



SUMMER MEALS NEWSLETTER

JUNE 2017 • SPONSORS

SUMMER IS FINALLY HERE—LET'S MAKE HUNGER DISAPPEAR!

Upcoming USDA and Partner Events

June 1, 1:00 PM EDT | [State Legislation and Funding Conference Call \(Summer Meals Matter Monthly Training Series\)](#) | Food Research and Action Center (FRAC)

FRAC's Summer Meals Matter monthly training call or webinar typically occurs the first Thursday of the month at 1:00 PM EDT.



TO-DO LIST

- Engage with community partners to see what else they need to support the program.
- Conduct monitoring visits to sites.
- Ensure all monitoring and financial management documentation is complete and accurate.

What's New

Spanish Translation of the Summer Meals Fact Sheet

FNS published a Spanish translation of the *How to Participate in Summer Meals Fact Sheet*, available on the public website [here](#).

Summer Food Service Program One Pagers for Site Supervisors

These one-pagers will help site supervisors ensure that their food service is in compliance with program regulations. The one-pagers include: *Do's and Don'ts for Site Supervisors*, *Summer Food Service Program Offer vs Serve*, and *Accurate Meal Counting and Claiming*. They will be released soon.

Summer Meal Program Updated Guides

The *2017 Sponsor Monitor's Guide* was published March 24, 2017. The *2017 Site Supervisor Guide* (in English and Spanish), *2017 Administrative Guidance for Sponsors*, and *2017 Nutrition Guidance for Sponsors* will be released during the summer intermittently.

Updated Power Up for Summer Fun Resources

Summer Meals promotional materials have been updated for summer 2017. Check out the flyers, posters, bookmarks, and business cards for distribution [here](#).

PRESIDENTIAL ACTIVE LIFESTYLE AWARD FOR KIDS

This summer, with your help, the children at your sites can focus on healthy eating and fun physical activity—and can earn an award for meeting their health goals!

The Presidential Active Lifestyle Award (PALA+), a program of the President's Council on Fitness, Sports & Nutrition, promotes physical activity and good nutrition, because it takes both to lead a healthy lifestyle! Anyone age 6 and older who completes PALA+ can earn a free award in recognition of establishing healthy habits. This is a great way for you to encourage children to get active and choose nutritious foods!

PALA+ is an 8-week program but awards can be earned in as few as 6 weeks. Encourage kids to track their food and physical activity on a [paper log](#) or [online](#). The choices they make can help them achieve physical activity and healthy eating goals on their way to earning an award.

PALA+ is great for the whole family! Parents and other caregivers can participate too. Learn more [here](#).

To qualify for the award, children need to meet their **healthy eating goals** as well as their **physical activity goals**.

Healthy Eating Goals

With PALA+, participants choose what healthy eating goals they want to achieve. Choose 6 of the 9 weekly healthy eating goals, including at least 1 of the dietary limit goals, to complete the program.

See the goals [here](#)!



Physical Activity Goals

Reach the weekly minute goal and active day goal. Youth ages 6-17 need to be active for at least 5 days and have 300 minutes (5 hours) of activity per week. Learn more [here](#)!