

# Summer Food Summer Moves

OPERATOR BOOKLET

Offer fun games and educational activities at your summer meal sites!

Provide families with tips and tools for a healthy summer.

Promote your summer meal site.

Boost attendance.



SUMMER  
FOOD  
SUMMER  
MOVES

OPEN THIS BOOKLET TO GET STARTED!

# Welcome to Summer Food, Summer Moves!



This summer, step up your summer meal site! Use creative themes and entertaining games to teach children and families about healthy food choices and physical activity. You will support healthy habits over the summer, while generating interest in your summer meals program.

Each of the six themed kits includes an Operator Activity Guide, Family Activity Guide, and promotional materials. The Operator Activity Guide will give you step-by-step directions to lead games, activities, food tastings, and demonstrations. Do the activities in any order you choose. You can spread them out over the course of a week or hold a single themed event day.

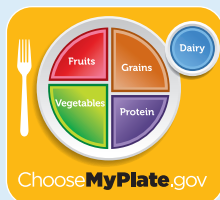
## Words to Know

Before you teach about nutrition and health, make sure you understand these concepts:

### MyPlate

The **MyPlate** icon serves as a visual reminder to eat foods from the Five Food Groups every day. You can find more information at:

<http://www.choosemyplate.gov>.



### The Five Food Groups

The Five Food Groups are: **Fruits, Vegetables, Grains, Protein Foods, and Dairy**. Many prepared foods fit into multiple categories. Some foods, like candy or soda, do not fit into any category at all because they are mostly added sugars or solid fats.

### Solid Fats

Solid fats are fats that are solid at room temperature, such as butter, stick margarine, chicken fat, beef fat, pork fat (lard), and shortening. Most solid fats are high in saturated fats and/or trans fats. Saturated fats and trans fats tend to raise “bad” (LDL) cholesterol levels in the blood. This, in turn, increases the risk for heart disease. Solid fats can be found in foods such as hot dogs, sausages, bacon, regular cheese, whole milk, cakes, cookies, and other baked goods.

## THE FOUR HEALTHY MOVES

The goal of *Summer Food, Summer Moves* is to teach these healthy habits to kids and families.

### DRINK SMART TO PLAY HARD



Help families cut down on added sugar. Teach kids how to recognize drinks that are high in added sugars. Motivate them to choose water or low-fat milk instead.

### EAT MORE FRUITS & VEGGIES



Encourage kids to eat fruits and vegetables during meals and snacks. Introduce them to new fruits and vegetables with food tastings and demonstrations.

### LIMIT SCREEN TIME



Help kids discover fun ways to stay busy and active this summer. Educate families about ways to limit TV and video game time to 1-2 hours each day.

### GET ACTIVE



Kids need at least 60 minutes of moderate to vigorous physical activity each day. Help kids and their families get moving with active games, dancing, and more.

## Added Sugars

“Added sugars” are sweeteners, sugars, and syrups that are added to foods during processing. Most Americans eat too many foods that are high in added sugars, such as regular soda, fruit flavored drinks, candy, ice cream, cookies, and cakes. Look for these ingredients on food labels to see if a food has added sugars: high-fructose corn syrup, corn syrup solids, malt syrup, molasses, sucrose, dextrose, lactose, maltose, brown sugar, and honey. It’s important to note that sugars are found naturally in fruit (fructose), milk, and other dairy products (lactose). Added sugars, like those found in a candy bar or in regular soda, add calories but no nutrients. That’s why we call them “empty calories.”

## “Everyday” and “Sometimes” Foods

Instead of talking about foods as “good” or “bad,” we use the words “**everyday**” and “**sometimes**” to help kids learn to be more responsible about their food choices. “Everyday” foods are the healthiest options and are lower in solid fats, added sugars, and sodium (salt). Examples of “everyday” foods: whole-grain toast, low-fat yogurt, and carrot sticks. “Sometimes” foods have more solid fats, sodium (salt), and/or added sugars. We might eat these foods on a special occasion or as a once-in-a-while treat, but not every day. Examples of “sometimes” foods: cookies, bacon, chips, and donuts.



# Six Summertime Themes | OPERATOR ACTIVITY GUIDES



## Summer Meals, Summer Fun

This is a great place to start. Celebrate the sunshine and warmth of summer with easy games, kid-friendly trivia, an exciting exercise challenge, and a delicious food preparation activity. This **sun-themed** kit works at any time in the summer, and the activities are simple to prepare.



## Splash into Summer Meals

Use this **water-themed** kit on the hottest days of summer. Water games are a fun way to boost interest and attendance for kids of all ages. You should let families know ahead of time so they can prepare for water play.



## Movin' With Summer Meals

Music makes every moment seem like a celebration. You'll get into the groove with an energetic dance party, fun games, inspiring poetry slam, vegetable tasting, and a sweet healthy treat to prepare together. Check the activity guide for suggestions on how to bring music to your site. This **music-and-dance-themed** kit is guaranteed to be a hit.



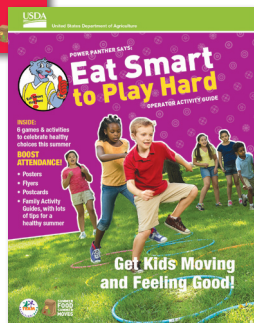
## Summer Meals, Summer Friends

When school's out for summer, many kids see old friends and make new friends at summer meal sites. Help grow a caring community with this **friendship-themed** kit full of games, arts and crafts, fruit tasting, and a mouth-watering food demonstration.



## Let's Celebrate Summer Meals

Memorial Day, Independence Day, Labor Day, maybe even your birthday – there are plenty of reasons to celebrate in the summer months. This **holiday-themed** kit contains games, an art project, interactive herb tasting, and a special gardening activity. Try it in the first week of July to help kids and families have a healthier Fourth of July.



## Eat Smart to Play Hard

Get kids moving and feeling good with **sports-themed** games, exercises, and challenges in this power-packed kit. The *Eat Smart. Play Hard™* campaign was launched by the USDA's Food and Nutrition Service to support kids and families in eating healthy and being physically active. Bring the Power Panther mascot to your site by going online to: [http://www.fns.usda.gov/sites/default/files/PP\\_costume.pdf](http://www.fns.usda.gov/sites/default/files/PP_costume.pdf). This is a great theme to kick off, wrap up, or recharge your summer meal program.

SUN

WATER

MUSIC & DANCE

FRIENDSHIP

HOLIDAYS

SPORTS

# For Families & Communities | PROMOTIONAL MATERIALS

Reach out to your community with these ready-to-go themed materials. Samples are included in each theme packet.

If you'd like to order more materials, Team Nutrition is making these available in larger quantities for sites participating in the Summer Food Service Program or NSLP, while supplies last. You can visit:

<http://teamnutrition.fns.usda.gov> and click on the Order Form link to order more.



## Family Activity Guides

These folded handouts are filled with healthy eating tips and exercise ideas for busy families to share with their kids. Distribute to parents, or give to kids to bring home for their families.



## Posters and Flyers

The posters and flyers will provide information and attract families to participate in meals and activities. After filling in the information for your site, hang up the posters in public places and pass out the flyers.

## Postcards

The postcards are designed to draw in new participants who may not be familiar with the program. They can be distributed by hand or mailed. The postcards also fit inside a standard #10 envelope. If you work with a summer camp or community center, ask them to include the card in their next mailing.



It's easy to promote your summer meal activities with social media! The Operator Activity Guides are packed with sample posts and tweets to help you spread the word and generate excitement.



# Adapted Activities | FOR CHILDREN WITH SPECIAL NEEDS

Children with special needs can benefit greatly from group physical activities. In addition to being good for their bodies, physical activity can promote social interaction, mental stimulation, and self-esteem.

## Get Information

If you have kids with special needs at your site, **the first step is to speak directly to their caregivers.** Don't be shy! One conversation can change a child's entire summer. Don't know what to say? Here are some tips:

- Introduce yourself by name.
- Explain that you want every child at the site to have fun and participate in the activities.
- Ask, "Could you tell me a little bit about your child's abilities?" Write down the answer!
- Describe the planned activity and ask how to adapt it so the child can participate.
- If possible, find out how often the child will be attending, and who will be accompanying him or her.

## General Ways To Include Everyone

Here are some general ways to include kids with special needs in physical activities:

- Modify the activity
- Use visuals for boundaries
- Allow for extra time
- Break the task into smaller steps
- Be enthusiastic and friendly — downplay competition

## Specific Ways to Include Kids With Common Disabilities\*

- **Autism** — Use a predictable routine and explain the steps clearly. Provide demonstrations of what you expect. Provide visuals. Have a private conversation and give the child a specific "cool down spot" if he or she gets easily agitated. Involve the caregiver.
- **Emotional or behavioral needs** — Speak to the child in advance to explain your expectations for behavior and directions for how to get help. Be kind, clear, and direct.
- **Deafness or hearing impairment** — Provide visual cues to start and stop the activity. For older children, let them read the directions of the activity in advance. Stand still and face the child when giving directions.
- **Blindness or visual impairment** — Let the whole group do the activity in pairs. Give physical assistance, if necessary. Borrow special sports equipment from family, if possible.
- **Wheelchairs** — Discuss the activity with the child. Use slower-moving balls and lower equipment.



\*Please note that each child is different and these suggestions are just a starting point. The most important step is to speak to the child's caregiver.

## Twitter

1. Make connections with other summer food sites and organizations in your community.
2. Send out tweets to promote upcoming activities and to give information about times and locations.
3. Share tweets after activities highlighting a particularly fun event or high level of participation. See our sample tweets in the Operator Activity Guides.

## Facebook

1. Encourage parents to "Like" your page.
2. Post messages to promote upcoming and past activities. Check out the recommended messages in each of the Operator Activity Guides.
3. Follow your organization's policies about posting pictures.

## Try These Posts to Get Started!



**SUMMER FACT:** Only 1 in 4 kids age 12-15 get 60 minutes of moderate to vigorous exercise a day. Get moving with summer meals! [866-3-HUNGRY](tel:866-3-HUNGRY). [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)



**SUMMER FACT:** It's getting hot outside! Join us at (your location here) for cool water games and a delicious healthy meal! For information call [866-3-HUNGRY](tel:866-3-HUNGRY). [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)



**SUMMER FACT:** More than 27% of kids' daily calories come from snacks. Kids can enjoy games, activities, and food at summer meal sites! [866-3-HUNGRY](tel:866-3-HUNGRY)

# Important Food Safety Steps

Food tastings, cooking demonstrations, and hands-on food activities are fun ways for kids to learn about healthy eating. It is important that you follow these instructions to keep everyone safe and healthy.

## Hand Washing

Everyone must wash hands before and after preparing, handling, or sampling foods. If soap and clean, running water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizers are not as effective when hands are visibly dirty or greasy.

### When washing hands with soap and water:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air-dry them.



### When using hand sanitizer:

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



## Cleaning Fruits and Vegetables

When preparing any fresh produce, begin with clean hands. See left column.

**Rinse all produce thoroughly under running water before eating, cutting, or cooking.** Washing fruits and vegetables with soap, or detergent, or commercial produce washes is not recommended.

**Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be thrown away.

**Even if you plan to peel** the produce before eating, it is still important to rinse it first so dirt and bacteria are not transferred from the peel via the knife to the fruit or vegetable. This includes melons, oranges, pineapples, and other fruit with a peel or rind.

**Scrub firm produce**, such as melons and cucumbers, with a clean produce brush.

**Dry produce** with a clean cloth towel or paper towel to further reduce bacteria that may be present.

Many pre-cut, bagged, or packaged produce items like lettuce are pre-washed and ready-to-eat. If so, it will be stated on the package and you can use the product without further rinsing.

# Safe Food Handling

## When Shopping:

Separate raw meat, poultry, and seafood from other foods in your grocery-shopping cart. Place these foods in plastic bags to prevent their juices from dripping onto other foods. It is also best to separate these foods from other foods at checkout and in your grocery bags.

## When Preparing Food:

Wash hands and surfaces often. Harmful bacteria can spread throughout the food preparation area and get onto cutting boards, utensils, and countertops. To prevent this:

- Use hot, soapy water and paper towels or clean cloths to wipe kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine.
- Wash cutting boards, dishes, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item.
- A solution of one tablespoon of unscented, liquid chlorine bleach per gallon of water may be used to sanitize surfaces and utensils.

## Cutting Boards:

Always use a clean cutting board. Once boards become excessively worn or develop hard-to-clean grooves, they should be replaced.

## When Serving Food:

Always use a clean plate. Never place cooked food back on the same plate or cutting board that previously held raw food.

## Refrigerating Food:

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff the refrigerator. Cold air must circulate to help keep foods safe. Always marinate food in the refrigerator, not on the counter. Refrigerators should maintain a temperature no higher than 40°F. Frozen food will hold its top quality for the longest possible time when the freezer maintains 0°F or below. For safety, it is important to verify the temperature of refrigerators and freezers.

For additional food safety information, go to:  
<http://www.foodsafety.gov>

# Food Allergies

Each year, millions of Americans have allergic reactions to food.

Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions and may even be life-threatening. Before you begin any tasting or food preparation activity, be sure to gather information on any allergies your participants may have.

## Top 8 Food Allergens

There are 8 foods that most commonly trigger an allergic reaction. These foods, and any ingredients made from them, are known as “the Top 8 Foods” and should be identified as allergens on food labels. These foods include: **fish, shellfish, eggs, milk, wheat, peanuts, tree nuts, and soybeans.**

For additional food allergy management and prevention information, refer to the Centers for Disease Control and Prevention’s *Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs* at:  
<http://www.cdc.gov/healthyyouth/foodallergies/index.htm>

## Know the Symptoms

Symptoms of food allergies typically appear from within a few minutes to a few hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Swelling of the throat and vocal chords
- Dizziness and/or lightheadedness
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Difficulty breathing
- Loss of consciousness



**Call for emergency medical help quickly if someone is having a severe allergic reaction (anaphylaxis).**

## Allergen Notice for Recipes



### RECIPE

Fruity Fun Chicken Salad Cups

Berry Jams Party Bites

Parade Day Bean Salad

Garden Fiesta Tuna Pockets

### THEME

Summer Meals, Summer Fun

Movin’ with Summer Meals

Let’s Celebrate Summer Meals

Eat Smart to Play Hard

### MAY CONTAIN

Milk

Peanuts, Wheat

Milk

Fish, Wheat



# Why is summer a great time to learn healthy habits?



Only 1 in 4 kids age 12-15 get 60 minutes of moderate to vigorous exercise each day.



## Did you know?

Kids gain weight two times faster in the summer than during the school year. Discover some easy ways to help kids stay happy and healthy this summer.

## Move More

Engage in at least 60 minutes of physical activity a day.

Try dancing, biking, walking, jumping rope, and games like tag.



Kids spend **7.5 hours** a day in front of a screen.



## Sit Less



Limit TV, computers, tablets, and games to **1-2 hours** a day for good health.



A 12-oz sugar-sweetened cola has **31 grams of sugar**. That's **8 teaspoons!**



## Choose Water

Give thirsty kids a healthier choice. **Water has no added sugar!**



More than **27%** of kids' daily calories come from snacks.

## Eat Smart to Play Hard



**Offer fruits and vegetables** at snack time!

You can make a difference with **Summer Food, Summer Moves.**

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