



**TEAM**  
NUTRITION  
**IOWA**



## Kids in the Kitchen

Wednesday, April 13  
1:30 – 2:30pm



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Extension and Outreach

## Webinar Overview

- Offering Activities during SFSP
  - Stephanie Dross - IDOE
- Kids in the Kitchen
  - Christine Hradek from ISU Extension and Outreach
- Kids in the Kitchen Sub-Grant Opportunity
  - Patti Delger - IDOE
- Summer Food – Summer Moves
  - Carrie Scheidel - IDOE



## Sponsor Survey



- 18% of sponsors reported that low participation rates was a barrier to operating a summer meals program
- 50% of sponsors indicated that having additional services at a site helped with the overall success of the program
  - 27% of sponsors offered post meal activities
  - 23% of sponsors offered pre-meal activities
  - 10 sponsors reported providing a book giveaway or doing a mobile library service



## Summer Site Participation



- Establish sites central to numerous activities in place at school
  - team practices, summer weightlifting, summer enrichment, and swim lessons
- Provide programs at sites
  - partnerships with 4H, Girl Scouts, County Conversation & Extension Offices, and Public Library
- Utilize incentive prizes to draw children back to the site
- Select sites that have a high population density or that are in close proximity to child serving activities
  - a swimming pool, rec facility, library
- Provide transportation to rural communities
  - Establish mobile feeding sites
  - Provide transportation to sites
  - Partner with local transit agencies



## Summer Meals & Site Activities



- Benefits of partnering Summer Meals & Site Activities:
  - Summer meals fill the nutrition gap when children lose access to the National School Lunch & Breakfast Programs
  - Summer site activities engage young minds and bodies
  - Provide children with activities in a safe environment with trusted adults
  - Encourage higher attendance at summer sites
  - Create opportunities to engage the community
  - Increase community awareness & support for the programs
  - Help children develop lifelong healthy eating habits
  - Children return to school well nourished and ready to learn

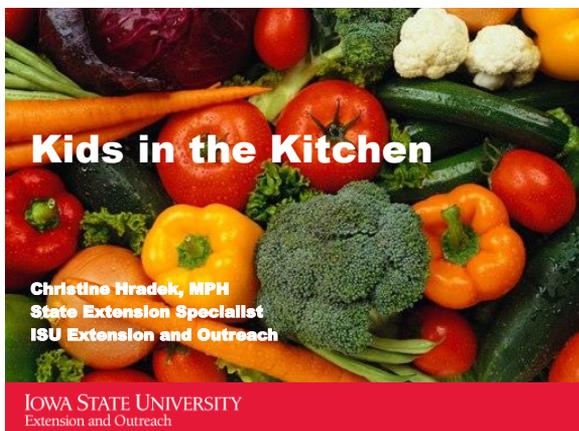


## Use of SFSP Reimbursement



- Those costs incurred by the sponsor for preparing and serving meals to eligible children
  - Cost of food, labor, nonfood supplies ...
  - Rental costs for buildings
  - Cost of transportation in rural areas
- Those costs incurred by the sponsor for activities related to planning, organizing, and administering the program
  - Application submission
  - Establishing site eligibility
  - Completing site reviews
- SFSP Reimbursement CANNOT be utilized for conducting site activities





## Kids in the Kitchen

- Adapted from the University of Missouri
- Designed for use outside the classroom
- Each lesson includes hands-on food prep
- Lessons available for free to mini-grant recipients by first week in May.

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## Ideas to Keep in Mind

- Safety first – physical safety and food allergies
- Time in the kitchen should be fun
- Things will get a little messy
- Lots of preparation and planning

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## Lesson Topics

Lesson	Objectives
Kitchen Sense	Students will recognize safety rules for working in the kitchen, recognize unsafe food preparation techniques, wash their hands properly and prepare a healthy recipe.
Food Groups	Students will identify foods from each of the five food groups and prepare a healthy snack using foods from the food groups.
Whole Grains	Students will identify foods from the Grain Group, measure ingredients correctly, prepare a healthy recipe using whole grains and practice safe cooking techniques.
Veggies	Students will identify foods from the Vegetable Group and the different parts of plants that are eaten as vegetables. They will handle knives safely and prepare a snack using vegetables.
Fruit	Students will identify foods from the Fruit Group, prepare a healthy recipe using fruit and handle knives safely.
Protein	Students will identify foods from the Protein Foods Group, prepare a healthy recipe using beans, use hot pads to handle hot foods and identify safe storage methods for foods in this group.
Milk & Dairy	Students will identify foods from the Dairy Group, identify and taste different types of milk and identify signs of spoilage in milk and other dairy foods. They will prepare a healthy recipe using dairy foods.

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## Lesson Recipes

Lesson	Recipe Choices
Kitchen Sense	Magical Fruit Salad, Pumpkin Pudding, Breakfast Splits
Food Groups	Wraps Your Way, Anyday Picnic Salad, Mama's Pizza Boats
Whole Grains	Oatmeal Pancakes, Whole Grain Cereal Treats, Popcorn Trail Mix
Veggies	Carbanzo Bean Dip with Veggies, Salad in a Bag, Baked Potato with Cheesy Vegetables
Fruit	Fruit Pizza, Fruit Salsa, Fruit Kabobs and Yogurt Dip
Protein	Quick Black Bean Salsa, Tostada Bar, Crunchy Apple Roll-up
Milk & Dairy	Yogurt Parfaits, Quick Fruit Dessert, Fruit Smoothie

All available for free online!  
<http://www.extension.iastate.edu/foodsavings/>

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## Adult Roles

- The amount of hands-on cooking the kids can do will depend on the amount and quality of help available to you.
- You may need to adjust some of the recipes to prepare more or less ahead of time.

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## Recipes

- The recipes we've chosen are simple and kid-friendly.
- They lend themselves well to being split into different parts.
  - Some done ahead by educator
  - Some done with the assistance of children
  - Some done by the children themselves

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## Example



### Fruit Pizza

- I've prepared the cookie crusts ahead.
- I'll prepare the topping in front of you and could ask for helpers to measure and mix. I'll walk around the room so you can each scoop and spread your own "sauce".
- I've given each of you a cutting board, knife and fruit to cut up your fruit topping.

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## Kitchen Equipment

- A kitchen is not required. Each lesson has a recipe option that does not depend on a stove, oven or microwave.
- You will need:
  - no-slip cutting boards
  - safety knives (nylon)
  - clear bowls
  - other miscellaneous tools depending on the recipes you choose to prepare

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## Expenses

- The food for each lesson will cost approximately \$10-20 assuming a group of 12-15 children. This will of course vary based on how large of a portion each child gets to taste.

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## Kitchen Safety

- Children should never be left unattended around knives (even safety knives), stoves, ovens or electric skillets.
- All recipe steps should be demonstrated before kids try themselves.
- When you discuss kitchen safety on the first day, remind students that kitchen activities are a privilege.

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## Decisions to make

- When and how to approach knife safety and cutting technique.
- Get ready to cook routine
- Clean up routine

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## ISU's Service Area

- We are providing Kids in the Kitchen in two communities presently at no cost to partners. We will come to your site and deliver the program.
  - Black Hawk County (and immediate neighbors)
  - Polk County

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What questions do you have?

**Christine Hradek, MPH**

State Specialist

Iowa State University Extension and Outreach

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## Kids in the Kitchen \$500 Sub-Grants

### Kids in the Kitchen - SFSP

**Sub-Grant Documents:**  
 1. All SFSPs must complete and submit SFSP Kids in the Kitchen application and contract to SFSP.  
 2. Applications must be completed electronically using the SFSP portal (www.fns.usda.gov/sfsp).  
 3. Applications are due: **April 29, 2016**  
 4. Implementation of grants begins: **May 1, 2016**  
 5. Final report due: **August 12, 2016**

**TEAM NUTRITION IOWA**  
 Iowa Department of Education  
 400 State Building  
 400 S. Linn Street, Des Moines, Iowa 50319  
 515.281.3673 ext. 3112 / 515.281.3688 (fax)

**Kids in the Kitchen lessons will be provided!**

Name of SFSP: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Contact Name: \_\_\_\_\_ Position: \_\_\_\_\_  
 Contact E-mail: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

1. Check for more updates to implement the needs on existing Kids in the Kitchen nutrition education at your SFSP (30 pages)

- All expenses must support Kids in the Kitchen nutrition education at SFSP
- Applications due April 29<sup>th</sup>
- Funds used for food, small kitchen utensils, and staff time
- Final Report due August 12, 2016



## Kids in the Kitchen Sub-Grants

- Kids in Kitchen lessons will be provided to all awarded sub-grantees
- Parent materials will be provided electronically and are available to print



**USDA** United States Department of Agriculture

# Summer Food, Summer Moves

OPERATOR'S ACTIVITY GUIDE

Look inside for over 30 fun games and educational activities to do at your summer meal site!

• Provide families with tips and tools for a healthy summer!  
 • Promote your summer meal site!  
 • Boost attendance!

<http://www.fns.usda.gov/tn/summer-food-summer-moves>

## USDA Resource



- Support healthy habit and generate interest in your meal program
- Six fun activity themes
- Step-by-step guide to lead games, activities, food tastings, and demonstrations



### THE FOUR HEALTHY MOVES

The goal of *Summer Food, Summer Moves* is to teach these healthy habits to kids and families.

- DRINK SMART TO PLAY HARD**  
 Help families cut down on added sugar. Teach kids how to recognize drinks that are high in added sugars. Motivate them to choose water instead of sugar-sweetened beverages. Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.
- CHOOSE MORE FRUITS & VEGGIES**  
 Encourage kids to eat fruits and vegetables during meals and snacks. Introduce them to new fruits and vegetables with food tastings and demonstrations.
- LIMIT SCREEN TIME**  
 Help kids discover fun ways to stay busy and physically active this summer. Educate families about ways to limit TV and video game time to no more than 1-2 hours each day.
- GET ACTIVE**  
 Kids need at least 60 minutes of physical activity each day. Help kids and their families get moving with active games, dancing, and more.

## Six Themes



- **Summer Meals, Summer Fun:** sun-themed activities
- **Stay Cool With Summer Meals:** beat-the-heat-themed activities
- **Movin' With Summer Meals:** music-and-dance-themed
- **Summer Meals, Summer Friends:** friendship-themed activities
- **Let's Celebrate Summer Meals:** holiday-themed activities (Memorial Day and 4<sup>th</sup> of July)
- **Eat Smart To Play Hard:** sports-themed games, exercises, and challenges



## Sample Theme- Hello Sunshine!

- Colorful Fruits and Veggies Game
  - Challenges kids to think of many different colors of fruits and vegetables
- Lights! Camera! Water!
  - Create and perform short commercials about the benefits of drinking water
- Fruit and Veggie Trivia
  - Kids become Fruit Teacher and Veggie Instructors to encourage their friends to eat more fruits and vegetables.
- Bring the Heat!
  - Kids will challenge themselves to see how many exercises they can do in 2 minutes.
- Recipes
  - Fruity Fun Chicken Salad Cups
  - Water Sparklers



<http://www.fns.usda.gov/tn/summer-food-summer-moves>

## Resources

- Spend Smart Eat Smart
  - <http://www.extension.iastate.edu/foodsavings/>
- Slides and Sub-Grant Application
  - <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/nutrition-training-events>
- Summer Food, Summer Moves:
  - <http://www.fns.usda.gov/tn/summer-food-summer-moves>

## Questions?

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- Patti Delger
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