



# Summer Meals Newsletter

JUNE 2016 • SITE OPERATORS

SUMMER IS FINALLY HERE...  
LET'S MAKE HUNGER DISAPPEAR!

## What's New?

### **NOW AVAILABLE: Summer Food, Summer Moves**

**print versions!** This fun, hands-on resource kit designed to help summer meal site operators get kids and families excited about healthy eating and physical activity during the summer months is now available in print. You can order yours here: <http://www.fns.usda.gov/summer-food-summer-moves>



**NOW AVAILABLE: Offering Healthy Summer Meals That Kids Enjoy in print!** This colorful 4-page handout for Summer Meal Program operators provides practical ideals for small changes that sites can implement to improve nutritional quality and ways to make foods more appealing to kids and teens. Order your printed materials here: <http://www.fns.usda.gov/tn/offering-healthy-summer-meals>

## Upcoming USDA and Partner Events

### **June 2nd, 2pm EST**

Food Research & Action Center: *Mind the Gap—Partnerships and Strategies for Serving Meals All Summer Long*

[http://org2.salsalabs.com/o/5118/p/salsa/event/common/public?event\\_KEY=81571](http://org2.salsalabs.com/o/5118/p/salsa/event/common/public?event_KEY=81571)

### **June 9th, 2pm EST**

Share Our Strength: *Summer Meals Program Webinar for Congressional District Staff Members*

<https://bestpractices.nokidhungry.org/events/2016/june/9/summer-meals-program-webinar-congressional-district-staff-members>

## Resources for Site Operators

### **Local Foods and Educational Activities in Summer Meal Programs:**

This webinar features two partnering organizations that have had success in farm to summer, and provides an overview of how to engage local producers and incorporate local food alongside fun activities into your summer meal program!

<https://www.youtube.com/watch?v=6PUDRWPOIEg>



## Engaging with Site Programming

One of the biggest challenges in operating a summer site is getting kids to attend. An effective strategy to attract kids and to keep them returning to your site is to include fun activities.

Activities help engage young minds and bodies and boost participation. Activities can be easy and inexpensive, such as arts and crafts class or a game of baseball. You can partner with local sports teams or local businesses to engage in additional activities. Get creative! Whatever you choose for your site, be sure to make the activities fun, fresh, and entertaining and keep them going throughout the summer!

Here are some examples of fun site activities and partnerships to explore:



- Establish a reading program. Team up with your local library to provide kids with an opportunity to continue educational activities over the summer to help prevent learning loss.
- Collaborate with the local fire or police department to teach the kids important tips for staying safe during the summer and all year long!
- Organize a daily sporting activity like baseball or kickball. Consider reaching out to local college or professional sports teams to help engage kids in physical activity.
- Plan taste tests using local foods. Getting kids to try new foods is always a challenge so engage them with healthy eating habits using guidance from the new Team Nutrition resource *Offering Healthy Summer Meals That Kids Enjoy* ([http://www.fns.usda.gov/sites/default/files/tn/624\\_TipSheet-508.pdf](http://www.fns.usda.gov/sites/default/files/tn/624_TipSheet-508.pdf)).

## Summer Jobs + Summer Meals = Summer Opportunity !



This summer, the White House and Federal agencies are championing greater youth access to jobs, learning experiences, and food, all of which prepare them for future success! Check out the Summer Jobs + Summer Meals = Summer Opportunity resources to learn how your organization can get involved! [http://www.fns.usda.gov/sites/default/files/cn/usda-dol\\_summernewsletter.pdf](http://www.fns.usda.gov/sites/default/files/cn/usda-dol_summernewsletter.pdf)