

# 2016 Summer Food Service Program Newsletter

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February 2016

## Inspire, Educate and Collaborate

### Save the Date!!

2016 SFSP Roundtables

September 22 - Independence  
September 27 - Lake Ozark  
September 28 - Springfield  
September 29 - Cape Girardeau  
September 30 - St. Louis

Watch your email for more information and registration to come.

<http://health.mo.gov/living/wellness/nutrition/foodprograms/sfsp/>



Students at Putnam County R-I School District eating breakfast in their classroom, prior to the start of their day during the Summer Food Service Program.

## BREAKFAST IN THE CLASSROOM

By Sarah Bradshaw, Food Service Director, Putnam County R-I School District

Breakfast is critical to learning and health, but many of our children started the school day hungry. The priority of Putnam County R-I School District is to ensure that all students perform well in school and learn the skills necessary to become successful in life. During SFSP we tested breakfast in the classroom, which was so successful that we implemented the program for our regular school days. Children who eat a nutritious breakfast have improved classroom performance, better test scores and grades, increased ability to concentrate and focus, as well as decreased disciplinary issues, tardiness and visits to the nurse. Implementing breakfast in the classroom is an investment in our children's education.

Our students now start the school day alert, well fed and ready to learn. Many children find that they and their parents are too rushed in the morning to prepare something to eat. Others are not hungry until they have been awake for several hours, some are not

willing to give up playground time, and some families simply do not have enough food at home for a morning meal. No matter what the reason, students who do not eat breakfast are often hungry by the time school begins, and this can negatively affect their behavior and concentration.

Nutritious breakfasts are packed in insulated bags and labeled by classroom. Student monitors roll the bags to their classroom and distribute breakfast to each desk. Students eat while the teacher begins the typical morning routine of taking attendance, reading announcements, conducting the lunch count, collecting homework and reviewing lesson plans. Breakfast has become part of our student's daily routine which takes only 10-15 minutes at the beginning of the day.

This enhancement to our breakfast program has dramatically increased our participation from 30% to 98%.

## SFSP Outreach Ideas

Below are some ideas to help you be creative with your program and how to make your SFSP successful.

- ❖ Invite unique guests such as a magician, grandparent, or favorite teacher to spark interest in your program. You could have activities such as magic shows, storytelling and arts and crafts.
- ❖ Feature fun and exciting meals like barbeques or lunches served on Frisbees.
- ❖ Ensure kids stay for both breakfast and lunch by keeping them occupied with activities that encourage physical fitness, nutrition and learning.
- ❖ Partner with local groups, such as Kiwanis, Lions Club, local health department, PTA/PTO, senior centers, VFWs, Boys & Girls Clubs, YMCAs, A+ Program and community colleges.

## How do you reach your children?



**Think about  
Twitter,  
Facebook,  
Instagram, &  
Activities for  
families**

### Kick-Off Events

Health Fair - have medical professionals available to give families advice and tips on staying healthy in the summer time.

Stretching Exercises - get families active with easy exercises to get their blood pumping and their stomachs ready for summer meals!

Family Day at the Park - have informational booths promoting SFSP, face painting, inflatable jumper, arts and crafts, music and other activities centered on good nutrition and wellness.

<https://bestpractices.nokidhungry.org/free-summer-meals-kids>

*Looking for new ways to mix up your cold lunch menu!  
See our sample menu below.*

### Cold Menu Items:

- Chicken and broccoli pasta salad with Caesar dressing—can add in fresh carrots, spinach, and tomatoes.
- Chicken Salad made with Greek yogurt, celery, grapes, apples, pecans, etc.
- Mini Pizza Pies- tostado crust or tortilla layered with refried beans, mashed avocado, cheese, lettuce, tomato, olives, etc.
- Cheese Tortellini Salad with boiled eggs and mixed vegetables (tomatoes, carrots, broccoli, cucumbers). Mix in Italian dressing.
- Whole Wheat tortilla with peanut butter and banana slices with a hint of honey and yogurt on the side.
- Black Bean and Corn Salsa (made with tomatoes, onion, cilantro, bell peppers, corn, beans, and seasonings) served with baked tortilla chips and grated cheese.
- Pita Pizza- Includes marinara sauce, shredded cheese, and ham chunks, pepperoni, or Canadian bacon.
- Sushi Rolls- can include (cooked) crab meat, shrimp, avocado, carrots, cucumbers, cream cheese, etc.

### Sample Cold Lunch Weekly Menu

Milk Strawberries Chicken and Broccoli Pasta Salad Caesar Dressing	Milk Fresh Blueberries Cucumber slices Tostado w/ Refried Beans, Mashed Avocado, Shredded Cheese, Lettuce & Tomatoes	Milk Grapes Cheese Tortellini Salad w/ Boiled Egg & Raw Broccoli & Carrots Italian Dressing	Milk Orange Slices Carrot Sticks Pizza Pita Pockets w/ Marinara Sauce, Shredded Cheese, & Canadian Bacon	Milk Peach Slices Celery Sticks Black Bean and Corn Salsa w/ Baked Tortilla Chips
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### MO Farmers Market Directory

**Columbia Farmers' Market**  
1701 W. Ash St.  
(573) 823-6889

**Sedalia Area Farmers' Market**  
109 W. Main St.  
(660) 281-7244

**Wildwood Farmers' Market**  
220 Plaza Dr.  
(636) 686-0005

**Boone County Farmers' Market**  
1005 W. Worley St.  
(573) 220-5961

**Historic Souard Farmers' Market**  
730 Carroll St.  
(314) 622-4180

**DeSoto Farmers' Market**  
1004 Rock Rd.  
(636) 586-4570

**Lebanon Farmers' Market**  
N. Jefferson Ave.  
(417) 426-5690

**Cuivre River Farmers' Market**  
170 Market Pl. Dr.  
(636) 462-2629

**Farmers House**  
23220 MO-273  
(816) 640-3276

**Ferguson Farmers' Market**  
20 S. Florissant Rd.  
(314) 324-4298

**Webb City Farmers' Market**  
555 South Main  
(417) 483-8139

**C-Street Market**  
321 E. Commercial St.  
(417) 831-6200

**Lincoln University Farmers' Market**  
1219 Chestnut St.  
(573)681-5493

**The Clayton Farmers' Market**  
8282 Forsyth Blvd.  
(314) 913-6632

**Historic Downtown Liberty**  
111 N. Water St.  
(816) 781-3575

**Arnold Farmers' Market**  
2400 Bradley Beach Rd.  
(636) 282-2380

**Greater Springfield Farmer's Market**  
2825 S. Glenstone Ave. #101  
(417) 708-1909

Farmer's market map Missouri - <http://agrimissouri.com/mo-grown/grosearch.php?Tier1=Farmers+Market>