

SUMMER FEEDING PROGRAMS + FARMERS MARKETS

Office of School Nutrition Programs



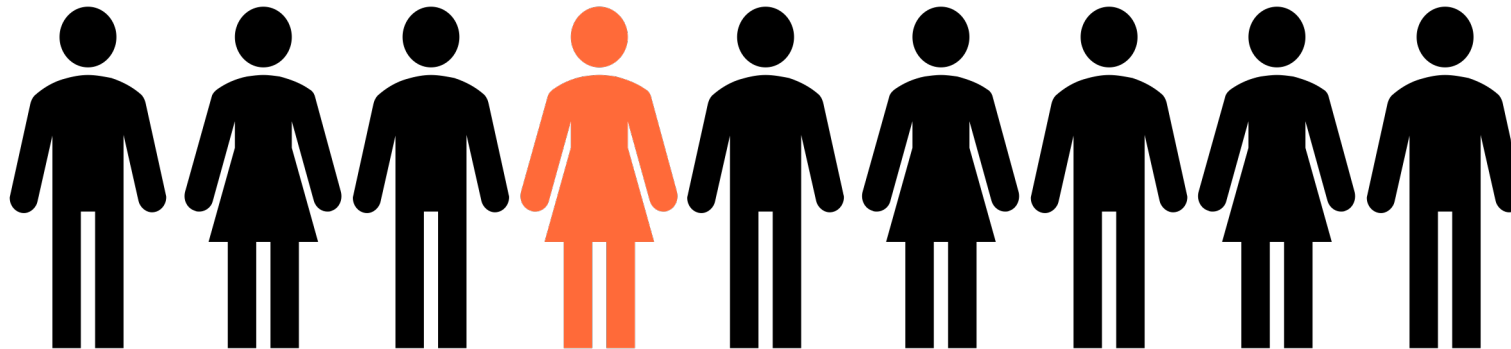
VIRGINIA DEPARTMENT OF
EDUCATION

AGENDA

- Summer Hunger in Virginia
- Overview of Summer Feeding
- Partnering Together
- Farmers Market Spotlights
- Next Steps
- Questions

Summer Hunger in Virginia

In Virginia, **1 in 9** children face hunger



Over 420,000....

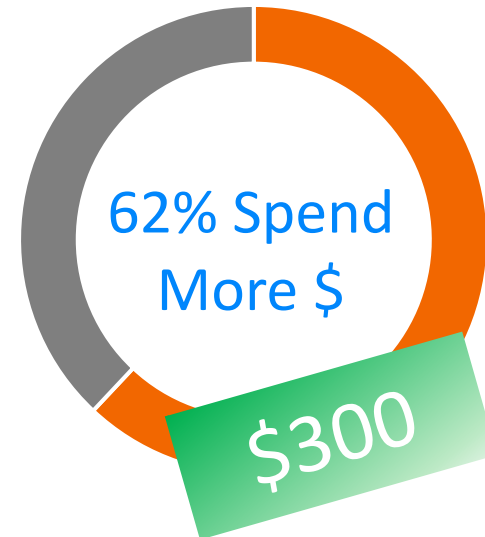
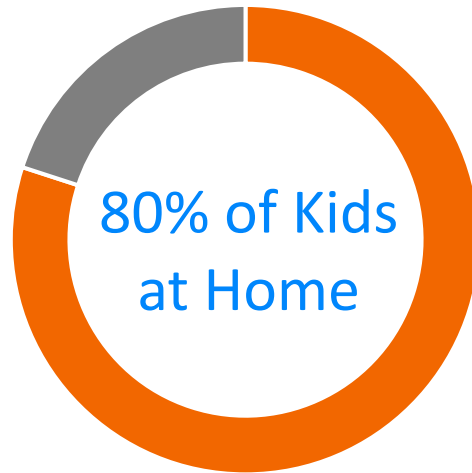
Virginia students access a free and reduced price meal on an average day during the school year

Up to 2 months...

Spent at the start of the fall refreshing course
material lost over the summer

\$300...

Extra dollars added to low-income household food expenditures when school is not in session



Approximately 15%...

of those 420,000 students access a no-cost meal during the summer months through the Summer Meals Program

Overview of Summer Feeding

What is the Summer Food Service Program?

The **Summer Food Service Program (SFSP)** is a federally funded program to ensure children and teens in low-income areas have access to nutritious meals when school is not in session, primarily during the summer months.

How Does it Work?

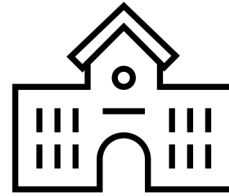


Congress

Legislates program and funding

USDA

Oversees national implementation, establishes regulations, disburses funds to the state



State Agency

Oversees implementation in the state, monitors program, disburses funds to sponsors



Sponsors

Direct meal programs, accountable for providing meals and contracts

Sites

Point of service where meals meet kids

Who are the Sponsors?

149 total summer sponsors in Virginia 2019.

Organizations with existing meal preparation/transportation experience, expertise, and equipment, such as...

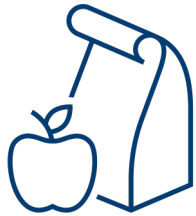
- School divisions
- Parks and Recreation Departments
- YMCAs
- Foodbanks

Where are the Sites?

Approximately 1,550 total summer sites in Virginia 2019:

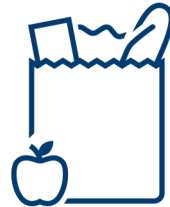
- Schools
- Community Centers
- Parks and pools
- Housing Complexes
- Churches
- Childcare Centers
- Libraries

New to Summer 2023: Non-Congregate Feeding in Rural Areas



Non-Congregate

SFSP sponsors in rural areas may operate non-congregate meal services in areas that do not have congregate meal services.



Multiple Days of Meals

*Participants may receive up to **10 days** worth of meals.*



Delivery & Pick-Up

Non-congregate meal services include home delivery and pick-up.

Harvest of the Month

September

Harvest of the Month

Sweet Bell Peppers



Illustration by Katherine McGrath, Charlottesville City Public Schools

Try Sweet Bell Peppers at Home!

Health and Nutrition

Sweet bell peppers are low in calories and an excellent source of dietary fiber.

They are also packed with healthy vitamins and minerals, including: Vitamin C, Vitamin B6, Vitamin A, Folate, Molybdenum.

Compared to green bell peppers, the red ones have almost 11 times more beta-carotene and 1.5 times more Vitamin C, and they are sweeter!

Did YOU Know ?

Green peppers are simply red, orange, yellow, or purple peppers that have not ripened.



Reading Together

Check out our featured book:
A Fruit is a Suitcase for Seeds
by Jean Richards








Cosecha de Virginia del mes

Especialidad de septiembre:
Pimientos morrones rojos



Ratatouille con pollo de granja fresco

Porciones: 8

Ingredientes:	Cantidad:
Cebolla fresca	1 mediana
Berenjena cultivada en Virginia*, fresca	1 mediana
Calabacitas cultivadas en Virginia*, frescas	2 medianas
Pimientos morrones rojos cultivados en Virginia*	4 medianos
Champiñones frescos	1 lb (450 g)
Ajo fresco	4 dientes
Aceite de oliva	2 cucharadas soperas
Pechuga de pollo, sin hueso y sin piel	2 lbs (900 g)
Tomates enlatados, en cubos	32 oz (900 g)
Perejil, seco	2 ½ cucharadas soperas
Pimienta negra, molida	2 ½ cucharaditas
Albahaca seca	2 ½ cucharaditas
Hojas secas de tomillo	2 cucharaditas
Romero fresco, cortado	2 cucharadas soperas
Sazonador sin sal	2 cucharaditas

*El programa Cosecha del mes de Virginia tiene como objetivo aumentar el consumo estacional de los productos cultivados en Virginia, pero puede utilizar ingredientes comparables si no tiene acceso a ese producto local.

Instrucciones:

1. Lávese las manos.
2. Pique finamente la cebolla y colóquela en un tazón pequeño. Corte la berenjena, las calabacitas, los pimientos rojos y los champiñones en trozos de 1/2" (1.2 cm) y colóquelos en un tazón grande. Pique el ajo y añádale al tazón de vegetales.
3. Caliente el aceite en una sartén grande o en una olla para caldos a fuego medio-alto.
4. Saltee el pollo en aceite caliente hasta que se dore el exterior, aproximadamente 3 minutos por cada lado. Lávese las manos y desinfecte las áreas de preparación de alimentos después de manejar aves crudas. En una tabla de cortar limpia, corte el pollo en cubos y regréselo a la sartén.
5. Agregue las cebollas a la sartén y cocine, revolviendo ocasionalmente durante 1-2 minutos.
6. Añada las verduras restantes. Continúe cocinando, revolviendo ocasionalmente durante unos 10 minutos.
7. Agregue los tomates enlatados y el jugo de tomate al pollo y los vegetales. Reduzca el fuego en cocción baja.

A Perfect Partnership

Increasing Access to Fresh, Healthy Food

Local food in summer meals can:

- Synch with the growing season
- Provide food literacy education
- Provide high quality meals
- Bring new clients to markets
- Put federal food dollars in local farmers' pockets



Protecting Virginia's Resources

Local food in summer meals can:

- Generate local revenue
- Create jobs
- Bring new clients to markets
- Feed children who need access to fresh, local foods
- Provide additional services to customers



Farmers Market Spotlights

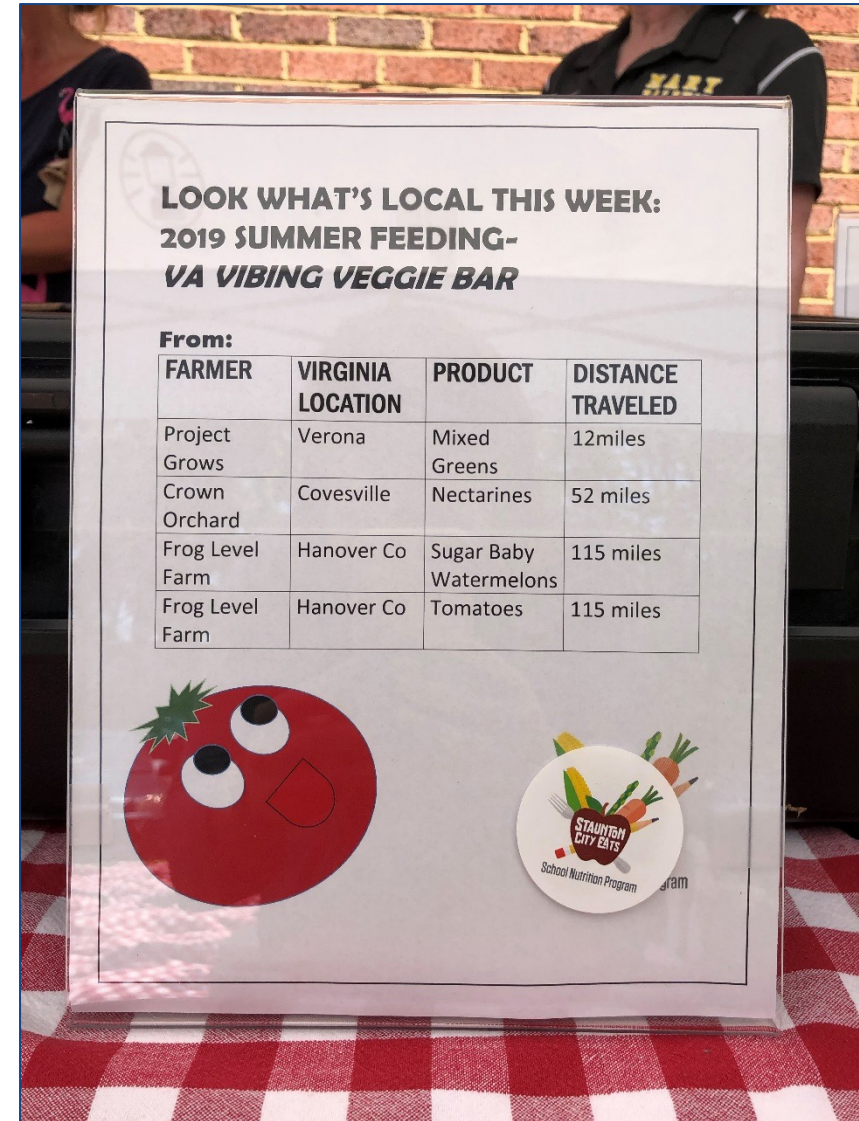
Staunton Augusta Health District

Sponsor: Staunton City Public Schools

- Access services at the WIC clinic
- Shop at the farmers market, have dollars doubled with Fresh Match
- Children receive a complimentary meal



Virginia Department of Education, Office of School Nutrition Programs







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Chesterfield County Farmers Market

Sponsor: Chesterfield County Public Schools

- Accepting SNAP this summer!
- Coordinate with vendors to highlight produce and partnering organizations to provide activities
- Lunch service by the food trucks to encourage congregation

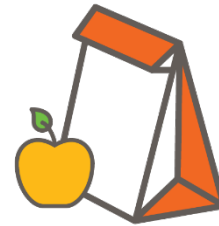
Next Steps

Opportunities to Get Involved

There is no “one-size” model for engagement in the Summer Meals Program. You can pick the option that works best for you and your community.



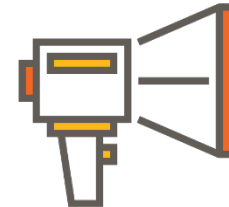
Serve a snack on-site



Serve a meal on-site



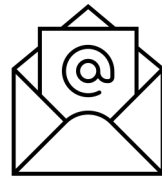
Provide enrichment off-site



Promote the program at your market

If You Would Like to be a Site

Contact Maggie Parker, the VDOE Child Nutrition Programs Coordinator!
We will verify your eligibility then connect you with a local sponsor.
Then, you will:



Correspond with a local sponsor



Sign agreement with sponsor to
become a feeding site

QUESTIONS?



Maggie Parker, MSW

Child Nutrition Programs Coordinator

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