



# 2016 Summer Food Service Food Program Potential Sponsor Training School Food Authorities

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DAY 2 CONTINUING EDUCATION

# Why feed Kids in the Summer Time ?

[Click Here for the Summer Food Service Program Overview Video](#)





# 2016 SFSP Goals

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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 SFSP Goals

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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

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- 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

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- WIC Clinics
- Hospitals
- Colleges and Universities
- Tribal Organizations
- Head Start Associations
- School Food Authorities – Healthy Hunger Free Kids Act of 2010



# USDA Encourages Sustainable Partnerships such as

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



# Farm to Summer

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- **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!



## Best Practice

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- Target local foods for purchase
- Use gardens in summer programs
- Include fun activities with local foods – taste tests, cooking demos
- Visit farms and farmers markets or have farmers visit sites
- Start year-round Harvest of the Month program; designate specific days for local foods
- Start “Edible” summer feeding sites, like community gardens and farmer’s markets
- Use the Fresh Fruit and Vegetable Program Fact Sheets



## Farm to Summer – How To

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- 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

### 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.<sup>1-4</sup>

**Fun Fact:** The cantaloupe was first introduced to North America by Christopher Columbus on his second voyage to the New World.<sup>4</sup>

### 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.<sup>4</sup>

**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.<sup>1,5</sup>



### 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.<sup>4,6</sup>

**Fun Fact:** Cantaloupe is called rock melon in Australia.<sup>3</sup>

### 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.<sup>4,6</sup>



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

## 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.<sup>1,4</sup>

**Fun Fact:** Cantaloupe is the most popular melon in the United States.<sup>1,4</sup>

#### 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.<sup>7</sup>

**Fun Fact:** Melon plants may produce male and female flowers. To produce fruit, even perfect, or female, flowers need bees for adequate pollination.<sup>3</sup>

### 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.<sup>3,7,8</sup>

**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.<sup>1,3</sup>

### 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/fvfp/nutrition-education>
4. [www.fns.usda.gov](http://www.fns.usda.gov)
5. [www.fruitsandveggiesmorematters.org/cantaloupe](http://www.fruitsandveggiesmorematters.org/cantaloupe)
6. [www.ecga-usa.org](http://www.ecga-usa.org)
7. <http://harvestofthemoonth.cdph.ca.gov>
8. <http://ndb.nal.usda.gov>
9. [www.eatright.org](http://www.eatright.org)

## 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.<sup>1</sup>

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.<sup>1</sup>

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.<sup>2,3</sup>

**Fun Fact:** Although they have the name "blue" berry, they can also be grown with pink or purple skin.<sup>2</sup>

### 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.<sup>3,4</sup>

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.<sup>4,5</sup>

**Fun Fact:** July is National Blueberries Month.<sup>1</sup>



### 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.<sup>1,5</sup>

**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.<sup>1,6</sup>

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.<sup>1</sup>

**Fun Fact:** Blueberries are the official state Blue Berry for North Carolina.<sup>7</sup>

# Blueberry 12/1 pint Clam Shell/Flat

Enjoy more fruits and vegetables

## 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.<sup>8</sup>

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.<sup>9</sup> Cultivated blueberries, Northern and Southern Highbush and Rabbit-eye, are planted. Highbush blueberries can be harvested by hand or machine.<sup>1,3,4</sup>

**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.<sup>1,2</sup>

#### **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.<sup>3</sup>
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.<sup>1,3,9</sup>
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.<sup>1,4,6,11</sup>

**Fun Fact:** Blueberries have four cousins—cranberries, huckleberries, lingonberries, and bilberries. All are native North American fruits.<sup>2,12</sup>

### Find

For more blueberry info and resources, visit:

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

## 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.<sup>1</sup>

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.<sup>2,3</sup>

**Fun Fact:** New York is often called "The Big Apple".<sup>1</sup>



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.<sup>1</sup>

### 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.<sup>2,3</sup>

**Fun Fact:** About 2,500 apple varieties grow in the U.S.<sup>4</sup>

#### 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.<sup>2,3,5</sup>

### 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.<sup>3,5</sup>

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.<sup>1</sup>

**Fun Fact:** Golden Delicious apples do not brown as easily as other varieties. Cut them into slices to enjoy as a snack!<sup>1</sup>

### 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.<sup>3,4,5</sup>

# Apple 2oz bags or ½ c serving

Enjoy more fruits and vegetables

## 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-pollinating 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.<sup>2</sup>

**Fun Fact:** One American eats about 120 apples a year!<sup>4</sup>

#### 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!<sup>1</sup>

#### 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.<sup>1</sup>

### 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.<sup>1,4,6</sup>

**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 4<sup>th</sup> 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. [www.ncagr.gov](http://www.ncagr.gov)
3. [www.ces.ncsu.edu](http://www.ces.ncsu.edu)
4. <http://lancaster.unl.edu/nep/fruitveggie.shtml>
5. [www.fns.usda.gov/trn/fruits-vegetables-galore-helping-kids-eat-more](http://www.fns.usda.gov/trn/fruits-vegetables-galore-helping-kids-eat-more)
6. [www.eatright.org](http://www.eatright.org)

## Watermelon

### Grow

Watermelon is a fruit which grows on a vine. It is a close cousin to cucumbers, pumpkins, and squash.<sup>1</sup>

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.<sup>2,3</sup>

### 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<sup>1,3,4</sup>

**Fun Fact:** About 300 varieties of watermelon are grown in the United States and Mexico. Only 50 are very popular.<sup>3</sup>

### 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.)<sup>3,4</sup>



**Fun Fact:** Watermelons can have red, orange or yellow flesh.<sup>1</sup> Lycopene is a pigment that can give produce like watermelon its red color.<sup>1</sup>

### 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.<sup>4</sup>

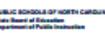
**Fun Fact:** The U.S. ranks 5<sup>th</sup> in the world for watermelon production.<sup>1</sup>

### 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.<sup>1</sup>

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.<sup>3</sup>

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



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<http://nhs.uk/departmentofagriculture>



THE  
FARM to SCHOOL  
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<http://nhs.uk/departmentofagriculture>

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

Enjoy more fruits and vegetables

## 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.<sup>1,3</sup>

#### 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!<sup>3</sup>

**Fun Fact:** The name is true. A watermelon is 92% water!<sup>3</sup>

#### 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!<sup>3</sup>

### 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.<sup>1,3,6,7</sup>

**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.<sup>3</sup>

### Find

For more watermelon info and resources, visit:

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

## 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.<sup>1,2</sup>

**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.<sup>1,2</sup>

### Choose

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

Did you know that tomatoes come in four sizes—small (2¼"), medium (2½"), large (2¾") and extra large (3¼")? 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.<sup>3</sup>

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

**Fun Fact:** In *NIX v. HEDDEN*, 149 U.S. 309 (1893), the U.S. Supreme Court ruled the tomato was a vegetable.<sup>5</sup>



### Store

Store tomatoes stem side up at room temperature a foot from sun and in an area with good air circulation: a green 55-60°F, light red 50-55°F, firm ripe 44-50°F. Light 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 recommend refrigerating when ripe.<sup>3</sup>

**Fun Fact:** The average American eats over 90 pounds of tomatoes every year. Think about the tomatoes in your salsa, pasta sauce, pizza sauce and sandwiches.<sup>2</sup>

### 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 whole, 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. Use in salads, sandwiches, wraps or salsa. Tomatoes can be baked, broiled, roasted, stewed, grilled or stir fried. Canned or frozen tomatoes in soups or stews. Tomato sauce can be used in a variety of pasta dishes. Top pizza with tomato sauce and fresh or sundried tomatoes.<sup>1</sup>

Vegetable



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

Enjoy more fruits and vegetables

## 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.<sup>1</sup>

#### 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<sup>3</sup>

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.<sup>2</sup>

**Fun Fact:** The name tomato is derived from the Aztec word "tomatl."<sup>4,5</sup>

#### 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:

- Have students compare and contrast the tomatoes, including nutrition. Explain the differences to students.
- Discuss how students may have tried the tomatoes.
- 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.<sup>4,7</sup>

### 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.<sup>1,2,8,9,10</sup>

**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.<sup>6</sup>

### Find

For more tomato info and resources, visit:

- <http://lancaster.unl.edu/nep/fruitveggie.shtml>
- [www.ces.ncsu.edu](http://www.ces.ncsu.edu)
- [www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more](http://www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more)
- [www.ncagr.gov/markets/chart.htm](http://www.ncagr.gov/markets/chart.htm)
- <http://caselaw.lp.findlaw.com>
- <http://cals.arizona.edu/>
- <http://ers.usda.gov>
- <http://ndb.nal.usda.gov>
- <http://tomatowellness.com>
- [www.eatright.org](http://www.eatright.org)

Vegetable

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

Also  
Sprite  
melon



- Food Distribution Division Home
- Annual Report
- Assessment Survey
- Commodity Info - (USDA Website)
- Eligibility
- Farm-to-School
- Farm-to-School Bid Documents
- Field Services
- Food Brokers
- Forms
- March Across the Carolinas
- Newsletter
- Logistics
- Origin of USDA Foods Programs
- Program Handbooks
- Approved Processors
- Recall **(NEW)**
- Statistics
- Training
- USDA
  - [USDA Foods Processing Prices](#)
  - [Get Your 209 Report](#)
  - [NC-ECOS \*\*\(NEW\)\*\*](#)

## FOOD DISTRIBUTION division

### NCD&CS Food Distribution Division



#### Food Distribution Highlights

[Bob's List](#)

[Meal Reimbursement Rate](#)

[PAL Request Worksheet for School Year](#)

[USDA Foods Information Sheets](#)

The Food Distribution Division contributes to the nutritional well being of the citizens of North Carolina by distributing USDA commodities to eligible Recipient Agencies. Food Distribution administers nine food programs for USDA.

# Helpful Resources

## Farm To School

- <http://www.fns.usda.gov/farmentoschool/farm-summer>

## Procuring Local Foods

- <http://www.fns.usda.gov/farmentoschool/procuring-local-foods>

## Summer Meals Toolkit

- <http://www.fns.usda.gov/sfsp/summer-meals-toolkit>

## Fact Sheets

- <http://childnutrition.ncpublicschools.gov/programs/ffvp>





# SFSP Sites by Type

**Open Sites**

**Enrolled Sites**

**Camps**

**Migrant Sites**

**NYSP  
Upward  
Bound**

**Year  
Round  
Sites**



# Type of Site: Open

---

Located in “needy areas” only

Available to all children in the area

Up to 2 meals or snacks per day

## **Documentation requirements:**

- **School Data**
- **Census Data**



## Type of Site: Restricted Open

---

Originally operated as an open site - Limits the number of children served daily for reason of security, safety, and control

**THE SAME MEAL SERVICE AND  
ELIGIBILITY REQUIREMENTS AS AN  
OPEN SITE**



# Type of Site: Closed Enrolled

---

Serves no more than 2 meals or snacks day

Serves enrolled children only and provides organized activities

May be located in needy or non-needy areas

## **Documentation requirements**

- **Needy areas: school data and census data**
- **Non-needy areas: household applications or school lists of income eligible participants**



# Types and Number of Meals

## Up to 2 meals per day

---

Breakfast Only

Lunch Only

Lunch & Snack

Breakfast & lunch

Breakfast & Supper

Snack Only

Supper Only

Breakfast & Snack

Supper & Snack

Two Snacks



# Type of Site:

## Camps

---

Provide organized activities with food service

Up to three meal services each day

**Only** reimbursed for meals served to eligible children

### **Documentation Requirements**

- **Household applications**
- **School lists of income eligible participants**



## Type of Site: Migrant

---

Serves primarily migrant children

Confirms migrant status

- Receives documentation from a migrant organization

Serve up to 3 meals per day



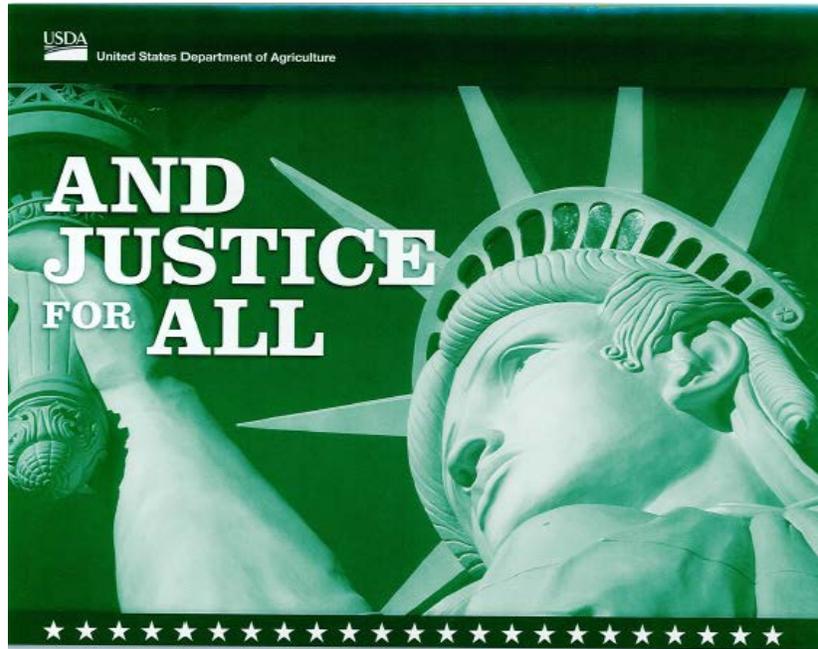
# Program Administrative Responsibilities

Sponsors must:

- Operate the SFSP according to the governing federal and state regulations and instructions.
- Assume full responsibility for the Program.
- Annually train staff and site staff.
- Monitor sites.
- Adhere to Civil Rights Instructions 113-1.

**Cynthia.Ervin@dpi.nc.gov**

# Program Administrative Responsibilities



**USDA**  
United States Department of Agriculture

**AND JUSTICE FOR ALL**

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To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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

fax:  
(202) 690-7442; or

email:

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Las personas discapacitadas que requieran medios alternos para que se les comunique la información de un programa (por ejemplo, braille, letra agrandada, grabación de audio, lenguaje de señas estadounidense, etc.) deberán comunicarse con la agencia estatal o local responsable de administrar el programa o el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339. La información del programa también está disponible en otros idiomas además del inglés.

Para presentar una queja por alegada discriminación, complete el formulario de quejas por discriminación del programa del USDA, AD-3027, que podrá encontrar en línea en [http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish\\_Form\\_508\\_Compliant\\_6.8.12\\_0.pdf](http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6.8.12_0.pdf) o en cualquier oficina del USDA o escriba una carta dirigida al USDA que incluya toda la información solicitada en el formulario. Para solicitar una copia del formulario de presentación de quejas, comuníquese al (866) 632-9992. Envíe su formulario o carta completos al USDA por:

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

**North Carolina Department of Public Instruction (NCDPI)  
School Nutrition Services Section  
Summer Food Service Program**

Sponsor Civil Rights Training Certification

I [ ] certify that the [ ] and [ ] have  
(Name of Sponsor) (Sponsor principals)  
completed the civil rights training provided by the NCDPI. I further certify that I am proficient in the nine compliant areas below and will implement policy to ensure compliance with FNS Instruction 113-1.

- Civil Rights
  - Collection and use of data,
  - Effective public notification systems,
  - Complaint procedures,
  - Compliance review techniques,
  - Resolution of noncompliance,
  - Requirements for reasonable accommodation of persons with disabilities,
  - Requirements for language assistance,
  - Conflict resolution, and
  - Customer service.

I understand that the training(s) must be documented, specifying the date(s) of the training, the topics covered and a list of all attendees.

[ ] [ ]  
(Signature of Authorized Representative) (Date)

[ ]  
(Printed Name)

[ ]  
(Title)



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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

“This institution is an equal opportunity provider.”



# Meal Service Requirements

*REGULATIONS AND GUIDELINES  
FOR SERVING MEALS*



- 
- 1** • Sponsor must adhere to all local, state, and federal laws and regulations
- 
- Example: preparation kitchen must have a current health inspection



## 2. Sponsor must adhere to all local, state, and federal laws and regulations

---

Time Restrictions for deliveries

Meals may **NOT** be delivered **greater than 1 hour** before the approved meal service period

UNLESS

Proper storage facilities exist on site for storing the food and will be utilized and the delivery time may exceed 1 hour



- 
3. Sponsor must adhere to all local, state, and federal laws and regulations
- 

## Temperature Danger Zone

Potentially hazardous food between :

> 45 °F to < 135 °F



# 4. Trained site personnel must be present at every meal service.

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# Sponsor Training Requirement

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# Sponsor Training of Operating/Administrative Staff

- All staff should receive a letter or flyer announcing the date, time, location, and importance of attending the training session that has been planned for their particular function.
- The date, names of attendees, and documentation of the topics covered must be recorded for each training session offered.
- The training session offered for administrative staff will explain the responsibilities and duties of all sponsor personnel helping to administer the SFSP at the sponsor level:
- These personnel include the office staff (assistants, clerks, bookkeepers, and secretaries), area supervisors, and most importantly, monitors.



# Monitoring Records

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(7 CFR 225.14 (c)(6) and 225.15 (d)(2) and (3))

Department of Public Instruction  
 Summer Nutrition Programs  
**SPONSOR PRE-OPERATIONAL SITE VISIT**

**Requirement: Complete for all NEW and PROBLEMATIC Sites before first day of operation.**

Sponsor Name:	Agreement Number:
Site Name:	Site Telephone Number:
Site Address:	Contact Person:

Estimated number of children the site could serve: \_\_\_\_\_

Percentage of needy children in the area: \_\_\_\_\_

- if by school data, indicate the school \_\_\_\_\_
- If using census data, attach the census documentation.

Estimated number of personnel needed to adequately control the food service: \_\_\_\_\_

How many supervisory personnel? \_\_\_\_\_

Yes  No  Is this site within walking distance to another approved SFSP site?  
 If YES, how will you ensure that children do not receive meals from both sites? \_\_\_\_\_

Yes  No  Is another site needed in the area?  
 If YES, explain: \_\_\_\_\_

Yes  No  Are the present facilities adequate for an organized meal service?  
 If NO, comments: \_\_\_\_\_

Does the site have the following?	Yes	No
Shelter for inclement weather		
Cooking facilities (if applicable)		
Place to store prepared or delivered food		
Refrigeration		
Telephone		
Planned activities		
Adequate bathroom facilities		
Arrangements made for prompt trash removal		
Place to keep site records		
Garbage facilities		

How do you plan to maintain correct food temperatures from delivery/preparation to service? \_\_\_\_\_

Yes  No  NA  If vended, will staff be available at site to receive early deliveries?  
 What time? \_\_\_\_\_

Type of meal preparation planned:

- On site preparation
- Catered by school Food Authority/vend
- Delivered from central kitchen operated by sponsor/satellite site
- Food Service Management Company/ vend
- Other (Specify: \_\_\_\_\_)

	Yes	No
<b>If preparing meals on site:</b>		
Adequate staff is available to prepare and serve meals.		
Staff is trained in meal preparation.		
Proper food handling techniques are utilized including hand washing, gloves, table sanitizing, dishwashing sanitizing, pest control, and <u>personal</u> hygiene.		
Covered garbage cans are used and emptied daily.		
All surfaces and floors are clean		
Storage areas are clean, refrigerator, freezer, and milk cooler		
Storage area is available for two weeks food supply.		
Food is stored at least six inches off the floor.		
Thermometers Accurate		
Facility is dry between 50°-70°		
Cold 40° or below		
Food removed from packages is stored in covered containers.		
Cleaning supplies & pesticides are stored separately from food items.		
Chairs and tables are available for meal service to participants.		
Does the sponsor have a current food service certificate issued by the Local county health department?		
Review the most recent sanitation report. Date of Report: _____		
In the opinion of the reviewer, is staff assigned to manage the program sufficiently knowledgeable and capable of carrying out all program requirements?		

Yes  No  Does the sponsor recommend approval of this site?  
 Provide justification to your response \_\_\_\_\_

Reviewer's recommendations: \_\_\_\_\_

I certify that the information submitted on this form is true and correct and understand that deliberate misrepresentation or withholding of information may result in prosecution under applicable state and federal statutes.

Site Supervisor's Signature \_\_\_\_\_ Date \_\_\_\_\_

Sponsor/Reviewer's Signature \_\_\_\_\_ Date \_\_\_\_\_

Department of Public Instruction  
Summer Nutrition Programs  
**MONITOR REVIEW: FIRST WEEK SITE VISIT**

*\*Requirement: Visit must be completed within the FIRST WEEK of operation.*

Sponsor Name: \_\_\_\_\_ Agreement Number: \_\_\_\_\_  
Site Name: \_\_\_\_\_ Site Address: \_\_\_\_\_  
Site Supervisor: \_\_\_\_\_

1. Meal Service Observed:  Breakfast  A.M Snack  Lunch  P.M. Snack  Supper
  
2. Date of Visit: \_\_\_\_\_ Time Arrived: \_\_\_\_\_  
Time Departed: \_\_\_\_\_
  
3. Number of children in attendance at time of visit: \_\_\_\_\_
  
4. Delivery (Using Delivery Receipt):
  - a. \_\_\_\_\_ Time of Meal Delivery.
  - b. \_\_\_\_\_ Number of Meals of delivery ticket.
  
5. Meal Service:
  - a. \_\_\_\_\_ Time meal service began
  - b. \_\_\_\_\_ Number of 1<sup>st</sup> meals served to children
  - c. \_\_\_\_\_ Number of seconds
  
6. Site Conditions:
  - a. Yes  No  Is there safe and adequate storage space for meals?
  - b. Yes  No  Is the site clean?
  - c. Yes  No  In case of adverse weather conditions, are feeding facilities adequate  
if NO, explain: \_\_\_\_\_
  
7. Site Documentation:  
Check site's paperwork and indicate Yes or No if site supervisor maintains the following documents. If No, explain in remarks.
  - a. Yes  No  Daily meal Count Sheets
  - b. Yes  No  N/A  Delivery receipts
  - c. Yes  No  N/A  Delivery receipts match daily meal count
  - d. Yes  No  All paperwork filled out correctly
  
8. Yes  No  Is corrective action required?  
if YES, list corrective actions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
9. Remarks: \_\_\_\_\_  
\_\_\_\_\_

I certify that the site was reviewed on this date and that the finding(s) listed in this report were discussed with me prior to my signing. I further understand that all corrective actions must be implemented fully and permanently. I have read and understand the corrective actions.

\_\_\_\_\_  
Signature, Site Supervisor

\_\_\_\_\_  
Signature, Monitor

**MONITOR REVIEW: FOUR WEEK SITE EVALUATION/ETHNIC AND RACIAL DATA COLLECTION**

*\*Requirement: Each site must be reviewed during first **FOUR** weeks of program operation or before program closes.*

Sponsor Name: \_\_\_\_\_ Agreement Number: \_\_\_\_\_  
 Site Name: \_\_\_\_\_ Site Address: \_\_\_\_\_  
 Site Supervisor: \_\_\_\_\_

1. Meal Service Observed:  Breakfast  A.M Snack  Lunch  P.M. Snack  Supper

2. Date of Visit: \_\_\_\_\_ Time Arrived: \_\_\_\_\_  
 Time Departed: \_\_\_\_\_

3. Number of children in attendance at time of visit: \_\_\_\_\_

4. Meal Arrival/Production:  
 a. \_\_\_\_\_ Time of Meal Delivery. (N/A )  
 b. \_\_\_\_\_ Number of Meals of delivery ticket or produced.  
 c. Yes  No  Are meals counted upon delivery? (N/A )  
 d. Yes  No  Are production records kept? (N/A )  
 e. Yes  No  Are meals stored properly prior to meal service?  
 If NO, explain? \_\_\_\_\_

5. Meal Service: (Must be present for entire meal service)

a. \_\_\_\_\_ Time meal service began  
 b. \_\_\_\_\_ Number of 1<sup>st</sup> meals served to children  
 c. \_\_\_\_\_ Number of second meals served  
 d. \_\_\_\_\_ Beginning time of meal service  
 e. \_\_\_\_\_ Ending time of meal service  
 f. Fill in the chart

Meal Component	Menu Item Observed	Temperature (F°)	Condition	
			✓ = Acceptable	✗ = Unacceptable
Meat or Meat Alternate			<input type="checkbox"/>	<input type="checkbox"/>
Fruit or Vegetable			<input type="checkbox"/>	<input type="checkbox"/>
Fruit or Vegetable			<input type="checkbox"/>	<input type="checkbox"/>
Bread or Grain product			<input type="checkbox"/>	<input type="checkbox"/>
MIK			<input type="checkbox"/>	<input type="checkbox"/>

g. \_\_\_\_\_  
 h. Yes  No  Child acceptance good? (Minimal plate waste)

6. Supervision and Organization of Site

a. Yes  No  Is the site supervisor available during entire meal period?  
 b. Yes  No  Is supervision adequate during meal period?  
 c. Yes  No  Are adjustments be made on the number of meals prepared/delivered?  
 If YES, recommended adjustment \_\_\_\_\_  
 d. Yes  No  Do past daily meal counts. Does the number of meals served each day vary?  
 If NO, explain \_\_\_\_\_

7. Site Conditions:

a. Yes  No  Is there adequate storage space for meals?  
 b. Yes  No  Are meals stored in a suitable area to prevent spoilage?  
 c. Yes  No  Is the site clean?  
 d. Yes  No  Is trash pick-up adequate?

The Review and Ethnic Racial Data must be complete for each site regardless of the length of operation

**DATE FORM**

Agreement Number: \_\_\_\_\_

Site Address: \_\_\_\_\_

**Number of Children**

**Number of Children**

**North and South American:**  
 A person having origins in any of the original people of North and South America (including Central America), and who maintains cultural identification through tribal affiliation or community recognition (includes Aleuts and Eskimos)  
*\*Individuals of the Hispanic or Latino Ethnicity are considered part of the American Indian or Alaska native Race.*

**Asian:**  
 A person having origins in any of the original people of the Far East, Southeast Asia, or the Indian subcontinent, including, for example, Cambodia, China, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.

**Black or African American:**  
 A person having origins in black racial groups of Africa.

**Native Hawaiian or Other Pacific Islander:**  
 A person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands.

**White:**  
 A person having origins in any of the original peoples of Europe, North Africa, or the Middle East.

Sponsor's Authorized Representative \_\_\_\_\_

Date \_\_\_\_\_



# Sponsor/Site Agreement

- If a sponsor plans to administer a Program at sites not legally affiliated with their organization (for example, at recreation programs or vacation Bible schools),
- the sponsor should enter into an agreement with the site supervisor or responsible site official.

**North Carolina Department of Public Instruction  
School Nutrition Programs  
Summer Nutrition Programs  
Sponsor/Site Agreement**

SITE INFORMATION			
SPONSOR NAME:	_____	AGREEMENT NUMBER:	_____
LEGAL NAME OF SITE:	_____	COUNTY	_____
Owner of site if different from legal: _____			
SITE PHYSICAL ADDRESS:			
_____	_____	_____	_____
Street	City	State	Zip code
SITE MAILING ADDRESS:			
_____	_____	_____	_____
Street	City	State	Zip code
TELEPHONE ( ) _____	FAX: ( ) _____		

- I. Does a For Profit Corporation own this site? Yes  No
- II. The site's authorized signer agrees to:
- Attend sponsor-training sessions;
  - Serve meals to economically disadvantaged children 18 years of age and under (or persons 19 and over who are mentally or physically disabled and participating in a public or private nonprofit school program for the mentally or physically disabled);
  - Provide adequate supervision during meal service with accurate "Point of Service" meal counts;
  - If meals are not prepared on site, immediately notify the sponsor if meals are not delivered or picked up at the scheduled times;
  - For sites picking up meals - The site representatives will report to (school/location) \_\_\_\_\_ at (time) \_\_\_\_\_ to pick up meals for (meal) \_\_\_\_\_, at (time) \_\_\_\_\_ to pick up meals for (meal) \_\_\_\_\_, and at (time) \_\_\_\_\_ to pick up meals for (meal) \_\_\_\_\_.
  - Immediately report, to the sponsor, any changes in the number of meals required as attendance fluctuates;
  - Comply with all Hazard Analysis Critical Control Point (HACCP) requirements including inspecting, taking and recording temperatures of meals delivered, prepared or picked up.
  - Refuse to receive or serve meals that are questionable including those that may be spoiled, frozen, damaged, unsafe, or not within appropriate temperature ranges; assure meals are handled properly such that all meals are served the within proper time and temperature requirements and are handled properly to ensure safe and wholesome meals are served to children.

Immediately notify the sponsor of any meal service times that should be changed. Do not change the meal service time without prior approval from the sponsor as doing so may jeopardize funding;  
Report immediately to the sponsor any other problems that pertain to meal service;  
Comply with FNS Instruction 113-1 pertaining to Civil Rights Compliance and Enforcement;  
Maintain and submit on a timely basis reports and records as required by the sponsor including but not limited to the daily meal records and delivery receipts; and

**Sex Offender Registry Checks – SFSP Sites**

Sponsors shall ensure all sites conduct criminal background checks on each of its employees and volunteers who directly engage in any services at SFSP sites. The site representative shall certify that criminal background checks were conducted on each of its employees and volunteers (including site representatives) prior to engaging in any contact with the children.

Site employees and volunteers (including site representatives) shall not be allowed to provide services at SFSP sites if the employee or volunteer:

- has been convicted of a felony;
- has been convicted of any crime, whether misdemeanor or felony, involving sex, violence, or drugs; or
- has engaged in any crime or conduct indicating that the worker may pose a threat to the safety or well-being of children or organizations' personnel.

Site representative will submit copies of a government issued photo identification of employees and volunteers (including site representatives) involved with the SFSP to the Sponsor prior to providing services at SFSP sites.

Sponsors shall check the National Sex Offender Registry (<http://www.nsopw.gov/>) to ensure that none of the site employees and volunteers (including site representatives) appear on the list. Any individuals appearing on the list shall not be allowed to provide services at SFSP sites. NCDPI may audit the Sponsor's records to ensure compliance with this requirement.

**Certification Statement and Signature**

My signature indicates that I certify I have read and agree to the statements above. Further I agree that any violation of the above-mentioned rules and criminal background check requirements constitutes grounds for the termination of the site agreement. Based upon evidence of non-compliance, the sponsor and/or the State agency reserves the right to immediately terminate the site and will not consider the site for renewal in the following year.

\_\_\_\_\_  
Signature of Site Authorized Representative

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Signature of Sponsor Authorized Representative

\_\_\_\_\_  
Date:

# 5.

## Meals must be served to eligible children

- Needy children
  - Ages 0-18 years of age
- 



- 6.** Complete meals must be served
- 
- A meal that contains at least the minimum serving size of all meal components in regards to the meal type





# SFSP Meal Service: Meal Pattern Requirement

## **Breakfast:**

Milk – 8 ounces

Fruit/vegetable – ½ cup

Grain/bread – 1 serving

## **Lunch/Supper**

Milk - 8 ounces

Fruit/vegetable (2) – ¾ cup

Grain/bread – 1 serving

Meat/meat alternate – 2 ounces

## **Snack/Supplement (Select 2 of the 4 Components)**

- Milk - 8 ounces

- Fruit/vegetable – ¾ cup

- Grain/bread – 1 serving

- Meat/meat alternate – 1 ounce

# 7. Sponsor must conduct point of service meal counts

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- Point of service meal counts: the process by which a staff member or volunteer counts a meal when the child receives a complete meal





8.

Serve all first meals to eligible children before serving second meals or adult meals

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## 2<sup>nd</sup> Meals

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Meals served to eligible children AFTER ALL eligible children have received a 1<sup>st</sup> meal

Serve all meal components

2% of all 1<sup>st</sup> meals served in a month are reimbursable

**Example:**

In June you served **250 1<sup>st</sup> meals** and **25 2<sup>nd</sup> meals**.

$$250 \times .02 = 5 \text{ reimbursable meals}$$



9.

Serve and consume all meals at the approved site

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- Check the address twice!



# Exceptions

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## 1. Field Trips

- The sponsor must notify the SA and vendor in writing at least 48 hours prior to the date of the field trip.
- The State Agency must be notified prior to date of field trip

- ## 2. Fruit/Vegetable or Grain components
- are permitted to be taken off-site with sponsor's permission



# SFSP Meal Service : Dietary Substitutions

## Disability:

- Sponsors are required to make meal pattern substitutions or modifications for participants with disabilities
- Statement from a recognized licensed physician that includes required alternate foods

## Medical or Special Dietary Need:

- Sponsors can provide substitutions at their discretion for participants with a medical condition
- Statement from a recognized medical authority that includes required alternate foods



# SFSP Meal Service: Meal Pattern Exceptions



## Infant Meals:

0-11 months old

State agency prior approval.

Must comply with infant meal pattern requirements in CACFP

**7 CFR 225.16(f)(2)**

## Children Meals:

Ages 1 to 5

Must comply with age-appropriate meal pattern requirements for children in the CACFP

Keep records to demonstrate management and control of portion sizes

Examples, but not limited to:

Daily meal counts

Delivery receipt.

**7 CFR 225.16(f)(2)**

## Children Meals:

Ages 12 to 18

May serve adult-size portions per the CACFP meal pattern requirements to older children

Improves nutrient needs

Reimbursement rate will not change

**7CFR 225-16(d)**





# Demonstration Project for Non-Congregate Feeding- Outdoor Sites Experiencing Excessive Heat

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*NATIONAL WEATHER SERVICE HAS ISSUED A HEAT ADVISORY, EXCESSIVE HEAT WARNING, OR AN EXCESSIVE HEAT WATCH*



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

FNS extended the Demonstration Project through summers 2016

- Approved outdoor sites can operate as non-congregate sites when experiencing excessive heat
- Notify NC DPI of intent to participate
- Outdoor sites with temperature-controlled alternatives are not eligible



# 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 trailer 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.



# Demonstration Project Procedures

Participation Requirements continued..

Meals may not be provided to adults or other children to take to children 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, Sponsor must provide the following via email on the demonstration project form to [cynthia.ervin@dpi.nc.gov](mailto: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



# 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 trailer park. There is no temperature control alternative.	Thursday, 6/12/2015	L	30



# 10. Serve all meals during the designated meal times

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**Remember to inform your site staff of their meal service times!**



## Read the Administrative Guidance For Sponsors Before the Program Begins!

- Early submission: January 15, 2016
- **SUBMISSION:** May 15, 2016
- The state agency has 15 days to notify the sponsor of an incomplete application.
- The state agency has 30 days to approve/deny a correct and complete application.

*Submit 45+ days before your program's start date!*



# Remember...

A sponsor may not claim reimbursement until:  
A valid executed agreement with the State Agency  
**AND**  
2016 application has been approved.



# Prezi

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[Click Here to View the Steps to a Successful SFSP](#)



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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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](mailto:program.intake@usda.gov).

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