

## Appendix B: Turnip the Beet: High Quality Meals in the Summer Meal Programs 2023 Nomination Form

**Instructions:** Please complete the information below for consideration of the 2023 Turnip the Beet Award. Only nominations that contain all of the requested information will be considered. Submit this completed form via email to your Summer Meals State agency contact.

**Submission deadlines vary by State so please contact your State agency to learn their submission deadline. Nominations must be sent by the State agency to the appropriate FNS Regional Office by XX/XX/20XX.**

**Note:** USDA has the right to reproduce, publish, or otherwise use the data in the application for this award, and authorize others to reproduce, publish, or otherwise use the data in the application for this award for Federal purposes.

### Section 1: General Information

<b>Sponsor's name or Program name:</b>  <p>*The Sponsor's name or Program name on the Award Certificate will be typed exactly as written in the Sponsor's name or Program name section above. Please ensure that the entire name with any appropriate punctuation is clearly indicated. Award Certificates will not be re-printed due to an incorrect or illegible Sponsor name or Program name.</p>	
<b>Select Sponsorship Type</b>  <input type="checkbox"/> Summer Food Service Program (SFSP) Sponsor  <input type="checkbox"/> Seamless Summer Option (SSO) Sponsor	<b>Contact information</b>  <b>Name &amp; Title:</b>  <b>Phone number:</b>  <b>Email address:</b>  <b>Mailing Address*</b> (Street, City, State, and Zip code):
<b>Select Meal Service Type</b>  <input type="checkbox"/> Congregate  <input type="checkbox"/> Non-Congregate	<p>*This address will be used to mail the Award Certificate. For Gold winners, it will also be used to identify the Sponsor on USDA's Food and Nutrition Service's summer site finder (an online tool); therefore, P.O. Box addresses are not acceptable.</p>

**OMB Burden Disclosure Statement:** This information is being collected to assist the Food and Nutrition Service (FNS) in recognizing high quality summer meals. This is a voluntary collection and FNS will use the information to determine Turnip the Beet award winners. This collection does request personally identifiable information under the Privacy Act of 1974. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0658. The time required to complete this information collection is estimated to average 1 hour per response, including the time for reviewing instructions, gathering the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of

information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 1320 Braddock Place, 5<sup>th</sup> Floor, Alexandria, VA 22306 ATTN: PRA (0584-0658). Do not return the completed form to this address.

## **Section 2: Short Answers**

Please answer the following short-answer questions to demonstrate how the meals served at the nominated Sponsor's summer sites are high quality. Please be as specific as possible; specific details will be given greater value than generalities. Questions are worth up to two (2) points each; bonus questions are worth up to one (1) point each.

- 1. How are the meals prepared to be age-appropriate for the population being served?** (Describe how meals served are appropriate for the age of the children being served. For example, food is cut into bite size pieces for young children, or the sponsor offers different meals to appeal to various age groups that attend the site.)

**Bonus:** How are the meals culturally appropriate for the needs of the community? (Describe how meals are appropriate for the demographics of the community served, including but not limited to ethnic/cultural background and religion.)

- 2. How do you gather feedback from children about the meals served at the summer sites?** (Describe any methods used (e.g., taste tests, surveys or voting boxes) to gather feedback from children.)

3. **How are nutritious foods such as vegetables, fruits, and whole grains incorporated into menus and promoted to children at summer sites?** (Describe how the sponsor promotes nutritious foods. For example, fun descriptors are used in menus and signage, or healthier choices are placed prominently in the service area to encourage consumption.)
  
4. **What, if any, food and nutrition-based activities are offered at the summer sites (or included with non-congregate meals)?** (Describe activities and resources related to MyPlate, cooking, local foods, gardening, farming, or other food and nutrition topics.)

**Bonus:** Please list any Team Nutrition resources used at the summer sites or distributed along with non-congregate meals.

### **Section 3: Menus and Other Supporting Documents**

Along with submitting this completed nomination form, a one-month menu must be submitted for consideration of a Turnip the Beet Award. Please see the attached sample menu for guidance on menu documentation. All menus must meet meal pattern requirements, per SFSP or SSO regulations and policy, as applicable. The menus should also include sufficient detail for reviewers to assess them based on the criteria below. For example, please indicate whether vegetables and fruit are fresh, frozen, canned or dried, the type of milk (e.g., fat content and whether it is flavored), which items are whole grain-rich\*, a clear statement of whether water is available at no cost (Applies to congregate sites only.), and which items are sourced locally. Sponsors may earn two points for every menu evaluation criteria met and one point for every bonus criteria met.

You may submit other supporting documents to further demonstrate the quality of the meals, such as ingredient lists, recipes to verify a food item is whole grain-rich, invoices for local food purchases, news clips about the program, photos, etc. If photos contain pictures of children, please include a signed photo release form with your application. Please do not submit more than five (5) supporting documents.

*\* Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched.*

For reference, menu evaluation criteria include:

- Locally produced vegetables, fruits, grains, milk, or meat/meat alternates are served as part of the reimbursable meal and promoted as local foods at least one time per week, per meal type.
- Entrees repeat two (2) times or fewer per month, per meal type.
  - **Bonus:** Entrée types (for example: sandwiches; pasta dishes; breaded poultry dishes) are repeated two (2) times or fewer per week, per meal type.
- Menu includes at least one (1) hot food item per week, per meal type.
- At least four (4) different vegetables and/or fruits are served per week, per meal type.
  - **Bonus:** At least one (1) serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables is served per week.
- Fifty (50) percent or more of vegetables and fruits are fresh per week, per meal type.
- Juice is served to meet the fruit and vegetable component two (2) times or fewer per week, per meal type.
- Fifty (50) percent or more of grains served are whole grain-rich per week, per meal type. (e.g., the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched)
- Grain-based desserts (e.g., cookies, cakes, brownies, fruit turnovers, doughnuts, toaster pastries, or sweet rolls) are served two (2) times or fewer per week, per meal type (e.g., if a summer site serves breakfast and snack, a grain-based dessert is served at no more than two (2) breakfast meals and two (2) snacks per week).
  - **Bonus:** Grain-based desserts are not served.
- Only low-fat (1%) or fat-free dairy milks are served to children aged 2 and older. If one-year-old children attend the summer site, they are served whole milk.
- Water is available at no cost. (Applies to congregate sites only.)

**Privacy Act Statement**

**Authority:** Section 13 of the Richard B. Russell National School Lunch Act (NSLA) 42 U.S.C. § 1758, as amended, authorized the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO) of the National School Lunch Program (NSLP).

**Purpose:** Information is collected for use by the USDA Food and Nutrition Service in the administration of the Turnip the Beet award within the SFSP and the SSO.

**Routine Use:** Information may be disclosed in USDA publications exclusively for the purposes of recognizing award winners and directing the public to award-winning meal sites.

**Disclosure:** Furnishing the information on this form is voluntary, but failure to do so will result in ineligibility for a Turnip the Beet Award.

**TUB Sample Menu (SFSP) - Breakfast****June 5 - June 30, 2023**

Water is available at every meal and snack.

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Mixed berries (frozen)  1% and fat-free milk	Scrambled eggs  Whole wheat toast  Watermelon slices (fresh)  1% and fat-free milk	Whole-wheat English muffin with peanut butter  Whole grain cereal  Banana (fresh)  1% and fat-free milk	Team Nutrition Strawberry Smoothie Bowl: Low-fat Greek yogurt Local Strawberries (fresh)  Whole wheat toast 1% and fat-free milk	Choice of whole grain cereal  Local peaches (fresh)  1% and fat-free milk
<b>Lunch</b>	Zesty Spaghetti Casserole: Enriched Spaghetti Ground Beef (90% lean) Marinara Sauce Parmesan Cheese  Mixed greens salad with local cherry tomatoes (fresh)  Corn (frozen)  Orange slices  1% and fat-free milk	Southwest Chicken Wrap: Whole wheat tortilla Grilled chicken Lettuce Salsa  Black beans (canned)  Steamed broccoli (frozen)  Pineapple chunks (canned)  1% and fat-free milk	Turkey sandwich on whole grain bun (with lettuce and tomato)  Roasted potato wedges (frozen)  Steamed green beans (fresh)  1% and fat-free milk	Grilled cheese sandwich on enriched bread  Baby carrots (fresh)  Local sugar snap peas (fresh)  1% and fat-free milk	Black bean burger on whole grain bun (with lettuce and tomato)  Roasted sweet potato wedges (fresh)  Grapes (fresh)  1% and fat-free milk
<b>Snack</b>	Whole-grain crackers  Fat-free chocolate	Low-fat yogurt  Mango (frozen)	Crunchy carrot and celery sticks (fresh)	Banana (fresh)  Fat-free chocolate	Low-fat yogurt  Local mixed berries

Attachment

	milk		Hummus	milk	(fresh)
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Oatmeal with Raisins and Pecans  Diced pears (canned)  1% and fat-free milk	Omelet Turkey or Ham Cheese Onions (frozen) Bell peppers (frozen)  Hash brown potatoes (frozen)  Whole wheat toast  1% and fat-free milk	Whole wheat toast with peanut butter  Sliced cantaloupe (fresh)  Local raspberries (fresh)  1% and fat-free milk	Multi-grain bagel with reduced fat cream cheese  Local peaches (fresh)  Strawberries (fresh)  1% and fat-free milk	Mini buttermilk pancakes  Mixed berries (fresh)  Banana (fresh)  1% and fat-free milk
<b>Lunch</b>	Sizzling Stir-Fry Chicken Bell peppers (frozen) Snow peas (fresh) Onion (frozen) Mushrooms (fresh)  White rice  Pineapple tidbits (canned)  1% and fat-free milk	BBQ Beef Sliders on Whole Grain Buns  Local mixed greens and cucumber salad (fresh)  Banana (fresh)  1% and fat-free milk	Mediterranean Hummus and Veggie Wraps Whole wheat tortilla Hummus Cheese Local cucumbers (fresh) Local lettuce (fresh) Local tomatoes (fresh)  Mixed berries (frozen)  1% and fat-free milk	Burrito Bowls Grilled chicken strips Black beans (canned) Local lettuce (fresh) Local tomatoes (fresh) Avocado (fresh) Salsa Brown rice  Sliced cantaloupe (fresh)  1% and fat-free milk	State Spotlight: Louisiana Style Red Beans and Rice  Baby carrots (fresh)  Mixed fruit (canned)  1% and fat-free milk
<b>Snack</b>	Watermelon slices (fresh)	Low-fat yogurt	Apple slices (fresh)	Low-fat yogurt	Cheddar cheese

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	String cheese	Local strawberries (fresh)	Fat-free chocolate milk	Blueberries (frozen)	Whole grain crackers
<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Mixed berries (frozen)  1% and fat-free milk	Scrambled eggs  Whole wheat toast  Watermelon slices (fresh)  1% and fat-free milk	Whole-wheat English muffin with peanut butter  Whole grain cereal  Banana  1% and fat-free milk	Team Nutrition Strawberry Smoothie Bowl: Low-fat Greek yogurt Local Strawberries (fresh)  Whole wheat toast  1% and fat-free milk	Choice of whole grain cereal  Local peaches (fresh)  1% and fat-free milk
<b>Lunch</b>	Spaghetti and Meatballs Enriched spaghetti Marinara sauce Beef meatballs  Local mixed greens salad (fresh)  Local roasted green beans (fresh)  1% and fat-free milk	Turkey sandwich on whole grain bun (with lettuce and tomato)  Carrot and celery sticks (fresh)  Diced peaches (canned)  1% and fat-free milk	Tex-Mex Chicken Fajitas Whole wheat tortilla Grilled chicken strips Bell peppers (fresh) Onions (fresh)  Fruit salad (fresh)  1% and fat-free milk	Grilled cheese sandwich on enriched bread  Team Nutrition Tasty Tots Sweet potatoes (fresh) Garbanzo beans (canned)  Sliced cantaloupe (fresh)  1% and fat-free milk	Team Nutrition Asian Tuna Burger on whole grain bun (with lettuce and tomato) Tuna Local green onions (fresh) Red pepper (fresh)  Roasted broccoli (fresh)  Roasted potato wedges (frozen)  1% and fat-free milk
<b>Snack</b>	Low-fat yogurt	Banana (fresh)	Apple slices (fresh)	Local sugar snap peas and cucumber slices	Watermelon slices (fresh)



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	Pear (fresh)	Fat-free chocolate milk	Cheddar cheese	(fresh) Hummus	Whole grain crackers
<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Oatmeal with Raisins and Pecans  Diced pears (canned)  1% and fat-free milk	Omelet Turkey or Ham Cheese Onions (frozen) Bell peppers (frozen)  Hash brown potatoes (frozen)  Whole wheat toast  1% and fat-free milk	Whole wheat toast with peanut butter  Sliced cantaloupe (fresh)  Local raspberries (fresh)  1% and fat-free milk	Multi-grain bagel with reduced fat cream cheese  Local peaches (fresh)  Strawberries (fresh)  1% and fat-free milk	Mini buttermilk pancakes  Mixed berries (fresh)  Banana  1% and fat-free milk
<b>Lunch</b>	State Spotlight: New York Style Bagels with Egg and Cheese  Mixed greens salad (fresh)  Sliced cantaloupe (fresh)  1% and fat-free milk	Black bean burger on whole grain bun (with lettuce and tomato)  Roasted sweet potato wedges (fresh)  Local sugar snap peas (fresh)  1% and fat-free milk	Sizzling Stir-Fry Chicken Bell peppers (frozen) Snow peas (fresh) Onion (frozen) Mushrooms (fresh)  White rice  Pineapple tidbits (canned)  1% and fat-free milk	Tuna salad on whole wheat pita (with lettuce and tomato)  Bean salad Black beans (canned) Carrots (fresh) Local green onions (fresh) Bell peppers (fresh)  Apple slices (fresh)  1% and fat-free milk	Cheese pizza on whole grain crust)  Local mixed greens and cucumber salad (fresh)  Mixed fruit (canned)  1% and fat-free milk

Attachment

<b>Snack</b>	Low-fat yogurt Granola cereal	Pear slices (fresh) Fat-free chocolate milk	String cheese Whole grain crackers	Low-fat yogurt Mango (frozen)	Local watermelon slices (fresh) Crackers (enriched) with peanut butter or sunflower butter
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