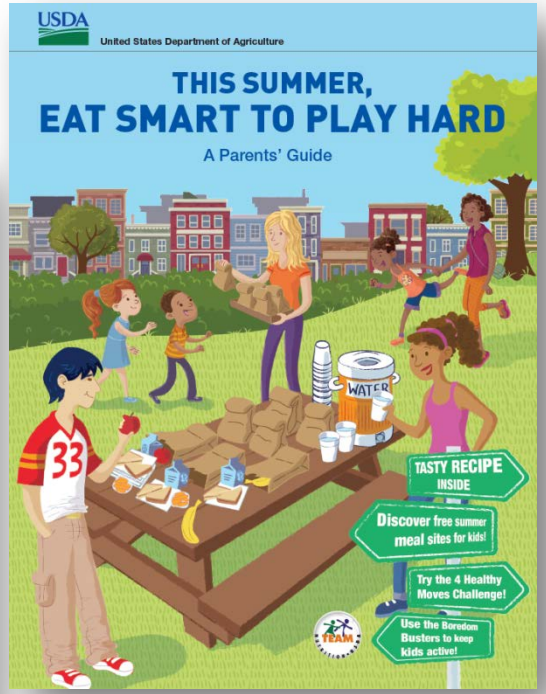
New! Team Nutrition Summer Resources

Infographic - Parent's Guide – Summer Food, Summer Moves Kit



SUMMER FOOD SUMMER MOVES

TEAM NUTRITION • USDA

Overview

- Discover the Materials
- Print Materials
- Spreading the Word
- Questions

Team Nutrition

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Programs

Provides free curricula, resource guides, posters, parent handouts, and other resources

Aims to improve children's lifelong eating and physical activity habits

http://teamnutrition.usda.gov

@TeamNutrition

SUMMER FOOD SUMMER MOVES

Nutrition Education & Summer Meals

- **Prevent "Summer Slide."** Help kids maintain healthy eating patterns and get regular physical activity when school is out.

- **Boost Participation.** Offering activities along with a meal, can help motivate more families to attend.

- **Generate Smiles**. Kids love games, challenges, food preparation, and tasting activities.

4 Healthy Moves

THE FOUR HEALTHY MOVES

The goal of *Summer Food, Summer Moves* is to teach these healthy habits to kids and families.

DRINK SMART TO PLAY HARD

Help families cut down on added sugar. Teach kids how to recognize drinks that are high in added sugars. Motivate them to choose water instead of sugar-sweetened beverages. Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.

CHOOSE MORE FRUITS & VEGGIES

Encourage kids to eat fruits and vegetables during meals and snacks. Introduce them to new fruits and vegetables with food tastings and demonstrations.

LIMIT SCREEN TIME

Help kids discover fun ways to stay busy and physically active this summer. Educate families about ways to limit TV and video game time to no more than 1–2 hours each day.

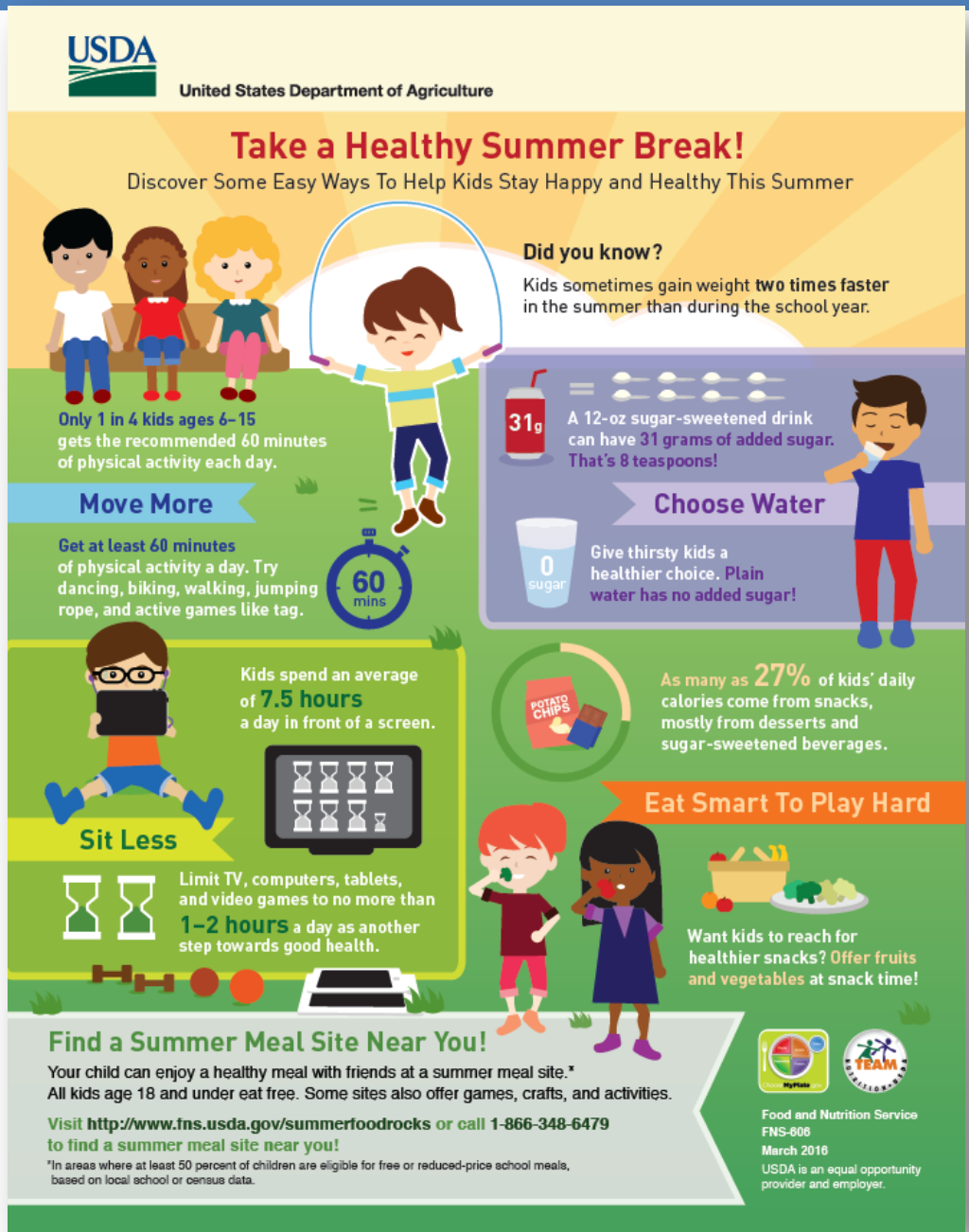
GET ACTIVE

Kids need at least 60 minutes of physical activity each day. Help kids and their families get moving with active games, dancing, and more.

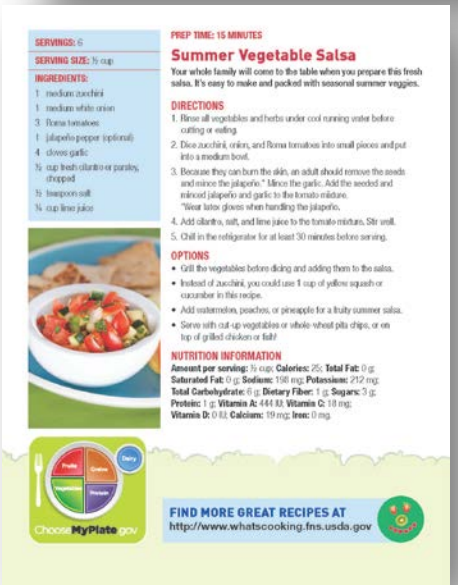
SUMMER FOOD SUMMER MOVES
TEAM NUTRITION • USDA

Infographic

- English and Spanish
- Print (packs of 25) and Digital



Parent's Guide



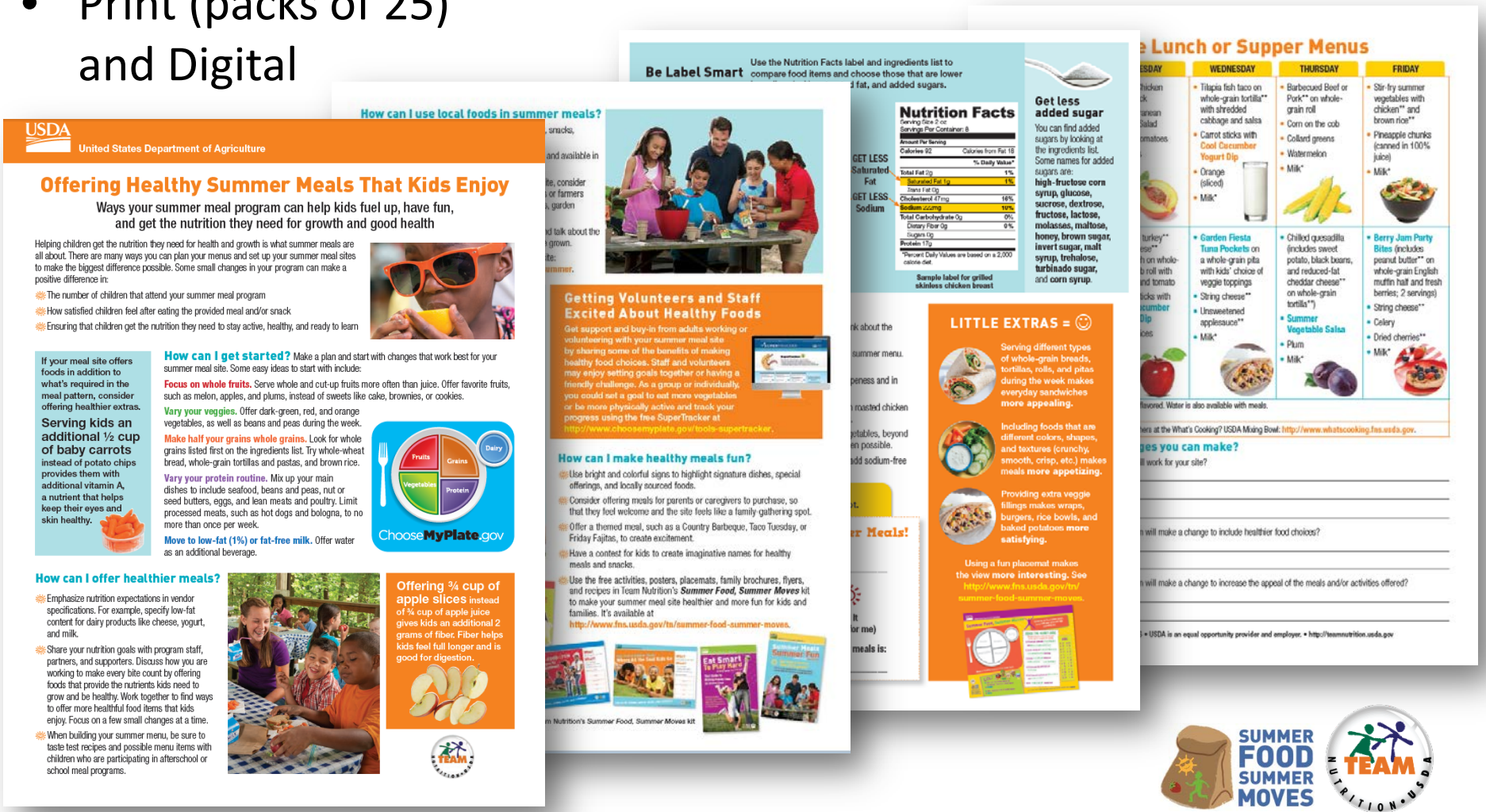
- English and Spanish
- Six Page Brochure (packs of 25)

SUMMER FOOD SUMMER MOVES
TEAM NUTRITION USDA

USDA
United States Department of Agriculture

Offering Healthy Summer Meals That Kids Enjoy

- English and Spanish
- Print (packs of 25) and Digital



Summer Food, Summer Moves Kit

Includes:

- Operator Activity Guide
- 7 Posters
- 6 types of Fliers (150 flyers)
- Activity Placemat (25 placemats)
- 6 Family Activity Guides (150 guides)

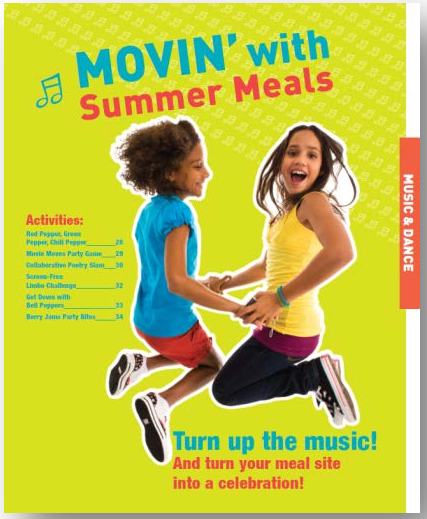
Table of Contents

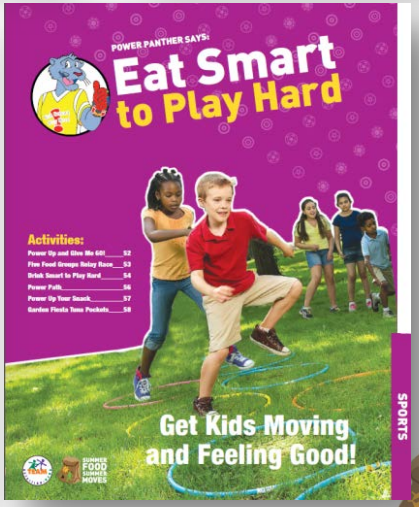
Activity Index

THEME	ACTIVITY	DIFFICULTY			PAGE
		LOW PREP-O-METER	MEDIUM PREP-O-METER	HIGH PREP-O-METER	
SUN	Colorful Fruits and Veggies	X			8
	Lights! Camera! Water!	X			9
	Fruit and Veggie Trivia	X			10
	Bring the Heat 2-Minute Challenge		X		12
	Water Sparklers		X		13
	Fruity Fun Chicken Salad Cups			X	14
STAY COOL	Jump in for Healthy Choices	X			16
	The Big Wind Blows	X			18
	Water Safety Tips	–	–	–	19
	Hot Tomato		X		20
	Fruit and Veggie Waters		X		21
	Cool Cucumber Yogurt Dip			X	22
MUSIC & DANCE	Red Pepper, Green Pepper, Chili Pepper	X			24
	Movie Moves Party Game	X			25
	Collaborative Poetry Slam		X		26
	Screen-Free Limbo Challenge	X			28
	Get Down With Bell Peppers		X		29
	Berry Jams Party Bites			X	30
FRIENDSHIP	Ultimate *MyPlate*		X		32
	Circle of Friends Cheer	X			33
	That's What Friends Are For		X		34
	Game Inventors	X			36
	Melon Medley		X		37
	Summer Vegetable Salsa			X	38
CELEBRATIONS	Cheer and Leap Game	X			40
	Herb Gardening			X	41
	Play Hard Activity Cube		X		42
	My Party Plate		X		44
	Garden Fiesta Tuna Pockets			X	46
SPORTS	Power Up and Give Me 60!	X			48
	Five Food Groups Relay Race	X			49
	Drink Smart To Play Hard		X		50
	Power Path		X		52
	Power Up Your Snack		X		53
	Home Run Hummus Wrap			X	54

SUMMER FOOD SUMMER MOVES
TEAM NUTRITION • USDA

Operator Activity Guide





SUMMER FOOD SUMMER MOVES

TEAM NUTRITION • USDA

Operator Activity Guide

Lights! Camera! Water!

Give kids a chance to turn off the television and become the entertainment! Kids will create and perform short commercials about the benefits of drinking water in this fun drama activity.

PREP-O-METER: LOW

CHOOSE WATER INSTEAD OF SUGAR-SWEETENED DRINKS

STEP-BY-STEP DIRECTIONS

1. **ASK:** "Have you ever seen a commercial for a soda, energy drink, or other drinks that have added sugars? What was it like? Now…have you ever seen a commercial for water? Why do you think there are more commercials for sugar-sweetened beverages, like soda, than for water?"
2. **SAY:** "Water is healthy and free, but not well advertised. Did you know that plain water doesn't have any added sugars? So it's better to help keep a healthy weight and prevent cavities than sugar-sweetened beverages. Best of all, ice-cold water tastes great on a hot day! Today you are going to make up a commercial to help spread the word about the benefits of water."
3. **DO:** Divide kids into small groups of 2-4, or have them make a group with a few friends. Explain the rules (below). Give kids 10-15 minutes to create and rehearse their skits.

Your commercial must have:

- A catchy slogan about drinking water
- A scene that shows kids choosing water
- Three reasons why water is a great drink choice

Show kids the water poster to give them some ideas!

4. **PERFORM:** Set up a "stage" and a place for the audience to sit. Groups take turns performing. Encourage the audience to clap for each group.
5. **WRAP-UP:** "That was awesome! You did a great job spreading the word about the benefits of water. Remember, water is refreshing and good for you, especially on hot days in the summer. Instead of reaching for a sugary drink, choose water!"

OPTIONAL FOLLOW-UP:

- Give kids time to drink water after performances.
- Invite family members to join the audience.

PERFECT FOR…

- Ages: 8-13
- Size of Group: 6-20
- Time: 30-60 minutes
- Setting: Outdoors, Indoors

MATERIALS

Props (optional): such as drinking cups, water bottles, other beverage containers, or poster board for kids to create their own props.

SET UP

Optional: Write rules on large sized paper or chalkboard.

See below "Make It Your Own" for different ages, group sizes, and time available.

TWEET! FACEBOOK!

Great turnout for our summer meals, summer fun event at (insert name of location)! The fun continues on (date).

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, simplify the rules and provide a catchy slogan, such as, "Choose water every day!"	For smaller groups, make groups of 2 work together to create a commercial to perform for families.	If you have more time, let audience members give compliments after performances.
For older kids, let them be the directors or ask them to create a jingle.	For bigger groups, make groups of 4-5.	If you have less time, ask kids to create posters rather than skits individually or in small groups.

No materials? No time? No problem!

Say: "I want to motivate kids to choose water instead of sugar-sweetened drinks like soda and energy drinks. Can you think of a catchy slogan to get kids like you to drink more water?"

Jump in for Healthy Choices

Kids will learn to identify "Sometimes Foods" and "Everyday Foods" with this active and easy, and ready-to-go game that can be played outdoors, or indoors on a hot day.

PREP-O-METER: LOW

EAT FRUITS AND VEGETABLES AT MEALS & SNACKS

PERFECT FOR…

- Ages: 5-10
- Size of Group: Any size
- Time: 10-30 minutes
- Setting: Outdoors, Indoors

MATERIALS

MyPlate icon (p. 21)
Note: you can request a ***MyPlate*** poster from Team Nutrition at **http://teamnutrition.fns.usda.gov**

SET UP

None

See below "Make It Your Own" for different ages, group sizes, and time available.

Refer to the summer snacks poster for delicious ways to enjoy Everyday Foods!

STEP-BY-STEP DIRECTIONS

1. **DO:** Gather kids into a circle and show the ***MyPlate*** icon (p. 21), or display the ***MyPlate*** poster.
2. **SAY:** "To be healthy, we need to eat foods from each of the five ***MyPlate*** Food Groups. Who knows what the Five Food Groups are? (Fruits, Vegetables, Grains, Dairy, and Protein Foods). You can see all of the food groups on the ***MyPlate*** icon. These foods provide nutrients that our bodies need to be healthy.

   The healthiest food choices from these food groups are low in added sugars and saturated fats. **Everyday Foods** are foods that have a lot of nutrients we need without a lot of extra calories from added sugars and saturated fats. These foods help us stay healthy and strong and should be eaten often.

   Foods that are high in added sugars and saturated fats are called **Sometimes Foods** because they provide extra calories without nutrients, like vitamins and minerals. We should eat **Sometimes Foods** less often and in smaller amounts. Eating too many **Sometimes Foods** makes it difficult to get the nutrition we need to be healthy and can make it hard to stay healthy.

   Today we are going to play a fun game to test your knowledge of **Sometimes Foods** and **Everyday Foods**."

   PLAY: Have kids pretend they are standing around a swimming pool or a big lake. Tell kids that when you say a food, they have to decide if it is a **Sometimes Food** or a healthy **Everyday Food**. If it is an **Everyday Food**, they jump forward. If it is a **Sometimes Food**, they jump back. Call out foods from the list on page 21.

   WRAP-UP: "Great job! Remember, water, low-fat and fat-free milk are "Everyday" drink choices. Regular soda, sports drinks, sweet tea, and fruit drinks are "Sometimes" drink choices because they have added sugars. Fruits, vegetables, whole grains, lean protein foods, and low-fat dairy can be great **Everyday Foods** as long as we do not add sugars, butter, and other sauces to them. Cakes, cookies, and candies are **Sometimes Foods** because they contain saturated fats and added sugars which are not good for our bodies. Remember to eat smart to play hard.

OPTIONAL FOLLOW-UP:

- Start slowly and then speed up to increase the fun and the giggles.
- Continue using the words **Everyday Foods** and **Sometimes Foods** when you can.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, play slowly.	For smaller groups, have kids pretend they are standing in line for a diving board.	If you have less time, play with fewer foods.
For older kids, let them act as activity leaders by having them call out foods on the list.	For bigger groups, make sure there is enough space for everyone to jump in safely.	If you have more time, ask everyone to share a fruit or veggie that they like to eat.

No materials? No time? No problem!

Try this quick tip when kids are eating. Read aloud Step 2 and ask kids to say "Everyday" or "Sometimes" when you call out a food from the list on page 21.

Summer Food, Summer Moves Recipes

Berry Jams Party Bites

Garden Fiesta Tuna Pockets

Home Run Hummus Wrap

Summer Vegetable Salsa

Fun Fruity Chicken Salad Cups

Cool Cucumber Yogurt Dip

SUMMER FOOD SUMMER MOVES
TEAM NUTRITION • USDA

Posters

- English and Spanish
- Initial kit will include 1 poster set
- Additional sets will be available to order

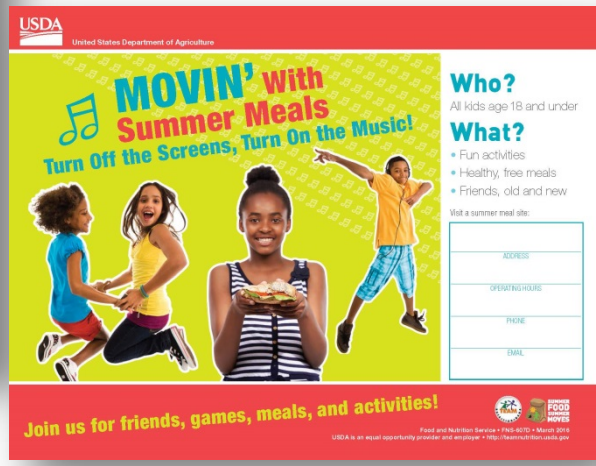
Activity Placemat

- English and Spanish
- Initial kit will include 25 copies
- Additional packages of 25 will be available for order

SUMMER FOOD SUMMER MOVES
TEAM NUTRITION • USDA

Flyers

- English and Spanish
- 25 of each will be in the initial kit



Family Activity Guides

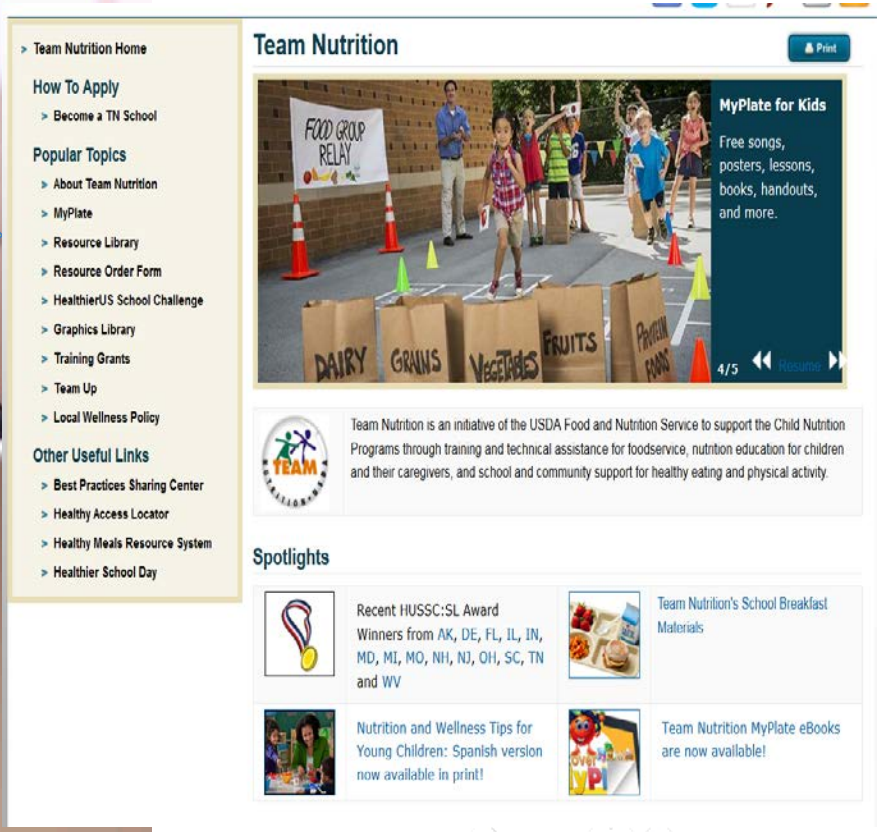
- English and Spanish
- Initial kit will include 25 copies
- Additional packages of 25 will be available for order

SUMMER FOOD SUMMER MOVES

TEAM NUTRITION • USDA

All Materials Available in English AND Spanish

Free Materials



Follow Us on twitter

@TeamNutrition

http://teamnutrition.usda.gov

Spreading the Word

- MyPlate Facebook Posting
- USDA Blog
- E-Mail Announcement
- PartnerWeb
- Upcoming Webinars
- Conferences/Presentations
- Newsletters
- @TeamNutrition

Contact Us!

USDA Team Nutrition:

TeamNutrition@fns.usda.gov

Questions?