



# Summer Edition: Turnip Your Voice!

**July 16, 2024**

**1:30 PM - 2:00 PM**



# Meet Your Host



**Kim Ruiz, RDN**

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!

# Overview

- 1.** What is Turnip the Beet?
- 2.** What is the nomination process?
- 3.** Tips from the Field

# Poll Question

## Yes or No

Did your entity participate in last year's Turnip the Beet! Award Program?



# What is Turnip the Beet?

# What is Turnip the Beet?

## Quick Facts

- ✓ Established in 2016
- ✓ Originated by the U.S. Department of Agriculture (USDA) Food and Nutrition Services (FNS)
- ✓ Created to highlight outstanding Summer Meal Programs



[fns.usda.gov/sfsp/turnip-the-beet](https://fns.usda.gov/sfsp/turnip-the-beet)

# What is the Purpose?

- ✓ Designed to encourage SFSP and SSO operators to 'Turnip' the **appeal** and **nutrition integrity** of summer meals.
- ✓ Operators are urged to increase local foods and also increase the **variety** of fruits, vegetables, and whole grains.
- ✓ The aim is to create a standout summer program in order to highlight the **benefits** of the program within the community.



# Who is Eligible?

All operators of **Summer Meals Programs** are eligible for the Turnip the Beet! Award.




Summer Food Service Program (SFSP) Operators



NSLP Seamless Summer Option (SSO) Sponsors

OMB Control Number: 0584-0658 Expiration Date: 09/30/2023



## TURNIP THE BEET

with high quality summer meals!

The **Turnip the Beet Award**, by the U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS), recognizes outstanding Summer Meal Program sponsors who work hard to offer high quality meals that are appetizing, appealing, and nutritious.

**Who is eligible, and how do they apply?**  
All Summer Meal Program sponsors in good standing, including Summer Food Service Program (SFSP) sponsors and National School Lunch Program Seamless Summer Option (SSO) sponsors, may be eligible for a **Turnip the Beet Award**. Sponsors may self-nominate or be nominated by another party. Each State agency determines their own deadline for nominations. The nomination must include a completed Nomination Form and a detailed one-month menu. FNS evaluates and scores the nominations and notifies the winners in writing. The Nomination Form is available on the **Turnip the Beet** webpage <https://www.fns.usda.gov/isa/turnip-the-beet>.

**How are nominations evaluated?**  
Nominations must clearly illustrate how the meals are appetizing, appealing, and nutritious. The Nomination Form includes short-answer questions and menu criteria based on the Dietary Guidelines for Americans. The criteria include serving local foods, a variety of vegetables and fruit, whole grains, and low-fat and fat-free milk. For more detailed information on the **Turnip the Beet Award** and the evaluation criteria, check out the **Turnip the Beet** webpage.



**What are the prizes?**  
Three award levels are available: gold, silver, and bronze. All winners will receive a certificate and will be featured on the **Turnip the Beet** webpage.

**Questions?**  
Questions regarding the **Turnip the Beet Awards** should be directed to your Summer Meals State agency <https://www.fns.usda.gov/isa/the-contacts>.

**Resources**  
FNS has an abundance of resources available for sponsors to help make the summer meals they serve more appetizing, appealing, and nutritious.

- The **Nutrition Guide for Sponsors** (<https://www.fns.usda.gov/isa/2018-nutrition-guide>) includes tips for serving high quality meals and incorporating local foods, as well as sample cycle menus.
- The **Farm to Summer Fact Sheet** (<https://www.fns.usda.gov/isa/turnip-summer-rse-local-foods>) describes how to "bring the farm" to summer sites.
- The **Summer Meals Toolkit** (<http://www.fns.usda.gov/isa/summer-meals-toolkit>) offers healthy menu planning ideas and tips for serving meals family style.
- The **Team Nutrition Resource Library** (<https://www.fns.usda.gov/isa/team-nutrition-library>) has free nutrition education materials.

**OMB Burden Disclosure Statement:** This information is being collected to assist the Food and Nutrition Service (FNS) in recognizing high quality summer meals. This is a voluntary collection and FNS will use the information to determine Turnip the Beet award winners. This collection does not require personally identifiable information under the Privacy Act of 1974. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0658. The time required to complete this information collection is estimated to average 1 hour per response, including the time for reviewing instructions, gathering the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 1320 Braddock Place, 5<sup>th</sup> Floor, Alexandria, VA 22304-6170; PRA (0584-0658). Do not return the completed form to this address.



[Turnip the Beet!](#)  
One-Page Overview

# Why Participate?



Get recognized! Spotlight your summer program to the USDA, ADE, and most importantly, your community.



Three award levels are available: gold; silver; and bronze. All winners will receive a certificate and will be featured on the Turnip the Beet webpage.



Assess and improve the menu via taste tests and other feedback systems!



Provide students with lifelong skills through nutrition education activities!

# The Nomination Process

# Get Nominated!

## Ask yourself...

Before beginning the nomination process, ask yourself the following questions.

- How are meals prepared?
- How are meals culturally appropriate?
- What methods are used to gauge child feedback?
- How are children encouraged to eat healthy foods?
- Any nutrition-based activities offered on site?

# Get Nominated!

There are **two** ways to get nominated!

- 1** Is your program up for the challenge?  
**Nominate yourself!**
- 2** Is your program not ready this year?  
**Nominate a program you know is knocking it out of the park!**

# Nomination To-Do List

OMB Control Number: 0584-0658 Expiration Date: 11/30/2026

## Turnip the Beet: High Quality Meals in the Summer Meal Programs 2024 Nomination Form

**Instructions:** Please complete the information below for consideration of the 2024 Turnip the Beet Award. Only nominations that contain all of the requested information will be considered. Submit this completed form via email to your Summer Meals State agency contact.

Submission deadlines vary by State so please contact your State agency to learn their submission deadline. Nominations must be sent by the State agency to the appropriate FNS Regional Office by September 27, 2024.

**Note:** USDA has the right to reproduce, publish, or otherwise use the data in the application for this award, and authorize others to reproduce, publish, or otherwise use the data in the application for this award for Federal purposes.

### Section 1: General Information

<b>Sponsor's name or Program name:</b>  *The Sponsor's name or Program name on the Award Certificate will be typed exactly as written in the Sponsor's name or Program name section above. Please ensure that the entire name with any appropriate punctuation is clearly indicated. Award Certificates will not be re-printed due to an incorrect or illegible Sponsor name or Program name.	
<b>Select Sponsorship Type</b> <input type="checkbox"/> Summer Food Service Program (SFS) Sponsor <input type="checkbox"/> Seamless Summer Option (SSO) Sponsor	<b>Contact Information</b> <b>Name &amp; Title:</b>  <b>Phone number:</b>  <b>Email address:</b>  <b>Mailing Address*</b> (Street, City, State, and Zip code):  <small>*This address will be used to mail the Award Certificate. For Gold winners, it will also be used to identify the Sponsor on USDA's Food and Nutrition Service's Capacity Builder (an online tool); therefore, P.O. Box addresses are not acceptable.</small>
<b>Select Meal Service Type</b> <input type="checkbox"/> Congregate <input type="checkbox"/> Rural Non-Congregate	

**OMB Burden Disclosure Statement:** This information is being collected to assist the Food and Nutrition Service (FNS) in recognizing high quality summer meals. This is a voluntary collection and FNS will use the information to determine Turnip the Beet award winners. This collection does not request personally identifiable information under the Privacy Act of 1974. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0658. The time required to complete this information collection is estimated to average 3 hour per response, including the time for reviewing instructions, gathering the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 1320 Braddock Place, 17<sup>th</sup> Floor, Alexandria, VA 22304-4779. PRA (0584-0658). Do not return the completed form to this address.



Complete the  
**Turnip the Beet!**  
**Nomination Form**

# Nomination Form

**The nomination form consists of short-answer questions that demonstrate how meals are served are “high quality”**

- Answers that give details as specific as possible will score higher.
- Questions are worth up to 2 points each, bonus questions are worth up to 1 point each.

**Details requested include the following:**

- How are meals age and/or culturally appropriate
- How is feedback from children gathered at sites
- How are fruits, vegetables, and whole grains promoted to children at sites
- What nutrition-based activities are being offered at the sites? Are there any Team Nutrition resources being used?

# Nomination To-Do List

Attachment

**TUB Sample Menu (SFSP) - Breakfast**  
June 5 - June 30, 2023

Water is available at every meal and snack.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Mixed berries (frozen) 1% and fat-free milk	Scrambled eggs Whole wheat toast Watermelon slices (fresh) 1% and fat-free milk	Whole-wheat English muffin with peanut butter Whole grain cereal Banana (fresh) 1% and fat-free milk	Team Nutrition Strawberry Smoothie Bowl: Low-fat Greek yogurt Local Strawberries (fresh) Whole wheat toast 1% and fat-free milk	Choice of whole grain cereal Local peaches (fresh) 1% and fat-free milk
<b>Lunch</b>	Zesty Spaghetti Casserole: Enriched Spaghetti Ground Beef (90% lean) Marinara Sauce Parmesan Cheese  Mixed greens salad with local cherry tomatoes (fresh) Corn (frozen) Orange slices 1% and fat-free milk	Southwest Chicken Wrap: Whole wheat tortilla Grilled chicken Lettuce Salsa  Black beans (canned) Steamed broccoli (frozen) Pineapple chunks (canned) 1% and fat-free milk	Turkey sandwich on whole grain bun (with lettuce and tomato)  Roasted potato wedges (frozen) Steamed green beans (fresh) 1% and fat-free milk	Grilled cheese sandwich on enriched bread  Baby carrots (fresh)  Local sugar snap peas (fresh) 1% and fat-free milk	Black bean burger on whole grain bun (with lettuce and tomato)  Roasted sweet potato wedges (fresh) Grapes (fresh) 1% and fat-free milk
<b>Snack</b>	Whole-grain crackers Fat-free chocolate milk	Low-fat yogurt Mango (frozen)	Crunchy carrot and celery sticks (fresh) Hummus	Banana (fresh) Fat-free chocolate milk	Low-fat yogurt Local mixed berries (fresh)

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✓ Create and submit your **month-long menu**



# Menu

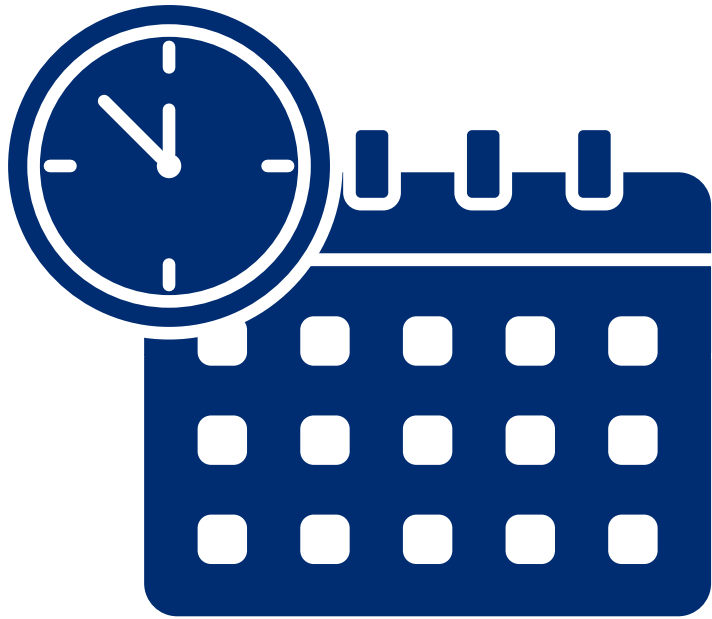
**Your menu must be submitted for consideration for this award. They must include sufficient detail to assess them on the criteria being scored.**

- You may also submit other supporting documents to further demonstrate the quality of the meals, such as ingredient lists, recipes, invoices for local food purchases, news clips about the program, photos, etc.

**Menu evaluation criteria includes the following:**

- Frequency of local foods served
- Variety in frequency and type of entrees
- Variety of fruits and vegetables, with an emphasis on fresh produce
- 50 percent or more of grains served are whole grain rich per week
- Serving only low-fat or fat free milk
- Water available at not cost

# Nomination To-Do List



Send the nomination packet to **HNS** by **September 1, 2024.**

Contact [HNS@azed.gov](mailto:HNS@azed.gov)

September 1, 2024

# Comprehension Check

## True or False?

**True or False.** SFAs may self-nominate and/or nominate other SFAs for the Turnip the Beet! Award.

A. True

B. False



# Comprehension Check

## True or False?

**True or False.** SFAs may self-nominate and/or nominate other SFAs for the Turnip the Beet! Award.

A. True

B. False



# Tips from the Field

# Outcome of participating

## Rewards

- Focused on feeding children healthy, nutritious meals
- Introduced new and exciting foods
- Educated the community about food safety
- Experimented with menu items

## Challenges

- Availability of specific foods and produce
- Time constraints
- Reduced staff

# Tips to Turnip your Summer Meal Program!

## Increase Local Foods

Offer locally sourced and produced seasonal fruits and vegetables from each subgroup

- Dark-green
- Red and orange
- Beans, peas, lentils
- Starchy
- Other

## Build Healthy Plates

Get creative and pair fresh fruit/vegetables with a grain or meat/meat alternate

- Baked Apples and Oatmeal
- Fruit and yogurt parfait
- Carrot sticks with hummus
- Whole grain crackers with cheese cubes

# Key Takeaways

## 'Turnip' Your Voice and Summer Meal Program

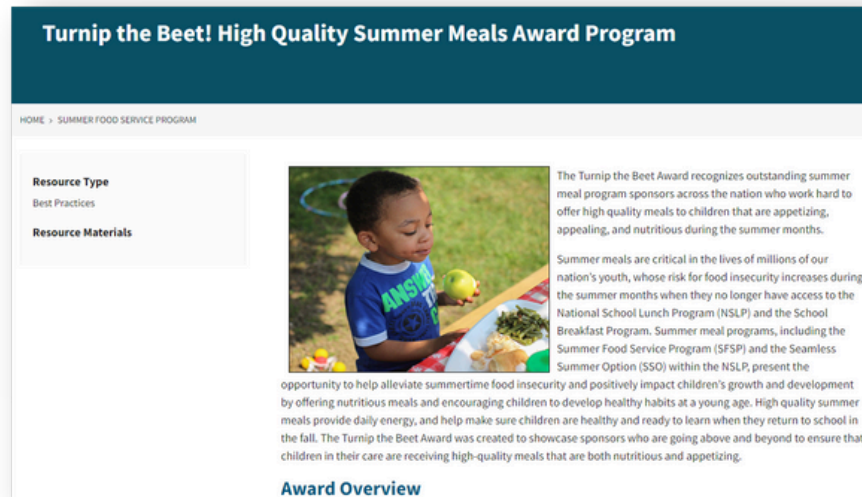
Take a look at your menus. Can you upLIFT any parts of your menu?

- Source Local! Increase the variety of local fruits and/or vegetables served within each subgroup.
- Don't be afraid to get creative with meal combinations for unique flavor profiles.
- Master your student preferences and base your menu on their overall 'likes'
- Use fun descriptors in the menu, making healthier choices exciting and appealing!



# Resources

## Learn more about Turnip the Beet!



The screenshot shows the webpage for the "Turnip the Beet! High Quality Summer Meals Award Program". The page has a dark teal header with the title. Below the header, there is a breadcrumb trail: "HOME > SUMMER FOOD SERVICE PROGRAM". On the left side, there is a sidebar with two sections: "Resource Type" containing "Best Practices" and "Resource Materials". The main content area features a photograph of a young child in a blue shirt with "ANSI" on it, sitting at a table with a plate of food. To the right of the photo is a text block that reads: "The Turnip the Beet Award recognizes outstanding summer meal program sponsors across the nation who work hard to offer high quality meals to children that are appetizing, appealing, and nutritious during the summer months. Summer meals are critical in the lives of millions of our nation's youth, whose risk for food insecurity increases during the summer months when they no longer have access to the National School Lunch Program (NSLP) and the School Breakfast Program. Summer meal programs, including the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO) within the NSLP, present the opportunity to help alleviate summertime food insecurity and positively impact children's growth and development by offering nutritious meals and encouraging children to develop healthy habits at a young age. High quality summer meals provide daily energy, and help make sure children are healthy and ready to learn when they return to school in the fall. The Turnip the Beet Award was created to showcase sponsors who are going above and beyond to ensure that children in their care are receiving high-quality meals that are both nutritious and appetizing." Below the text is a blue link labeled "Award Overview".

## USDA Turnip the Beet! Webpage

<https://www.fns.usda.gov/sfsp/turnip-the-beet>

# Poll Question

Do you plan on participating in this year's Turnip the Beet! Award Program?

- A. Absolutely!
- B. Maybe?
- C. Not this year.



# Resources

## Whole Food Profile

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

### PLUMS

Plums are a round, medium-sized stone fruit with delicate skin and flesh that bruises easily. Plums are rich in antioxidants that protect the cells against free radical damage and are a good source of Vitamin C to strengthen the immune system.



#### How to Select and Store PLUMS:

Selection	WELL-COLORED	SMOOTH SKIN	Storage
Choose plums that have bluish-free, wrinkle-free skin. They should feel heavy for their size, and firm. The flower end (the end opposite the stem) should have a little give when gently pressed.			Whole, unwashed plums should be stored at room temperature until ripe. Once ripe, the plums can be stored in plastic and kept in the refrigerator. Plums can also be frozen for 6 to 12 months or dried for extended use. Dried plums are also known as prunes.

#### Tips for Preparing and Cooking:

Preparation	TRY PLUMS...	Peeled	Dried
Plums can be eaten whole, just be careful of the pit. To remove the pit, use a sharp knife to cut the plum in half around the pit. Turn the halves to separate. Use hands or a dull knife to remove the pit.	Roasted After halving and pitting, place plums in a baking dish with a couple tablespoons of honey drizzled on top. Bake for 20-45 minutes at 375°F.	In a saucepan, heat up a bit of oil, turning into a sticky food known as prunes. Prunes are widely available for purchase to use in recipes!	Plums can be dried to extend their shelf life, turning into chewy, wrinkled sticky food known as prunes. Prunes are widely available for purchase to use in recipes!



**Did you know?** Plums can be as large as a baseball or as small as a cherry when ripe when all grown from the same tree!

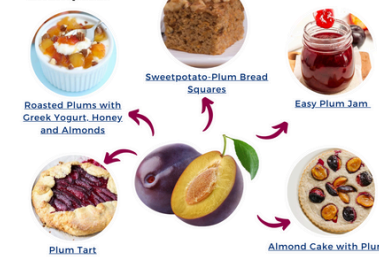
## How to Use Whole Foods

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

### PLUMS

Plums grow on trees that can reach up to 12 meters in height and are known for their dark, smooth, taut skin, and sweet and/or tart flavor. Flavor depends on the plum variety. Plums are available in the summer through early fall.

#### Examples:



Consider using local PLUMS RED FR 22 LB CS, Item # 18M28 from USDA Foods!

## Research Rundown

### Article: Promoting Healthy Eating among Young People—A Review of the Evidence of the Impact of School-Based Interventions

This study examined the effectiveness of school and family-based food and nutrition interventions on health outcomes by analyzing evidence-based intervention studies conducted on children globally. The study followed a systematic review based on 12,000 citations, where three electronic databases were thoroughly searched. The study's specific objectives were to identify which of the following interventions affected the primary outcomes of anthropometry, dietary behavior, nutrition knowledge, and attitude.

- Information and teaching
- Food focus and family support
- nutrition knowledge
- teacher-led instruction

#### Key findings:

When examining the entire study sample, it is apparent that, overall, the interventions had an impact on various aspects such as knowledge, intentions, eating habits, and/or anthropometry.

#### School-Based Interventions

Interventions incorporating elements like information and education with a nutritional emphasis had a positive impact on anthropometric measurements and foster a positive attitude towards healthy dietary habits.

#### Family Support

Family engagement had a significant impact on participants in encouraging healthier food choices. This led to an increase in children's willingness to consume more fruits and vegetables, ultimately leading to a healthier diet.

#### Put it into practice!

- Examine your current methods of providing nutrition education. Can you enhance them by including more educational strategies like informative brochures about your services or
- Collaborate as a team! Engage with your administrative and teaching staff to explore opportunities for joint efforts in developing new nutrition education initiatives.
- Get creative! Involve students in the process through taste tests can potentially boost fruit and vegetable consumption, leading to healthier outcomes.



This institution is an equal opportunity provider.

## Cook Up and Hold Up!

Learn about potentially hazardous foods and the safe cooking and holding temperatures to keep your meals safe this summer!

### Potentially Hazardous?

Examples of food products that are generally regarded as potentially hazardous when cooked or stored at the wrong temperature and require temperature control (other than room temperature):

- Meat (beef, pork, lamb)
- Poultry (chicken, turkey, duck)
- Fish, shellfish, and crustaceans
- Eggs
- Milk and dairy products
- Heat-treated plant food (baked potato, cooked rice, beans, or vegetables)
- Cut melons

### Cooking Temps

HOLD ALL HOT FOOD AT 165°F OR ABOVE

Temp	Food
165°F for 15 seconds	• Poultry (chicken, turkey, duck, goose) • Soups, stews, stuffings, casseroles, mixed dishes • Stuffed meat, fish and pasta • Food cooked in microwave oven (hold covered 2 minutes after removal) • Leftovers (to reheat)
155°F for 15 seconds	• Hamburger, meatloaf, other ground meats/fish • Fresh shell eggs (cooked and held for service, such as scrambled eggs)
145°F for 15 seconds	• Beef, corned beef, pork, ham roasts (hold 4 minutes) • Beef, intact steaks (surface) • Lamb, veal, pork steaks or chops • Fish, shellfish • Fresh shell eggs (broken, cooked and served immediately)
140°F for 15 seconds	• Ready-to-eat, commercially processed ham, other roasts

### Storage Temps

CHECK TEMPERATURES IN ALL STORAGE AREAS DAILY

Area	Temp and Food
Dry	• Recommended ambient temperature of 80°F or less • Canned fruits, vegetables, juices and meats
Special Dry	• 50°F to 70°F • Pasta, rice, beans, nuts, oil and powdered milk/eggs
Refrigerator/Cooler	• 35°F to 41°F • Chilled dairy/cheese, fresh fruits and vegetables
Freezer	• 0°F to 10°F • Frozen meats, fruits, vegetables and egg products



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Whole Food Profile

How to Use Whole Foods

Research Rundown

Nutrition Knowledge Fact Sheet

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

# Looking Ahead

## Join us next school year!

HNS wishes you a successful summer meal service and looks forward to helping you upLIFT Your Meal Service next school year.

Keep an eye out for information about our next upLIFT webinar in September 2024!



# 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: Turnip Your Voice!](#)

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: [Summer Edition: Turnip Your Voice!](#)
- Length: [0.5 hour](#)

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>

The information below is for your reference when completing the survey:

- Training Title: **Summer Edition: Turnip Your Voice!**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. fax:  
(833) 256-1665 or (202) 690-7442; or
3. email:  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)



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