Pick a better snack in partnership with ...
Background

- Ensure children could continue to receive nutritious meals when school is not in session.
- Established in 1968 as part of a pilot program – Special Food Service Program
  - Summer
  - Child Care
- 1975 – Summer Food Service Program established
- Largest Federal resource available for local sponsors
The Need in Iowa - 2002
The Need in Iowa - 2016
But Growing ....

2002 – 218,616 lunch meals served at 103 meal sites

2017 – 905,501 lunch meals served at 538 meal sites

2018 – Preliminary: 880,143 lunch meals served at 588 meal sites
The Basics

Battle Creek Elementary

USDA

\downarrow

FNS

\downarrow

IDOE

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SPONSOR
Who Can Sponsor SFSP?

- Public or private non-profit schools
- Units of local, county, municipal, tribal, or State government
- Private nonprofit organizations
- Public or private nonprofit residential camps
- Public or private non-profit universities or colleges
Potential Site Locations

- School
- Library
- Housing Complex
- Park/Playground
- Swimming Pool
- Splash Pad
- Church
- WIC Office/Clinic

- Community Center
- Parks & Rec Site
- Mobile Site
- Tribal Organization
- Summer Camp
- Migrant Center
- Emergency Shelter
- Trailer Park
Site Types

- **Open Site**: Located in a high need areas; Meals are served to all children who come to the site.

- **Enrolled Site**: Meals are served to children enrolled in programming at the site; Not open for community walk-up

- **Camp Sites**: Meals are served to residential and day camp children; Not open for community walk-up

- Who is eligible to participate? All children 18 years or younger
Iowa Summer Meal Sites
Meal Service

• Meals can be self prep or vended
• Can provide up to 2 meals or 1 meal & 1 snack per day
  • Lunch & supper cannot be combined
• Congregate meal service – on site
• Sponsor chooses day(s) & time of service
  • Can operate Monday-Sunday
  • Can operate any period of time within summer break
Meal Pattern

• Meals must meet USDA standards
• Meal pattern requirements
  • Milk
  • Vegetables and/or fruits
  • Bread and bread alternates
  • Meat and meat alternates
## SUMMER FOOD SERVICE PROGRAM

### Meal Pattern For Children

Select the appropriate components for a reimbursable meal

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Breakfast Serve all three</th>
<th>Lunch/Supper Serve all four</th>
<th>Snack Serve two of the four</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>Required</td>
<td>Required</td>
<td>Required</td>
</tr>
<tr>
<td>Fluid milk (whole, low-fat, or fat-free)</td>
<td>1 cup (½ pint; 8 fluid ounces)³</td>
<td>1 cup (½ pint, 8 fluid ounces)³</td>
<td>1 cup (½ pint, 8 fluid ounces)³</td>
</tr>
<tr>
<td><strong>Vegetables and Fruits</strong></td>
<td>Required</td>
<td>Required</td>
<td>Required</td>
</tr>
<tr>
<td>Equivalent quantity of any combination of:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable or fruit or</td>
<td>½ cup</td>
<td>¼ cup total¹</td>
<td></td>
</tr>
<tr>
<td>Full-strength vegetable or fruit juice</td>
<td>½ cup (4 fluid ounces)¹</td>
<td>¼ cup¹</td>
<td>½ cup (6 fluid ounces)²</td>
</tr>
<tr>
<td><strong>Grains/Breads</strong></td>
<td>Required</td>
<td>Required</td>
<td></td>
</tr>
<tr>
<td>Equivalent quantity of any combination of:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread or</td>
<td>1 slice</td>
<td>1 slice</td>
<td>1 slice W</td>
</tr>
<tr>
<td>Cornbread, biscuits, rolls, muffins, etc. or</td>
<td>1 serving</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Cold dry cereal or</td>
<td>½ cup or 1 ounce³</td>
<td>½ cup or 1 ounce³</td>
<td></td>
</tr>
<tr>
<td>Cooked cereal or cereal grains or</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Cooked pasta or noodle products</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Meat and Meat Alternates</strong></td>
<td>Optional</td>
<td>Required</td>
<td>Optional</td>
</tr>
<tr>
<td>Equivalent quantity of any combination of:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean meat or poultry or fish or</td>
<td>1 ounce</td>
<td>2 ounces</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Alternate protein products⁸ or</td>
<td>1 ounce</td>
<td>2 ounces</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Cheese or</td>
<td>1 ounce</td>
<td>2 ounces</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Egg (large) or</td>
<td>½</td>
<td>1</td>
<td>½</td>
</tr>
<tr>
<td>Cooked dry beans or peas or</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Peanut or other nut or seed butters or</td>
<td>2 tablespoons</td>
<td>4 tablespoons</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Nuts or seeds⁹ or</td>
<td>1 ounce=50%¹⁰</td>
<td>1 ounce</td>
<td></td>
</tr>
<tr>
<td>Yogurt¹¹</td>
<td>4 ounces or ½ cup</td>
<td>8 ounces or 1 cup</td>
<td>4 ounce or ½ cup</td>
</tr>
</tbody>
</table>

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United Way of Mahaska County
Serving Quality Meals

- Focus on whole fruits – serve whole & cut fruit more often than juice
- Vary your veggies – offer the wide range of colors
- With a snack, make at least 1 component a fruit or vegetable
- Make half your grains whole grains.
- Vary your protein routine.
  - Offer lean cuts of meat and low/reduced-fat cheeses and yogurts
  - Limit serving processed meats to no more than once weekly
- Offer low fat and fat-free milk
- Make water available as an additional beverage
- Incorporate locally produced foods
How Can You Support Summer Meals?

• Providing Activities at Summer Meal Sites
  • Conduct taste tests or cooking demonstrations
  • Gardening activities
  • Nutrition education activities
  • Sponsors can increase participation by engaging children through fun, hands-on activities

• Provide Nutrition Education materials/resources at Summer Meal Sites

Southeast Webster Grand Schools

Altoona Kids Cafe

Crivaro Park
How Can You Support Summer Meals?

- **Expanding Access through Summer Meal Site Additions and Outreach**
  - INN Nutrition Educators are well connected in their schools and communities
  - Identify potential site locations
  - Help spread the word to families about Summer Meals
    - Articles in newsletter sent home to families
    - Distribution of SFSP Outreach flyers

Trinity Presbyterian Church, Clarinda
Promotional Materials
https://www.educateiowa.gov/pk-12/nutrition-programs-0

- Promotional templates are available on the DE SFSP webpage

Rx
Name:______ Kids and Teens:______
Ages:______ 18 and under:______
Available at:______ no charge:______

Prescription for Summer Food and Fun
Call 1-866-3-HUNGRY or 2-1-1

text "Food" to 877-877
or visit
www.fns.usda.gov/summerfoodrocks

Rx
Name:______ Kids and Teens:______
Ages:______ 18 and under:______
Available at:______ no charge:______

Prescription for Summer Food and Fun

This institution is an equal opportunity provider

SUMMER FOOD SERVICE PROGRAM
Signature:________________________
Refill ALL SUMMER LONG

SUMMER FOOD SERVICE PROGRAM
Signature:________________________
Refill ALL SUMMER LONG

This institution is an equal opportunity provider
Promotional Materials

http://bestpractices.nokidhungry.org/programs/summer-meals/promote-summer-meals

https://www.fns.usda.gov/sfsp/raise-awareness

PSA's
Common Goals with FFVP

• Create healthier school environments …
  • Expand the variety of fruits and vegetables children experience
  • Increase children’s fruit and vegetable consumption
  • Make a difference in children’s diets to impact their present and future health

• Power in collaboration
School Selection Criteria

- Be an elementary school
- Represent the highest % of F/R: 60% + in 2018-19 SY
- Participate in the NSLP
- Complete an annual application
With additional funding, it’s GROWING!

- 2010-11: 68 schools ($1,625,893 State grant)
- 2018-19: 119 schools ($2,517,687 State grant)
How it Works

• Schools decide on when, where, and how
  • During the school day but not as part of breakfast or lunch
  • In classrooms, hallways, or kiosks
• Schools decide on what fruits & vegetables & how much
  • New & different
  • Easily identifiable
  • Mix it Up!! Unique with familiar
• Nutrition Education is strongly encouraged
• Required to widely publicize within the school
How Can You Partner with FFVP?

- Showcase a PABS fruit or vegetable during FFVP
  - Same week or month of your nutrition lesson

- Connect with the FFVP snacks that were served when you are in the classroom with students.....
  - What FFVP snack did you have yesterday?
  - Did you eat it, why or why not?
  - What did you like about it?
  - Would you choose it again?
  - Did you know that ........
  - Do you remember that fruit or vegetables was in the story we read called ......
How Can You Partner with FFVP?

- Collaborate with staff on the development of nutrition education materials and resources
  - Daily announcements: highlight a fruit or vegetable by giving a fun fact and introducing the FFVP snack of the day
  - Info sheet to accompany snack
  - Bulletin Boards
  - Table Tents
  - Posters

- Get the word out to parents and the community.
  - Newsletter
  - Menu
  - Book display in library
FFVP Menu Calendar-Parent newsletter

April 2011

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit/Veg. Surprise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Jicama</td>
<td>5</td>
<td>Watermelon</td>
<td>6</td>
</tr>
<tr>
<td>11</td>
<td>Kiwi</td>
<td>12</td>
<td>Strawberry</td>
<td>13</td>
</tr>
<tr>
<td>18</td>
<td>Pineapple</td>
<td>19</td>
<td>Cucumber</td>
<td>20</td>
</tr>
<tr>
<td>25</td>
<td>Apple Wedges</td>
<td>26</td>
<td>Banana</td>
<td>27</td>
</tr>
<tr>
<td>26</td>
<td>Apple Wedges</td>
<td>26</td>
<td>Banana</td>
<td>28</td>
</tr>
<tr>
<td>28</td>
<td>Apple Wedges</td>
<td>28</td>
<td>Banana</td>
<td>28</td>
</tr>
</tbody>
</table>

Pick a better snack (How easy is that!)

As fun as it is to be healthy, it’s even more fun when you eat tasty foods that are healthy. Try not to think of it as a diet, think of it as a fun challenge to try new foods! The more fun you have eating a healthy meal the more likely you are to continue eating healthy. Here are 3 tips to make your meals more enjoyable:

1. Add fun foods to your meals
2. Make healthy meals fun to eat
3. Share your meals with loved ones

Jicama & Black Bean Dip

Recipe:

- 1 can (15 oz) black beans
- 1/4 cup jicama, peeled and diced
- 1/4 cup corn kernels
- 1/4 cup red bell pepper, diced
- 1/4 cup green onions, chopped
- 1/4 cup cilantro, chopped
- 2 tablespoons lime juice
- Salt and pepper to taste

Instructions:

1. Drain the black beans and rinse under cold water.
2. Mix the beans, jicama, corn, bell pepper, green onions, cilantro, lime juice, salt, and pepper in a large bowl.
3. Serve immediately or store in the refrigerator for up to 2 weeks.

Get Your Walk On

Arm yourself with 10 steps to make Exercise Fun:
1. Increase the Body: Add more movement into your day.
2. Increase the Fun: Make exercise fun by finding activities you enjoy.
3. Increase the Space: Use different places to exercise.
4. Increase the Timing: Adjust the time of your exercise routine.
5. Increase the Mileage: Track your progress and set goals.

Bingo

- Apple
- Bread
- Kid
- Carrot sticks
- grapes
- Orange
- Broccoli
- Corn
- Red Bell Pepper
- Green Beans
- Cut green beans
Nutrition Education Books

- A Fruit is a Suitcase for Seeds
- Eating the Alphabet
- The Beastly Feast
- Oliver’s Vegetables
- Pumpkin Pumpkin
- The Ugly Vegetables
- Banana!
- I Will Never Not Ever Eat a Tomato
- The Carrot Seed
- Oliver’s Fruit Salad
- Gregory the Terrible Eater
- The Vegetables We Eat
- Tops & Bottoms
- Blueberries for Sal
- Dr. Pompo’s Nose
- Food for Thought
- How Are You Peeling?
- Growing Vegetable Soup
- Apple Farmer Annie
- Autumn is for Apples
- Grandma Lena’s Big Ol’ Turnip
- How Are You Peeling?
- The Very Hungry Caterpillar
- D.W. The Picky Eater
Examples of FFVP Snacks

- Tangelo
- Grape tomatoes
- Clementines
- Plumcots
- Baby carrots
- Sugar snap peas
- Cantaloupe
- Jicama sticks
- Cauliflower
- Strawberries
- Mango
- Cucumber slices
- Celery Sticks
- Spinach
- Peaches
- Nectarines
- Papaya
- Raspberries
- Pears
- Blueberries
- Broccoli
- Kiwi
- Cherries
- Red/green Grapes
- Kohlrabi
- Honeydew melon
- Red/green Peppers
- Radishes
- Watermelon
- Cherries
Nutrition Education & Partnerships

• Nutrition education can be critical to the program’s success
• Collaboration & partnerships are essential elements
  • Both programs are strengthened by the other
Encourage to participate!

- Encourage schools to apply to participate in the Fresh Fruit & Vegetable Program
  - SY 19-20 Grant Application Announcement – March 2019
- Encourage schools to apply to participate in the Summer Food Service Program
  - SFSP Application packets due May 2019
Sharing - Summer & FFVP Partnerships
Questions

- Iowa Department of Education
  - Bureau of Nutrition and Health Services
  - Stephanie Dross
    - stephanie.dross@iowa.gov
    - 515-281-4760

Cardinal Comm Schools