



Rochester Summer Meals Best Practices
 Help us take YOUR Summer Meals Experience from **REQUIRED** to **INSPIRED!**

	Take the health and wellness of our community's children seriously.	The designated serving area is clean and inviting and our meals are served in an appealing way.	Our team understands what is expected of them and treats our kids like customers.
REQUIRED	<p>Your team understand why a healthy lifestyle is important for kids</p> <ul style="list-style-type: none"> ✓ Children who eat healthy and stay active during the summer remember more of what they learned during the school year and will be better prepared when they go back to school ✓ Share the importance of nutrition during meals and other activities ✓ Suggested resources for activities and nutritional information: <ol style="list-style-type: none"> 1. Your meal sponsor 2. HealthiKids.org 3. ChooseMyPlate.org 4. LetsMove.org 5. firstbook.org 6. Your local public library 7. Invite a local chef, farmer, nurse, or doctor to speak to youth 	<p>Hand Washing</p> <ul style="list-style-type: none"> ✓ Staff washes their hands first, and then monitors children washing their hands ✓ Have more than one hand washing station available onsite, especially if there is no permanent washroom near by <p>Meal Service</p> <ul style="list-style-type: none"> ✓ Make sure the designated serving area is properly clean and neat ✓ Store all cleaning materials away from food service and storage ✓ Handle food and packages carefully so that food items don't mix or look messy ✓ Adults handling food should maintain a high degree of personal cleanliness and should conform to good hygiene practices during all work periods ✓ Adults serving food should wear clean outer garments 	<p>Proper Supervision</p> <ul style="list-style-type: none"> ✓ Designate an onsite "Summer Meals" point person ✓ A minimum of one or more staff to every 15 children is appropriate and helps to promote safety ✓ All children are in close proximity to staff ✓ Staff is positioned to see all children at all times <p>Training</p> <ul style="list-style-type: none"> ✓ All staff have been properly trained according to the Summer Meals Orientation requirements ✓ "Summer Meals" point person effectively communicates with sponsor ✓ Interact with children at your site in a positive and encouraging manner. ✓ Staff doesn't let personal taste preferences impact youth choices
DESIRED	<ul style="list-style-type: none"> ✓ Explain the importance of healthy living to your youth ✓ Provide one food-related activity before each meal or snack ✓ Provide daily reminders about healthy eating throughout the summer. (For example, posters and catch phrases) ✓ Offer a reading component. A reading activity will entice more youth to stay for a healthy meal, while supporting their literacy and enjoyment. Get low cost reading materials at firstbook.org ✓ Make sure there are opportunities for physical activity at your site. Games, sports, and team building activities are all great ways to get kids up and moving 	<ul style="list-style-type: none"> ✓ Hold a youth orientation on how the meal service will be conducted each day, from start to finish ✓ Allow enough time for kids to calm down before eating and plenty of time to eat once meals are served ✓ Set up a sharing table so that YOUTH (only) are able to share parts of the meal that would otherwise go to waste ✓ Place meals on the service table in a neat and organized way so they are inviting and it is easy for youth to make their choices. 	<ul style="list-style-type: none"> ✓ Staff knows how to find other meal sites using 2-1-1 and the Summer Meals site list ✓ Staff sits and interacts with children during meal times ✓ Staff encourages children to try all meal components, especially foods that are new to them ✓ Offer seconds if extra meals are available
INSPIRED	<ul style="list-style-type: none"> ✓ Hold a fruit and vegetable tasting to introduce children to new types of food ✓ Visit or start a community garden where kids can learn about healthy foods ✓ Bring in speakers that talk about healthy living and the importance of nutrition 	<ul style="list-style-type: none"> ✓ Positive messages about eating healthy are displayed throughout the eating area (for example: posters, colorful pictures of fruits and vegetables) ✓ The Summer Meals logo is displayed in the eating area 	<ul style="list-style-type: none"> ✓ Staff asks youth how they like their meal each day ✓ A menu board is displayed that makes youth feel that the meal they are being served is special, each day ✓ If children share feedback about the food, the staff and site supervisor communicate it back to the sponsor