



## ***Summer Food, Summer Moves and Other Nutrition Education Resources***

How can Summer Meal Programs engage children and their families in healthy eating and physical activity? By combining nutritious meals with nutrition education, your Summer Meal site can offer fun activities, create opportunities to engage the community, and help children develop lifelong healthy eating habits. USDA has activity guides, infographics, and print materials to help you get started!

### **Team Nutrition**

USDA's Food and Nutrition Service (FNS) has a library of free nutrition education materials (and more to come!), in English and Spanish. Team Nutrition resources help increase awareness of the importance of making healthy choices and staying physically active during the summer months. To request printed materials, use our Resource Order Form and allow 2 to 4 weeks for delivery. All are welcome to download these materials and make copies.

<http://www.fns.usda.gov/tn/resource-library>

### **Check These Out:**

- *Summer Food, Summer Moves*  
Looking for a fun, hands on resource to get children excited about healthy eating and physical activity during the summer months? This step-by-step kit uses creative themes, entertaining games, and educational activities to teach children and their families about nutrition and exercise. The kit also includes posters, family handouts, flyers, and a placemat activity sheet.  
<http://www.fns.usda.gov/tn/summer-food-summer-moves>
- *Offering Healthy Summer Meals That Kids Enjoy*  
This colorful 4-page resource provides practical ideas for small changes that sponsors can easily implement to improve the nutritional quality of meals and make foods more appealing. It offers ideas for every type of Summer Meal site, including sample menus, a taste test ballot, tips to engage volunteers and staff, and strategies to incorporate a variety of fruits, vegetables, protein options, and local foods.  
<http://www.fns.usda.gov/tn/offering-healthy-summer-meals>



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### **Summer Meals Toolkit**

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- **Take a Healthy Summer Break** infographic  
Here is a dynamic social media tool to share with parents and community partners. It includes illustrations, statistics, and sensible solutions to help busy families make healthy food, beverage, and physical activity choices.  
<http://www.fns.usda.gov/tn/take-healthy-summer-break-infographic>
- **This Summer, Eat Smart to Play Hard: A Parent's Guide**  
This family-friendly color brochure provides nutrition tips, an interactive game, and information about Summer Meals.  
<http://www.fns.usda.gov/tn/summer-eat-smart-play-hard-parents-guide>

### Stay Connected and Learn What's New:

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

### USDA Resources

- **Community Food Systems**  
*Farm to Summer*  
<http://www.fns.usda.gov/farmtoschool/farm-summer>
- **Healthy Meals Resource System**  
*Nutrition Education*  
<https://healthymeals.fns.usda.gov/nutrition-education-9>
- **Institute of Child Nutrition**  
*ICN Resource Center*  
<http://www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTI=>
- **Let's Move**  
<http://www.letsmove.gov/>
- **Team Nutrition**  
<http://www.fns.usda.gov/tn/team-nutrition>





## For Additional Information

Review these ideas and adopt the strategies that seem reasonable to you and achievable for your Program. Do you have more questions? Sponsors and the general public should contact their State agency for answers. State agencies should contact their FNS Regional Office.

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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