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# Summer Bulletin

## SFSP SPONSOR NEWSLETTER

Food That's In When School is Out

Volume 3, Issue 2

## What's for Lunch?

*By Brittany Dale, IDOE Intern*

Each day throughout the summer Indiana SFSP sponsors serve thousands of nutritious meals to children. Summer food regulations are slightly different from the National School Lunch Program (NSLP) therefore the menu planning is not as complex. Summer meals usually consist of food items that are quick to prepare and easy to transport to different locations. Due to the fact that many SFSP sponsors prepare food in a central kitchen daily, sponsors have to ensure the lunches are still edible and within safe holding and serving temperature range when it arrives at the destinations. Many summer sponsors are limited to what can be served for that reason alone, but there are other factors as well. To start with, sponsors need to consider their food spending budget because federal reimbursement received from each meal served is all they will receive, unless their organization can add additional funds for the meals. Furthermore, summer food sponsors want to ensure that the children are going to eat the food items on the menu so the food does not go to waste, hence sponsors tend to purchase items that they know children will eat, which may not always be the most nutritious choices.

Above all, for convenience many sponsors focus their menus around food items that are easy to prepare and have a long shelf-life. Many SFSP menus are healthy and meet the summer food regulations, but there is always room for improvement. With just a few small changes, a majority of SFSP menus can be made healthier for the children. Take a look at the following one-week menu comparison and notice some of the small changes that were made from the "Common Lunch Menu" and the "Healthier Lunch Menu".

The majority of the changes were made in the fruit and vegetable groups. In the fruit group, packaged applesauce was served in the "Common Lunch Menu" which is a good item for children to have, but it is better to incorporate fresh fruits into the children's diets. Instead of applesauce, serve fresh apples or apple slices. 100% fruit juice is considered a fruit, but it should not be served more than fresh fruits within a one week period. While fresh fruits may seem more costly, the more that can be incorporated into kids' diets the better. Check around for weekly specials and have flexibility in your menu planning.

The vegetables were slightly changed in the "Healthier Lunch Menu" to add more variety. Carrots sticks and celery are both

good choices to serve children, but offering it every other day can become tiresome. The new menu consists of a different fresh vegetable served every day of the week. In addition,

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### *Incorporate Fresh Produce*

- *Check out a few creative ideas on how to offer more fruits and vegetables in your summer meals. Many of the ideas include ways to incorporate fresh produce into SFSP menus—an excellent way to prepare for new requirements slated for 2013!*
- *These suggestions correspond to the new meal pattern guidelines required for all the NSLP Sponsors.*
- *An innovative approach to even a simple snack meal is sure to bring a big smile on a child's face, especially if they get to be a part of preparing it. View the link: http://www.fns.usda.gov/TN/MyPlate/tip11KidFriendly.pdf*

# What's for Lunch?

***Continued…*** Instead of serving light dressing for dipping sauces to go with the vegetables and salad, fat-free dressings were placed on the menu. If regular or light dressings are being served on your current menu, try the fat-free dressings and see if the children still accept it. Finding ways fat can be decreased from meals without compromising taste are always winning recipes for healthy changes!

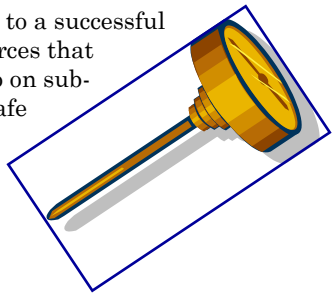
The "Healthier Lunch Menu" has more whole grains. The new meal pattern regulation for the National School Lunch Program now requires all the sponsors to make half their weekly grains offered whole grain rich; eventually they will have to make all the grains whole grain rich. It is anticipated that SFSP sponsors may have to comply with this regulation in the near future. Adding more whole grains such as whole wheat products and brown rice to summer menus now is a great way to get a head start.

In the "Common Lunch Menu", fat-free chocolate milk is served daily, but the Healthier Lunch Menu alternates serving fat-free white and chocolate milk throughout the week. Many children prefer chocolate milk over regular white milk, and serving fat-free chocolate milk daily is perfectly fine, but some parents may not be satisfied with the higher sugar content that their child is receiving by drinking chocolate milk. Serving fat-free white milk one day and the next fat-free chocolate is a great way to please parents and also reduce the amount of sugar offered to the children.

Making menus healthier is not hard; it just takes time to come up with better food items to serve that the children will accept just as well. Improving menus can be a long process and it is best to gradually change one food item at a time instead of shocking the children with a whole new menu all at once. Use the sample menus provided to your advantage and add simple healthy changes that can be made to your summer food menu.

| | Common Lunch Menu | Healthier Lunch Menu |
|---|---|---|
| M | **Entrée:** Chicken Wrap on tortilla (chicken, cheese, lettuce, tomato, light ranch)<br>**Vegetable:** baby carrot sticks with light ranch dipping sauce<br>**Fruit:** 100% fruit juice<br>Fat- free chocolate milk served daily | **Entrée:** Chicken Wrap on whole wheat tortilla (chicken, cheese, lettuce, tomato, fat- free ranch)<br>**Vegetable:** baby carrot sticks with fat- free ranch dipping sauce<br>**Fruit:** Apple Slices<br>8 oz. Fat- free white and chocolate milk is alternated daily throughout the week |
| T | **Entrée:** Peanut butter and jelly on white bread<br>**Vegetable:** celery sticks with light ranch dipping sauce<br>**Fruit:** applesauce fruit cup<br>**Other:** Cheetos chips<br>Fat- free chocolate milk served daily | **Entrée:** Peanut butter and jelly on whole wheat bread<br>**Vegetable:** Cucumbers and cherry tomatoes with fat- free ranch dipping sauce<br>**Fruit:** Medium size banana<br>8 oz. Fat- free white and chocolate milk is alternated daily throughout the week |
| W | **Entrée:** Turkey and cheese sandwich on white bread<br>**Vegetable:** celery sticks with light ranch dipping sauce<br>**Fruit:** 100% fruit juice<br>**Other:** Animal crackers<br>Fat- free chocolate milk served daily | **Entrée:** Turkey and cheese sandwich on whole wheat bread<br>**Vegetable**: celery sticks with fat-free ranch dipping sauce<br>**Fruit:** Fresh pear<br>8 oz. Fat- free white and chocolate milk is alternated daily throughout the week |
| Th | **Entrée:** Turkey hot dog on white bun<br>**Vegetable:** side garden salad with ice berg lettuce, served with dressing<br>**Fruit:** prepackaged mixed fruit cup<br>Fat- free chocolate milk served daily | **Entrée:** Turkey hot dog on whole wheat bun<br>**Vegetable:** side garden salad with 50/50 mix romaine and ice berg lettuce, served with choice of fat-free dressing<br>**Fruit:** Fresh orange slices<br>8 oz. Fat- free white and chocolate milk is alternated daily throughout the week |
| F | **Entrée:** Pizza bagel (bagel with pizza sauce, mozzarella cheese, and pepperoni)<br>**Vegetable:** baby carrot sticks with ranch dipping sauce<br>**Fruit:** 100% fruit juice<br>**Other:** mini gold fish crackers<br>Fat- free chocolate milk served daily | **Entrée:** Pizza bagel (whole wheat bagel with pizza sauce, mozzarella cheese, and pepperoni)<br>**Vegetable:** Fresh broccoli and cauliflower with fat-free ranch dipping sauce<br>**Fruit:** Fresh grapes<br>8 oz. Fat- free white and chocolate milk is alternated daily throughout the week |

# Keeping Food Safe



The importance of handling and serving food safely is unquestionably one of the most critical keys to a successful program administration. The U.S. Food and Drug Administration (FDA) has some excellent resources that provide tips on food safety during the summer time. Among other topics the webpage provides info on subjects like Packing and Transporting Food Safely, Quick Tips for Picnic Site Preparation and the Safe Food Temperature Chart.
To learn more view the following link: http://www.fda.gov/food/resourcesforyou/Consumers/ucm109899.htm#s1

# Make it Plain

In an effort to assist our sponsors to resolve some of the potential day-to-day operational problems, we are sharing with you an informational poster used by one of our sponsors.

Posters containing "Site Rules" are used by many SFSP sponsors that operate open or enrolled feeding sites across the state. In this case, the credit is due to Marci Franks, the Food Service Director at Warsaw Community Schools. A similar flyer is posted at all of the Warsaw feeding sites.

Keep in mind that all the points listed below may not be applicable in the same way to your sponsorship and the flyer below has been edited from its original version. This is just an example of what one may look like.

## Free Summer Meals for Kids!

### *Reminders to Keep Everyone Enjoying the Meals*

- **Only children ages 1-18 may be served free meals.** 7 CFR 225.2
- **Meals may only be served during the published serving times.** 7 CFR 225.16(3)(4))
- **Meals must be consumed at the serving site. Only one fruit or one vegetable item may be taken from site.** 7 CFR 225.6(e)(15)
- **Meal substitutions due to allergies or disabilities are only considered when supported by a statement from a recognized medical authority that includes the required alternate foods.** 7 CFR 225.16(3)(4))
- **Individuals 19 and older may not share a child's meal.** 7 CFR 225.2
- **If a sharing table is provided, only children 1-18 may eat the items which cannot be taken from the site.** 7 CFR 225. 15(b)
- **In the event of inclement weather or if weather appears threatening meal service may be cancelled.** 7 CFR 225.6(c) 2)(D)
- **Please properly dispose of all trash before leaving the site.**

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***Enjoy your summer!***

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