

National School Lunch Program

Arkansas Department of Human Services
700 Main St, Little Rock, AR 72201
501.682.8869 (HNU)

Dear Sponsor,

Thank you for your partnership with DHS- Arkansas National School Lunch Program. We are very excited to be working with each and everyone one of you. Thank you for your part in feeding the children of Arkansas in a healthy and safe environment. Please enjoy this newsletter and your summer!

Sincerely,

AR-DHS NSLP Team



- ❖ *Stay cool this summer and be aware of the signs of heat exhaustion.*
- ❖ *Be mindful of water safety and do your part to keep lakes, oceans, pools, bathtubs, and any other body of water safe for yourself and others.*
- ❖ *Apply sunscreen generously before all outdoor physical activities.*
- ❖ *Use insect repellents to guard against ticks, which carry Lyme disease. Don't forget about mosquitoes, which carry viruses- including West Nile.*

UPCOMING EVENTS

June 15

NSLP Annual Training - Little Rock

June 27

Free/Reduced Application Training- Little Rock

July 30

End of year Worksheet

August 30

Financial worksheet form previous fiscal year

Important Announcements

Be sure to register for the **NSLP Annual Training(s)**. We also have new manuals to better serve you. The information provided is key to helping your organization run efficiently. If you do not have a manual, be sure to request one.

You can register for the trainings by visiting the SNP webpage and using the training calendar. We look forward to seeing you there.

Please contact us if you have any questions or concerns!

Summer Snacks

The USDA recommends five (5) servings of fruits/ vegetables a day for adults. However, most Americans consume closer to three (3) servings. The health benefits to fruits and vegetables are numerous. Did you know blueberries contain almost one-quarter of your recommended daily vitamin C, and tomatoes are a good source of Vitamin A, C and E? These are just a few of the many seasonal fruits and vegetables you can find grown locally in **The Natural State**. There are several websites dedicated to locally grown produce and other Arkansas products. Here are a few you websites you might enjoy:

<http://arkansasgrown.org>

<https://www.thespruce.com>

Summer Food Safety

Foodborne illnesses increase during the summer when temperatures are warmer and bacteria thrive. People are more likely to cook outside at picnics, barbeques, and camping trips. Here are a few simple tips for summer food safety.

- **Wash Hands and Surfaces Often-** Wash your cutting boards, dishes, and utensils, with hot soapy water after preparing each food item. Make sure your outdoor cooking site is equipped for your needs.
- **Don't Cross-Contaminate-** Use different plates & utensils for raw vs. cooked food. Always start with a clean grill.
- **Cook to Safe Temperatures-** When it's time to cook the food, have your food thermometer ready. Keep hot food in a well-insulated container. Remember the **danger zone** applies to outside cooking too.
- **Refrigerate Promptly-** Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F.

Summer Accidents

The longer days of summer allow for more outdoor activities. Unfortunately, more accidents occur in the summer months. This is a good time to review and update your first-aid kits. Here are a few of the basic necessities to include:

- Sterile gauze pads
- Band-Aids
- Adhesive tape
- Tweezers
- Instant cold compress
- Non latex gloves
- Antibacterial gel or foam
- Triple-antibiotic ointment
- Hydrocortisone cream
- Scissors
- Whistle
- First aid instruction booklet

