



## Child Nutrition & Wellness

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April Update

Distributed to the SFSP Listserv Sponsors and posted at  
[www.kn-eat.org](http://www.kn-eat.org), Summer Food Service Program, What's New  
April 18, 2017

### **Growing a Rich and Bountiful Summer Food Service Program!**

Summer is a fantastic time of the year to add variety to meals served in the Summer Food Service Program (SFSP). There are numerous benefits to “bringing the farm” to summer meal service sites. Sponsors can increase participation by improving the quality of meals and keeping kids engaged through hands-on activities. Schools can develop continuous, year-round farm to school programming, and enhance cooking techniques and taste testing recipes using local foods. Regional producers benefit from a reliable outlet for their products during the summer months. Kids and teens get fresh, healthy meals and participate in activities at meals sites, staying nourished and engaged while school is out. We encourage all Sponsors to incorporate local products into their SFSP menus and consider ways to provide Farm to Summer education as part of the SFSP programming. This month's update contains a variety of resources to help Sponsors grow a successful Summer Food Service Program. June is National Dairy Month so make sure to check out the May SFSP Update for resources and ways to incorporate dairy into Farm to Summer.

### **Sunflower Spotlight – Abilene Public Schools Wins Gold Turnip the Beet Award**

USDA recently awarded the first-ever Turnip the Beet awards, recognizing outstanding Summer Meal Program sponsors who work hard to offer high quality meals that are appetizing, appealing, and nutritious. Abilene Public Schools was recognized for their outstanding efforts in serving local foods; serving a variety of vegetables and fruits throughout the week; serving whole grains and low-fat or fat-free dairy products and serving culturally-appropriate meals. In addition to serving high quality meals, Abilene Public Schools has implemented fun and creative nutrition education opportunities into the Summer Food Service Program through a partnership with Dickinson County Extension. Summer sites have the opportunity to positively impact children's healthy development by offering nutritious meals and encouraging children to develop healthy habits at a young age. Offering meals that children enjoy can help sustain and increase participation. **Kids do** vote with their feet in the summer!

Forty-nine sponsors from across the country recently learned they were being honored with a Bronze, Silver, or Gold Turnip the Beet awards. Congratulations to Abilene Public Schools for being one of **ten in the nation to be honored with** the Gold Turnip the Beet award!

### **Build a Successful Summer Food Service Program**

The 2017 Administrative Training, *Build a Successful Summer Food Service Program*, schedule is posted at [www.kn-eat.org](http://www.kn-eat.org), SFSP, Training. Two webinar opportunities on April 20 and May 16 will be available that contain the same information presented at the face-to-face trainings held in March and April. Menu planning webinars will also be offered on April 24 and May 4. See training schedule for more details. Please send an email to Sarah Bruschi at [sbruschi@ksde.org](mailto:sbruschi@ksde.org) indicating the training session you will attend.

### Summer Food, Summer Moves Toolkits Available

Summer Food, Summer Moves is a fun, hands-on resource kit to help get kids excited about healthy eating and physical activity during the summer months. Designed for use by summer meal site operators, the kit focuses on using music, games, art, and movement to motivate children to choose more fruits and vegetables, to choose water instead of sugary drinks, to get enough physical activity every day, and to limit screen time. The resource kit includes:

- Operator activity guide
- Activity guides for families
- Posters
- Flyers
- Placemats
- Recipes for a healthy summer

If you did not attend one of the Regional administrative trainings to receive your toolkits, please contact Kelly Chanay at [kchanay@ksde.org](mailto:kchanay@ksde.org) to request one toolkit for each meal service site.

### Child Nutrition & Wellness KANSANS CAN 2016-17 Best Practice Awards

The Kansas State Board of Education has a new vision: Kansas leads the world in the success of each student. This new vision for education calls for a more child focused system that provides support and resources for individual success and will require everyone to work together to make it a reality. The academic achievement and physical well-being of our students in Kansas today will impact the success of our communities, our state and the nation in the future. The good health that results from good nutrition and physical activity, and the learning that is made possible as a result, is primary among those tools.

The purpose of this program is to encourage and reward outstanding practices in Child Nutrition & Wellness Programs in Kansas that support the Kansans CAN vision. There are many outstanding child nutrition programs in Kansas. We encourage you and your staff to make nominations for outstanding and/or innovative practices for recognition of your efforts. A nomination entry form is available at [www.kn-eat.org](http://www.kn-eat.org), SFSP, What's New. **Nominations are due to the Child Nutrition & Wellness office on or before May 31, 2017.** Winners will be notified by July 31 and presentations will be made at the August State Board of Education meeting.

Please do not hesitate to contact the Child Nutrition & Wellness team at (785) 296-2276 if we can be of assistance with this process. We look forward to receiving your nominations and celebrating the Kansans CAN Best Practice Awards with you at the August 2017 State Board of Education Meeting.

### Farm to Summer Webinar

Incorporating local and seasonal foods into your summer program is an excellent way to improve the quality and appeal of meals while supporting your local economy. Recently, USDA hosted a webinar on how sponsors' Farm to Summer efforts can be supported by State agencies and regional offices. View the webinar at <https://www.youtube.com/watch?v=6PUDRwP0IEg> to get ideas for how you can work with your State agency to better incorporate Farm to Summer principles into your program. More information on Farm to Summer is available at <https://www.fns.usda.gov/sfsp/using-local-foods>.

### One More Campaign

Child Nutrition & Wellness will launch the “ONE MORE” campaign during the 2017 Administrative Training sessions. The “ONE MORE” campaign encourages Sponsors of Summer Food Service Programs to take the challenge to:

- Offer **one more** meal
- Operate **one more** week
- Add **one more** day of meal service
- Incorporate **one more** activity
- Collaborate with **one more** partner to increase access

Consider creative approaches to increasing access to summer meals. No matter how big or small efforts may be, they will be worth it! Make the pledge for One More at one of the regional trainings or email Kelly Chanay at [kchanay@ksde.org](mailto:kchanay@ksde.org) for a pledge card. Make it One More to Grow Your 2017 SFSP!

**Kelly, Cheryl, and Mark**