Team Nutrition Summer Resources

Get Ready for a Healthy Summer Break

Infographic – Parent’s Guide – Summer Food, Summer Moves Kit

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Summer Food, Summer Moves Kit

Includes:

• Activities for kick off events, spike events, and everyday fun at sites
• Colorful Posters
• Customizable Outreach Fliers
• Activity Placemat for Kids
• Family Activity Guides

Available in English and Spanish
Activity Placemat

- Kids have fun and learn color, decode the nutrition message and laugh at food jokes.
Family Activity Guides

- Give out to parents or send home with children
- Fun activities, healthy eating tips, and recipes
Infographic and Parent’s Guide

- Materials for schools and community groups to hand out to parents
- Healthy eating tips and info on locating a summer meal site
- English and Spanish
- Print and Digital
Tip Sheet for Making Healthier Meals

- Great for training meal providers
- Includes Sample Menus

Offering Healthy Summer Meals That Kids Enjoy
Ways your summer meal program can help kids fuel up, have fun, and get the nutrition they need for growth and good health

- The number of children that attend your summer meal program
- Have satisfied children find after eating the provided meal under snack
- Ensuring that children get the nutrition they need to stay active, healthy, and ready to learn

If your meal site offers foods in addition to what’s required in the meal pattern, consider offering healthier extras.

Serving kids an additional ½ cup of baby carrots instead of potato chips provides them with additional vitamin A, a nutrient that helps keep their eyes and skin healthy.

How can I get started? Make a plan and start with changes that work best for your summer meal site. Some easy ideas to start with include:
- Focus on whole fruits. Serve whole and cut-up fruits more often than juice. Offer favorite fruits, such as melon, apples, and plums, instead of sweets like cake, cookies, or cookies.
- Vary your veggies. Offer dark-green, red, and orange vegetables, as well as beans and peas during the week.
- Make half your grains whole grains. Look for whole grains listed first on the ingredients list. Try whole-wheat bread, whole-grain tortillas and pastas, and brown rice.
- Vary your protein routine. Mix up your main dishes to include seafood, beans and peas, nuts or seed butters, eggs, and lean meats and poultry. Limit processed meats, such as hot dogs and bologna, to no more than once per week.
- Move to low-fat (1%) or fat-free milk. Offer water as an additional beverage.

How can I offer healthier meals?
- Emphasize nutrition expectations in vendor specifications. For example, specify low-fat content for dairy products like cheese, yogurt, and milk.
- Share your nutrition goals with program staff, partners, and supporters. Discuss how you are working to make every meal count by offering foods that provide the nutrients kids need to grow and be healthy. Work together to find ways to offer more nutritious food items that kids enjoy.
- Focus on a few small changes at a time.
- When building your summer meal, be sure to taste test recipes and possible menu items with children who are participating in afterschool or school meal programs.

Offering ¾ cup of apple slices instead of ¾ cup of apple juice gives kids an additional 2 grams of fiber. Fiber helps kids feel full longer and is good for digestion.
How To Order Print Copies

*Free Materials and No Shipping Fees *

- Resource Order Form at teamnutrition.usda.gov
  - For those participating in a child nutrition program

- For Bulk Orders, email TeamNutrition@fns.usda.gov
USDA’s Team Nutrition
Website: www.TeamNutrition.usda.gov
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