

Summer Food Service Program

Sponsor Training Part 2:

Meal Service



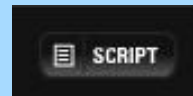
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SFSP Sponsor Training Part 2: Meal Service

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To read the script with the narration, click on the “script” icon in the lower right-hand corner.



Helpful Information

- **SFSP Administrative Guidance Manual and attachments**
- **Nutrition Guidance Manual**
- **Training PowerPoint**

Training Topics

- **Nutrition goals**
- **Meal Pattern Requirements**
- **Meal Pattern Substitutions**
- **Meal Service Requirements**
- **Offer VS Serve**
- **Reducing Waste**
- **Field Trips**

Nutrition Goals

- **Provide meals that meet the meal pattern requirements**
- **Provide meals that are appetizing to children.**
- **Ensure children receive well-balanced meals**
- **Meet the Dietary Guidelines**
- **Use Nutrition Guidance Manual as a reference**

Nutrition Goals

- **Create a positive eating environment**
- **Incorporate nutrition education**
- **Promote physical activity**

Meal Preparation

Self-prep

- **Sponsors prepare their own meal on-site or at a central location.**

Vended

- **Sponsors buy meal from a school or caterer/Food Service Management Company.**

Meal Pattern Requirements

Open/Restricted Open/Enrolled sites

- ✓ Can serve up to two meals services per day in any combination other than lunch and supper.

Camps and Migrant Sites

- ✓ Can serve up to three meals per day (any combination of breakfast, lunch, supper and snack)

School Food Authorities

- ✓ Can use the SFSP Meal Pattern; or
- ✓ Use the same menu planning system used in prior school year.
- ✓ Can implement the Offer Vs Serve Provision at all sites.

Meal Pattern – Breakfast

- ✓ **One serving of milk.**
- ✓ **One serving of a vegetable or fruit or 100% juice.**
- ✓ **One serving of grain or bread.**



A meat or meat alternate is optional.

Meal Pattern – Snacks

- ✓ **Must contain two food items.**
- ✓ **Each item must be from a different food component.**
- ✓ **Juice cannot be served when milk is served as the only other component.**

Meal Pattern – Lunch or Supper

- ✓ **One serving of milk.**
- ✓ **Two or more servings of vegetables and/or fruits.**
- ✓ **One serving of grain or bread.**
- ✓ **One serving of meat or meat alternate.**

Meal Pattern Substitutions

Food Allergies

- **Caused by the body's immune system.**
- **Most common in infants.**
- **Determination should be made whether the child's allergic condition meets USDA's definition of a disability.**

Food Intolerances

- **Do not involve the body's immune system.**
- **Not a disability.**
- **Sponsors are not required, but are encouraged, to provide food substitutions.**

Meal Pattern Substitutions (Disability)

A child whose disability restricts his/her diet shall be provided food substitutions only when supported by a statement signed by a licensed physician.

The medical statement shall identify:

- The individual's disability and why the disability restricts the child's diet;
- The major life activity affected by the disability;
- The food or foods to be omitted from the child's diet, and;
- The food or choice of foods that must be substituted.

Meal Pattern Substitutions (Medical or Dietary)

- **At the sponsor's discretion.**
- **Case-by-case basis.**
- **Supported by a medical statement.**
- **Food substitutions outside of the meal pattern are not reimbursable.**

Meal Pattern Substitutions (Dietary Preferences)

- **Sponsors are not required to make food substitutions based solely on personal or taste preferences.**
- **May accommodate, with advance notice, concerns about religious food restrictions or vegetarian meals.**

Milk Substitutions for School Programs

- **Non-dairy milk substitutions to non-disabled students who cannot consume fluid milk due to medical or special dietary needs.**
- **Written request from a medical authority or parent.**
- **Must provide a nutritionally equivalent substitute.**
- **Not intended to accommodate students who do not drink cow's milk due to taste or personal preference.**

Meal Service Requirements

- **Serve the same meal to all children.**
- **Provide meals to all children without discrimination**
- **Display menu for the week/month**
- **Display “and Justice for All” Poster**
- **Ensure that all children receive one meal before any child is served a complete second meal, or any adult meals are served.**

Meal Service Requirements

- **Adhere to local health and sanitation regulations.**
- **Make adequate arrangements for food service during inclement weather.**
- **Serve meals during the times of meal service submitted on the Site Information Sheet and approved by the State agency.**
- **If additional foods beyond the regular meal pattern are provided, ensure that they are creditable;**
- **All meals (1st and 2nd) must be served only during the approved meal service time.**

Meal Service Requirements

- **Meals served to children are to be counted as the children receive a complete meal.**
- **Meals must be counted in the correct category.**
- **Children need to remain on-site when eating their meal.**

Offer vs Serve

- **An option for all sponsors**
- **Can simplify program administration**
- **Allows children to decline some of the food offered**
- **Excluding snacks**
- **Reduces food waste and costs**

Offer vs Serve (Breakfast)

- ✓ **4 different food items must be offered**
 - **One serving of fruit/vegetable;**
 - **One serving of grains;**
 - **One serving of fluid milk; and**
 - **One additional serving of fruit/vegetable, bread/bread alternate, or a serving of a meat/meat alternate.**
- ✓ **All the food items must be different from each other.**
- ✓ **A child must take at least 3 of any of the 4 items offered.**
 - **They may decline 1 food item.**

Offer vs Serve (Lunch or Supper)

- ✓ Five different food items must be offered
- ✓ Food items must include the Four food components below:
 - One serving of meat/meat alternate;
 - Two different servings of fruit and/or vegetable (two different food items);
 - One serving of grains; and
 - One serving of fluid milk.
- ✓ A child must take at least 3 food components from the five food items offered.

Offer vs Serve (Snack)

- **No Offer vs Serve option for snacks**

Reducing Waste

- ✓ **Offer vs Serve**
- ✓ **Sharing table**
- ✓ **Leftovers**
- ✓ **Offer choices from various components**

Field Trips

- **Meals still must meet the same meal pattern requirements**
- **Sites must notify the sponsor of the field trip ahead of time**
- **Open sites MUST keep meals on-site for those children not going on the field trip**
- **A meal count form must be completed when the meals are distributed to the children.**

Field Trips

Sponsors are required to:

- **Notify, and obtain approval from, the State agency for all field trips that affect the time or location of meal service.**
- **Notify the food service vendor in advance of any trips, if applicable.**



It may be helpful for sponsors to provide a calendar of scheduled trips with the program application if trips are scheduled in advance.

Field Trips

- **Sponsors must notify the State agency of any changes to scheduled field trips.**
- **If the State agency is not notified prior to the field trip, meals served may be considered “consumed offsite” and may not be reimbursed.**
- **Sponsors must ensure the safety and quality of the meals.**

Field Trips

Sites participating in the program must arrange for:

- **Delivery if the meals are not prepared at the site; and**
- **Storing the meals according to standards prescribed by local health authorities until mealtime.**

Field Trips

If the meals are not prepared onsite, the State agency will not approve meal service at that site unless either:

- **Meals can be delivered no more than one (1) hour before the beginning of the meal service; or**
- **Proper facilities exist onsite for storing the food.**

Reminders

- **The goal of the SFSP is to provide meals that meet the meal pattern requirements and are appetizing to children.**
- **There are 2 ways to obtain meals for the SFSP.**
- **Meal patterns tells which components are required for each meal.**
- **Offer vs Serve is an option for all sponsors.**
- **Approval must be obtained for field trips and meals served must meet meal pattern requirements.**

Thank You!

SFSP Assessment & Evaluation

Credit for this training is determined by your completion of the assessment.



[Click here](#) to take the assessment.

Completing the training assessment is mandatory!