



Show Me Summer Food

Volume I, Issue I

Fall 2009

Welcome New 2009

SFSP Sponsors!

- Belton School District#124
- Bernie R-XIII
- Beyond Housing
- Boonslick Heartland YMCA
- Chillicothe R-II
- Doniphan R-I
- Elsberry School District
- First Baptist Church, Clinton
- Fredericktown R-V
- Gainesville R-V
- Gorin R-III
- Guadalupe Center
- Housing Authority of St. Louis County
- Jefferson City Public Schools
- Louisiana R-II
- Marion County R-II
- Marionville R-XI
- North Central MO College
- Otterville R-VI
- Pettis County R-I
- Plato R-V
- Powerhouse Community Development Corporation
- Putnam County R-I
- Second Harvest of Greater St. Joseph
- Seneca R-7
- Stockton R-I
- Success R-VI
- Third Presbyterian Church, St. Louis
- University of Missouri Extension-Daviess/Caldwell County
- University of Missouri Extension-Douglas County
- Warrensburg R-VI

A Big Thank You

Now that summer is over, it's time to reflect on the 2009 Summer Food Service Program (SFSP). The state SFSP team would like to take this opportunity to thank the 264 sponsors for your hard work and efforts from your staff in administering successful programs across Missouri. Over 4 million meals were served to low-income children this summer through 881 SFSP sites. We are always impressed with the creativity and commitment of our local partners to serve as many children as possible. In this newsletter we are highlighting sponsors from each region to illustrate the diversity of the programs

serving children across the state.

As we start gearing up for the 2010 season, we are mindful of the children that are not being served. Many low income children still face a summer of food insecurity and families miss out on an important resource to stretch their food dollars.

As you review last year's SFSP ask yourself if there is a way to reach more children through increasing sites or increasing the number of days of the program as children may be going hungry until school starts up again in the late summer.



We are honored to work with our local partners and look forward to working with you again next summer!

Susan White
Associate Chief

Who Benefits From the Summer Food Service Program?

Children	Have nutritious meals when school is out.
Parents	Stretch food dollars and know children are receiving healthy meals in a supervised environment.
SFSP Staff	Have summer employment.
Organizations	Receive funds to provide meals for already scheduled programs from summer school to sports activities
Communities	Provide safe places for children to go to be with other children and with supportive adults.

Guadalupe Center Takes the Farm

Guadalupe Center was a new SFSP sponsor this summer. Although they



were new to the SFSP, Guadalupe Center has been active in the Child and Adult Care Food Program (CACFP) by serving two at-risk sites and a child care

center during the school year, which is also administered by the

Missouri Department of Health and Senior Services (DHSS). During the summer, one of the summer feeding sites, Plaza de Ninos, participated in the Bistro Kids Farm to School program. The program partners with local farmers and food producers to improve the health of children through the consumption of fresh fruits and vegetables, whole grains, grass fed meats and hormone free

milk. Children participated in hands-on learning experiences.

The Guadalupe Center is the longest continuously operating organization serving Latinos in the United States since 1919. Guadalupe Center operated three sites which served 10,304 breakfasts and 10,573 lunch meals in the Kansas City metropolitan area. Congratulations on your first year!

*Dana Troxel, R.D.,L.D.
Nutrition Consultant*

Children who receive adequate nutrition during the summer return to school in the fall healthy and ready to learn.

“Simply put, no one should go hungry in America.”

Tom Vilsack, Secretary of the United States Department of Agriculture

Operation Excel: A Summer Full of Opportunities

Housing Authority of St. Louis County-Operation Excel was a new SFSP sponsor in 2009 and was bubbling with enthusiasm and zest. As a result, it was a place children wanted to be and the number of participants for the summer of 2009 doubled what was anticipated during planning.

The meals were catered and were delivered hot. An example of one of the mouth-watering menus included chicken wings, new potatoes with cheese, dinner rolls, mandarin oranges and chilled milk served outside on covered picnic tables. During my visits, the children were observed requesting seconds and there was no plate waste.

Operation Excel offers a variety of academic enrichment and recreational activities in a safe environment to enrich the lives of their participants. Exciting activities included arts and crafts, educational field trips, modern dance, drum line and storytelling for the tots. Staff included young adults between the ages of 18-24 who were working on building leadership qualities and community service.

The combination of fun activities and nutritious meals made this a popular summer site. The children's enjoyment was evident from the expressions that showed on their faces.

*Tracy Reese-Okosi
Nutrition Consultant*



City of Caruthersville: Fresh Ideas for Commodities

Karen Meeks, with the City of Caruthersville, began with the Summer Food Service Program (SFSP) in 1988. She co-directs the SFSP along with Gwyn McDowell. Each year Ms. Meeks strives to reach as many children as possible with nutritious meals. She utilizes the United States Department of Agriculture (USDA) commodities and tries to be innovative with their use. In past program years, Ms. Meeks has served items such as commodity hamburger meat made into tacos, “always lots of dried, frozen and canned fruits,”

vegetables and trail mix.

Ms. Meeks and Ms. McDowell provide children with a wide variety of foods. This year, Ms. Meeks and Ms. McDowell served a vegetarian meal. The meal consisted of black beans, cheese lettuce, corn, topped with salsa. Milk and corn chips were added to make a nutritious and creditable meal. The cheese, corn and salsa were part of the commodity package.

Next year, Ms. Meeks and Ms. McDowell are going “green.” To start the green theme, the pair plans

to reduce the amount of Styrofoam use. The Styrofoam is used to package foods for distribution to the children. Packaging made from biodegradable products and partly recycled plastic will be used in place of the Styrofoam. Also, they are on the lookout for eight ounce cartons of milk that meet their green theme. A new food item they plan to serve next year is oven ready sweet potato fries.

*Debra Birkehan, RD
Nutrition Consultant*



Branson School District: You Grow!

The Branson School District Summer Food Service Program is all about growing. The summer of 2008 was the school's first year with the Summer Food Service Program, with two schools participating. For the summer of 2009 the high school was added to the contract, serving only breakfast. This increased the number of meals served by 41 percent.

Jill Morey, the food service director of Branson School District, credits the quality of the high school breakfast for the growth in

participation. However, the total lunch participation, excluding the high school, increased by 22 percent. Jill is hoping to increase participants next summer by serving lunch at the high school and possibly reaching more children by serving meals at a church and a community building.

During the summer of 2008 the children were so happy to receive Summer Food Service Meals that they wrote thank you notes to the cafeteria staff.

What follows are some of the children's notes.

*Susan Barr
Nutrition Consultant*

Dear Lunch lady,
Thanks for breakfast and lunch. How do you make the food so good? I like the food a lot. I like biscuit you gave a lot. I like it when you are nice to me.

From, Eric

Dear Cafeteria people,
I like the food that you make. It is good. What if you run out of food? What will happen if thare (sic) is only summer school? I ask a lot of questions.

From, Savannah

**Dear lunch people,
Thank you for
cooking us lunch. Do
you like your job?
Do you want to hear
one of my jokes?
Why did the gum
cross the road?
Because it was stuck
on the chicken's foot.**

Sincerely, Kasey

Serving Reimbursable Meals During an H1N1 School Dismissal

If a school dismisses because of an outbreak of the H1N1 flu, Local Education Authorities (LEAs) and Community Organizations will be able to offer reimbursable meals in non-congregate settings under special provisions of the SFSP. Since no duplication of coverage is allowed, LEAs and Community Organizations are encouraged to work together to ensure meals are provided to students in the event of a school closure.

For more information, visit the SFSP Web site at: www.dhss.mo.gov/sfsp.



CHEF FOR THE DAY

SFSP Sponsor Ozark Food Harvest partners with the Springfield chapter of the American Culinary Federation to offer "Chef for a Day" at their summer feeding sites. Pictured are "Chef for a Day" participants learning how to prepare healthy meals at the Springfield Community Center.

Powerhouse Community Development Center: It Doesn't Stop There

Powerhouse Community Development Corporation was founded in January 2009 in Marshall. The main founder, Rev. Charles Stephenson, collaborated with area churches and civic organizations to offer several youth programs this summer in a safe, structured environment. The summer sites were free to all children who enrolled. There was an upper limit restricting enrollment to allow for sufficient

supervision.

Encouraging better nutrition habits was one of the goals of Powerhouse. During the summer of 2009, three sites offered breakfast and lunch, funded by the Summer Food Service Program. Powerhouse was also able to offer suppers through private donations from area businesses and civic organizations.

Seeing the need for afterschool care,

Powerhouse has plans to expand and offer an After School, At-Risk site with support from the Child & Adult Care Food Program.

Thanks to Powerhouse and their community partners, many economically disadvantaged children in Marshall had a safe environment and nutritious meals during the summer.

*Susan Friese
Nutrition Consultant*

Friends, Food and Fun!

Offering activities for children to enjoy in addition to healthy meals is a great way to improve participation. The Oregon Hunger Task Force's Summer Food Guide, <http://oregonhunger.org/sfguide/>, has lots of great ideas for activities big and small.



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Visit us on the web!
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Ideas Wanted

We know you have success stories...why not share them? We'd love to include your innovative ideas for food, service and promotion. Contact the SFSP team at 888-435-1464 or at SFSP@dhss.mo.gov.



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