



Nutrition Education Materials

Along with providing healthy meals to children, the Summer Food Service Program (SFSP) is a great opportunity for nutrition education. By combining nutrition education into your summer site you can provide children and families with useful information on how to make healthy choices, offer engaging and fun activities, create opportunities to engage the community and help children develop lifelong healthy eating habits.

Not sure of where to start? Below is a list of USDA and Partner nutrition education materials with ideas on how to incorporate them into your summer site.

USDA Resources

The USDA has numerous nutrition education materials (and more to come!) that you can use at your summer site. Check out the free resources below.

USDA Team Nutrition Materials for Summer Meals

Food and Nutrition Service offers a collection of nutrition education resources for summer meal site operators in English and Spanish. These new materials, developed under the Agency's Team Nutrition initiative, are designed to help kids and families make healthy food choices and be more physically active during the summer months. The new materials include:

- **Summer Food, Summer Moves** – A step-by-step kit to help summer meal site operators use creative themes, entertaining games, and educational activities to teach children and families about nutrition and exercise. The kit also includes posters, family handouts, flyers, and a placemat activity sheet. <http://www.fns.usda.gov/tn/summer-food-summer-moves>
- **Take a Healthy Summer Break infographic** – A dynamic social media tool to share with parents/caregivers and community partners to inform families of how to locate a summer meal site and to highlight the importance of healthy food choices and physical activity during the summer. <http://www.fns.usda.gov/tn/take-healthy-summer-break-infographic>
- **This Summer, Eat Smart to Play Hard handout** – A family-friendly guide that provides nutrition tips, an interactive game, and information about summer meals. <http://www.fns.usda.gov/tn/summer-eat-smart-play-hard-parents-guide>

USDA's Team Nutrition has a library of free nutrition education materials. You can choose materials that are a good fit for your



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program and download them here: <http://www.fns.usda.gov/tn/resource-library>

Stay Connected

You can stay connected and learn about new USDA materials by:

- Following @TeamNutrition and @ChooseMyPlate on Twitter
- Subscribing to the Team Nutrition E-Newsletter <http://healthymeals.nal.usda.gov/subscribe-team-nutrition-e-newsletter-0>
- Signing up for email updates from MyPlate <https://public.govdelivery.com/accounts/USDACNPP/subscriber/new>

Partner Organization Resources

- The **California Summer Meal Coalition —Summer Nutrition Education** offers a webinar and guides to planning and implementing nutrition education in your summer meal program: <http://www.summermealcoalition.org/nutrition-education/>
- Find tips on how to add nutrition education into your summer meal program with the **California Afterschool Network (CAN)** tip sheet: http://www.afterschoolnetwork.org/sites/main/files/file-attachments/nutrition_education_in_summer_meal_programs.2.27.2012.final_version.pdf
- **Conquering Picky Eating through Nutrition Education Activities**, by the National Food Service Management Institute, provides an overview of picky eating and basic tips and strategies for helping young children try and like new foods through educational activities: <http://www.nfsmi.org/documentlibraryfiles/PDF/20141001082939.pdf>
- The **Eat Right, Academy of Nutrition and Dietetics- Nutrition Education Resources** offers tips, activities and games that you can adapt and use in at your summer site: <http://www.eatright.org/NNM/content.aspx?id=5342#.VC1gYfldW1c>

Additional Information

Sponsors and the general public should contact the appropriate State agency for additional guidance. State agencies should contact their FNS Regional Office for additional guidance.

List of FNS Regional Offices: <http://www.fns.usda.gov/fns-regional-offices>

List of State Agencies: <http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>

USDA and its recipient institutions share responsibility for compliance



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United States Department of Agriculture

and oversight to ensure good stewardship of Federal Funds.



Summer Food Rocks!

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