



Summer Edition: upLIFT Your Summer Meals Program!

May 21, 2024

1:30 PM - 2:00 PM

**Professional Standards Learning Codes: 1100, 2200,
3200, 4100**



Meet Your Host



Ashley Kennedy, SNS

HEALTH AND NUTRITION SERVICES SPECIALIST

Welcome!



upLIFT was designed specifically for child nutrition professionals like you. It offers resources to help you LEARN about nutrition, get INSPIRED on meal choices for your participants, FEED students healthy meals, and TEACH others in your community about your programs.

You can look forward to materials and monthly webinars featuring unique upLIFT content showcasing Arizona child nutrition professionals, and providing ongoing inspiration throughout the year. This will empower you to upLIFT your programs in your own unique way!

**Special Guest:
Cristina Konnecke**

AZ Health Zone and SFSP



AZ Health Zone Support

AZ Health Zone is the Supplemental Nutrition Assistance Program - Education component. We are a network of partners (local health departments and the University of Arizona Cooperative Ext.) across Arizona.

We work alongside and in communities to support access and availability to nourishing food and physical activity opportunities.



AZ Health Zone and SFSP



How does AZ Health Zone support SFSP?

AZ Health Zone:

- **Partners** with ADE to provide marketing, including an online map.
- **Connects** partners who want to feed kids with SFSP operators.
- **Promotes** the program with partner organizations.
- **Provides** nutrition education and activities as requested.
- **Markets** program to other community sites and classes to increase participation.



Free Meals For Kids and Teens



HEALTHY STARTS HERE

AZ Health Zone and SFSP



Promotional Toolkits

AZ Health Zone provides an opportunity in March to order promotional toolkit items.

Order Form closed for 2024.

Items include:

- Fence Banners
- Posters for A Frames
- Bookmarks
- Stickers
- Window Clings

If you ordered items this year, they should be delivered this week.



AZ Health Zone and SFSP



Customizable Promotional Materials

Print your own materials! The folder includes:

1. Customizable flyers
2. Free Meals for Kids & Teens Graphic
3. Posters
4. Fliers
5. Social Media Posts
6. Radio Scripts



















- All materials are available in English and Spanish!
- Look for the button below at www.azhealthzone.org/resources.



MEAL SITE PROMOTION MATERIALS



Customizable Materials

Type ▾	People ▾	Modified ▾
Name ↑		
 Customizable Flyers, Posters		
 Graphics		
 Outreach Survey Flier		
 Poster		
 PowerPoints		
 Pull-up Banner		
 Radio Scripts		
 Social Media		
 Stickers		
 Window Clings		
 Add an Image to a PDF.dotx 		
 Local Support for SFSP Outreach 2024.pdf 		
 Summer Food Kick-Off Toolkit.pdf 		
 Summer Food Service Program Fact Sheet.pdf 		

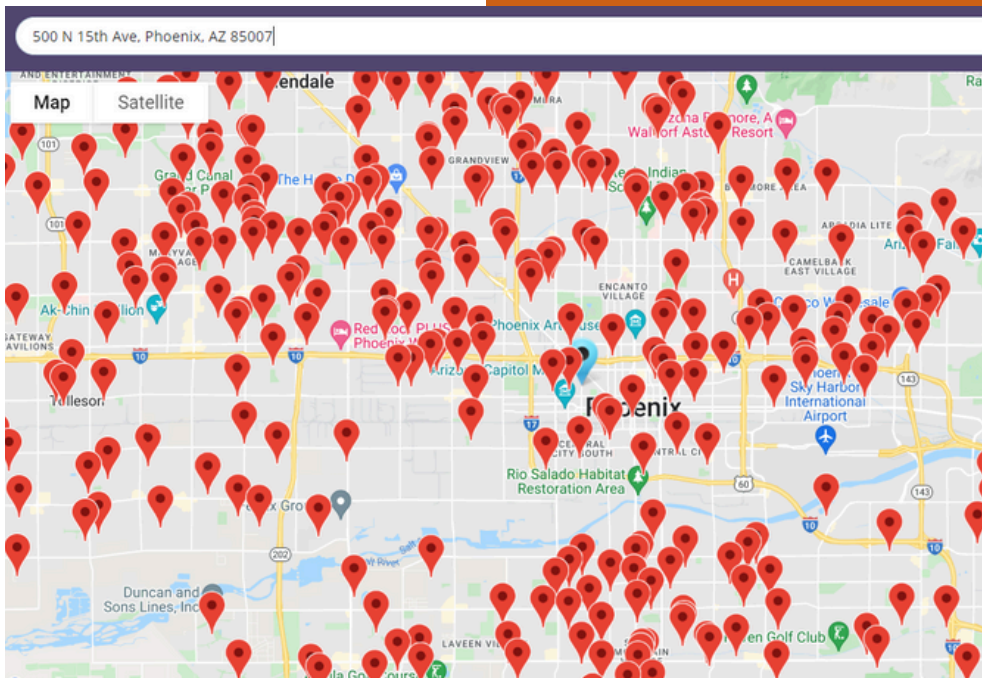
Customizable flyers and posters can be used to add your local SFSP site locations and organization logos.

The Free Meals for Kids and Teens Graphic can be used on menus and newsletters. This helps parents know this is a trusted program across Arizona.

Social Media quick posts from your own platforms

This quick fact sheet tells caregivers exactly what they need to know.

AZ Health Zone and SFSP



The SFSP Site Finder

All generic SFSP materials with URLs or QR codes will lead caregivers and families to the azhealthzone.org/freesummermeals site. Here they can search for a good location convenient to them.

It is important that CNPWeb stay up to date with open locations, dates, and times food is available!

AZ Health Zone and SFSP



Outreach

In last year's SFSP Marketing Survey:

- **47%** of 44 respondents noted that Advertising/Marketing the program and Communicating with parents/caregivers was one of the biggest challenges.
- **75%** of operators out of 44 respondents utilized these SFSP Marketing Materials to assist with communicating and promoting.



Free Meals For Kids and Teens

AZ Health Zone and SFSP



Outreach methods

Ways to reach your community and beyond

Parents



- Flyers
- Parent Letters
- Automated calls/texts
- Texting Parents in district
- PeachJar
- Nutrislice

Events



- Kick Off Events
- Flyers at school and community events

Social Media



- District Messaging
- District Website
- Facebook
- Instagram

Community



- Mailers
- Nextdoor App
- Provide flyers to community partners
- Distribute fact sheet
- Local Radio

Word of Mouth



- Utilize district families and teens to share with friends and families outside of district


Outreach Examples




Outreach Examples cont.

Arizona Department of Health Services
Sponsored · 🌐

School is out, but delicious, nutritious, and free meals for everyone 18 years old and younger are available all summer long!



Free Meals for Kids & Teens 0-18
Free meals for everyone
Locations all throughout



Comidas Gratis para Niños y Adolescentes 0-18
¡Una variedad de almuerzos gratuitos, se sirven para los que tienen de 0 a 18 años durante todo el verano!


Terminaron las clases, pero las comidas gratuitas continúan para los que tienen de 0 a 18 años ¡durante todo el verano!

azhealthzone.org
Free Meals for Kids & Teens 0-18

zoadesaludaz.org
¡Comidas gratis todo el verano!

Like Comment

Free Summer Meal Program
Digital Media Manager Tim Eiden from City of Peoria · 12 Jun 20



Summer Food Service Program at the Peoria Community Center. From June 15th through July 24th, free meals prepared on site for children 18 and under (accompanying parents eat for \$3) PM snack available from 2:15 to 2:45. Hot Dinner available from 5:15 to 6:00 p.m. Social distancing and other safety precautions will be taken. For more information, visit www.peoriaaz.gov/communitycenter or call 623-773-7436. Community Center is located at 8335 W Jefferson St

Peoria Community Center | City of Peoria
Peoria Community Center is located in the heart of downto...
PEORIAAZ.GOV



“I like having the ability to share information with people, especially those who are not aware of the program and being able to see their excitement and interest that they show in wanting to know more about the program”

AZ Health Zone and SFSP



Key SFSP Family Takeaways



All children and teens **18 years of age and younger** can participate.



All meals served are **FREE** to any participant. Some sites offer low-cost meals for parents and caregivers.



Summer meals follow a meal pattern that ensures that **kids and teens get healthy meals.**



No sign-up or registration is required to participate at an open site.



Students do not need to be enrolled or attending open school sites to participate.



SFSP sites are located across the state. **Visit www.azhealthzone.org/freesummermeals or text "FOOD" or "COMIDA" to 304-304** to find a nearby site.

Thank you



Thank You!

We know you have a lot on your plate

Thank you for taking your time today to engage in ways to market and outreach.

We want you to feel confident sharing information about SFSP with your community, neighbors, friends, and family!

[Download and print/save the SFSP Fact Sheet](#)

Text FOOD to 304-304

azhealthzone.org/freesummermeals

Interested in serving meals at your site?

- Email ContactHNS@azed.gov and be connected with an SFSP operator in your area!

Resources

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

LEMON DROP MELON

Lemon Drop Melons are just one of several melon varieties. This variety is specifically native to Arizona! They contain a high citric acid content, which creates a sweet flavor, followed by a sharp tangy flavor, reminiscent of lemons. These melons are available only in the summer.



How to Select and Store LEMON DROP MELONS:

Selection

ROUND HEAVY TEXTURED
OBLONG

They should feel heavy for their size. The skin is golden beige and covered in a rough netted texture.

Ripe melons feature pale green longitudinal grooves that transition into a brown hue when very ripe. Look for melons with darker grooves if wanting to select one that is ripe and ready to eat.

Storage

ROOM TEMPERATURE OR REFRIGERATOR

Whole, unwashed Lemon Drop melons can be left at room temperature for 1 to 2 days or stored for up to five days in the refrigerator.

Once opened and sliced, melon slices can be kept in a sealed container in the fridge for 1 to 3 days.

Tips for Preparing and Cooking:

Preparation

Wash the rind thoroughly before cutting. Once cleaned, cut melon open and scoop out seeds and fibers. Remove the rind and cube or slice the flesh to consume.

TRY LEMON DROP MELONS...

Fresh Fresh, room temperature melons have the softest flesh with the most pronounced flavor. Try eating fresh sliced or cubed pieces!

As a Topping Melons are very versatile! The flesh can be easily incorporated in bowls, salads, or even to make yogurt! The possibilities are endless.

Pureed Add pieces of melon to a blender along a small amount of liquid to create a puree for soups, drinks, or even to make yogurt! The possibilities are endless.



Did you know?

Lemon Drop melons earned their name for their melon-forward taste followed by a lemon-like zing, reminiscent of a lemon drop candy.

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

LEMON DROP MELON

Lemon Drop Melons are native to Arizona and a local favorite for its ability to cool and hydrate on scorching summer days. Substitute any melon recipe with Lemon Drop Melon for a fun and refreshing treat!

Examples:



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TIP! Take advantage of **Try It Local!** Use the **Good Food Finder** website to identify local vendors of melons!

Research Rundown

Article: Marginal, Low, and Very-Low Food Security among Children Are Associated with Intake of Select Dietary Factors during Summer

The objective of this study was to examine the association between food security status among children and intake of select dietary factors during summer in pre-K through grade 12 children certified for free/reduced-price meals by age group.

What was the study methods and design?
A subsample of households participating in the Summer Electronic Benefits Transfer demo were randomly selected to take part in household surveys assessing consumption of total fruits and vegetables, whole grains, added sugars, and dairy products.

Key findings:
Reduced Fruit and Vegetable Consumption: For every elementary aged child born in a household with high food security, children had 1.5 times higher consumption of fruits and vegetables.
Reduced Dairy Consumption: Compared with children from households with high food security, children from households with very low food security had 1.5 times lower consumption of dairy products.

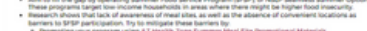
Lower food security was associated with reduced consumption of fruits, vegetables, and dairy products, with children from households experiencing very low food security consuming the least.

The difference between the two groups was significant with nearly:
5A to 1 cup equivalents of fruits and vegetables less per day
5B to 2.5 cup equivalents less per day of dairy products

This study was specific to consumption during the summer months, when children are not receiving regular school meals. Therefore, effective strategies for addressing food insecurity and dietary intake among children during the summer months are needed.

Put it into practice!
Join us for the year in operating Summer Food Service Program (SFP) or NSLP Summer Option! These programs target low-income households or areas where there might be higher food insecurity.
Research shows that lack of awareness of meal sites, as well as the absence of convenient locations as barriers to SFP participation. Try to mitigate these barriers by:
Promoting your program using 52 Health Zone Summer Meal Site Promotional Materials
Make sure to inform your school community about the SFP Summer Site 2024
Use well-known marketing avenues such as social media, flyers, mailers, mobile apps, etc.
Host kick off events and invite your school community to create awareness of your summer meal program.

References:
Muller, L. A., & Margolis, S. M. (2019). Marginal, Low, and Very-Low Food Security among Children and Intake of Select Dietary Factors during Summer in Pre-K through Grade 12 Children Certified for Free/Reduced-Price Meals by Age Group. *Journal of Nutrition Education and Behavior*, 53(1), 1-10.



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Hydration Station

Stay Hydrated, Stay Healthy! Dive into the essence of well-being with our ultimate guide to hydration.

Hydration in the Body

The importance of hydration extends beyond simply preventing dehydration. Proper hydration is essential for digestion, it helps dissolve fats and soluble fiber, allowing them to pass through the body. Staying hydrated is crucial because the human body is composed of about 60% water, which plays a pivotal role in various bodily functions. Additionally, staying hydrated can improve cognitive function, mood, and overall brain health.



Why is hydration important?
Hydration plays a pivotal role in maintaining our health and well-being, particularly during the sweltering heat of summer. It's not just about drinking water; the food we consume can also significantly contribute to our overall hydration levels.

Foods high in water content not only help keep us hydrated but also provide a plethora of vitamins and minerals essential for our body to function optimally.

Hydrating Foods

Fruits and vegetables are at the forefront of hydrating foods! Certain produce items contain over 90% water. Incorporating these into your diet during the summer months can help you maintain good hydration levels. Serve up these fruits and vegetables at your sites daily for a solid hydration foundation in this desert heat!

- Examples:
- Melons
- Strawberries
- Cucumbers
- Lettuce
- Celery
- Peaches
- Pineapples
- Bell Peppers



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Whole Food Profile

How to Use Whole Foods

Research Rundown

Nutrition Knowledge Fact Sheet

<https://www.azed.gov/hns/nsfp/uplift/>

Reminder

upLIFT Your Voice!

Remember to tell us how YOU upLIFT'ed your voice this month! ADE wants to spotlight your marketing and promotional efforts! Email Ashley.Kennedy@azed.gov with any stories, photos, examples or anything you are excited about!



Looking Ahead

Join us next month!

upLIFT Webinar: Procuring Local for Summer!

June 18, 2024

1:30 pm to 2:00 pm

Join us as we explore the benefits of procuring local foods for your cafeterias during the summer. From supporting local farmers to providing students with nutritious and delicious options, we will discuss the importance of sourcing ingredients locally. Listen as we delve into strategies for finding and utilizing seasonal produce, creating exciting menu options, and promoting a sustainable food system within school communities!



Thank you!

**Any questions?
Please type them into the Q&A now.**

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in Arizona Professional Learning Development (APLD).

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



Congratulations!

You have completed the recorded webinar: [Summer Edition: upLIFT Your Summer Meal Program!](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: Summer Edition: upLIFT Your Summer Meal Program!](#)
- Length: [0.5 hour](#)
- Code(s): [1100, 2200, 3200, 4100](#)

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

*This will not appear in your ADE Professional Learning Development (APLD) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

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2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov



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