

New! Team Nutrition Summer Resources

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

Take a Healthy Summer Break!
Discover Some Easy Ways To Help Kids Stay Happy and Healthy This Summer

Did you know?
Kids sometimes gain weight **two times faster** in the summer than during the school year.

Only 1 in 4 kids ages 6-12 gets the recommended 60 minutes of physical activity each day.

Move More
Get at least **60 minutes** of physical activity a day. Try dancing, biking, walking, jumping rope, and active games like tag.

Choose Water
Give thirsty kids a healthier choice. Plain water has no added sugar!

Sit Less
Limit TV, computers, tablets, and video games to no more than **1-2 hours** a day as another step towards good health.

Eat Smart To Play Hard
Want kids to reach for healthier snacks? Offer fruits and vegetables at snack time!

Find a Summer Meal Site Near You!
Your child can enjoy a healthy meal with friends at a summer meal site. All kids age 18 and under eat free. Some sites also offer games, crafts, and activities. Visit <http://www.fns.usda.gov/summerfoodrocks> or call 1-866-348-6479 to find a summer meal site near you!

*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on their school or census data.

THIS SUMMER, EAT SMART TO PLAY HARD
A Parents' Guide

31% A 12-oz sugar-sweetened drink can have 31 grams of added sugar. That's 8 teaspoons!

As many as 27% of kids' daily calories come from snacks, mostly from desserts and sugar-sweetened beverages.

TASTY RECIPE INSIDE
Discover free summer meal sites for kids!

Try the 4 Healthy Moves Challenge!

Use the Random Boosters to keep kids active!

Summer Food, Summer Moves
OPERATOR'S ACTIVITY GUIDE

Look inside for over 30 fun games and educational activities to do at your summer meal site!

- Provide families with tips and tools for a healthy summer
- Promote your summer meal site
- Boost attendance



Overview

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



SUMMER
FOOD
SUMMER
MOVES



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



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.



Infographic

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

USDA
United States Department of Agriculture

Take a Healthy Summer Break!

Discover Some Easy Ways To Help Kids Stay Happy and Healthy This Summer

Only 1 in 4 kids ages 6–15 gets the recommended 60 minutes of physical activity each day.

Move More

Get at least 60 minutes of physical activity a day. Try dancing, biking, walking, jumping rope, and active games like tag.

Did you know?
Kids sometimes gain weight **two times** faster in the summer than during the school year.

31g
A 12-oz sugar-sweetened drink can have 31 grams of added sugar. That's 8 teaspoons!

0 sugar

Choose Water

Give thirsty kids a healthier choice. Plain water has no added sugar!

Kids spend an average of **7.5 hours** a day in front of a screen.

Sit Less

Limit TV, computers, tablets, and video games to no more than **1–2 hours** a day as another step towards good health.

POTATO CHIPS

As many as **27%** of kids' daily calories come from snacks, mostly from desserts and sugar-sweetened beverages.

Eat Smart To Play Hard

Want kids to reach for healthier snacks? Offer fruits and vegetables at snack time!

Find a Summer Meal Site Near You!

Your child can enjoy a healthy meal with friends at a summer meal site.* All kids age 18 and under eat free. Some sites also offer games, crafts, and activities.

Visit <http://www.fns.usda.gov/summerfoodrocks> or call 1-866-348-6479 to find a summer meal site near you!

*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on local school or census data.

Food and Nutrition Service
FNS-006
March 2016
USDA is an equal opportunity provider and employer.

Parent's Guide

THE 4 HEALTHY MOVES

1 DRINK SMART TO PLAY HARD
 Thirsty? Choose water instead of sugar-sweetened beverages.

- Make sure your fridge has healthy drinks ready to go. When kids open the fridge and see cold water, they'll likely grab it.
- Drink less regular soda, sports drinks, and other sugar-sweetened beverages.
- Offer 100% juice in smaller amounts, ½ to 1 cup a day, depending on age.
- Make water more fun by adding sliced fruit or cucumbers.
- Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.

2 CHOOSE MORE FRUITS AND VEGETABLES
 Fill half your plate with fruits and vegetables.

- Have "Try Day" Fridays by eating a new fruit or vegetable each week.
- Have a bowl of whole fruit like apples, oranges, and bananas on the table.
- Visit a farm or farmers market and try some local produce.
- Try fruit and vegetable options at summer meal sites.

3 GET ACTIVE
 Help your kids get at least 60 minutes of physical activity every day.

- Bored? Make up games, have relay races, bike, walk, shoot hoops, or play soccer.
- Make up an exciting social event: Have a dance or jump rope contest.
- Take a walk together on summer evenings.

Staying happy and healthy this summer is easy when your family makes the 4 Healthy Moves!

4 LIMIT SCREEN TIME
 Make a family agreement to limit your computer, phone, TV, and video game time to no more than 1-2 hours a day.

- Don't let kids text the night away! Keep phone chargers in the living room, not the bedroom.
- Reconnect your family with nature. Discover a forest or park near you at <http://www.fs.fed.us>.

SERVINGS: 6
SERVING SIZE: ½ cup
INGREDIENTS:

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes
- 1 jalapeño pepper (optional)
- 4 cloves garlic
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ½ cup lime juice

PREP TIME: 15 MINUTES
Summer Vegetable Salsa
 Your whole family will come to the table when you prepare this fresh salsa. It's easy to make and packed with seasonal summer veggies.

DIRECTIONS

1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and Roma tomatoes into small pieces and put into a medium bowl.
3. Because they can burn the skin, an adult should remove the seeds and veins the jalapeño. Mince the garlic. Add the washed and minced jalapeño and garlic to the tomato mixture. "Wear latex gloves when handling the jalapeño."
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

OPTIONS

- Grill the vegetables before dicing and adding them to the salsa.
- Instead of zucchini, you could use 1 cup of yellow squash or cucumber in this recipe.
- Add submerises, peaches, or pineapple for a truly summer salsa.
- Serve with cut-up vegetables or whole-wheat pita chips, or on top of grilled chicken or fish!

NUTRITION INFORMATION
 Amount per serving: ½ cup. Calories: 25; Total Fat: 0 g; Saturated Fat: 0 g; Sodium: 150 mg; Potassium: 212 mg; Total Carbohydrate: 4 g; Dietary Fiber: 1 g; Sugars: 2 g; Protein: 1 g; Vitamin A: 441 IU; Vitamin C: 10 mg; Vitamin D: 0 IU; Calcium: 19 mg; Iron: 0 mg

FIND MORE GREAT RECIPES AT
<http://www.whatscooking.fns.usda.gov>

Try the Family Challenge!

Take steps to be more physically active, eat healthier, and limit screen time as a family.

1. Pick one of the healthy moves below to work on as a family.
2. Choose a reward to keep your family motivated. Write it in the space below. It could be a visit to a local park, a picnic, a party, or a trip to somewhere special.
3. Each day that your family completes the healthy move, cross off a circle.
4. Once you've crossed off all the circles for your healthy move, enjoy your family reward!
5. When you have met the challenge for one healthy move, try another!

Our Family Reward: _____

1 DRINK SMART TO PLAY HARD
 Cross off a circle for every day your family has no soda or any other sugar-sweetened beverages.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>						

2 CHOOSE MORE FRUITS AND VEGETABLES
 Cross off a circle for every day that your family has fruits or veggies as snacks.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>						

3 LIMIT SCREEN TIME
 Cross off a circle for every day that each member of your family limits screen time to less than 2 hours.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>						

4 GET ACTIVE
 Cross off a circle for every day that each member of your family gets at least 60 minutes of physical activity.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>						

THERE'S A SUMMER MEAL SITE NEAR YOU!

Your child can enjoy a delicious, healthy meal with friends at a summer meal site.* Kids age 18 and under eat for free. Some sites also offer games, crafts, and activities that will keep kids of all ages engaged and active.

Visit <http://www.fns.usda.gov/summerfoodrocks> or call 866-348-6479 to find a location near you!

*Some meals at least 50 percent of children are eligible for free or reduced price school meals, based on local school census data.

Your local summer meal site is located at:

Food and Nutrition Service • FNS-609 • March 2016 • USDA is an equal opportunity provider and employer • <http://teamsfornutrition.usda.gov>

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





Offering Healthy Summer Meals That Kids Enjoy

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

Kids Enjoy



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

Helping children get the nutrition they need for health and growth is what summer meals are all about. There are many ways you can plan your menus and set up your summer meal sites to make the biggest difference possible. Some small changes in your program can make a positive difference in:

- The number of children that attend your summer meal program
- How satisfied children feel after eating the provided meal and/or 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 1/2 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, brownies, 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 pasta, and brown rice.

Vary your protein routine. Mix up your main dishes to include seafood, beans and peas, nut 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 bite count by offering foods that provide the nutrients kids need to grow and be healthy. Work together to find ways to offer more healthy food items that kids enjoy. Focus on a few small changes at a time.
- When building your summer menu, be sure to taste test recipes and possible menu items with children who are participating in afterschool or school meal programs.



Offering 3/4 cup of apple slices instead of 3/4 cup of apple juice gives kids an additional 2 grams of fiber. Fiber helps kids feel full longer and is good for digestion.



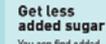
Be Label Smart

Use the Nutrition Facts label and ingredients list to compare food items and choose those that are lower in fat, and added sugars.

Nutrition Facts
Serving Size 2 oz
Servings Per Container: 6

Amount Per Serving		Calories from Fat 18
	% Daily Value*	
GET LESS		
Saturated Fat	1%	
Trans Fat	1%	
GET LESS		
Sodium	18%	
Total Fat	9%	
Total Carbohydrate	0%	
Dietary Fiber	0%	
Sugars	1%	
Protein	1%	

*Percent Daily Values are based on a diet of other people's secrets.



Get less added sugar
You can find added sugars by looking at the ingredients list. Some names for added sugars are: high-fructose corn syrup, glucose, sucrose, dextrose, fructose, lactose, molasses, maltose, honey, brown sugar, invert sugar, malt syrup, trehalose, turbinado sugar, and corn syrup.

Getting Volunteers and Staff Excited About Healthy Foods

Get support and buy-in from adults working or volunteering with your summer meal site by sharing some of the benefits of making healthy food choices. Staff and volunteers may enjoy setting goals together or having a friendly challenge. As a group or individually, you could set a goal to eat more vegetables or be more physically active and track your progress using the free SuperTracker at <http://www.choosemyplate.gov/tools-supertracker>.



How can I make healthy meals fun?

- Use bright and colorful signs to highlight signature dishes, special offerings, and locally sourced foods.
- Consider offering meals for parents or caregivers to purchase, so that they feel welcome and the site feels like a family gathering spot.
- Offer a themed meal, such as a Country Barbecue, Taco Tuesday, or Friday Fajitas, to create excitement.
- Have a contest for kids to create imaginative names for healthy meals and snacks.
- Use the free activities, posters, placemats, family brochures, flyers, and recipes in Team Nutrition's **Summer Food, Summer Moves** kit to make your summer meal site healthier and more fun for kids and families. It's available at <http://www.fns.usda.gov/ta/summer-food-summer-moves>.



LITTLE EXTRAS = 😊

Serving different types of whole-grain breads, tortillas, rolls, and pitas during the week makes everyday sandwiches more appealing.

Including foods that are different colors, shapes, and textures (crunchy, smooth, crisp, etc.) makes meals more appetizing.

Providing extra veggie fillings makes wraps, burgers, rice bowls, and baked potatoes more satisfying.

Using a fun placemat makes the view more interesting. See <http://www.fns.usda.gov/ta/summer-food-summer-moves>.



Monday Lunch or Supper Menus

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Chicken • Milk • Carrots • Apples 	<ul style="list-style-type: none"> • Tilapia fish taco on whole-grain tortilla** with shredded cabbage and salsa • Carrot sticks with Cool Creamer Yogurt Dip • Orange (fruit) • Milk* 	<ul style="list-style-type: none"> • Barbecued Beef or Pork** on whole-grain roll • Corn on the cob • Colored greens • Watermelon • Milk* 	<ul style="list-style-type: none"> • Stir-fry summer vegetables with chicken** and brown rice** • Pineapple chunks (canned in 100% juice) • Milk*
<ul style="list-style-type: none"> • Turkey** • Milk • Apples • Carrots 	<ul style="list-style-type: none"> • Garden Fiesta Tuna Pockets on a whole-grain pita with kids' choice of veggie toppings • String cheese** • Unsweetened applesauce** • Milk* 	<ul style="list-style-type: none"> • Chilled quesadilla (includes sweet potato, black beans, and reduced-fat cheddar cheese** on whole-grain tortilla**) • Summer Vegetable Salsa • Plum • Milk* 	<ul style="list-style-type: none"> • Berry Jam Party Bites (includes peanut butter** on whole-grain English muffin half and fresh berries; 2 servings) • String cheese** • Celery • Dried cherries** • Milk*

*Flavored. Water is also available with meals.

**See www.whatscooking.fns.usda.gov.

What's the What's Cooking? USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov>.



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)

Bring More Families to Your Summer Meal Site with These Fun and Easy Activities!

"Even after [the activity] they were still talking about it, so that's successful."

—Summer Meals Site Operator, NJ

"I like how [the activity] encourages kids to try new things."

— Parent, Philadelphia, NJ

"Before the activities, kids would eat and leave, some would stay and play for half an hour. They stayed longer with the activities."

— Summer Meals Site Operator, Community Center, MI



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Materials for Your Summer Meal Site	2
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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
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	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
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	Play Hard Activity Cube		X		42
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	Drink Smart To Play Hard		X		50
	Power Path		X		52
	Power Up Your Snack		X		53
	Home Run Hummus Wrap			X	54



Operator Activity Guide

Summer Meals Summer Fun

Hello sunshine! School is out and kids are ready to play

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- Fruit and Veggie Skewers... 12
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NOTES

Stay Cool With Summer Meals

Hot out? Kids will cool down with these fun activities!

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STAY COOL

MOVIN' with Summer Meals

Turn up the music! And turn your meal site into a celebration!

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- Music Moves Party Games... 29
- Celebrative Peppy Dance... 29
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MUSIC & DANCE

Summer Meals, Summer Friends

Make Friends! A week's worth of friendly meals and activities

Activities:

- Wildlife MyPlate... 36
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- Water Whiffles... 41
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FRIENDSHIP

Let's Celebrate Summer Meals!

Summer! It's the season of parties and celebrations

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- Hot Summer... 45
- Play Hard Safety Code... 46
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POWER PANTHER SAYS:

Eat Smart to Play Hard

Get Kids Moving and Feeling Good!

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SPORTS



SUMMER FOOD SUMMER MOVES



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.



CHOOSE WATER INSTEAD OF SUGAR-SWEETENED DRINKS



STEP-BY-STEP DIRECTIONS

- 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?"
- 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."
- 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!

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.



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

OPTIONAL FOLLOW-UP:

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

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?"

EAT FRUITS AND VEGETABLES AT MEALS & SNACKS



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.



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://teammnutrition.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

- DO:** Gather kids into a circle and show the **MyPlate** icon (p. 21), or display the **MyPlate** poster.
- 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 vegetable 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**

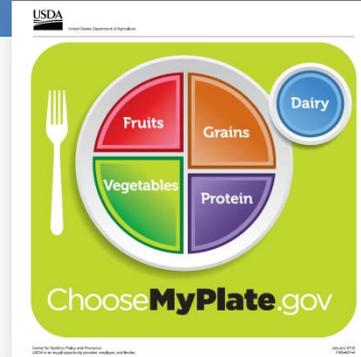


Cool Cucumber Yogurt Dip



Posters

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



Activity Placemat

USDA United States Department of Agriculture

Summer Food Summer Moves

Quick! Do 10 Firecracker Jumps. Jump with your arms and legs exploding out.

CRACK THE SECRET CODE
Use your detective skills and the code at right to complete the activity

1) Fill half your plate with _____ and _____

2) Get 60 minutes of _____ each day

3) Choose _____ instead of _____

4) Balance your day with food and _____

5) Eat fruits and vegetables at _____ and _____

6) Eat _____ to play hard

CODE

A	🍌	N	🍌
B	🍌	O	🍌
C	🍌	P	🍌
D	🍌	Q	🍌
E	🍌	R	🍌
F	🍌	S	🍌
G	🍌	T	🍌
H	🍌	U	🍌
I	🍌	V	🍌
J	🍌	W	🍌
K	🍌	X	🍌
L	🍌	Y	🍌
M	🍌	Z	🍌

Draw a healthy summertime meal here.

LOL!

Q: WHAT DID THE FATHER TOMATO SAY TO THE BABY TOMATO ON A FAMILY WALK?
A: KETCHUP!

Q: WHAT VEGETABLES ARE A SAILOR'S ENEMY?
A: LEEKS!

ANSWERS: (1) fruits, vegetables (2) water, sugar-free drinks (3) water, sugar-free drinks (4) play (5) fruits, vegetables (6) fruits, vegetables

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



Flyers

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

Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS
OPERATING HOURS
PHONE
EMAIL

Join us for friends, games, meals, and activities!

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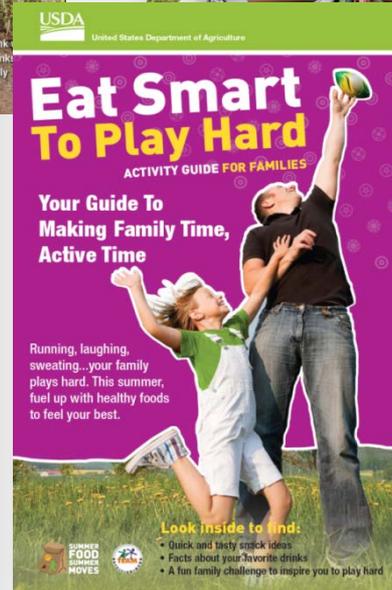
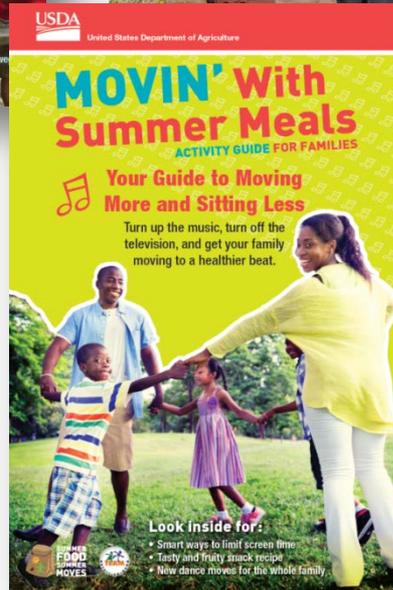
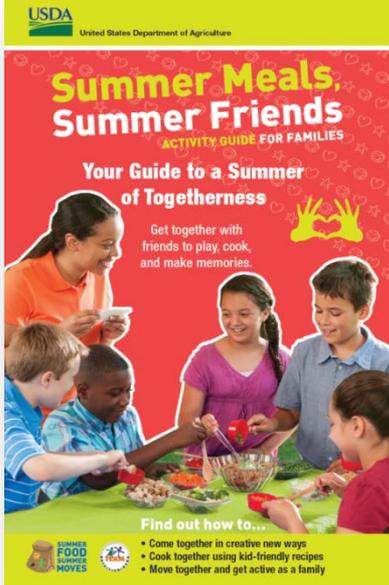
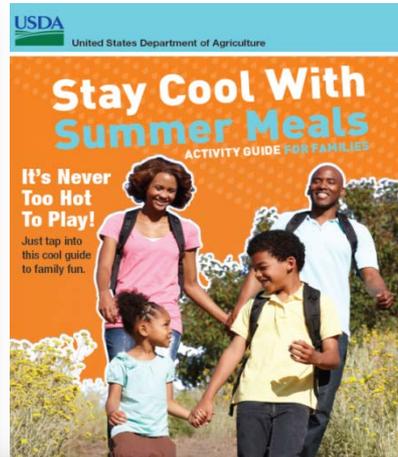
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Family Activity Guides



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





All Materials Available in English AND Spanish

Alimentos de verano Pasos de verano
GUÍA DE ACTIVIDADES DEL COORDINADOR

¡Encuentra adentro más de 30 juegos divertidos y actividades educativas para realizar en tu Sitio de Alimentos de Verano!

- Bríndales a las familias consejos y herramientas para que tengan un verano saludable.
- Promociona tu Sitio de Alimentos de Verano.
- Fomenta la asistencia.

Alimentos de verano Pasos de verano
GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Tu guía de frutas y vegetales de verano

¡Ayuda a tu familia feliz y saludable dándole frutas y vegetales de verano en las comidas y las meriendas.

Encuentra adentro del folleto:

- Ideas para meriendas rápidas y sabrosas
- Datos sobre tus bebidas favoritas
- Un divertido desafío familiar para inspirarte a jugar con ganas.

Aliméntate bien para jugar con ganas
GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Tu guía para hacer que el tiempo en familia sea activo

Corriendo, riendo, sudando... tu familia juega con ganas. Este verano, recárgate con alimentos saludables para sentirte estupendo.

Encuentra adentro del folleto:

- Ideas para meriendas rápidas y sabrosas
- Datos sobre tus bebidas favoritas
- Un divertido desafío familiar para inspirarte a jugar con ganas.

Entra en onda con los alimentos de verano
GUÍA DE ACTIVIDADES PARA LAS FAMILIAS

Nunca hace demasiado calor para jugar

Consulta esta guía ocasional para divertirte en familia.

Encuentra adentro del folleto:

- Nuevas maneras refrescantes de tomar agua
- Juegos ocultos en bebidas

Alimentos de verano, pasos de verano

¡Rápido! Haz 10 saltos explosivos. Salta con los brazos y las piernas de manera explosiva.

DESCIFRA EL CÓDIGO SECRETO
Usa tus habilidades de detective y el código que aparece a la derecha para completar la actividad.

- 1) Llena la mitad de tu plato con y . Y .
- 2) Practica 60 minutos de cada día.
- 3) Elige en vez de .
- 4) Equilibra tu día con alimentos y .
- 5) Come frutas y vegetales en .
- 6) Aliméntate para jugar con ganas.

CÓDIGO

A	N	ca
B	O	o
C	P	o
D	Q	o
E	R	o
F	S	o
G	T	o
H	U	o
I	V	o
J	W	o
K	X	o
L	Y	o
M	Z	o

Dibuja aquí una comida saludable de verano.

¡JA, JA, JA!

¿POR QUÉ LE DILLO PAPA TOMARTE A BEBER TOMATE EN UNA CAMARERA FAMILIAR?
R. ¡A PURE SE!

¿POR QUÉ SE DILLO UNA CEREZA AL VERSE AL ESPEJO?
R. ¡CERE-EZA YO!

Ocho razones para tomar más agua este verano

Una bebida gaseosa azucarada de 12 onzas tiene 31 gramos de azúcar adicional. Eso equivale a ¡8 cucharaditas!

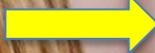
¡El agua no tiene azúcar adicional! Es deliciosamente refrescante y ¡GRATIS!

¡Tendrias que caminar entre 45 y 60 minutos* para quemar las 126 calorías de los azúcares adicionales!

*Calculado de acuerdo a 11 calorías por gramo de azúcar. La actividad física recomendada para quemar 126 calorías es caminar a un ritmo moderado durante 45 minutos. El tiempo puede variar según el peso y la actividad física.



Free Materials



- > Team Nutrition Home
- How To Apply
 - > Become a TN School
- Popular Topics
 - > About Team Nutrition
 - > MyPlate
 - > Resource Library
 - > Resource Order Form
 - > HealthierUS School Challenge
 - > Graphics Library
 - > Training Grants
 - > Team Up
 - > Local Wellness Policy
- Other Useful Links
 - > Best Practices Sharing Center
 - > Healthy Access Locator
 - > Healthy Meals Resource System
 - > Healthier School Day

Team Nutrition



MyPlate for Kids

Free songs, posters, lessons, books, handouts, and more.



Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Spotlights



Recent HUSSC:SL Award Winners from AK, DE, FL, IL, IN, MD, MI, MO, NH, NJ, OH, SC, TN and WV



Team Nutrition's School Breakfast Materials



Nutrition and Wellness Tips for Young Children: Spanish version now available in print!



Team Nutrition MyPlate eBooks are now available!

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?

