



## ***Let's Move!*** **Cities, Towns and Counties**

Elected community leaders have the ability to make a real contribution towards the success of Summer Meal Programs. *Let's Move!* Cities, Towns and Counties (LMCTC) engages local leaders to champion healthy communities and adopt long-term approaches to improve child nutrition, reduce obesity, and expand access to Summer Meals. Communities where local elected officials have expressed strong Program support have shown promising increases in participation.

Go to [Resources](#).

### **About *Let's Move!* Cities, Towns and Counties**

LMCTC is a partnership of the National League of Cities (NLC), Department of Health and Human Services (DHHS), Department of Agriculture (USDA), National Association of Counties, and nonprofit organizations working to support the *Let's Move!* initiative. LMCTC is present in over four hundred communities in all fifty States, touching over seventy million Americans. <http://www.letsmove.gov/become-lets-move-city-or-town>

Each of the ten DHHS Regional Offices has a *Let's Move!* Advisor available to assist sponsors working to increase access to the Summer Meal Programs. Sponsors can use the following resources to find:

- DHHS Regional Office contact information: <http://www.healthycommunitieshealthyfuture.org/hhscontacts/>
- A directory of LMCTC sites: <http://www.healthycommunitieshealthyfuture.org/see-progress/directory/>
- An interactive map of LMCTC sites: <http://www.healthycommunitieshealthyfuture.org/see-progress/lmctc-sites-map/>



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## Go for the Gold!

*Let's Move!* highlights and celebrates local successes by awarding model programs with bronze, silver, and gold medals. How can LMCTC sites partner with Summer Meal Programs to reach the “gold” mark?

- Sponsor a healthy Summer Meal Program;
- Serve as a Summer Meal site;
- Collaborate with community partners to expand access to Summer Meal Programs;
- Incorporate nutrition education and physical activity into existing programs;
- Promote Summer Meals on the community’s website;
- Encourage local elected officials to issue Summer Meals press releases;
- Advertise Summer Meal Programs on billboards;
- Support local anti-hunger groups working on Summer Meals;
- Publicize Summer Meal Programs in public service agency newsletters and parks and recreation guides;
- Distribute Summer Meal Program information at social service offices; or
- Seek community input on Summer Meal Program expansion efforts.

## Spotlight on California!

A strong partnership between the City of Fontana and the Fontana Unified School District is helping to close the summer hunger gap for hundreds of kids in California. The Summer Meal Program runs for eight weeks when school is out, reaching children at twenty sites, including city parks, community centers, schools, and the local Boys and Girls Club. Through collaboration with LMCTC, the partners developed Summer Meal marketing materials, promoted sites on the city’s website, distributed fliers in city facilities, and advertised in the city brochure. The city launched a pilot program in coordination with LMCTC to promote healthy eating and physical activity at sites, encouraging children and their parents to participate in physical activities and games.





## Resources

### USDA

- *Discover Summer Meals!*  
[http://www.fns.usda.gov/sites/default/files/sfsp/smt-summer\\_basics.pdf](http://www.fns.usda.gov/sites/default/files/sfsp/smt-summer_basics.pdf)
- *Building a Summer Meals Coalition*  
<http://www.fns.usda.gov/sites/default/files/sfsp/smt-coalitions.pdf>

### National League of Cities

- *Let's Move! Cities, Towns and Counties Guide*  
<http://www.healthycommunitieshealthyfuture.org/wp-content/uploads/2014/03/FINAL-NLC-LMCTC-GUIDE.pdf>
- *Goal III: Smart Servings for Students*  
<http://www.healthycommunitieshealthyfuture.org/goals/goal-iii/>
- *Webinar: Smart Servings for Students*  
<http://www.healthycommunitieshealthyfuture.org/wp-content/uploads/2014/06/LMCTC-Webinar-Enhanced-Goal-III-7.9.14.pdf>

## For Additional Information

Review these ideas and adopt the strategies that seem reasonable to you and fit with your Program. Sponsors and the general public should contact the appropriate State agency for additional guidance. State agencies should contact their FNS Regional Office for additional guidance.

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

List of State Agencies: <http://www.fns.usda.gov/sfsp/sfsp-contacts>

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