



Summer Food Service Program



Child Nutrition Programs
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Program Bulletin

To: SFSP Sponsors
Program Reviewers

Date: June 25, 2020

From: Rhonda Biles
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Bulletin: 2020-5

Subject: SFSP June Bulletin

IN THIS BULLETIN

- **USDA Food and Nutrition Policy Memos**
- **Waivers Available for the 'regular' 2020 SFSP (as of 6/15/20):**
- **State of Alaska COVID-19 Health Mandates**
- **Child Nutrition Resources for COVID-19**
- **Farm to Summer Challenge Week**
- **Summer Meals Site Finders**
- **SFSP Training**

FNS SFSP Policy Memos: *Program changes as a result of USDA Policy Memos are to be implemented immediately. Please file this bulletin for reference, guidance, and compliance with the Summer Food Service Program. Feel free to call the Child Nutrition Programs office if you need further clarification.*

Food and Nutrition Response (FNS) to COVID-19 – The FNS Response to COVID-19 webpage (<https://www.fns.usda.gov/disaster/pandemic/covid-19>) includes disaster assistance for child nutrition programs. It has meal planning resources, policy memos, waiver information and extensions, and summaries of actions taken to ease program operations and protect the health of participants.

SP15 CACFP09 SFSP08-2020 - Child Nutrition Program Meal Service during Novel Coronavirus Outbreaks: Questions and Answers #4

This memorandum includes questions and answers intended to provide clarification to state agencies and program operators on the operation of the child nutrition programs during the novel coronavirus public health emergency.

SP20 CACFP11-2020 SFSP11-2020 – Q&A on the Nationwide Waiver to Extend Unanticipated School Closure Operations through June 30, 2020

This memorandum includes questions and answers intended to provide clarification to State agencies and Program operators as they transition from unanticipated school closure operations to traditional Summer Food Service Program (SFSP) or National School Lunch Program Seamless Summer Option (SSO) operations.

[Nationwide Waivers of Child Nutrition Monitoring - COVID-19: Child Nutrition Response #30](#)

Response #30 extends the onsite monitoring requirement waiver through August 31, 2020. This waiver does not waive the monitoring requirements but rather allows for monitoring to take place offsite through a remote review. The above Nationwide link also provides access to the subsequent policy memos related to the sponsor and state agency waivers of child nutrition monitoring, including extensions.

[Nationwide Waiver to Allow Meal Pattern Flexibility – COVID-19 Child Nutrition Response #26](#)

– Response #26 extends the requirement to meet meal pattern requirements during the public health emergency. The extension is through July 31. The State Agency strongly encourages program operators to maintain and meet the nutrition standards to the greatest extent possible. [COVID-19 Child Nutrition Response #24](#) issued May 11, 2020 extended this waiver to June 30, 2020.

Waivers Available for the ‘Regular’ 2020 SFSP

Below is a list of special SFSP meal service conditions and the applicable waives, and a list of waivers that are available to sponsors during the ‘regular’ SFSP 2020 season as a result of the Novel Coronavirus. Please contact the State Agency with any questions, or if you would like a waiver sent to you.

SFSP MEAL SERVICE CONDITIONS

- ‘Grab and go’ meals and meals consumed offsite – Sponsors must have an approved **non-congregate waiver** if they have sites that are serving ‘grab and go’ meals and for any meals that are consumed offsite.
- Meal delivery – Sponsors must have an approved **non-congregate meal waiver with delivery option checked**. Note that parents must opt-in and sponsors must describe the process in place that will ensure meals are delivered only to households where parents have opted in for meal delivery.
- Distribution of multiple meals during a single meal service – If sites are serving more than one meal at a time, and for multiple days then sponsors must have an approved **non-congregate waiver** and an approved **meal service time waiver**
- Parent/Guardian Meal Pick Up – If a parent or guardian is picking up meals and taking them home to their children then the sponsor must have an approved **non-congregate waiver** and an approved **parent/guardian pick-up waiver**. Sponsors will need to describe the process in place that ensures that meals are distributed only to parents or guardians of eligible children, and that duplicate meals are not distributed to any child.
- Difficulties meeting SFSP meal pattern – For sponsors that are having difficulties meeting the SFSP meal pattern requirements as a result of food shortages or delivery issues as a result of COVID-19, sponsors may elect to apply for a **meal pattern waiver**. Sponsors must identify the food component(s) they are not able to meet and provide a justification why the meal pattern cannot be met.

WAIVERS

- **Non-Congregate Wavier** (with delivery option) – sponsors must have this waiver if they have any sites that are serving ‘grab-and-go’ meals, if children are taking meals off-site, if any site is delivering meals, and if any site is distributing multiple meals during a single meals service. Delivery Option: If utilizing the delivery option, parents must opt-in and sponsors must describe the process in place that will ensure meals are delivered only to households where parents have opted in for meal delivery. This waiver remains in effect through August 31, 2020 ([COVID-19 Child Nutrition Response #22](#)).
- **Sponsor Onsite Monitoring Waiver** – This waiver waives the requirement that the pre-operational, 1st week and 4th week monitoring site visit must be conducted onsite and allows for the monitoring site visits to take place remotely. Please note that this waiver does not waive the monitoring requirement. It only allows for the site visits to be done remotely as opposed to onsite. This waiver remains in effect through August 31, 2020. ([COVID-19 Child Nutrition Response #30](#))
- **Parent/Guardian Meal Pick Up Waiver** – For sponsors who are serving non-congregate meals and operating under an approved non-congregate waiver, they may apply for this waiver that allows for a parent or guardian to pick up and take home meals to their children. Sponsors will need to describe the process in place that ensures that meals are distributed only to parents or guardians of eligible children, and that duplicate meals are not distributed to any child. This waiver remains in effect through August 31, 2020. ([COVID-19 Child Nutrition Response #25](#))
- **Meal Service Time Waiver** – Available to sponsors that have any sites that are distributing multiple meals during a single meal service, or that are serving meals that exceed the meal time limits ([7 CFR 225.16\(c\)\(1\)](#)). This waiver remains in effect through the 2020 SFSP year.
- **Meal Pattern Flexibility Waiver** – If sponsors are having difficulties meeting the SFSP meal pattern requirements as a result of food shortages or delivery issues as a result of COVID-19, sponsors may elect to apply for a meal pattern waiver. Sponsors must identify the food component(s) they are not able to meet and provide a justification why the meal pattern cannot be met. This waiver remains in effect until July 31, 2020. ([COVID-19 Child Nutrition Response #26](#))

State of Alaska – Health Mandates - <https://covid19.alaska.gov/health-mandates/>

The State of Alaska has issued multiple health mandates as a result of the Novel Coronavirus. Health Mandates 001 through 009, 011, 012, 013 and 016 have expired, or rescinded and are no longer valid (as of 6/22/20). Please visit the website for the most recent State of Alaska Health Mandates.

Child Nutrition Resources for COVID-19

TEAM NUTRITION –

Providing Multiple Meals at a Time During the Coronavirus (COVID-19) Pandemic

The U.S. Department of Agriculture (USDA) is working with State Child Nutrition agencies to provide safe and flexible meal service to children during the coronavirus (COVID-19) pandemic. Under nationwide non-congregate feeding and mealtimes waivers, State agencies may allow Program operators to provide more than 1 days’ worth of meals to eligible children via a single meal pick-up (by the child or the child’s parent or guardian) or delivery. The USDA Food and Nutrition Service (FNS) has released the following Team Nutrition SFSP resource in support of these efforts:

- Summer Food Service Program: Providing Multiple Meals at a Time During the Coronavirus (COVID-19) Pandemic, available at <https://www.fns.usda.gov/tn/sfsp-providing-multiple-meals-during-coronavirus>. (This is also a PDF attachment to the bulletin email – really great information! This would be good to have printed out and distributed to your site administrators!)

This new publication provides Program operators with technical assistance on the amounts of foods needed for multiple days of meals, use of “bulk” foods, best practices, and parent communication. A version of this publication for the Seamless Summer Option of the National School Lunch Program was released on May 27, 2020, and is available at <https://www.fns.usda.gov/tn/sso-providing-multiple-meals-during-coronavirus>.

Additional Team Nutrition COVID-19 publications include:

- Feeding Kids When Schools Are Closed: <https://www.fns.usda.gov/tn/feeding-kids-when-schools-are-closed>
- Child Nutrition Program Meal Service During COVID-19: Best Practices for Parent Pick-Up of Meals and Snacks: <https://www.fns.usda.gov/tn/child-nutrition-program-meal-service-during-covid-19>
- Handwashing and Cleaning Resources: <https://www.fns.usda.gov/tn/handwashing-and-cleaning-resources>. Includes photographs and illustrations, Program Operation resources, signs and mini-posters, and activity sheets for kids.

Other COVID-19 Resources for Program Operators

Food Research and Action Center (FRAC)- <https://frac.org/>

No Kid Hungry (NKH) - <https://www.nokidhungry.org/what-we-do/summer-meals>

Institute of Child Nutrition (ICN) - <https://theicn.org/prevent>

Farm to Summer Challenge Week: July 19 – 25

Hey everybody! **The 2020 Alaska Farm to Summer Challenge Week is July 19 – 25!** Get your gardening gloves on, your fishing poles ready and your harvest baskets at the ready! This is a week of supporting Alaska’s gardeners, farmers, fishermen/fisherwomen, ranchers, and dairy through experience and education.

This awesome challenge supports three main objectives:

- 1) EAT - To serve more Alaska Grown produced, harvested, or raised products in meals served at summer meal sites
- 2) PLAY - To encourage educational activities related to Alaska’s agricultural industry like taste testing local products; garden-based learning activities; or educational lessons focused on local food and agriculture.
- 3) SHARE – To connect Farms to Summer happenings at the Summer Meal Sites to the parents, communities, and across the State.

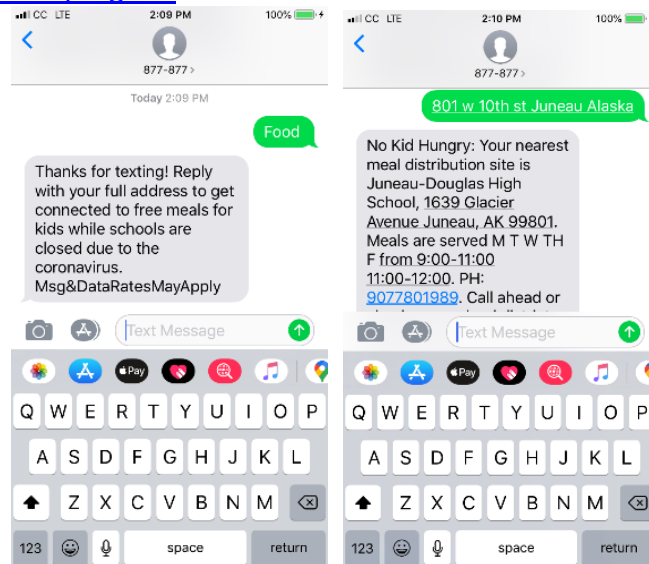
Need more information? Need some ideas to get you started? We got you covered! The Farm to Summer Toolkit is a great reference for information you can use to participate in and celebrate the 2020 Alaska Farm to Summer Campaign. The toolkit will be available soon at the following URL: <https://education.alaska.gov/cnp/alaska-farm-to-school>

We are really excited to see what sponsors come up with this year!

Summer Meals Site Finders

There are a few handy summer meal site finder resources out there. They are listed below. Share these resources with your community!

- Meals for Kids: USDA Meals for Kids Site Finder: <https://www.fns.usda.gov/meals4kids>
This is an interactive map to find directions to nearby summer food sites as well as hours of operations and contact information. Simply enter an address or place and let the website do the rest!
- No Kid Hungry / Share Our Strength texting service: to locate a summer food service program meal site near you, text “food” to 877-877. You will receive a text back asking for an address and as soon as you send that you will receive another reply that lists all of the SFSP sites near you! Screen prints are below of what the texting procedure looks like, and here is a link to the No Kid Hungry summer meals webpage which has lots of information and additional resources: <https://www.nokidhungry.org/what-we-do/summer-lunch-program>



- Summer Food Rocks website: www.summerfoodrocks.org: This website will display SFSP meal sites near the address you enter in the 2020 Summer Meals Site Finder location box. Below is a snapshot of what the website looks like showing indicators of the SFSP meal sites close to the address that was entered in the location box:

2020 Summer Meals Site Finder

Search by address or current location

Map Satellite

Juneau

Free and open to all children (18 & under)
 USDA approved sites
 These institutions are equal opportunity providers:

801 W 10th St, Juneau, AK 99801, USA has 4 sites nearby.

#1 - 0.2 miles away
Harborview Elementary
 Juneau Borough School District
[1255 Glacier Avenue Juneau, AK 99801](#)
 March 17 - May 22, 2020
 Serving on: M,T,W,TH,F
 Breakfast: 9:00-11:00 --- Lunch: 11:00-12:00
 Snack: y --- Dinner:

Other SFSP Information

Annual SFSP Training

The annual SFSP training for sponsors has already been provided by the State Agency. An all day, in-person training for all sponsors was held on February 27 in Anchorage, and then there were two distance trainings: one for all sponsors on April 21, and one for School Food Authorities only on April 16. Certificates to all participants have been issued. Please maintain a copy in your SFSP files to document the annual State Agency training requirement.

Just a reminder, sponsors who only attended the distance-delivered State Agency trainings are also required to complete the USDA Civil Rights Requirements and Child Nutrition Programs eLearning course.

- DEED eLearning webpage: <https://education.alaska.gov/elearning>

If sponsors were not available to attend the distance State Agency training, they must take the SFSP and Civil Rights eLearning courses available on the DEED website (see above link). You will need to request a new account if you don't have one already.

The SFSP training courses are:

Required

- Summer Food Program's Administration Basics
- Summer Food Program's Meal Pattern Basics
- USDA Civil Rights Requirements and Child Nutrition Programs

Recommended

Procurement Training – Procurement Plans
Procurement Training – Informal
Procurement Training – Food Service Management Companies (FSMC)

The Procurement courses are not required, but highly recommended. Sponsors are responsible for following federal purchasing rules and these courses provide a great overview if you are not familiar with federal requirements.

Available SFSP Materials

Need a food safety kit? Want some informative SFSP bookmarks or a fun Summer Food, Summer Meals flyers, placemats, or a Choose My Plate poster? We have a few of these just waiting for a new home! Contact us and we will be happy to send you what we have. Take a look here for some of the above items: <https://www.fns.usda.gov/tn/summer-food-summer-moves>. If you want it and we have it, it's yours!

Contact Information

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Commonly Used Acronyms

SFSP – Summer Food Service Program
CNP – Child Nutrition Programs
DEED – Department of Education and Early Development
WRO – Western Region Office
FNS – Food and Nutrition Services
FNSRO-Food and Nutrition Services Regional Office
USDA – U.S. Department of Agriculture

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [USDA Complaint Email](mailto:program.intake@usda.gov) (program.intake@usda.gov).

This institution is an equal opportunity provider.

Summer Food Service Program: Providing Multiple Meals at a Time During the Coronavirus (COVID-19) Pandemic



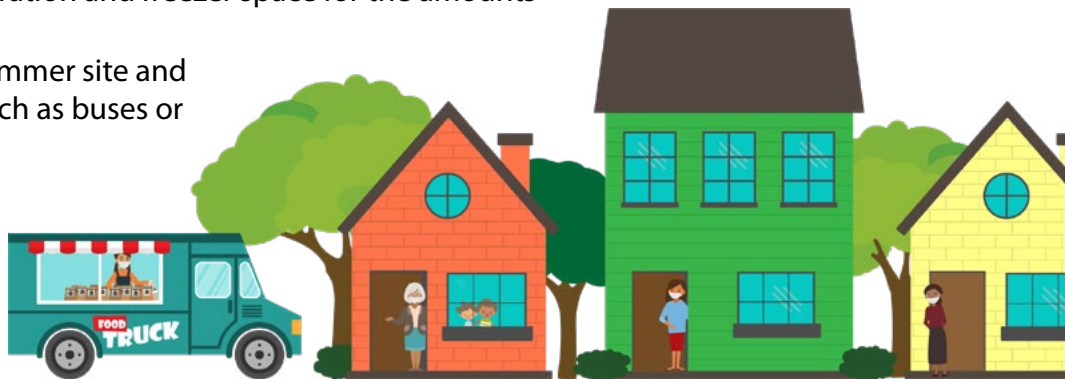
The U.S. Department of Agriculture (USDA) is working with State Child Nutrition agencies to provide safe and flexible meal service to children during the coronavirus (COVID-19) public health emergency. Under nationwide non-congregate feeding and meal times waivers, State agencies may allow Summer Food Service Program (SFSP) operators to provide more than 1 day's worth of meals to eligible children via a single meal pick-up (by the child or the child's parent or guardian) or delivery.^{1,2} For example, a summer meal site may distribute 5 days of meals on Monday morning, providing children with breakfast and lunch for the week.

What Meals and Snacks Can Program Operators Claim for Reimbursement per Child, per Day?

- Breakfast and lunch;
- Breakfast and snack;
- Lunch and snack;
- Breakfast and supper;
- Two snacks; or
- Supper and snack.

What Should Program Operators Consider When Deciding How Many Days of Meals To Provide at a Time?

- How long foods may be safely stored before eating.
- How long foods can be stored before food quality suffers.
- Participants' access to refrigeration and freezer space for the amounts of food and milk provided.
- Food storage space at the summer site and on meal delivery vehicles (such as buses or food trucks).
- Whether fewer pick-up days and times will decrease access to meals for some children.



<https://www.fns.usda.gov/disaster/pandemic/covid-19>

¹Nationwide Waiver To Allow Meal Service Time Flexibility in the Child Nutrition Programs, COVID-19: Child Nutrition Response #1, <https://www.fns.usda.gov/cn/covid-19-meal-times-nationwide-waiver>.

²Nationwide Waiver To Allow Non-Congregate Feeding in the Child Nutrition Programs, COVID-19: Child Nutrition Response #2, <https://www.fns.usda.gov/cn/covid-19/non-congregate-feeding-nationwide-waiver>.

WHAT FOOD ITEMS MAY BE PROVIDED IN BULK?

- Foods that normally credit towards reimbursable meals under the SFSP.
- Foods that are recognizable as a meal component in a reimbursable meal.
- Foods that do not require much preparation or the addition of other ingredients (aside from water) before eating.

CAN FROZEN BULK FOODS BE PROVIDED?

Yes. Frozen foods, which require minimal preparation other than heating, may be provided as part of meals if they meet meal pattern requirements. Providing foods in a frozen state may present a safe way to offer perishable foods for consumption later in the week (for example, 4 or 5 days after distribution).

Providing Foods in “Bulk” Packages

Under State-approved non-congregate feeding and meal times waivers, Program operators may provide **bulk food** items that contribute to multiple meals for children. Program operators can provide menus and instructions with the foods to communicate to children and their parents or guardians how to portion and serve foods at mealtime. For example, the Program operator could provide a half-gallon of milk, instead of multiple 8-fluid ounces (fl oz) cartons of milk, along with a menu showing that an 8 fl oz (1 cup) serving of milk is part of each breakfast and lunch meal.

During the COVID-19 public health emergency, with State-approved non-congregate feeding and meal times waivers, Program operators are not required to provide “**unitized**” meals.

MEAL PATTERN CONSIDERATIONS FOR PROGRAM OPERATORS

- How menus will be planned to:
 - provide a variety of foods within the meal components to ensure meals meet the nutritional needs of children.
 - provide no more than half of the vegetables/fruits requirement as 100% full-strength juice at lunch and supper.*
 - ensure nuts and seeds contribute no more than half of the meats/meat alternates component at meals.*
 - ensure two forms of the same fruit or vegetable are not served in the same meal (for example: an orange and orange juice, or two oranges).*
- How “extra” foods will contribute toward children’s nutritional needs.

*State agencies may grant waivers for these and other meal pattern requirements under specific circumstances. For more information, visit <https://www.fns.usda.gov/cn/covid-19-meal-pattern-flexibility-waiver>.




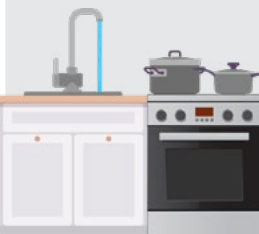

Bulk Foods

Food packages containing an amount of food that is more than what is required at a single meal under the SFSP meal patterns. A bulk food item may provide food to be eaten at more than one meal.

Unitized Meals

Meals are considered **unitized** when meal components are provided and packaged in amounts for a single meal. For example, a unitized breakfast for SFSP might include 8 fl oz (1 cup) milk, 1 serving of cereal, and ½ cup fruit.



Things To Consider When Offering Bulk Food Items	Best Practices
 <p>Parent Guardian Time and Availability</p>	<p>Offering foods that are pre-prepared and do not require cooking and chopping.</p>
 <p>Age/Developmental Abilities of the Children Served</p>	<p>Offering fruits and vegetables that are washed, cut, and ready to eat.</p>
 <p>Literacy Level of Families</p>	<p>Offering foods that require minimal preparation before they are served to children. Providing menus and instructions using pictures and in the primary language spoken at home.</p>
 <p>Access to Kitchen Appliances and Cooking Tools</p>	<p>Offering foods that do not require pots, pans, large refrigerators, knives, and other items to prepare or store them.</p>
 <p>Access to Potable Water</p>	<p>Offering foods that do not require the addition of water, cooking in water, or washing before eating.</p>
 <p>Food Safety Risk</p>	<p>Offering foods that are pre-washed or pre-cooked. Providing food safety instructions using pictures and in the primary language spoken at home.</p>

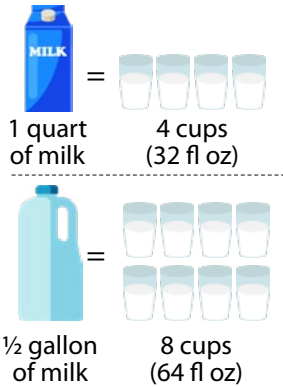
Food Amounts

The chart on pages 4-6 shows the minimum amount of foods needed to meet meal pattern requirements for breakfast and lunch when providing 3, 4, or 5 days' worth of meals and snacks. Note that the amount of foods needed to meet meal pattern requirements does not always equate to common can and container sizes available on the retail market. In these instances, more food than what is required would need to be provided if Program operators wish to use retail packages. Program operators would need to round up and provide the next full-size container.



Breakfast (B) and Lunch (L): Minimum Amounts of Food Needed for 3, 4, or 5-Day Distribution

This chart shows how minimum required amounts compare to container sizes commonly available on the retail market. Amounts are based on information from the Food Buying Guide for Child Nutrition Programs (<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>).



This is a common container size.

This is a common container size.

	3-day	4-day	5-day
Milk	8 fl oz		
Milk (B)	24 fl oz (3 cups)	32 fl oz (4 cups)	40 fl oz (5 cups)
Milk (L)	24 fl oz (3 cups)	32 fl oz (4 cups)	40 fl oz (5 cups)
Total Milk	1 qt plus 2 cups (48 fl oz)	0.5 gal (64 fl oz)	0.5 gal plus 2 cups (80 fl oz)
Applesauce (23-oz jar)	1/2 cup		
Applesauce (B)	0.59 jar (1.5 cups)	0.79 jar (2 cups)	1 jar (2.5 cups)
Applesauce (L)	0.59 jar (1.5 cups)	0.79 jar (2 cups)	1 jar (2.5 cups)
Total Jars (23-oz jars) of Applesauce	1.18 jars (3 cups)	1.58 jars (4 cups)	2 jars (5 cups)
Fruit Juice	Serving amount varies		
Juice, 100% full-strength (B)	Breakfast: 1/2 cup (4 fl oz)		
	12 fl oz (1.5 cups)	16 fl oz (2 cups)	20 fl oz (2.5 cups)
Juice, 100% full-strength (L)	Lunch: 3/8 cup (3 fl oz)		
	9 fl oz (1.13 cups)	12 fl oz (1.5 cups)	15 fl oz (1.88 cups)
Total Juice	21 fl oz (2.63 cups)	28 fl oz (3.5 cups)	35 fl oz (4.38 cups)
Canned Peaches (16-oz can)	1/2 cup		
Peaches, Sliced (B)	0.94 can (1.5 cups)	1.25 cans (2 cups)	1.56 cans (2.5 cups)
Peaches, Sliced (L)	0.94 can (1.5 cups)	1.25 cans (2 cups)	1.56 cans (2.5 cups)
Total Cans (16-oz cans) of Peaches	1.88 cans (3 cups)	2.5 cans (4 cups)	3.12 cans (5 cups)
Canned Pears (15-oz can)	1/2 cup		
Pears, Halves (B)	0.85 can (1.5 cups)	1.14 cans (2 cups)	1.42 cans (2.5 cups)
Pears, Halves (L)	0.85 can (1.5 cups)	1.14 cans (2 cups)	1.42 cans (2.5 cups)
Total Cans (15-oz cans) of Pears	1.7 cans (3 cups)	2.28 cans (4 cups)	2.84 cans (5 cups)

Reminder
Remember, under SFSP meal pattern requirements, pasteurized 100% full-strength juice may only be used to meet up to half of the vegetables/fruits requirement at lunch and supper.

Reminder
Providing a variety of foods can help children get important nutrients. Look for ways to balance the use of bulk foods with this best practice of providing variety during the week.

Reminder
Round up when the amount needed is only part of a can. For example, provide 4 full cans if the amount needed is 3.12 cans.

	3-day	4-day	5-day
Frozen Strawberries (16-oz bag)	½ cup		
Strawberries, Sliced, Sweetened (B)	0.85 bag (1.5 cups)	1.13 bags (2 cups)	1.41 bags (2.5 cups)
Strawberries, Sliced, Sweetened (L)	0.85 bag (1.5 cups)	1.13 bags (2 cups)	1.41 bags (2.5 cups)
Total Bags (16-oz bags) of Strawberries	1.70 bags (3 cups)	2.26 bags (4 cups)	2.82 bags (5 cups)
Canned Green Beans (15-oz can)	½ cup		
Green Beans, Cut, Drained, Heated (L)	1.20 cans (1.5 cups)	1.60 cans (2 cups)	2 cans (2.5 cups)
Total Cans (15-oz cans) of Green Beans	1.20 cans (1.5 cups)	1.60 cans (2 cups)	2 cans (2.5 cups)
Frozen Broccoli (16-oz bag)	½ cup		
Broccoli, Florets (L)	0.43 bag (1.5 cups)	0.57 bag (2 cups)	0.71 bag (2.5 cups)
Total Bags (16-oz bags) of Broccoli	0.43 bag (1.5 cups)	0.57 bag (2 cups)	0.71 bag (2.5 cups)
Frozen Green Beans (16-oz bag)	½ cup		
Green Beans (L)	0.52 bag (1.5 cups)	0.69 bag (2 cups)	0.86 bag (2.5 cups)
Total Bags (16-oz bags) of Green Beans	0.52 bag (1.5 cups)	0.69 bag (2 cups)	0.86 bag (2.5 cups)
Bread, Whole Grain-Rich (20-oz loaf)	1 slice		
Bread, Whole Grain-Rich (B)	3 slices	4 slices	5 slices
Bread, Whole Grain-Rich (L)	3 slices	4 slices	5 slices
Total Loaves (20-oz loaf) of Bread	0.3 loaf (6 slices)	0.4 loaf (8 slices)	0.5 loaf (10 slices)
Canned Black Beans (15.5-oz can)	½ cup		
Black Beans (L)	1 can (1.5 cups)	1.35 cans (2 cups)	1.69 cans (2.5 cups)
Total Cans of (15.5-oz cans) Black Beans	1 can (1.5 cups)	1.35 cans (2 cups)	1.69 cans (2.5 cups)
Canned Refried Beans (16-oz can)	½ cup		
Refried Beans (L)	0.85 can (1.5 cups)	1.13 cans (2 cups)	1.41 cans (2.5 cups)
Total Cans (16-oz cans) of Refried Beans	0.85 can (1.5 cups)	1.13 cans (2 cups)	1.41 cans (2.5 cups)

This is a common container size.

This is a common container size.

Reminder

Always round up to the next full-size container. For example, if the amount needed is 1.14 cans of tuna, provide 2 full cans.

This is a common container size.

Reminder

Offering yogurt for 4 days allows you to provide a 32-oz container without any extra. If you want to offer yogurt for 5 days, you could provide one 32-oz container plus one 8-oz container of yogurt.

	3-day	4-day	5-day
Canned Tuna, Chunk Style (6-oz can)	2 oz		
Tuna (L)	1.14 cans (6 oz)	1.52 cans (8 oz)	1.9 cans (10 oz)
Total Cans (6-oz cans) of Tuna	1.14 cans (6 oz)	1.52 cans (8 oz)	1.9 cans (10 oz)
Yogurt, Commercially Prepared (32-oz container)	8 oz		
Yogurt (L)	0.75 container (24 oz)	1 container (32 oz)	1.25 containers (40 oz)
Total Containers (32-oz containers) of Yogurt	0.75 container (24 oz)	1 container (32 oz)	1.25 containers (40 oz)
oz = ounce; oz eq = ounce equivalent; fl oz = fluid ounces; qts = quarts; gal = gallons			

Food Quality

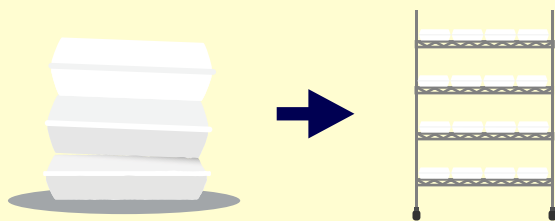
Distributing 3, 4, or 5 days of meals may present food quality challenges. Below are some tips to consider:



For sandwiches and wraps, package bread separately from sandwich fillings and provide instructions on how parents, guardians, and older children can assemble the sandwiches at mealtime.



For pre-made salads, package dressings separately from salad greens and provide instructions on how to dress the salad at home.



Avoid stacking meals to prevent damage. Large rolling carts can help transport meals in single layers around the distribution site.

Documentation of Meal Components

When providing multiple meals at a time, Program operators must continue to maintain documentation and menu records that show the served meal components and quantities. Program operators must keep supporting menu documentation, such as labels, recipes, and manufacturer specifications in accordance with Program regulations.

Meal Accommodations

Program operators must continue to provide reasonable modifications to Program meals or the meal service to accommodate children with disabilities.

Food Safety

When providing meals, Program operators are encouraged to help parents and guardians identify which foods require refrigeration, cooking, or heating for food safety. Examples of strategies include:

- Labeling foods that require refrigeration or freezing.
- Providing a list of foods that require refrigeration, freezing, and heating.
- Sorting foods into two different bags prior to distribution—one for refrigerated and frozen foods and another for shelf-stable foods.
- Planning menus that show the use of more perishable foods earlier in the week and frozen or shelf-stable foods later in the week.

In addition, Program operators are encouraged to remind parents and guardians to:

- Wash hands with soap and warm water for at least 20 seconds before preparing or handling food.
- Wash dishes, utensils, tables, and counter tops with hot, soapy water before and after eating food.
- Refrigerate or freeze meals and milk immediately after pick-up or delivery.
- Set home refrigerator temperatures to 40 °F or below, and home freezers to 0 °F or below.
- Eat perishable food (e.g., prepared chicken, cooked pasta, etc.) earlier in the week. Eat shelf-stable or frozen meals (e.g., nut butter, canned foods, and frozen foods) later in the week.
- Reheat prepared foods, like cooked chicken and cooked hamburger patties, to an internal temperature of at least 165 °F for at least 15 seconds. Heat frozen foods according to package instructions.
- Discard leftovers and open containers/packages of refrigerated food within 3-4 days.
- Unopened containers of milk are typically safe for up to 1 week after the sell-by date. Look for signs of spoilage (for example, a bad smell) before drinking milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Eat perishable food (e.g., prepared chicken, cooked pasta, etc.) earlier in the week.			Eat shelf-stable or frozen meals (e.g., nut butter, canned foods, frozen foods) later in the week.	

For more information on food safety, visit <https://www.foodsafety.gov>.

Communicating What Makes a Meal

Program operators are strongly encouraged to provide parents and guardians and older children with a list of the items they are receiving, and menus showing which foods, and how much of each food, should be served at each meal. When possible, Program operators should provide this information in multiple languages and use visual aids, such as pictures. See examples on pages 8-12.











Sample Parent Communication To Accompany Meals (5 Days of Breakfasts and Lunches)

What's Inside?

These bags include meals for your child. They include foods for 5 breakfast and 5 lunch meals.

Cold Bag:



- 1 Half-Gallon and 1 Quart Low-Fat (1%) Milk (96 fl oz/12 cups) 
- 1 Container Baby Carrots (½ cup) 
- 1 Container Celery Sticks (½ cup) 
- 2 Single-Serve Containers of Low-Fat Ranch Dip (1 oz each) 
- Sliced Turkey (4 oz) 
- Sliced Ham (2 oz) 
- Sliced Cheddar Cheese (2 oz) 
- 1 Mozzarella Cheese Stick (1 oz) 

This amount of milk provides 12 servings of milk for your child. Each serving is 1 cup. You will have two cups of milk leftover. Your child can have the extra milk as part of a snack or at another meal.

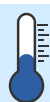


Serve half of the turkey at lunch on Day 1, and serve the remainder at lunch on Day 2.

Pantry Bag:

- 1 Apple
- 1 Orange
- 1 Plum
- 1 Can Mixed Fruit (15 oz)  after opening
- 1 Can Sliced Peaches (16 oz)  after opening
- 1 Box 100% Grape Juice (4.23 fl oz)
- 1 Box 100% Berry Juice (4.23 fl oz)
- 1 Peanut Butter or Seed Butter Packet (1.15 oz/32 grams)
- 2 Bowls Toasted O's Cereal (1 oz/28 grams each)
- 1 Bowl Corn Flakes Cereal (1 oz/28 grams)
- 1 Blueberry Muffin, Enriched (2 oz/56 grams)
- 1 Apple Muffin, Whole Grain-Rich (2 oz/56 grams)
- 10 Slices of Whole Wheat Bread (1 oz/28 grams each)
- 1 Bag Tortilla Chips, Enriched (1 oz/28 grams)
- 1 Single-Serve Salsa Cup (3.8 oz/108 grams)
- 1 Single-Serve Applesauce Cup (4 oz/113 grams)
- 3 Mustard Packets
- 3 Mayonnaise Packets
- 2 Strawberry Jelly Packets
- 10 Utensil Packets

These cans provide mixed fruit and sliced peaches for more than 1 meal for your child. See the menu for amounts for each meal. Remember to refrigerate canned fruits in a food storage container after opening the can.



Store in the refrigerator at 40 °F or below

See menus on the back of this page.

Sample Parent Communication To Accompany Meals (5 Days of Breakfasts and Lunches) - Continued

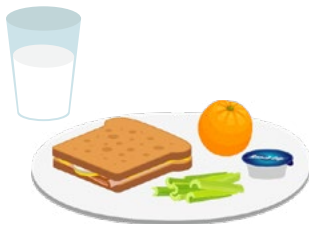
On the Menu | 5 Days of Summer Meals

Day 1 Menu



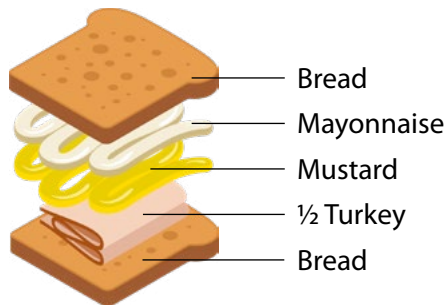
Breakfast

- 1 Cup Milk
- 1 Apple
- 1 Bowl Toasted O's Cereal^{WG}

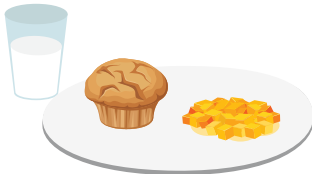


Lunch

- 1 Cup Milk
- 1 Orange
- ½ Cup Celery Sticks
- Low-Fat Ranch Dip
- 1 Turkey Sandwich^{WG}

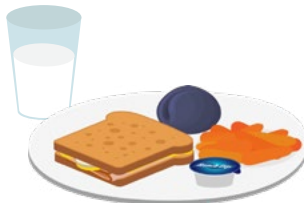


Day 2 Menu



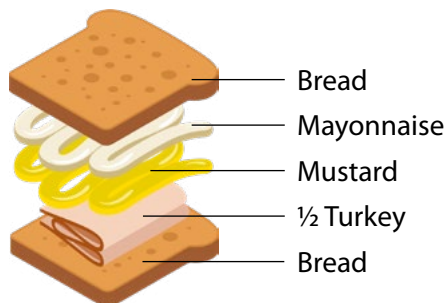
Breakfast

- 1 Cup Milk
- ½ Cup Canned Mixed Fruit
- 1 Apple Muffin^{WG}



Lunch

- 1 Cup Milk
- 1 Plum
- ½ Cup Baby Carrots
- Low-Fat Ranch Dip
- 1 Turkey Sandwich^{WG}



^{WG}Whole Grain-Rich

Program operator note:

Only one serving of grains is required at lunch. In this sample menu, an extra serving of grains is included for lunch on 4 days. Day 5 includes two extra servings of grains at lunch. These extra grains are due, in part, to the use of two slices of bread for sandwiches and help meet the nutritional needs of older children.

Sample Parent Communication To Accompany Meals (5 Days of Breakfasts and Lunches) - Continued

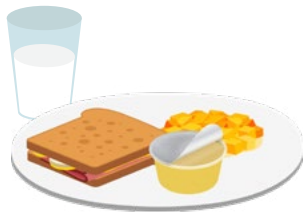
On the Menu | 5 Days of Summer Meals

Day 3 Menu



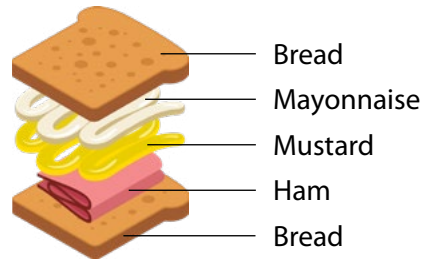
Breakfast

- 1 Cup Milk
- 1 Box Berry Juice
- 1 Bowl Corn Flakes



Lunch

- 1 Cup Milk
- ½ Cup Canned Mixed Fruit
- 1 Applesauce Cup
- 1 Ham Sandwich^{WG}

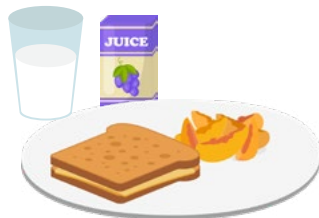


Day 4 Menu



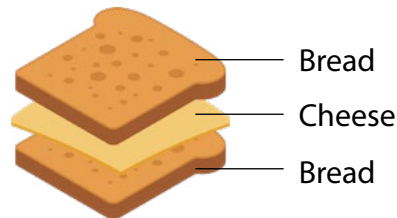
Breakfast

- 1 Cup Milk
- ½ Cup Canned Mixed Fruit
- 1 Blueberry Muffin

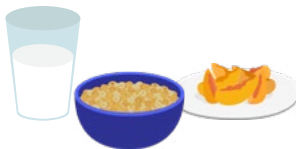


Lunch

- 1 Cup Milk
- ½ Cup Canned Peaches
- 1 Box Grape Juice
- 1 Cheese Sandwich^{WG}



Day 5 Menu



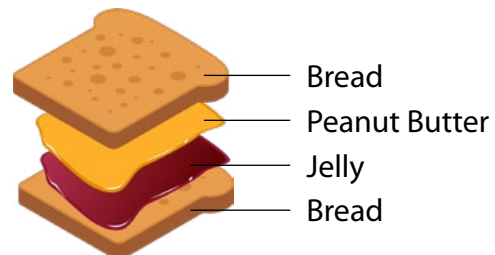
Breakfast

- 1 Cup Milk
- ½ Cup Canned Peaches
- 1 Bowl Toasted Os^{WG}



Lunch

- 1 Cup Milk
- ½ Cup Canned Peaches
- 1 Salsa Cup with Tortilla Chips
- 1 Peanut Butter and Jelly Sandwich^{WG}
- 1 Cheese Stick

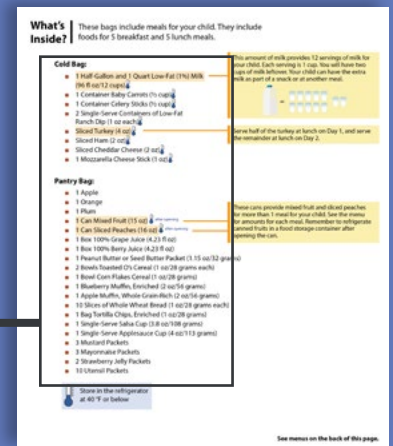


^{WG} Whole Grain-Rich

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A Closer Look

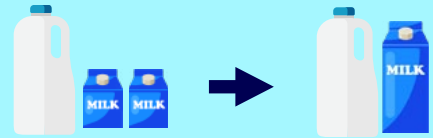
Notes for Program Operators About the Sample Meal Bags for Summer Meals



Cold Bag:

- 1 Half-Gallon and 1 Quart Low-Fat (1%) Milk (96 fl oz/12 cups)
- 1 Container Baby Carrots (1/2 cup)
- 1 Container Celery Sticks (1/2 cup)
- 2 Single-Serve Containers of Low-Fat Ranch Dip (1 oz each)
- Sliced Turkey (4 oz)
- Sliced Ham (2 oz)
- Sliced Cheddar Cheese (2 oz)
- 1 Mozzarella Cheese Stick (1 oz)

Only 1/2 gallon plus 2 cups (16 fl oz) of milk are needed to meet meal pattern requirements. However, a quart (4 cups, 32 fl oz) may be easier to distribute than two 8-fl oz cartons.



Crediting of sliced turkey can vary depending on the Product Formulation Statement or Child Nutrition label.

Pantry Bag:

- 1 Apple
- 1 Orange
- 1 Plum
- 1 Can Mixed Fruit (15 oz) after opening
- 1 Can Sliced Peaches (16 oz) after opening
- 1 Box 100% Grape Juice (4.23 fl oz)
- 1 Box 100% Berry Juice (4.23 fl oz)
- 1 Peanut Butter or Seed Butter Packet (1.15 oz/32 grams)
- 2 Bowls Toasted O's Cereal (1 oz/28 grams each)
- 1 Bowl Corn Flakes Cereal (1 oz/28 grams)
- 1 Blueberry Muffin, Enriched (2 oz/56 grams)
- 1 Apple Muffin, Whole Grain-Rich (2 oz/56 grams)
- 10 Slices of Whole Wheat Bread (1 oz/28 grams each)
- 1 Bag Tortilla Chips, Enriched (1 oz/28 grams)
- 1 Single-Serve Salsa Cup (3.8 oz/108 grams)
- 1 Single-Serve Applesauce Cup (4 oz/113 grams)
- 3 Mustard Packets
- 3 Mayonnaise Packets
- 2 Strawberry Jelly Packets
- 10 Utensil Packets

Extra fruits and vegetables are provided in these meals. Offering extra fruits and vegetables can help kids get the nutrition they need each day.

Each bowl of cereal provides an extra 1/4 cup of cereal per day. However, using 1-oz single-serving cereal bowls may be more convenient.



This example shows food for one child for 5 days. However, if you were providing food for two children in the same household, you could use other bulk products, such as 1 gallon plus 1 quart of milk (with no extra), 1 loaf of bread (20 slices), and 4 cans of fruit.

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