2016
Summer Nutrition Programs

NORTH CAROLINA DEPARTMENT OF PUBLIC INSTRUCTIONS/CHILD NUTRITION SERVICES

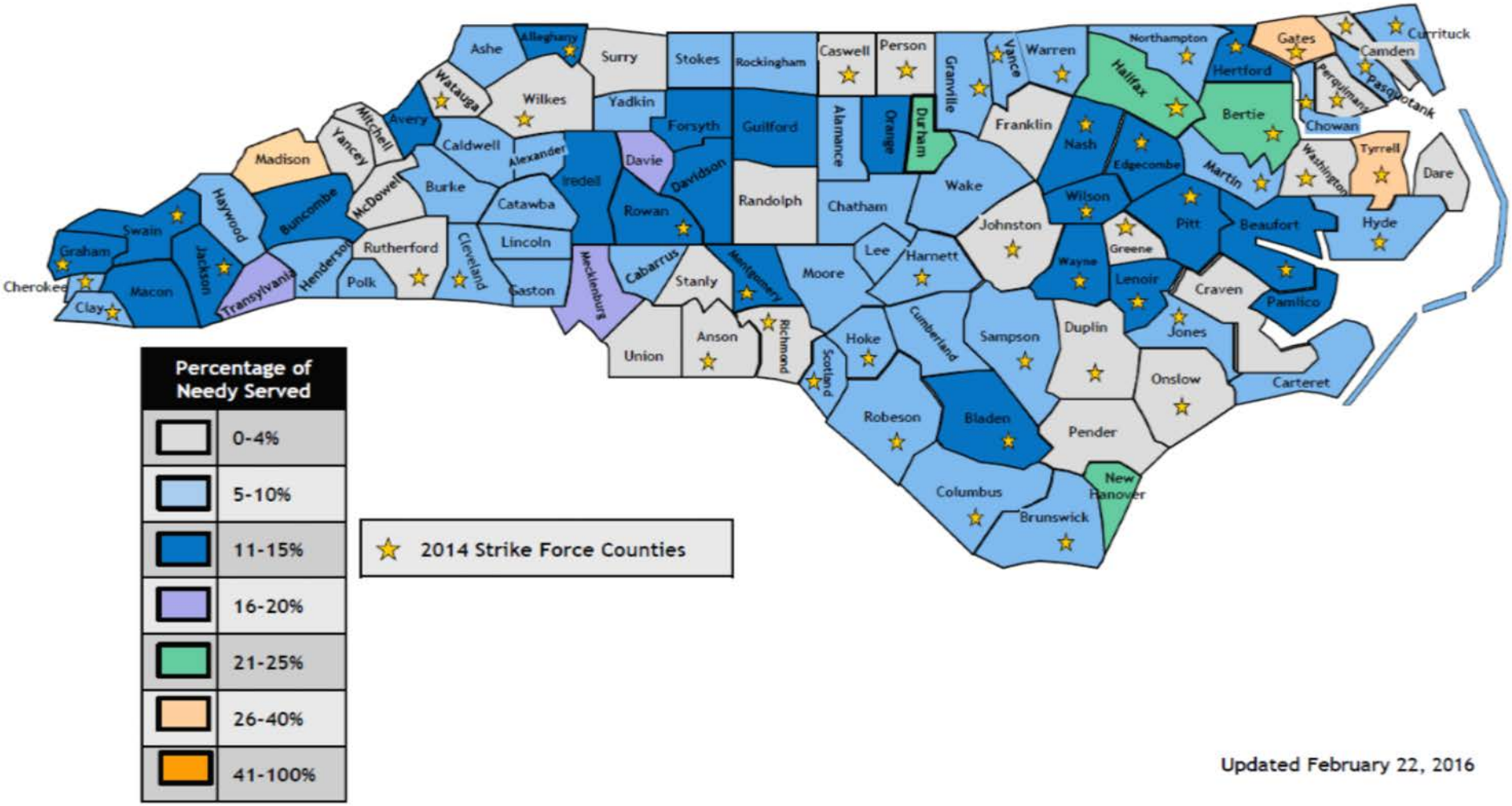
Objectives

- PROGRAM OVERVIEW
- POLICY MEMOS
- RESOURCES
- HOW TO APPLY

2015 North Carolina Summer Nutrition Programs Participation

Including Strike Force Counties

Based on July 2015 data



Updated February 22, 2016

2016 Summer Nutrition Goals

Increase the total number of summer meals served daily at each site by 25 meals each day

Expand the number of operating days of summer nutrition programs by 5 days

Increase the number of Multi-Family Housing sites to 10

Increase the number of meals served in eastern NC by 10%

2016 Summer Nutrition Goals

Increase the number of SFAs/School Districts operating a SFSP by 2 SFAs/School Districts

Connect sponsors operating in 5 open sites in Eastern NC to the "America's Tooth Fairy"

Expand SNAP ED nutrition education at summer sites to 15 sites serving 700 children

USDA Encourages Sustainable Partnerships

- USDA Strike Force Representatives (USDA Agencies such as Rural Development)
- State Level Multi-Family Housing Association Directors
- Housing and Urban Developments (HUD)-Multi-family Housing Association
- Department of Transportation
- National Parks

USDA Encourages Sustainable Partnerships such as

- WIC Clinics
- Hospitals
- Colleges and Universities
- Tribal Organizations
- Head Start Associations

USDA Encourages Sustainable Partnerships such as

- Physician Offices or Associations
- Farmers' Markets Associations
- Afterschool Alliance
- Migrant Organizations
- Small Business Association

Farm to Summer

- **Farm to Summer** is a natural extension of the farm to school model, connecting summer nutrition providers to sources of local food, and providing children with educational opportunities while school is out.

- **Local Sourcing**- direct from farm, through a distributor, food hub, farmers market, food service management company, school or community garden

- **Activities**- growing/maintaining a garden, taste tests, recipe contests, cooking demos with local ingredients, farm or farmers market field trips, visit from a producer, special harvest events or kick-offs, & more!

Farm to Summer – How To

- Orders placed during May
- Deliveries

  June 13

  June 27

  July 11

  July 25
- In order to receive deliveries the entity must have a loading dock and forklift
- Payment thirty days after receipt of products
- No minimal order

Cantaloupe- 6-12 /box (35-40#)

Enjoy more fruits and vegetables

Fruit

Cantaloupe

Grow

A big fruit from one little seed

A cantaloupe is a round or oval fruit that grows on vines that ramble on the ground. Cantaloupes grow in a wide range of soil types. Loamy soil offers the greatest yield. Row widths should be 5-6 feet and in-row spacing should be 18-24 inches. Rows should be raised 6-8 inches to facilitate soil drainage.

Seeds should be planted when the danger of frost has passed, usually in April to May. Cantaloupes take 3-4 months to grow until they are mature enough to be picked. They turn beige and slip from the vine when ripe. Cantaloupes can be available year round. The peak harvest in the United States is late summer (mid-June to early September). In North Carolina, peak harvest is July to August. From each vine, melons are harvested over a two week period.[1-4]

Fun Fact: The cantaloupe was first introduced to North America by Christopher Columbus on his second voyage to the New World.[4]

Choose

Use your senses to determine ripeness

The cantaloupe should be well formed. The stem should be missing, leaving a shallow depression. The surface should be covered with raised netting. Do not choose bruised or mushy cantaloupes or melons that are green, soft or have deep cracks in the rind. Cantaloupes that feel heavier and fuller are more ripe. Tap on the cantaloupe and listen to the sound it makes. If the sound is dull and deep, it is an indication that the cantaloupe is ripe. If the sound is high and hollow, the fruit is probably not yet ripe. Smell the cantaloupe. If it smells musky but not overly strong, the fruit is probably at its peak ripeness and should be eaten in the next day or so.[4]

Fun Fact: The cantaloupe is named for the papal gardens of Cantalupo, Italy, where some historians say this species of melon was first grown. Cantaloupe is native to Persia.[1,5]

Store

Cantaloupes are often shipped firm and may need a few days at room temperature to soften. Cantaloupes do not continue to ripen once they are removed from the vine. But picked melons do become softer and juicier. Store unripe cantaloupe at room temperature 3 or 4 days until softer. If cantaloupe is picked or purchased ripe, it can be eaten right away or stored in the refrigerator (32-36°F, 85-95% relative humidity). Use as soon as possible.

Cantaloupe produces ethylene gas. Store away from lettuce and other ethylene-sensitive fruits and vegetables. Also, store cut cantaloupe away from other foods to avoid odor transfer.[4-6]

Fun Fact: Cantaloupe is called rock melon in Australia.[3]

Use

Cantaloupe is refreshing on its own. It can also be added to salads, smoothies and other recipes. Before cutting into a melon, be sure to wash the outside very well with clean, running water. The outside layer can have bacteria that you do not want to transfer to the fruit. When cutting, slice the cantaloupe in half first. Scoop out the seeds from the middle of each half. The cantaloupe can be further sliced into wedges or the flesh can be scooped out to use. Refrigerate cut cantaloupe until ready to serve.[4-6]

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Enjoy more fruits and vegetables

Fruit

Cantaloupe

Teach

Cantaloupes are a member of the *Cucurbitaceae* family, which include gourds, squash, pumpkins, watermelons, and cucumbers. Most varieties of cantaloupe grow well in the North Carolina climate. The most common are Allstar, Ambrosia, Athena, Durango, Eastern Star, Gold Star, Primo, Summet, Supermarket, and Tasty Sweet.[1-4]

Fun Fact: Cantaloupe is the most popular melon in the United States.[1-4]

Class Activity

Materials Needed:

- Variety of washed, whole melons—cantaloupe, sprite, watermelon, etc.
- Flexible measuring tape, scale
- Large plate or bowl to place melon on for weighing
- Cutting board, knife, and spoon or scoop
- Bowl or cup to place melon seeds
- Labels and pens to identify seed containers

Steps:

Have students complete the following:

1. Estimate the weight of each melon variety. Measure weight and record.
2. Estimate the circumference, surface area and volume of each variety. Measure and record.
3. Compare the weight and size measurements for each variety.
4. Determine if there is a correlation between weight and size. Why or why not?
5. Determine the edible portion of each melon variety and weigh, if possible.
6. Compare the ratio of fruit to rind for each melon.
7. Estimate and record number of seeds in each variety.
8. Determine which variety has the greatest number of seeds.[7]

Fun Fact: Melon plants may produce male and female flowers. To produce fruit, even perfect, or female, flowers need bees for adequate pollination.[3]

Eat

One cup of diced cantaloupe has about 50 calories. It is free of cholesterol and low in fat and sodium. Cantaloupe is an excellent source of vitamin C and a good source of vitamin A. One cup has about 95% of the Daily Value of vitamin C and almost 18% of the Daily Value of vitamin A. It is also a source of folate and the phytochemicals, lutein and zeaxanthin.

Vitamin A promotes normal vision, supports the growth and health of cells and tissue, protects us from infection, and helps regulate the immune system. Vitamin C helps form collagen to hold muscles, bones and tissues together, protects us from infections and bruising, aids in healing, keeps our gums healthy, helps our body absorb iron and folate from plants, and acts as an antioxidant to prevent cell damage. Our body needs folate for blood cell, DNA and genetic development. Phytochemicals act as antioxidants preventing or repairing cell damage. Beta-carotene, lutein and zeaxanthin are carotenoids. Beta-carotene can bolster antioxidant defenses in cells and help neutralize free radicals that may damage cells. Lutein and zeaxanthin may help maintain normal vision.[5,7-9]

Fun Fact: A cantaloupe is a muskmelon. Muskmelons are actually a family of melon that includes cantaloupe, honeydew and casaba melon. Cantaloupe is the most popular muskmelon.[1-3]

Find

For more cantaloupe info and resources, visit:

1. http://content.ces.ncsu.edu/muskmelons-cantaloupes
2. http://horticulture.oregonstate.edu/content/melons-cantaloupe-muskmelon-crenshaw-casaba-etc-0
3. http://dpi.wi.gov/school-nutrition/ffvp/nutrition-education
4. www.fns.usda.gov
5. www.fruitsandveggiesmorematters.org/cantaloupe
6. www.ecga-usa.org
7. http://harvestofthemonth.cdph.ca.gov
8. http://ndb.nal.usda.gov
9. www.eatright.org

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Blueberry Flat

Enjoy more fruits and vegetables

Fruit

Blueberry

Grow

Blueberries are a fruit that grows on a bush. Blueberries have been around for about 13,000 years. Blueberry bushes are native to the United States and still grow wild in many places. U.S. cultivated blueberries were first grown in New Jersey at the turn of the 20th century. Since then, many varieties of blueberries have been cultivated across North and South America and beyond.[1]

The U.S. is the world's largest blueberry producer. Over 80 percent of the harvest is cultivated blueberries. Ten states grow 98 percent of the U.S. commercial blueberry crop. North Carolina is among those. In total, 38 states grow blueberries.[1]

Young plants can be purchased at a garden center. Plant bare root plants in late winter (February or March) and potted plants in November or December. To support cross -pollination, plant two different varieties of blueberries for fruit to develop. Blueberries prefer full sun. Place plants 1 foot deep and 4-5 feet apart. Bushes can grow up to 12 feet tall but usually peak at 6 feet. The first year's harvest will be small, but after 2-3 years it should increase in size. To protect the harvest from birds, cover bushes with netting supported on a framework.[2,3]

Fun Fact: Although they have the name "blue" berry, they can also be grown with pink or purple skin.[2]

Choose

Blueberries are in season May through November from sources across the United States. Peak season in N.C. is May to August, depending on the variety.[1,4]

Quality berries should be firm, plump and dry. They should have a deep blue or blue-black color with a silvery sheen, called a bloom. If a blueberry shows any sign of red, it has not fully ripened and will likely be tart. White or green blueberries are not ripe and should be left on the bush. Blueberries do not ripen after harvest.[1,5]

Fun Fact: July is National Blueberries Month.[1]

Store

Sort through the blueberries to remove any with mold. Store blueberries in the refrigerator, 32-36°F, in a single layer, if possible. Blueberries are very sensitive to rough handling or temperature fluctuations. Heat exposure will shorten how long the berries can be stored before using or freezing. Do not expose blueberries in closed bags or containers to sun or heat. If ideal conditions exist, fresh blueberries can keep 10-14 days. For the best taste and texture, try to eat within 1 week. Frozen blueberries can be stored up to 6 months.[1,5]

Fun Fact: Blueberries are the second most popular "berry" grown in America after strawberries.

Use

Do not wash blueberries until ready to cook or eat them. Washing too early can result in mushy berries. Fresh or frozen blueberries should be washed under clean, running water and drained prior to eating.[1,6]

Blueberries are sold fresh and also frozen, canned, dried, pureed, and concentrated. Fresh berries are great alone as a snack. Add to yogurt, cereal, waffles, pancakes, baked goods, salads and salsa. Blend into smoothies.[1]

Fun Fact: Blueberries are the official state Blue Berry for North Carolina.[7]

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Enjoy more fruits and vegetables

Fruit

Blueberry

Teach

Roots in the Soil and Our History

Native Americans first enjoyed blueberries year round. When blueberries were in season, they ate them fresh. They dried them in the sun to have later during the winter months. They added them whole to soups and stews and crushed them into a powder to use as a preservative on meat. Native Americans shared dried blueberries with the pilgrims to help them through the first winter. Today, most Americans have cranberry sauce for Thanksgiving. For the first Thanksgiving, many historians believe fresh cranberries and blueberries were on the menu.[8]

Wild lowbush blueberries are grown in Maine and parts of Canada. They are spread by underground runners, called rhizomes, which produce new shoots and stems. Wild berries are harvested using handheld rakes.[9] Cultivated blueberries, Northern and Southern Highbush and Rabbit-eye, are planted. Highbush blueberries can be harvested by hand or machine.[1,3,4]

Fun Fact: Native Americans first called blueberries "star berries" because the blossom end of each berry, called the calyx, forms a perfect five-pointed star.[1,2]

Class Activity

Materials Needed:

- Wild lowbush blueberries (If not available fresh, try frozen. The label must say "wild" blueberries.)
- Cultivated highbush or rabbiteye blueberries

Steps:

1. Have students examine the blueberries. Explain to students that a blueberry is a "true blue" food. The blue color is from a plant pigment called anthocyanin that imparts colors from blue to shades of red.[3]
2. Compare and contrast the blueberries. Wild lowbush blueberries are smaller in size and have a bluish pulp. Cultivated highbush blueberries are usually larger in size and have a light green pulp.[1,3,9]
3. Have students research the history, nutrition, benefits and uses of blueberries and present their findings.

Eat

Good Things Can Come in Small Packages!

One cup of blueberries has around 80 calories. These berries are cholesterol free and low in sodium and fat. Blueberries are an excellent source of vitamins C and K. One serving provides almost 25% of the Daily Value for vitamin C. Vitamin C helps form collagen to hold muscles, bones and tissues together, protects us from infections and bruising, aids in healing, keeps our gums healthy, helps our body absorb iron and folate from plants, and acts as an antioxidant to prevent cell damage. Vitamin K helps our body clot blood and make proteins needed for our blood, bones and kidneys. Blueberries are rich in manganese, which plays an important role in forming bone and converting carbohydrate, protein, and fat into energy. Blueberries are full of fiber. Insoluble fiber aids digestion. Soluble fiber helps lower blood cholesterol. Phytonutrients, called anthocyanidins, in blueberries act as antioxidants and anti-inflammatory agents preventing or repairing cell damage. They may help with maintaining brain function and healthy immune function.[1,4,6,11]

Fun Fact: Blueberries have four cousins—cranberries, huckleberries, lingonberries, and bilberries. All are native North American fruits.[2,12]

Find

For more blueberry info and resources, visit:

1. www.blueberrycouncil.org
2. www.ces.ncsu.edu
3. www.blueberry.org
4. http://northcarolinablueberries.com
5. www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more
6. www.fruitsandveggiesmorematters.org
7. www.secretary.state.nc.us/kidspg/symbols.htm
8. www.history.com
9. www.wildblueberries.com
10. www.cranberries.org
11. www.eatright.org
12. www.cals.uidaho.edu

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Apple .2oz bags

Enjoy more fruits and vegetables

Fruit

Apple

Grow

As American as Apple...

Apples are grown in all 50 of the United States. The top states for apple production are Washington, New York, Michigan, Pennsylvania, California and Virginia.[1]

For North Carolina, apples are an important part of the agriculture economy. Apples grow best in the mountain region in the western part of the state.[2,3]

Fun Fact: New York is often called "The Big Apple".[1]

Apples are a fruit that grow on trees. Apples trees can be planted to provide both fruit and shade. Young apple trees can be bought from a nursery and planted from late fall to early spring. Apple trees are generally sold as two parts of different trees that are put together through a process called grafting. The bottom half, called the root stock, determines whether the tree will be small or large, and the top half determines what type of apple will grow. It may take 3-6 years for the tree to blossom and produce apples.[3]

Choose

Varieties Galore!

Sweet or tart—there is an apple for every taste. Apples come in different sizes, colors and flavors. A number of different cultivars of apples are grown in North Carolina alone. Red Delicious, Golden Delicious, Granny Smith, Gala, Fuji, Honey Crisp, Empire, Rome Beauty and Pink Lady are just a few examples.[2,3]

Fun Fact: About 2,500 apple varieties grow in the U.S.[4]

All Year Long

Apples can be available year round, either fresh or from cold storage. N.C. apples can be purchased July through February. Peak harvest is mid-August through October. Smaller apples are usually less expensive than and just as delicious as larger apples. Choose firm apples with smooth skin and no bruises, soft spots or wrinkles.[2,3,5]

Store

There is a saying—one bad apple spoils the whole bunch. Take care in storing apples. If stored in the best conditions, apples should stay fresh for 3-8 months. Store fresh apples in a cool, dark place (32-36°F is optimal). Apples pick up and give off odors. Some fruits and vegetables, like apples, produce ethylene gas. Ethylene gas can cause produce to ripen quickly. Avoid storing apples near produce that is sensitive to ethylene, like bananas or nectarines.[3,5]

Once an apple is cut, it will begin to turn brown. To avoid browning, try dipping apple slices in an acidic juice, like lemon juice.[3]

Fun Fact: Golden Delicious apples do not brown as easily as other varieties. Cut them into slices to enjoy as a snack![1]

Use

Apples can be eaten raw or cooked and can be sweet or sour, depending on the variety. Apples can be purchased fresh—whole or sliced. They can also be sold in slices canned, frozen, or dried or as sauce or juice. Apples are washed after harvesting, which removes the natural wax that preserves their shelf life. A food wax can be used on apples to replace the natural wax. Before eating, wash fresh whole apples under clean, running water that is the same temperature as the apple to prevent any wax from becoming milky or cloudy.[3,4,5]

Enjoy more fruits and vegetables

Fruit

Apple

Teach

Did you know that commercial apples are not grown from apple seed? Because apple seeds do not produce "true to variety", growers use grafting to produce trees that will bear fruit of the same apple variety.

Did you hear the buzz? Honey bees are very important in apple production. Bees pollinate the apple tree blossom, forming an apple. Apples cannot self-pollinate so they must receive pollen from another variety of apple tree, carried by bees. A single bee can carry 100,000 pollen grains from flower to flower, cross-pollinizing as it moves from tree to tree. A well-pollinated apple has an average of 5-12 seeds. Apple seeds are distributed among five seed chambers or carpels, found near the core. If an apple blossom is poorly pollinated, fewer seeds will form and the resulting apple will be small. An apple with few seeds will likely fall to the ground and not mature. If an apple develops more seeds on one side, it will be lopsided.[1]

Fun Fact: One American eats about 120 apples a year![4]

Class Activity

Materials needed:

- Lopsided apples, cut in half

Steps:

1. Look for the carpels. Compare the number of seeds in each half. The larger side should have more seeds.

Fun Fact: October is National Apple Month![1]

Red, Yellow, Green...Brown?

Once you cut into an apple, the inside will begin to turn brown. This is called oxidation. When the inside of the apple comes in contact with oxygen in the air, an enzyme called polyphenol oxidase (PPO) reacts chemically with other compounds in the apple and what you see is a brown coloring of the fruit. This enzyme reaction can be prevented by inactivating the PPO by adding lemon juice.[1]

Eat

An apple a day really can keep the doctor away!

Apples are cholesterol free, low in fat and sodium, and a good source of vitamin C and fiber. Vitamin C helps form collagen to hold muscles, bones and tissues together, protects us from infections and bruising, aids in healing, keeps our gums healthy, helps our body absorb iron and folate from plants, and acts as an antioxidant to prevent cell damage. Soluble fiber helps lower blood cholesterol. Insoluble fiber aids digestion. Flavonoids in apples act as antioxidants and may contribute to heart health.[1,4,6]

Fun Fact: Cut an apple crosswise to observe how the seeds and carpels form a "star" design.

Class Activity

Materials Needed:

- 3 bowls (1 filled with water, 1 filled with water and lemon juice, and 1 filled with apple juice)
- 1 apple cut into quarters

Steps:

1. Dip 1 apple quarter into the bowl of water, dip 1 into the water and lemon juice, and dip 1 into the apple juice. Leave the 4th quarter on the table.
2. Label each apple according to exposure (air, apple juice, water and lemon juice, and water).
3. Place each apple quarter on the table for 10 minutes.
4. Observe browning reactions. The apples exposed to air and water will brown more than the apples exposed to the lemon and apple juices. The juices lower the pH of the apple and cause the PPO to become less active.

Find

For more apple info and resources, visit:

1. http://usapple.org
2. wwww.ncagr.gov
3. www.ces.ncsu.edu
4. http://lancaster.unl.edu/nep/fruitveggie.shtml
5. www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more
6. www.eatright.org

USDA | THE FARM to SCHOOL PROGRAM

Watermelon- 2-3 /box or 30-35#

Enjoy more fruits and vegetables

Fruit

Watermelon

Grow

Watermelon is a fruit which grows on a vine. It is a close cousin to cucumbers, pumpkins, and squash.[1]

Watermelons need five things to grow and produce fruit: sun, water, bees, nutrients, and a lot of space! They thrive in sandy or sandy loam soil. Give each plant at least 5 feet of space, as their vines spread rapidly. Watermelon can be grown from seed or transplants from a nursery. Honeybees must pollinate the watermelon blossom for fruit to be produced. In North Carolina, watermelons can be planted from mid-April to late June. Melons should ripen after about 3 months of sunny, hot weather.[2,3]

Not Just Any Ol' Watermelon

Watermelons do not always have a red color and seeds inside. There are a variety of different watermelons. Try some of these:

Icebox: Mickeylee, Petite Sweet, Sugar Baby, Tiger Baby, Yellow Doll
Picnic: Crimson Sweet, Jubilee, Moon and Stars, Royal Sweet
Seedless: Jack of Hearts, King of Hearts, Queen of Hearts
Yellow Flesh: Desert King, Honeyhart, Orangeglo, Orange Tendersweet, Tender Sweet, Tenderfold[1,3,4]

Fun Fact: About 300 varieties of watermelon are grown in the United States and Mexico. Only 50 are very popular.[3]

Choose

Watermelon can be available year round. In N.C., peak season is July to mid-October. It is not always easy to pick the right watermelon. It is hard to tell how sweet a melon will be just by looking at the outside. Choose one that is symmetrical in shape without dents, bruises or cuts. The exterior should be firm, the stem dry and the rind dull, not shiny. Thump, if you must (listen for a dull, hollow sound). Turn the watermelon over. The underside should be creamy yellow. (This is where the watermelon rested on the ground when it was growing.)[3,4]

Fun Fact: Watermelons can have red, orange or yellow flesh.[2] Lycopene is a pigment that can give produce like watermelon its red color.[3]

Store

Store whole watermelon at room temperature (50-60°F) up to 2 weeks. Handle carefully to prevent internal bruising. Cut watermelon should be covered loosely with plastic wrap and stored in the refrigerator up to 3-4 days.[4]

Fun Fact: The U.S. ranks 5th in the world for watermelon production.[3]

Use

Most watermelons produced in the U.S. are eaten fresh. Watermelon is tasty eaten by itself or added to salads, sandwiches, salsa or smoothies. It can be pureed for a cool, refreshing soup. Other watermelon products include pickled rind, roasted seeds, and juice.[1]

Before cutting into a watermelon, be sure to wash the outside of the melon very well with clean, running water. The outside layer can have germs or bacteria that you do not want to transfer to the fruit.[1]

Fun Fact: In the U.S., 44 states grow watermelons commercially. The top producers are Georgia, Florida, Texas, California and Arizona. N.C. ranks 8th.[3,5]

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Fruit

Watermelon

Teach

Watermelon Hieroglyphics

Watermelons originated in Africa over 5,000 years ago. The first watermelon harvest recorded was in ancient Egypt, illustrated in hieroglyphics (formal Egyptian writing) on the walls of buildings. Since the 10th century, watermelons have been grown in China. Today, China is the #1 producer of watermelons in the world.[1,3]

The Bigger, the Better

The average watermelon is 22-26 pounds. The world's heaviest watermelon was documented by Guinness World Records and was grown in Arkansas in 2005 by a man named Lloyd Bright. Lloyd's watermelon was 268.8 pounds![3]

Fun Fact: The name is true. A watermelon is 92% water![3]

Class Activity

Materials Needed:

- Watermelon with seeds, cut open
- Seedless watermelon, cut open
- Watermelon seeds (about 10-15)
- Planting pot or a sunny place outside to plant seeds
- Soil (enough to fill the planting pot, if using)
- Water

Steps:

1. Show students the watermelons (with/without seeds).
2. Explain how watermelons with seeds and without seeds are produced. Compare and contrast.
3. If using a planting pot, fill with soil.
4. Place seeds one inch deep in the soil.
5. Water immediately after planting and once a week.
6. Have students observe, measure and record growth. (Plants should appear in about 10 days.)
7. Remove the weakest plants and any weeds that may grow close to the seeds.

Fun Fact: July is National Watermelon Month![3]

Eat

Watermelon is a winner with nutrients. One cup has less than 50 calories, no cholesterol and little fat and sodium. It is an excellent source of vitamin C. It is also a good source of vitamin A. Vitamin C helps form collagen to hold muscles, bones and tissues together, protects us from infections and bruising, aids in healing, keeps our gums healthy, helps our body absorb iron and folate from plants, and acts as an antioxidant to prevent cell damage. Vitamin A promotes normal vision, supports the growth and health of cells and tissues, protects us from infection, and helps regulate the immune system. It also works as an antioxidant in the form of carotenoids (which form vitamin A). Watermelon also has potassium. Potassium helps maintain normal blood pressure, regulate fluids and mineral balance, transmit nerve signals and contract muscles. Most red fruits and vegetables, like watermelon, have lycopene. Lycopene is a phytonutrient which may reduce cancer risk.[1,3,6,7]

Fun Fact: Where do seedless watermelons come from? Chromosomes give traits to living things, including plants. Breeders discovered that crossing a diploid plant (two sets of chromosomes) with a tetraploid plant (four sets of chromosomes) resulted in a fruit that yields a triploid seed (three sets of chromosomes). Triploid seeds produce seedless watermelons. Seedless watermelons do not have mature black seeds. They may have white seed coats, where a seed did not mature.[3]

Find

For more watermelon info and resources, visit:

1. http://lancaster.unl.edu/nep/fruitveggie.shtml
2. www.ces.ncsu.edu
3. www.watermelon.org
4. www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more
5. www.ncagr.gov
6. www.ncmelons.com
7. www.eatright.org

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Grape Tomatoes – bagged 100/2oz bags (½ serving size)

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Vegetable

Tomato

Grow

A tomato is a vegetable that grows on a plant. Tomato plants can be started from seed but are usually planted by transplants, which can be purchased at a garden center or nursery. They do not tolerate frost. Tomato plants prefer warmth and full sun, 10 hours per day. Tomatoes can be planted mid-April through mid-July. Plant seeds 18 inches apart and ½ inch deep. Place transplants also 18 inches apart and deeper than they come in the pot, up to the first true leaves, to allow the plants to develop roots along the stems. More roots create a stronger plant. Water immediately. Tomatoes need 1-2 inches of water a week. Tomato plants should be staked or caged to help support the heavy fruit.

Tons of Tomatoes

Thousands of varieties of tomatoes are available to grow and eat. Tomatoes are usually round or oval shaped. The varieties are classified into three types: *cherry*, *plum* or *roma*, and *round* or *slicing*. Plant a tomato rainbow—green, red, purple, yellow, orange, and striped.[1,2]

Fun Fact: Is the tomato a vegetable or a fruit? Are you a gardener or dietitian? Botanically, the tomato is a fruit. It is a ripened ovary of a plant (seeds inside). Nutritionally, it is considered a vegetable. Tomato seeds can be eaten.[1,2]

Choose

One Tomato, Two Tomato, Three Tomato, Four...

Did you know that tomatoes come in four sizes—small (2⅜"), medium (2¾"), large (2½") and extra large (2⅝")? In foodservice, tomatoes can be ordered by type, variety, size and ripeness. Look for bright, shiny skin and firm flesh. When fully ripened, tomatoes have the best flavor.[3]

Tomatoes can be available year round from sources around the United States.[3] Peak season in North Carolina is mid-May to October.[4]

Fun Fact: In NIX v. HEDDEN, 149 U.S. 309 (1893), the U.S. Supreme Court ruled the tomato was a vegetable.[5]

Store

Store tomatoes stem side up at room temperature a from sun and in an area with good air circulation: ma green 55-60°F, light red 50-55°F, firm ripe 44-50°F. Li pink tomatoes will ripen in 3-5 days. Use ripe tomato within 3 days. Handle carefully to avoid bruising.

To Refrigerate or Not

Experts differ on tomato refrigeration. Some believe refrigeration causes loss of flavor. Others recommen refrigerating when ripe.[3]

Fun Fact: The average American eats over 90 pounds tomatoes very year. Think about the tomatoes in you salsa, pasta sauce, pizza sauce and sandwiches.[7]

Use

Tomatoes can be eaten raw or cooked. They are sold fresh, frozen, canned, juiced or dried. Tomatoes are used to make ketchup. Canned tomatoes can be whol diced, crushed or stewed. Before prepping or eating, wash raw tomatoes under clean, running water. Raw tomatoes are great as a snack. Dip them in hummus. to salads, sandwiches, wraps or salsa. Tomatoes can baked, broiled, roasted, stewed, grilled or stir fried. canned or frozen tomatoes in soups or stews. Tomat sauce can be used in a variety of pasta dishes. Top pi with tomato sauce and fresh or sundried tomatoes.[1,

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Enjoy more fruits and vegetables

Vegetable

Tomato

Teach

Tomatoes Did Not Start Out in Italy

Tomatoes originated in the Andes Mountains in South America, grown by the Maya and Aztec people. Spanish explorers introduced the tomato to Europe in the 1500's.[1]

Tomato Types

Cherry: small, round; for salad and garnish
Roma or Plum: oblong shaped; an all purpose tomato
Round: available in different sizes; an all purpose tomato[3]

Two broad categories of tomatoes exist: determinate and indeterminate. Determinate grow to a set height, based on their variety. The plants flower and set all their fruit within a short period of time. Indeterminate continue to grow and produce fruit over the season.

Heirloom vs. Hybrid

Heirloom vegetables refer to vegetable seeds that have been saved, grown for a time and passed down. Hybrids are produced when plants are cross-bred to yield a new plant with the best features from the parent plants.[2]

Fun Fact: The name tomato is derived from the Aztec word "tomatl."[2]

Class Activity

Materials Needed:

- Variety of raw colorful tomatoes including round or slicing, cherry, grape and roma; heirloom and hybrid
- Variety of tomato products: tomato sauce, tomato paste, tomato juice, sundried tomatoes, ketchup, canned tomatoes (whole, diced, crushed and stewed)

Steps:

1. Have students compare and contrast the tomatoes, including nutrition. Explain the differences to students.
2. Discuss how students may have tried the tomatoes.
3. Have students research the nutrients in and benefits of tomatoes and present their findings.

Fun Fact: Tomatoes are one of the most popular fruits and vegetables in the U.S. and the world.[1,6,7]

Eat

Tomatoes are cholesterol free and low in fat and sodium. One cup of raw tomatoes, sliced or diced, has around 30 calories, and one cup of canned tomatoes has about 40 calories. Tomatoes are an excellent source of vitamins A and C and a good source of potassium, vitamin K, and manganese. They are also rich in lycopene. Vitamin A promotes normal vision, supports the growth and health of cells and tissue, protects us from infection and helps regulate the immune system. Vitamin C protects us from infections and bruising, aids in healing, keeps our gums healthy, helps form collagen to hold muscles, bones and tissues together, helps our body absorb iron and folate from plants, and acts as an antioxidant to prevent cell damage. Potassium helps regulate fluids and mineral balance, maintain normal blood pressure, transmit nerve signals and contract muscles. Vitamin K helps with blood clotting and bone health. Manganese helps form bone and convert carbohydrate, protein and fat into energy. Tomatoes are also a source of fiber. Insoluble fiber aids digestion. Soluble fiber helps lower blood cholesterol. Lycopene, a plant pigment that gives tomatoes their red color, may reduce cancer risk.[1,2,8,9,10]

Fun Fact: The tomato plant is a member of the nightshade family. Because of this, the tomato was once believed to be poisonous. The leaves are, but the tomato is not.[6]

Find

For more tomato info and resources, visit:

1. http://lancaster.unl.edu/nep/fruitveggie.shtml
2. www.ces.ncsu.edu
3. www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more
4. www.ncagr.gov/markets/chart.htm
5. http://caselaw.lp.findlaw.com
6. http://cals.arizona.edu/
7. http://ers.usda.gov
8. http://ndb.nal.usda.gov
9. http://tomatowellness.com
10. www.eatright.org

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http://childnutrition.ncpublicschools.gov

Sprite Melon - 6-12 /box (35-40#)

NC's 3 Summer Nutrition Options:

Summer Food Service(SFSP)

Seamless Summer Nutrition Program (SSO).

Contact Cynthia Ervin of NCDPI/SNS

cynthia.ervin@dpi.nc.gov or

919.807.3505

Continuation of the National School Lunch Program (NSLP).

Contact Karla Wheeler at NCDPI/DPI

karla.wheeler@dpi.nc.gov or

919.807.3518

Sponsor Requirements Checklist

- ✓ Serve low income children
- ✓ Demonstrate financial & administrative capabilities
- ✓ Provide year-round service to the community
- ✓ Be in good standing in all Child Nutrition Programs
- ✓ Exercise management control over their sites
- ✓ Conduct pre-operational visits for new or problematic sites
- ✓ Sign a written agreement with the NCDPI

Sites

What is a site?

Actual location where meals are served and children eat in a supervised setting.

3 common site types:

- Open
- Camps (residential and nonresidential)
- Closed enrolled

Meal Service
Number and Type of Meals

OPEN, OPEN RESTRICTED, ENROLLED SITES

- Serve up to two meals or one meal and one snack per day with State agency approval
  - Lunch and either breakfast or snack
  - Combination of lunch and supper is not reimbursable

CAMPS AND MIGRANT SITES

- Serve up to three meals or two meals and one snack each day with State agency approval
  - Any combination less than maximum allowed

OPERATED BY DIFFERENT SPONSORS AT SINGLE SITE

- Total may not exceed number of maximum meals allowed per regulations per day

Policy Memo Updates

Area Eligibility
SP 10 2015; SFSP 03 2015

Determine whether a site is eligible using School or Census data

School data:

- Site located in attendance area of school with at least 50% children eligible for free or reduced priced meals for the current year
  - *OR qualified CEP schools*

Census data:

- Sites located in census block group with 50% or greater children eligible for free or reduced priced meals
- Eligible for 5 years

Categorical Eligibility
SFSP 06 2015

Children are categorically eligible if they are:

- SNAP, FDPIR, or TANF participants
- Homeless, runaway, or migrant children
- Foster children
- Enrolled in Head Start program

Obtain appropriate documentation of status and indicate special category on income eligibility forms.

Mapping Tools

FNS Area Eligibility Mapper

- http://www.fns.usda.gov/areaeligibility

FNS Capacity Builder Mapper

- http://www.fns.usda.gov/capacitybuilder

FNS Mobile Route Maker

- http://www.fns.usda.gov/mobile-route-maker

Demonstration Project for Non-Congregate Feeding for Outdoor Summer Meals
SF 2015; SFSP 2015

FNS extended the Demonstration Project through summers 2015 and 2016

- Approved outdoor sites can operate as non-congregate sites when experiencing excessive heat
- For 2015 and 2016:
- Notify NC DPI of intent to participate

Outdoor sites with temperature-controlled alternatives are not eligible

Site Eligibility
SP 03 2014 & SP 05 2014

Area eligible:

- At least 50% of children at the school or by census data qualify for free/reduced meals - 5 years

Census eligible:

- Census data identifies the area as low-income- 5 years

http://www.fns.usda.gov/capacitybuilder

Income eligible:

- At least 50% of the children enrolled in summer program qualify for free/reduced priced meals - determined annually

Meal Pattern Changes
SP 10 2014 & SFSP 10 2014

Yogurt smoothies: allowable meat or meat alternative food component for both breakfast and lunch

- Fresh, frozen or canned fruits or vegetables in smoothies count toward fruit/vegetable component for lunch
- 100% fruit or vegetable juices in smoothies count toward fruit/vegetable component for lunch

Community Eligibility Provision (CEP)

Allows schools and local education agencies with a high percentage of low-income children to offer free meals to all students.

Area Eligibility: Use individual school data rather than district-wide data

- Identified student % x 1.6
- Results must = 50% or greater

More information on CEP can be located on the NCDPI Technology System

Do SFAs operating SSO have to follow the age/grade group requirements?

Make every effort to follow the age/grade group requirements.

Open and restricted open sites:

- Meet the minimum meal pattern requirements for the most common age/grade group attending the site
- True for both school and non-school sites

Do SFAs operating SSO have to follow the age/grade group requirements?

Closed Enrolled and Camp sites Flexibility

- Meet the requirements of breakfast for grades (K-12) by offering the same food quantities that fits all grade groups.
- Lunch- grades K-8 and grades 9-12 may use the same basic menu and add slightly more grains and meat/meat alternates for the older children.

Meal Counts

Count at the actual point-of-service

Claim accurate count of meals served

Only complete meals served can be claimed for reimbursement

- Second meals for lunch are not reimbursable
- Second meals for breakfast are reimbursable

Enrichment Programs

If the school is only offering an enrichment

- Not considered part of the academic curriculum,
- Do not require mandatory attendance,
- Grades are not issued to students and
- Not required for promotion to next grade.

1st, 2nd and 3rd Grade Read To Achieve- Choose Eligible Sites

Academic Summer School

If the school is an academic summer school programs or intercession program

- Considered part of the academic curriculum,
- Require mandatory attendance,
- Grades are issued to students, and
- Will serve all children in the community.

Schools that will not serve all children in the community, are <u>not</u> eligible to participate in SSO- consider the continuation of the NSLP.

What Questions Are There?

What is Mobile Meals?

Policy Memo SP 02-2014

Transporting meals to children rather then requiring them to travel to a summer nutrition meal service site

Provides flexibility sponsors need to reach these needy children

Examples:

- Traitor parks
- Housing authority
- Community parks and needy areas

Mobile Meals Requirements

Policy Memo SP 02-2014

- Each location must be area eligible
- Ensure health and safety
- Site supervisor must be present

Mobile Meals Requirements

Policy Memo SP 02-2014

- Monitoring requirements must be adhered to
- Service on approved days at approved meal service times
- Sponsors must publicize the contingency plans for inclement weather
- Funding Consideration and Opportunity

Exceptions: Off Site Consumption

SP 08-2014

One Fruit, Vegetable or Grain food item is permitted to be taken off-site with sponsor's permission may be from the child's own meal or left on a "Share Table".

DEMONSTRATION PROJECT FOR NON-CONGREGATE MEALS- OUTDOOR SITES EXPERIENCING EXCESSIVE HEAT

National Weather Service has issued a Heat Advisory, Excessive Heat Warning, or an Excessive Heat Watch

Extended 2016

Policy Memo SP 14 SFSP 8 2015

Demonstration Project Procedures

Sites that qualify-

- Sites lacking temperature-controlled alternative sites
- Sites with temperature-controlled alternative do not qualify.

Demonstration Project for Non-Congregate Meals Form

Name of Site	Lack Temperature Alternative Explanation	Day/Date Non-Congregate Meals Served	Meal Type (B, L ,Sn)	Number of Meals
Example - Adventure Explores	This is an outdoor site located at the community picnic area at a traitor park. There is no temperature control alternative			

Demonstration Project Procedures

Participation Requirements:

Must comply with congregate meal requirements all other days of operation.

- Carefully consider food safety issues and risks.
- Only one meal may be provided to each child at the meal service.
- Complete question 21 in SN Technology

Demonstration Project Procedures

Participation Requirements continued..

Meals may not be provided to adults or other children to take to persons not present at the site.

Keep a copy of the NWS notice on the public web found at http://www.weather.gov/ on that day the Advisory, Excessive Heat Warning, or Excessive Heat Watch is issued and demonstration project is utilized

Demonstration Project Procedures

Claiming Meals:

On or before the claim is submitted in School Technology System, SFA must provide the following via email to cynthia.ervin@dpi.nc.gov :

The specific dates on which the participants were permitted to take meals off site,

The number and type of meals claimed that were taken off site by participants on the form attached.

Demonstration Project Procedures

Claiming Meals

Name of Site	Lack Temperature Alternative Explanation	Day/Date Non-Congregate Meals Served	Meal Type (B, L, Sn)	Number of Meals
Example - Adventure Explores	This is an outdoor site located at the community picnic area at a traitor park. There is no temperature control alternative	Thursday, 6/12/2015	L	30

What Questions Are There?

Working with Non School Sites

Pre operational visit sites should be conducted for all non-school sites that:

- Did not operate in 2015
- Operated in 2015 with significant problems

Does the site have the capability to serve the number of children proposed?

If the site is a daycare or day care home, certify that the site does not participate in CACFP

Working with Non School Sites

Frontline Staff Training

- Goals of the Program
- Site Information
- Site Definition and Eligibility
- Meal Pattern Requirements
- Site Operations and Duties
- Recordkeeping
- Meal Service Requirements
- Civil Rights
  - 6 Protected Classes
  - 9 Compliance Areas

Working with Non School Sites

Sponsor/site agreement

- Can be customized
- Spells out the criminal background check requirement
- Review with site personnel during the training
- Spells out the site responsibility to the sponsor
- Both site representative and sponsor should sign

Working with Non School sites

Other tools to consider- Click link to access

- 2016 Site Supervisor's Guide
- 2016 Site Supervisor's Guide- Spanish
- Site Supervisor's Pocket Reference Card
- Site Supervisor's Pocket Reference Guide-Spanish

All sponsors are required to check the sex offender registry for all site employees that have contact with children.

SFA Responsibility: Monitoring

Conduct the onsite review for all sites mid-operation (within 4 weeks) for:

- Meal pattern compliance
- Meal counting
- Meal claiming
- May need to monitor sites more frequently to assure adherence to regulation-especially non-school sites-follow-up review

Keep all forms on file for administrative review.

SFA Responsibility: Record Keeping

- Maintain Accurate Food Production records
- Maintain Meal count forms
- Maintain all invoices for the Program expenses
- Maintain records for 3 years plus the current year
- Meal Quantity Worksheet for SSO Administrative Review

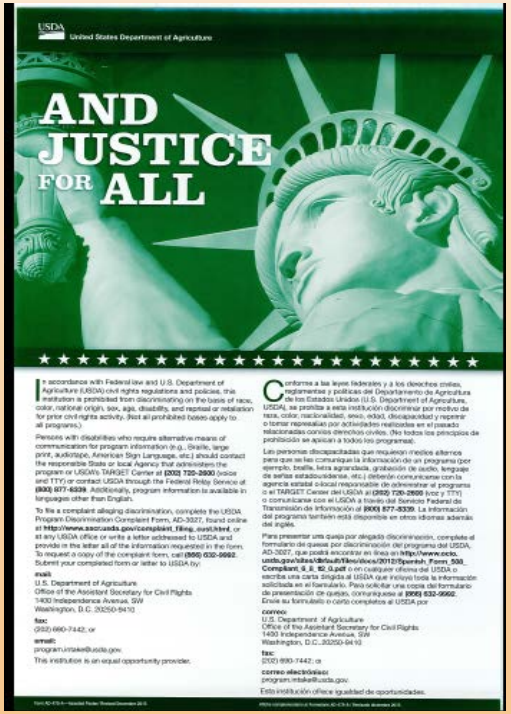
SFA Responsibility: Civil Rights

- Prominently display “ And Justice for All” sign at each meals site
- Prominently display “And Justice for All” with each ‘Mobile Meals” transporting unit
- Include non-discrimination statement on all program materials
- Establish a complaints procedure (the same as NSLP)
- Annual ethnic and racial data collection

Methods of Public Notification

New And Justice For All Poster

Display the Poster!



Email

Cynthia.ervin@dpi.nc.gov

for copies for non school sites

SFA Responsibility: Claiming

- All monthly claims must be filed electronically in the SN Technology System in the claim section on or before the 10th of the month following the serving month.

- Remember to complete claim for each month.

Recordkeeping and Documentation

SSO

- Meal counts by site
- Menus and menu production records
- All costs associated with operation of SSO
- Documentation of site eligibility
- Documentation of sponsor monitoring

Recordkeeping and Documentation cont.

SSO

- Documentation of media release
- Documentation of health department notification
- Change requests

Monitoring

SSO

- Pre-operational visit (new/problematic sites)
- First week visit (new/problematic sites)
- Required review once within the first four weeks
- NC DPI Administrative Review every 5 years in conjunction with the NSLP AR

Training & Application Deadline

SSO

- Annual training required
- Webinar training for SFAs
  - April 29th , May 5th and May 6th
- Statement of Intent - May 1
- Online application recommended – May 15
- Online application accepted throughout the summer

Media Release

SSO

- NCDPI will conduct Media Release for 2016
- State in application how each site will advertise availability of Open Sites
- Non discrimination statement and income guidelines must be included

How to Apply

By May 1, 2016

- Statement of Intent- SSO
- Complete site applications in the technology system
- Receive approval
- School Nutrition Technology

www.ncchildnutrition.org

How To Apply

- Submit unsigned amendment to the SFSP Meal Vendor/SFA Contract for Lynn Harvey's approval- By May 15th;

- Complete and submit site applications for approval on-line- SY 2015-2016;

- Receive prior NC DPI approval to assure SSO reimbursement.

Remember…

A sponsor may <u>not</u> claim reimbursement until:

- A valid executed agreement with the State Agency
- AND
- 2016 application has been approved.

Changes that Require Prior Approval

Submit in SFSP/SNP technology system:

- Average Daily Participation (ADP)
  - Include 5 previous daily meal count sheets as justification
- Operating days
- Site addition or deletion

Things To Remember

- Notify Cynthia Ervin of any additional sites for approval before operation
- Notify Cynthia Ervin of any revisions including extended dates of operation for approval before operation
- File monthly claim electronically on or before the 10th of the month following service
- Read the Administrative Guidance for Sponsors http://www.fns.usda.gov/sfsp/handbooks

SFA Responsibility: Promotion

SP 07-2013

NC DPI State Wide Media Release

Advertising the availability of meals to neighborhood community is a "requirement" of SSO program for:

- Open site
- Restricted open sites
- SFA advertise for other sponsored programs
- http://www.fns.usda.gov/sfsp/summer-meals-toolkit

Summer Food Summer Moves

HTTP://WWW.FNS.USDA.GOV/TN/SUMMER-FOOD-SUMMER-MOVES

Remember:

"It's Your Program and Your Responsibility"

What Questions Are There?

Seamless Summer Option

Thank you for your interest in providing nutritious meals for

North Carolina's needy children

when schools are out!

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(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) Tax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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