 2008 Summer Food Service Program a success!

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Are You Ready? It's 2009 Administrative Review Time!

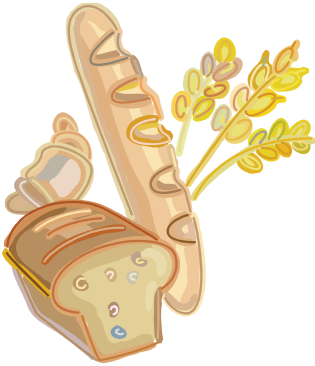
The time is fast approaching for the state agency to close out the 2009 Summer Food Service Program by conducting administrative reviews of sponsoring organizations. In order to have a successful review, please consider the following tips:

- Site Meal Count Forms must be available for all approved sites
- Income Eligibility Forms must be available and correctly determined for all sites that did not qualify based on school or census data.
- Documentation must be available for all costs claimed for reimbursement. This includes receipts, invoices, time sheets, rental agreements, leases etc.
- Monitoring reports must be made available for all sites
- Training documentation must be available to verify that all staff were trained



Nutrition Guidance: WHOLE GRAINS

A whole grain consists of the entire grain seed of a plant. It is important because it reduces the risks of heart disease, cancers, diabetes, and helps with weight management. If you serve whole grains in your facility now—congratulations! If not, here are a few things to look for to get you started.



On the food label: “100% whole wheat” or “whole grain”.

On the ingredients list: whole wheat, whole oats/oatmeal, whole grain cornmeal, brown rice, whole rye, whole grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa and sorghum are the most common.

On the box/bag: The health claim “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers”.

Choosing to include whole grains on your menu can be simple! Here are a few examples:

Instead of this	Choose this
White bread or wheat bread	Whole wheat or whole grain bread or rolls
White rice	Brown rice or wild rice
White pasta or noodles	Whole grain pasta or whole grain noodles
Crackers	Whole grain crackers
Potato chips or pretzels	Whole grain pretzels

Whole Grains Tips

Choose cereals that have 3 grams of fiber or more per serving

Are you worried about the children not liking or accepting whole grains? Start small! Use whole wheat pasta in a recipe that is blended with other items (example: baked ziti or pasta salad) or give them peanut butter to dip their whole grain crackers. Check out the recipe and sample menu on page 4 of this newsletter for more ideas!

USDA News/ Policy Updates



Food substitutions, allergies or other special dietary restrictions require a written document that is maintained on file. USDA has developed a form to assist you in gathering all in-

formation you need so your records are complete. This form is available from the SFSP office. Please call 302-735-4060 and we will be happy to provide you with a copy! Remem-

ber: Never change or revise a diet order yourself! Small changes could be life threatening for some children.

Reminder: SFSP Rules

Running a successful SFSP site can be tricky at times. Below are a few items to help your program “stick to the rules”!

- All meals must be eaten on site
- Meals must meet meal pattern requirements
- The same meal must be served to all children
- Meals must be served during designated meal times only
- Sponsors/sites must follow local health and sanitation regulations
- Adults are not allowed to eat off a child’s plate
- Site meal count forms must be completed daily
- Meal counts should be recorded at point of service



Wash Your Hands to Keep Children Healthy!

Hand washing is the best way to prevent the spread of germs. It is really important when you are handling food. A quick rinse does not get rid of germs—you must wash your hand for at least 20 seconds.

Wash hands with soap and warm running water when...

- Preparing and serving meals.
- Preparing meat, poultry,

and fish.

- Feeding an infant.
- Eating or drinking.
- Changing diapers.
- Using the bathroom.
- Helping in the bathroom.
- Sneezing, coughing, and wiping runny noses.
- Coming in contact with body fluids.

Proper hand washing can prevent the spread of germs that lead to

colds and fevers as well as more harmful bacteria such as Salmonella and E.Coli. In children these food borne bacteria can be deadly!

NOTE: If you are operating at an outdoor facility that does NOT have running water PLEASE be sure to have adequate supply of alcohol based hand sanitizer for your meal service.

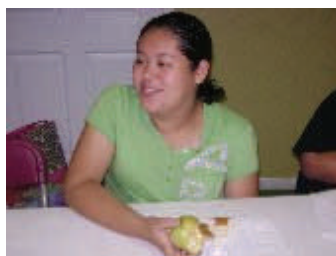


Sharing Corner

Below are some photos from the SFSP at Maranatha Church of God in Seaford.



Enjoying lunch outside on a nice day!



Fresh fruit, like apples, were regular menu items.



Sandwiches were made with whole wheat bread.

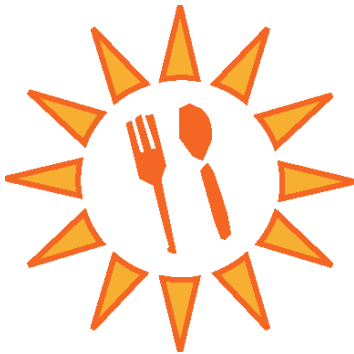


Call or email ideas and stories to 302-735-4060 or abeam@doe.k12.de.us

Delaware Community Nutrition Programs

Delaware Department of Education
Attn: Summer Food Service Program
401 Federal Street, Suite #2
Dover, DE 19901

Phone: 302-735-4060
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Sample Recipe: Tuna Salad Sandwich on Whole Grain Bread

Ingredients:

1 can 66 ½ oz tuna (canned in water)
¾ cup plus 2 tablespoons chopped onions
3 ¾ cups plus 2 tablespoons chopped celery
½ cup plus ½ teaspoon sweet pickle relish
¾ teaspoon dry mustard
4 hard boiled eggs (peeled & chopped) optional
2 ¾ cups reduced calorie salad dressing or low fat mayonnaise
48 slices Whole wheat bread



Directions:

1. Drain and flake tuna
2. Combine tuna, onions, celery, relish, dry mustard, eggs and salad dressing or mayonnaise. Mix lightly until well blended.
3. Cool to 41 degrees Farenheight within 4 hours—Keep covered and refrigerated until ready to use.
4. Spread ½ cup (no.8 scoop) of tuna salad on 1 slice of bread. Top with second slice of bread. Cut in half and refrigerate until ready to serve.

Serving size is 1 sandwich. The recipe makes 24 servings.

1 Sandwich (2 halves) provides: 2 ounces cooked fish (meat alternative), ⅓ cup of vegetable, and 2 slices of bread.

Serving Suggestions: If serving for lunch add: 1 cup of fat free milk, ½ cup carrot sticks and ¼ cup applesauce to meet the SFSP Meal Pattern Requirements for Lunch.

Food Safety Tip: Place tuna cans in the refrigerator prior to preparing this recipe. This will help you to maintain proper temperature of the tuna salad once it is prepared and it will take less time to cool to 41 degrees once it is in the fridge.

Source: USDA Recipes for Child Care