



SUMMER TIMES

A Newsletter for SFSP Sponsors in Indiana

This email is to provide sponsors with updated and helpful information on the Summer Food Service Program (SFSP) in the State of Indiana. We have important news and reminders to help you make your summer as successful as possible!

March 2018

Check out the SFSP Sponsor March Checklist!

For most SFSP sponsors, the hectic daily schedule will only intensify after spring break. Therefore, take some time now to work on tasks that will have to be completed before the summer season officially arrives.

This includes:

- Start working on the SFSP renewal application in CNPweb!
- Request to State Agency staff new sites to be added and/or sites to be removed that are no longer operational
- Review and record in writing all procedures required for daily operations. This is especially important for any unaffiliated sites under your sponsorship
- Put together a plan to ensure all Open sites will have adequate signage or banners. Obtain quotes for the best deal for purchasing advertising materials and make sure there is enough time for production and distribution
- Establish or renew the relationship with your organization's Media or Communications staff and share your needs for social media and other advertising this summer
- Apply for the SFSP Commodity foods by completing the online Request form that was emailed by Cheryl Moore a few weeks ago. Feel free to contact Cheryl with any SFSP Commodity questions cmoore@doe.in.gov
- Start completing preoperational site visits
- Make sure you know all the locations, staff, and operating dates for monitoring purposes
- Determine how to incorporate *Farm to Summer* initiative at your program sites

FRESH FOCUS
SUMMER S↑RONG

Your Opportunity to participate in 2018 SFSP Webinars is here!

Summer meals are critical for the well-being of the thousands of Hoosier children. Click on a link to register for the specific webinar that interests you.

USDA FNS Webinars

- Tuesday, April 17, 2018 @ 1:00 pm EST - [What Cities Can Teach Us About Summer Meals](#)
- Tuesday, May 15, 2018 @ 1:00 pm EST - [Boosting Your Budget – Summer Meals Financial Planning](#)

Food Research Action Committee (FRAC) is offering the following Summer Meals Matter Call:

- Thursday, April 5, 2018 @ 1:00 PM EST - Getting the Word out About Summer Meals
http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event_KEY=87208



An Exciting Opportunity to Work with your local Purdue Extension Office!

Have you started thinking about adding some summer activities to your SFSP or planning a program Kick-off Event yet? Help may be much closer than you think!! Check out the great programming your local Purdue Extension Office is ***servin' up*** through a special program called:



<https://extension.purdue.edu/pages/aboutus.aspx>

In the framework of this activity program that aims to educate children about the healthy lifestyles, a total of seven learning sessions are offered. The optimal age group for this **free** program is 3rd to 5th graders. Lessons last approximately 45 minutes and include physical activity, an evidence-based lesson, and your SFSP meal that

may even correspond to the topic covered in the lesson! You don't want to pass up this free fun educational opportunity!

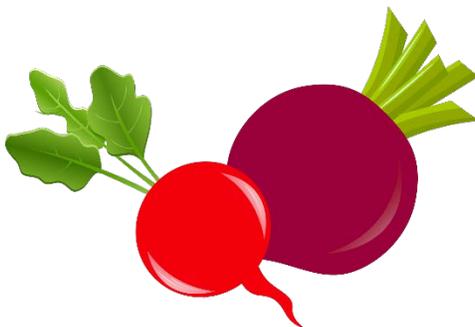
Contact your local Purdue Extension Office TODAY to learn more about CATCH and how to partner with one or more of your local Purdue Extension Educators today!

Turnip the Beet – USDA Challenge for SFSP Sponsors Continues in 2018!

Items to be thinking about now in preparation for the Turnip the Beet Award:

- Think about your participants - are the meals you are planning culturally appropriate?
- Could you plan different menus for different age groups that you serve?
- Consider how to encourage healthy choices- Could you place an Iron Man logo on your meal service line denoting foods that are high in iron? Or a bone on foods that are high in calcium?
- Try to plan a nutrition fact of the day or week that is displayed at each site.
- Contact local farmers to inquire about locally grown produce availability.
- Plan no less than a 2 week cycle menu- can you somehow serve a hot food item at least one time per week at all of your sites?
- Plan menus that vary in textures and colors- a monochromatic plate is unappealing to anyone!
- Consider the vegetable subgroups and try to get at least one serving from each in a week's time (red/orange, dark green, starchy, other and bean/pea legume).
- Plan some whole grain rich items with your summer meals.
- Limit the amount of sweet grains offered to kids throughout the week.
- Plan to have a free water station at each site.

If you consider and implement several of these suggestions while planning summer menus, you will be well on your way to qualifying for a Turnip the Beet Award this fall!



Farm to Summer - Starting a Community Garden – [You can do it!](#)

Do you think establishing a place for children to learn where their food comes from and getting their little hands dirty is too much hassle? NOT SO, according to James Edwards, Director of Ryves Youth Center at Etling Hall in Terre Haute.

Edwards has been at the helm of Terre Haute Catholic Charities, a religious based organization and a long-time SFSP sponsor for many years. He is also proud to share how his vision for this community project came to fruition in the spring of 2017.

According to Director Edwards, Ryves Youth Center, located in one of the most impoverished parts of Terre Haute, feeds approximately 1400 low-income children annually. This place is known for their passion to help needy children and as a community safe place that offers much more than a free meal.

Eden of Ryves, the garden project was established in collaboration with a budding local organization called reThink, Inc. on the nearby vacant lot. SFSP participants and other community children enjoyed tending this garden starting in May 2017. With some adult supervision, tiny hands worked hard to put together raised beds built using cinder blocks, and filled with horse manure and composted leaves. Next, tomatoes, peppers, okra plants and other assorted vegetables were put in, along with several flowers and fruit trees. There was also a space where recyclable materials were brought in that children can transform into art.



Gardening is not just a fun activity for children, it provides time in nature. Gardening also means fresh produce that is now available in the Ryves neighborhood. According to the American Centers for Disease Control (CDC), fresh fruits and vegetables are necessary for health, development, and prevention of prevalent diseases, such as obesity, diabetes, and hypertension. Urban agriculture, including youth-centered urban agriculture is part of the solution to these problems as it promotes community sustainability and serves as a gateway to employment for at-risk youth. As an added benefit, gardening is therapeutic for youth with emotional problems such as stress, anxiety, and low self-esteem.



In addition to reThink, Ryves also wants to give credit to *Indiana State University*, *Wabash Valley Community Foundation* and *100+ Women Who Care* for their support. For 2018 season, excitement is growing as a year of experience has allowed for better planning and preparation. New seeds for this summer are already budding under the grow lights!



To sum it all up, read the personal account of an 8-year old program participant Michelle Egy, as she describes her garden experience in the summer of 2017.

"We built a community garden across the street this summer. I help every time we go out! I like helping because my friends help and I like learning from the adults. It was hard work putting in the heavy bricks for the beds. Planting the garden was not easy either. We planted tomatoes, onions, peppers, and 2 cherry trees and 2 pear trees. We had fun scooping horse poop on the plants to fertilize them. We covered the beds with hay to keep the dirt wet. It's a lot of fun watering the garden and watching it grow. I can't wait to eat the fruit and vegetables!"



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