



# Summer Meals Newsletter

AUGUST 2015

**SUMMER ISN'T COOLING DOWN YET...  
LET'S MAKE IT ONE THE KIDS CAN'T FORGET!**

## Volunteer Recruitment

A reliable volunteer base is important to the success of any Summer Meals Program. Volunteers can help with outreach, supervision, meal preparation, and activities. When searching for volunteers, sponsors can target the following groups:

- **Teen Interns.** “Summer Meals Internships” can encourage teens older students to become involved in the Program.
- **Local Employers.** Businesses can choose one day each week to send staff to volunteer at a site.
- **Senior Citizen Programs.** AARP’s “Create the Good” (<http://www.createthegood.org/>) and Senior Corps (<http://www.nationalservice.gov/programs/senior-corps>) are great places to find older volunteers.
- **Volunteer Directories.** Sponsors can share opportunities on national volunteer websites, such as United We Serve (<http://www.serve.gov/?q=site-page/endhunger-sfsp>) and Volunteer.gov (<https://www.volunteer.gov/>).



## Summer Site Finder

Although fall is just around the corner, site supervisors across the country are still working hard to reach kids before the school year begins. FNS relies on sponsors to get the word out about site locations in their communities. Continue to encourage families to use the Site Finder to find summer sites in their neighborhood. Please confirm the accuracy of your site information; questions may be directed to your State agency.

To access the Site Finder, visit: <http://www.fns.usda.gov/summerfoodrocks>.



## Upcoming Partner Webinars

Follow the links below to register for upcoming webinars from the USDA’s national partners.

**August 11, 2:00 PM**

### Share Our Strength’s

What Summer Meals Mean for Kids

<http://bestpractices.nokidhungry.org/events/upcoming>

**September 3, 1:00 PM**

### Food, Research & Action Center’s

(FRAC) Debriefing Summer and Setting the Scene for Next Year

[http://org2.salsalabs.com/o/5118/p/salsa/event/common/public?event\\_KEY=78242](http://org2.salsalabs.com/o/5118/p/salsa/event/common/public?event_KEY=78242)

# Promoting Summer Fitness & Nutrition

Summer Meals sites are the perfect place to teach children healthy habits that can last a lifetime. **USDA's Team Nutrition** has free, educational resources sponsors can use to incorporate nutrition, fitness, and fun into their site programming.

## Nutrition Activities

- **Try-Day Friday.** Host a recurring event where kids sample new foods and indicate how much they like each sample on a "Try-Day Ballot."
- **Mock Grocery Store.** Invite kids to participate in a "shopping simulation" where they learn how purchase foods from each MyPlate food group.
- **Food Smarts.** Pair participants with an older "book buddy" who can read them a story about healthy behaviors.
- **MyPlate Food Drive.** Demonstrate the importance of giving back by hosting a "Healthy Foods Drive," helping kids identify affordable foods from each food group.
- **Healthy Food Scavenger Hunt.** Have teams of children "search" for ingredients for a healthy snack, then prepare the snack together once all the ingredients are found.

For more suggestions, check out the Team Nutrition Popular Events Idea Booklet: <http://www.fns.usda.gov/team-nutrition-popular-events-idea-booklet>



## Fitness Activities

- **Sports & Games.** Ask local sporting good stores or gyms to donate used athletic equipment, such as jump ropes, kick balls, and Frisbees, for the children to play with before or after their meal.
- **Fitness Class.** Invite a fitness instructor from the local gym to lead a Zumba or yoga session, or ask older teens and college students to lead physical activities, such as jumping jacks, for younger participants.
- **Wellness Day.** Promote wellness for the entire family by hosting a "Community Wellness Day" at your sites. Local health organizations and dietitians can provide "activity stations" to share fitness tips and promote active lifestyles.

For more tips, check out Team Nutrition's Power Up with Local Athletes: [http://www.fns.usda.gov/sites/default/files/TNevents\\_powerup.pdf](http://www.fns.usda.gov/sites/default/files/TNevents_powerup.pdf)