

# Nutrition News

Summer Food Service Program



October 5, 2020

## Sponsor Spotlight:

*Karing Hartz Community Development Corporation Shares their Experience with SFSP*



**At Karing Hartz they call their staff "Rockstars." This picture is from a social distance back-to-school drive up food drive they recently held.**

**Karing Hartz Community Development Corporation** is an institution that mentors, sponsors, supports and feeds the community. They are a new Summer Food Service Program (SFSP) sponsor providing free, nutritious meals at eight meal sites in three Georgia counties: Fulton, Clayton and Spalding.

Karing Hartz has been active throughout their community since the early 2000's holding back-to-school kick-off events and holiday toy drives, providing care packages at elderly care centers and domestic violence shelters and now tackling food insecurity by participating in SFSP.

Karing Hartz Program Director, **Nahesa Webb**, explains that becoming a SFSP sponsor has been very rewarding and fulfilling, and that seeing the joy on the kids' faces as they receive their fun and nutritious meals makes it all worth it.

Karing Hartz works with a food vendor to provide the meals that are dispatched to the meal sites. In Fulton County, the meal site is located at a basketball gym, in Clayton County, the two sites are both extended-stay hotels and the five meal sites in Spalding County are all residential/neighborhood parks.

Nahesa explains that Clayton County has benefitted the most from her organization. She was inspired to serve this community when she was stopped behind a school bus that was dropping off hundreds of kids at an extended-stay hotel. She immediately knew she wanted to give back by making that location a meal site. Although there were challenges due to COVID-19, she was able to successfully offer meals at two extended-stay hotels this summer.

Other COVID-19 challenges included: lack of interacting with the kids, maintaining social distancing and ensuring everyone was safe. Nahesa explains that all of their employees are passionate about what they do and the pandemic made it difficult to refrain from interacting with the kids, which is something they normally would be able to enjoy.

Challenges aside, Nahesa expressed that the organization was well-prepared for participating in the program. She says that the trainings were all straight-forward and informative. Stay focused, communicate with your staff and make sure you have a good game plan since there is a lot of planning involved are a few tips she offers to her fellow SFSP sponsors.

As far as any advice for those potentially interested in participating in SFSP? She says, “Don’t give up, it is so worth it in the end. It is a lot of work, but do not give up because our communities need us.”

For more information on **Karing Hartz Community Development Corporation**, please visit their [website](#).



**A Karing Hartz Rockstar is equipped and ready to serve with personal protective gear and 70% alcohol-based sanitizer. Even in a pandemic, you can still serve your community safely.**

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## SFSP Stats as of September 2020

Summer Food Service Program Stats as of September 2020	
Meals Served	8,294,397
Meal Sites	1,609
Counties Served	81
Sponsors	66

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## COVID-19 Resources for Sponsors

### [FAQs: Serving Meals during Unanticipated School Closures](#)

Answers to frequently asked questions regarding serving meals during the COVID-19 pandemic.

### [SFSP: Providing Multiple Meals at a Time for Children During the Coronavirus \(COVID-19\) Pandemic](#)

### **Nationwide Waivers:**

#### [DECAL Participation of Nationwide Waivers Due to COVID-19](#)

For full details, please click on the links to read the actual waiver memo, or [click here](#) for a complete list of the Nationwide Waivers due to COVID-19.

#### [Nationwide Waiver to Allow Reimbursement for Meals Served Prior to Notification of Approval and Provide Flexibility for Pre-Approval](#)

### **Visits in the SFSP (New)**

FNS waives the requirement that reimbursement shall not be paid for meals served at a site before the sponsor has received written notification of approval for participation in the Program. **\*\*Waiver in effect until December 31, 2020\*\***

### **Nationwide Waiver to Allow SFSP & SSO Operations through December 2020**

This waiver allows the SFSP & SSO to continue to operate through December 2020.

**\*\*Waiver is effective until December 31, 2020\*\***

### **Area Eligibility**

Allows Program operators to locate Summer Food Service Program (SFSP) open sites in areas that do not meet area eligibility requirements. **\*\*Waiver extended until December 31, 2020\*\***

### **Closed Enrolled Eligibility**

Under this waiver, for all States, Summer Food Service Program (SFSP) and National School Lunch Program Seamless Summer Option (SSO) closed enrolled sites during the COVID-19 public health emergency may determine site eligibility through area eligibility without collecting income eligibility applications. **\*\*Waiver extended until December 31, 2020\*\***

### **First Week Site Visits**

FNS waives, for all States, the requirement that Summer Food Service Program (SFSP) sponsors are required to visit each of their sites at least once during the first week of operation. (2) This waiver applies to State agencies administering and local organizations that have operated the SFSP successfully in the previous year, and SFSP sponsors in good standing that have successfully participated in the Child and Adult Care Food Program (CACFP) or the National School Lunch Program (NSLP). **\*\*Waiver extended until December 31, 2020\*\***

### **Meal Pattern Flexibilities**

The requirement to serve meals that meet the meal pattern requirements is waived during the public health emergency. **\*\*Waiver extended until December 31, 2020\*\***

### **Meal Times Waiver**

This waiver allows program operators the flexibility to adjust the times meals and snacks are provided in order to streamline operations. **\*\*Waiver extended until December 31, 2020\*\***

### **Non-Congregate Feeding**

The requirement that meals be served in a congregate setting and must be consumed by participants on site is waived during the public health emergency. **\*\*Waiver extended until December 31, 2020\*\***

### **Parent Pick-up**

Under this waiver, program operators in a state with an approved waiver allowing non-congregate meal distribution during COVID-19-related operations may distribute meals to a parent or guardian to take home to their eligible children. **\*\*Waiver extended until December 31, 2020\*\***

### **Onsite Monitoring Waiver for Sponsors**

For sponsors only - FNS waives that SFSP monitoring requirements included at 7 CFR 225.15(d) be conducted on site. **\*\*Waiver extended until September 30, 2021\*\***

### **Important Reminders:**

Emergency Feeding officially ended June 30, 2020. Therefore, CACFP At-Risk Afterschool Center operations and milk flexibilities expired June 30, 2020. *At-Risk Afterschool Care Centers may begin operations at the start of the affirmed FY 2021 school calendar year.*

If you were previously approved for a SFSP only waiver, but would like to continue utilizing the waiver in your CACFP operations, please submit a request to utilize the waiver for the

CACFP. Similarly, if you were previously approved for a CACFP only waiver but wish to utilize the waiver in your SFSP operations, a SFSP waiver request is required.

Waiver requests can be submitted to [Leslie Truman](#). Waiver request forms that were previously approved for both CACFP and SFSP do not need to be re-submitted.

For any waiver-related questions, please contact [Sonja Adams](#).

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## Budgeting for SFSP

### *Annual Year End Reconciliation Notice*

#### **Emergency Feeding Only: Due August 31**

Emergency feeding ended June 30, 2020. Institutions that operated Emergency Feeding only must complete an Annual Year End Reconciliation Form. The form should include all operating months from March-June. The Emergency Feeding reconciliation form and final bank statement/general ledger covering this emergency feeding time period must be submitted to DECAL no later than **August 31, 2020**.



#### **Emergency Feeding & Traditional SFSP or Traditional SFSP Only (end date September 30, 2020):**

##### **Due October 31**

Institutions operating Emergency Feeding and Traditional SFSP or only Traditional SFSP must complete an Annual Year End Reconciliation Form. The form should include all operating months from March-September. The combined Emergency Feeding and Traditional SFSP or Traditional SFSP reconciliation form and final bank statement/general ledger must be submitted to DECAL no later than **October 31, 2020**.

#### **Extended SFSP (October 1, 2020 - December 31, 2020)**

##### **Due February 28, 2021**

Institutions operating extended SFSP (Sept-Dec) must complete an Annual Reconciliation Form. The form should include ending balance from FY2020 reconciliation ending September 30, 2020, and the months September-December. The extended SFSP reconciliation form and final bank statement/general ledger must be submitted to DECAL no later than **February 28, 2021**.

For the Annual Year End Reconciliation Form, [click here](#). Submit the form via email to [Shonda Franklin](#), as well as any questions about the budget process.

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## Procurement News

### **Procurement Update**

Due to the extension of Summer Food Service Program, sponsors who will be extending summer feeding through December 31, 2020, (or the end date they have chosen) will be allowed to execute a separate noncompetitive, non-renewable Agreement to Furnish Meals or Agreement to Furnish Foods (depending on which meal type is served).

The agreement must be separate from any other agreements in place for traditional Summer Food Service Program. The agreement must also be valid from the date in which you were approved by the Application Team to serve extended meal service.

If your food costs will exceed \$250,000 from the date extended Summer Feeding was approved through December 31, 2020, please contact [LaMonika Jones](#), Procurement and Purchasing Compliance Officer.

### **Procurement Document Revision**

We have updated the Agreement to Furnish Foods for Summer Food Service Program. Please visit the DECAL Nutrition Services [Procurement Page](#) or [click here](#) for the revised

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## Local Sourcing Spotlight: *Turnip the Volume!!*



Turnips are known as a cooler month root vegetable, they grow best in climates where the winters are mild and where temperatures range from 60 to 65 degrees. When harvested, turnips can be stored in cold, close to freezing temperatures (without actually freezing).

Ideally, they should be kept in a cool place such as the vegetable crisper where, if stored properly can remain for four to five months. For more information on turnips, please visit [Harvest to Table](#).

## *Pump it Up for Pumpkins!!*

Due to the high temperatures here in Georgia, pumpkins are typically grown and available in North Georgia. Seedlings are planted in late May – June just in time for an October Harvest. If you are located in South Georgia, seedlings are planted in July – still in time for fall time harvest.



### ***Where to buy?***

Located in Carrollton, [Cosmos Farms](#) is known for their diverse availability of sustainably grown fresh produce. Whether you prefer to purchase weekly or subscribe to their Community Supported Agriculture (CSA) food box, Cosmos Farms will be able to provide you with locally grown produce – especially turnips and pumpkins.

If you decide to take a trip to North Georgia, visit the pumpkin patch at [Burt's Farm](#) in Dawsonville near Amicalola Falls.

For questions regarding procurement, please contact Procurement Compliance Officer, [LaMonika Jones](#).

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## **Nutrition Ed Nook:**

### *Pumpkin Spice & Everything Nice*

The cool crisp weather in the mornings signifies fall is upon us and pumpkins are ripening as the Harvest of the Month ([English](#) and [Spanish](#)) item.

Pumpkins are full of fiber, vitamin C, beta carotene, and potassium. In the past, Native Americans used pumpkins for food and medicine and made them into floor mats.

Discover the variety of ways various cultures have utilized pumpkins [here](#). Enjoy adding the sweet taste of pumpkin to your menu while educating children on the history behind their use!



## Pumpkin Muffin Squares USDA Recipe for CACFP

Pureed pumpkin, raisins and spices give our Pumpkin Muffin Squares their distinctly delicious and decadent flavor.

**CACFP CREDITING INFORMATION**  
1 piece provides 1 oz equivalent grains.

### Integration:

- [Toasted Pumpkin Seeds](#)
- [Pumpkin Muffin Squares](#)
- [Vegetarian Pumpkin Chili](#)

### Education:

- Perform a virtual pumpkin taste test with your meal program participants
- A New Hampshire man grew the largest pumpkin ever recorded in U.S. history weighing in at an astounding 2,528 pounds. Learn more about giant pumpkins by reading [“How Big Could Your Pumpkin Grow?”](#) by [Wendell Minor](#).

### Conversation:

- Have your children ever tasted pumpkin before?
- What family traditions do your children have surrounding pumpkins?

Share your fall Harvest of the Month stories and menu integration with Nutrition Health Educator, [Diana Myers, MS, RD, LD!](#)

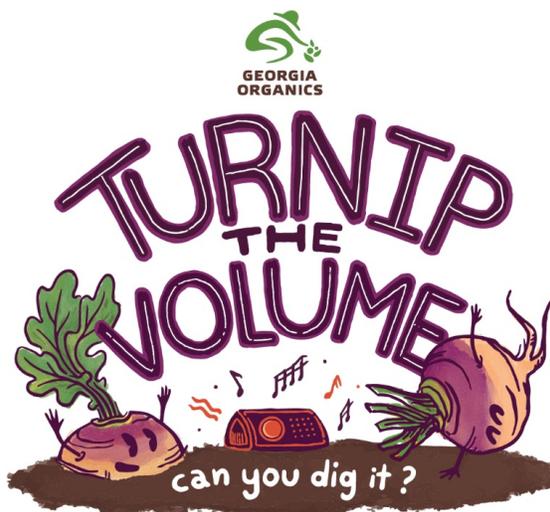
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## Turnip the Volume with Georgia Organics!

It's not too late to sign-up for the [October Farm to School Month](#) campaign!

When you sign up, you will receive access to an online toolkit filled with turnip-themed activities, standards-based lessons, recipes, and more from the [Georgia Organics Farm to School](#) team. October Farm to School Month provides a hands-on engaging opportunity to incorporate October's Harvest of the Month item into your meal service program.

To kick off October Farm to School Month this year, Georgia Organics will be launching a free month-long webinar series called [Turnip the](#)



All educators, new and seasoned, are invited to join them in a hands-on exploration of what farm to school is and how it can serve educators and students now more than ever. They will demonstrate how to do a simple taste test, a food-based literacy lesson, and how hands-on, food-based education can hit science, math, language arts, and social studies standards, as well as incorporate the arts!

Find the series dates & times [here](#).

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## CDC Considerations for Outdoor Learning Gardens



The CDC has released

**Considerations for Outdoor Learning and Community Gardens** to help address community food access during the COVID-19 pandemic.

These recommendations are intended for managers of outdoor learning gardens (e.g., school gardens) and community gardens. These considerations are meant to supplement—not replace—any state, local, territorial, or tribal health and safety laws, rules, and regulations with which organizations must comply.

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## Nutrition Division Employee Spotlight

### *Business Operations Specialist: Kenya Taylor*

Meet **Kenya Taylor**; a veteran Business Operations Specialist in DECAL's Nutrition Services Division. Kenya has been in her position at DECAL for the past five years and has significant experience working with the Summer Food Service Program (SFSP).

As a Business Operations Specialist, Kenya reviews and determines eligibility of SFSP feeding sites. She also processes updates for participating SFSP Sponsors. She handles sponsor applications that start with the letter H through P and explains that the SFSP is a fast-paced program with a quick turnaround.

With the summer season coming to an end, her advice to returning SFSP sponsors is to possibly consider increasing sites or sharing information with other organizations that may be interested in providing meals. Overall, Kenya likes that the SFSP enables sponsors to provide healthy meals to kids in Georgia.



# NEW Episode of DECAL Download

## New Youth Mental Health Campaign "Free Your Feels"

On the next ...

**DECAL**  
**Download**   
New Episodes Every Wednesday!

This Week's Guests



**Layla Fitzgerald**  
Program Manager, Office of Children, Young Adults & Families with the Georgia Department of Behavioral Health and Developmental Disabilities



**Dr. Erica Fener-Sitkoff**  
Executive Director, Voices for Georgia's Children

This Week's Topic:  
**Free Your Feels**

For many of Georgia's youth, returning to school looks nothing like what they were accustomed to. This along with the uncertain times we are currently in can be a strain on anyone's mental health. A new campaign called "Free Your Feels" is hoping to raise awareness about youth mental health and get rid of the stigma around discussing it.

Joining us to talk about "Free Your Feels" and the importance of children exploring their true feelings is **Dr. Erica Fener-Sitkoff**, Executive Director of Voices for Georgia's Children, and **Layla Fitzgerald**, Program Manager of the Office of Children, Young Adults, and Families with the Georgia Department of Behavioral Health and Developmental

Disabilities.

Stay tuned for this week's water cooler question and the DECAL Download Quiz for your chance to win a nice prize!

Have an idea for a future topic? [E-mail us](#).

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**Georgia Dept  
of Early Care  
and Learning**  
BRIGHT FROM THE START

### **Nutrition Division** **Marketing & Outreach Team**

**Cindy Kicklighter**  
**Gaby Garza**

*This institution is an equal opportunity provider.*

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