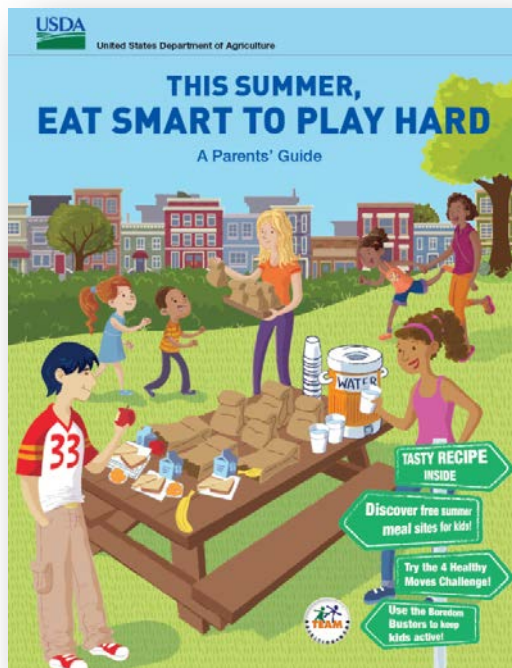


Team Nutrition Summer Resources

Get Ready for a Healthy Summer Break

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



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USDA-FNS-Child Nutrition Programs



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

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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

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 | 🍌 |

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**

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) physical activity 3) water, sugar, dairy, drinks 4) play 5) fruits, vegetables 6) smart.

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TEAM

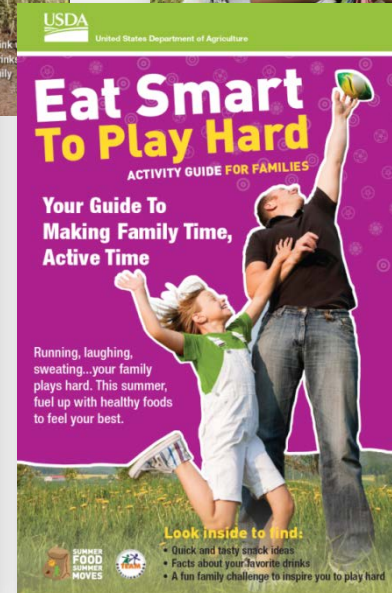
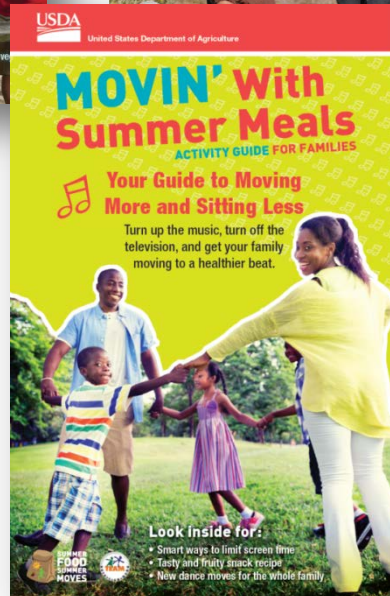
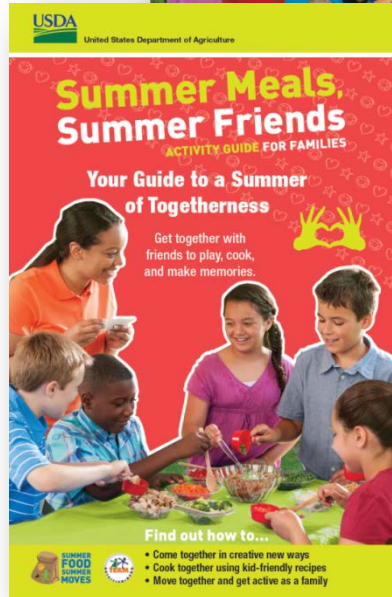
SUMMER FOOD SUMMER MOVES

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FON-615, February 2016.
<http://teamnutrition.usda.gov>

- 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




United States Department of Agriculture

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 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:

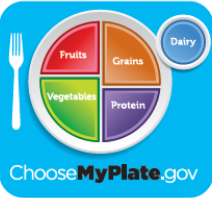
Focus on whole fruits. Serve whole and cut-up fruits more often than juice. Offer favorite fruits, such as melon, apples, and plums, instead of sweets like cake, brownies, or cookies.

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 pastas, 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.





ChooseMyPlate.gov

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 healthful 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 ¾ cup of apple slices instead of ¼ cup of apple juice gives kids an additional 2 grams of fiber. Fiber helps kids feel full longer and is good for digestion.

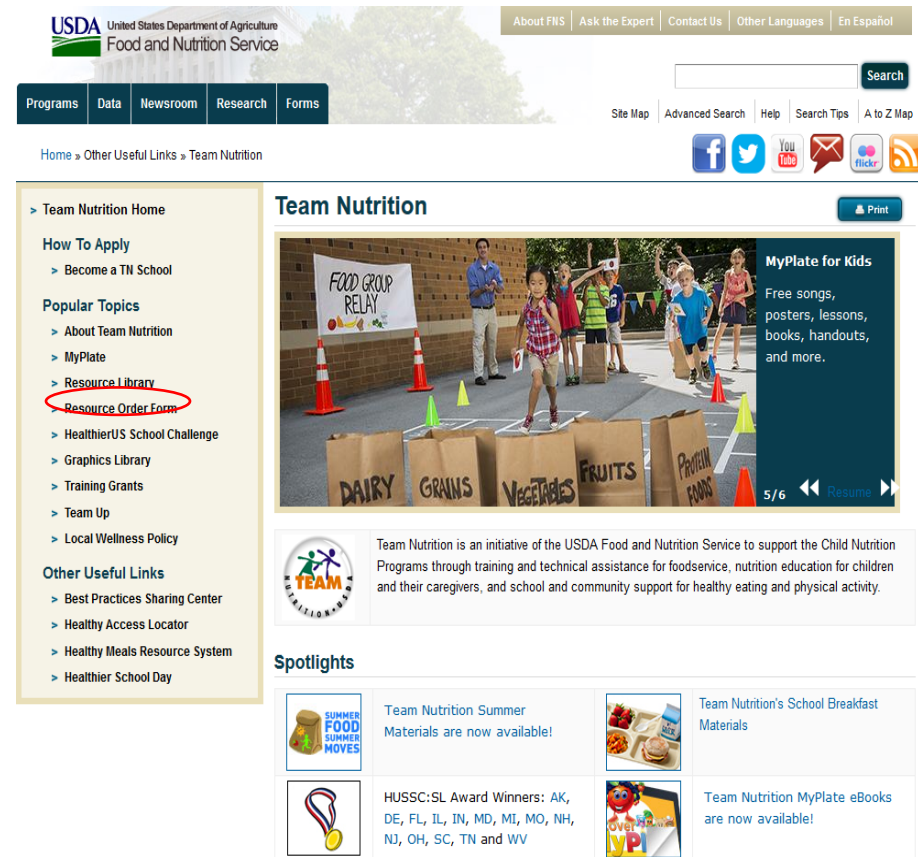



- Great for training meal providers
- Includes Sample Menus

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**



The screenshot shows the USDA Food and Nutrition Service website. The header includes the USDA logo and navigation links: About FNS, Ask the Expert, Contact Us, Other Languages, and En Español. A search bar is located on the right. Below the header is a navigation menu with links to Programs, Data, Newsroom, Research, and Forms. The main content area is titled "Team Nutrition" and features a large image of children participating in a "FOOD GROUP RELAY" activity. To the left of the main image is a sidebar with links to "Team Nutrition Home", "How To Apply", "Popular Topics", and "Other Useful Links". The "Popular Topics" section includes links to "About Team Nutrition", "MyPlate", "Resource Library", "Resource Order Form" (which is circled in red), "HealthierUS School Challenge", "Graphics Library", "Training Grants", "Team Up", and "Local Wellness Policy". The "Other Useful Links" section includes links to "Best Practices Sharing Center", "Healthy Access Locator", "Healthy Meals Resource System", and "Healthier School Day". To the right of the main image is a "MyPlate for Kids" section with links to "Free songs, posters, lessons, books, handouts, and more." Below the main image is a "Spotlights" section with three items: "Team Nutrition Summer Materials are now available!", "HUSC:SL Award Winners: AK, DE, FL, IL, IN, MD, MI, MO, NH, NJ, OH, SC, TN and WV", and "Team Nutrition MyPlate eBooks are now available!".

Tweets by @TeamNutrition





USDA's Team Nutrition

Website: www.TeamNutrition.usda.gov

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Questions?

