

Turnip the Beet: High Quality Meals in the Summer Meal Programs 2022 Nomination Form

Instructions: Please complete the information below for consideration of the 2022 Turnip the Beet Award. Only nominations that contain all of the requested information will be considered. Submit this completed form via email to your Summer Meals State agency contact.

Submission deadlines vary by State so please contact your State agency to learn their submission deadline. Nominations must be sent by the State agency to the appropriate FNS Regional Office by October 21, 2022.

Note: USDA has the right to reproduce, publish, or otherwise use the data in the application for this award, and authorize others to reproduce, publish, or otherwise use the data in the application for this award for Federal purposes.

Section 1: General Information

<p>Sponsor's name or Program name:</p> <p>*The Sponsor's name or Program name on the Award Certificate will be typed exactly as written in the Sponsor's name or Program name section above. Please ensure that the entire name with any appropriate punctuation is clearly indicated. Award Certificates will not be re-printed due to an incorrect or illegible Sponsor name or Program name.</p>	
<p>Select Sponsorship Type</p> <p><input type="checkbox"/> Summer Food Service Program (SFSP) Sponsor</p> <p><input type="checkbox"/> Seamless Summer Option (SSO) Sponsor</p>	<p>Contact information</p> <p>Name & Title:</p> <p>Phone number:</p> <p>Email address:</p> <p>Mailing Address* (Street, City, State, and Zip code):</p> <p>*This address will be used to mail the Award Certificate. For Gold winners, it will also be used to identify the Sponsor on USDA's Food and Nutrition Service's summer site finder (an online tool); therefore, P.O. Box addresses are not acceptable.</p>

OMB Burden Disclosure Statement: This information is being collected to assist the Food and Nutrition Service (FNS) in recognizing high quality summer meals. This is a voluntary collection and FNS will use the information to determine Turnip the Beet award winners. This collection does request personally identifiable information under the Privacy Act of 1974. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0658. The time required to complete this information collection is estimated to average 1 hour per response, including the time for reviewing instructions, gathering the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 1320 Braddock Place, 5th Floor, Alexandria, VA 22306 ATTN: PRA (0584-0658). Do not return the completed form to this address.

Section 2: Short Answers

Please answer the following short-answer questions to demonstrate how the meals served at the nominated Sponsor's summer sites are high quality. Please be as specific as possible; specific details will be given greater value than generalities. Questions are worth up to two (2) points each; bonus questions are worth up to one (1) point each.

- 1. How are the meals prepared to be age-appropriate for the population being served?** (Describe how meals served are appropriate for the age of the children being served. For example, food is cut into bite size pieces for young children, or the sponsor offers different meals to appeal to various age groups that attend the site.)

Bonus: How are the meals culturally appropriate for the needs of the community? (Describe how meals are appropriate for the demographics of the community served, including but not limited to ethnic/cultural background and religion.)

- 2. How do you gather feedback from children about the meals served at the summer sites?** (Describe any methods used (e.g., taste tests, surveys or voting boxes) to gather feedback from children.)

3. How are children encouraged to eat healthy foods? (Describe how the sponsor promotes healthy foods. For example, fun descriptors are used in menus and signage or healthier choices are placed prominently in the service area to encourage consumption.)

4. What, if any, food and nutrition-based activities are offered at the summer sites? (Describe activities related to MyPlate, cooking, local foods, gardening, farming, or other food and nutrition topics.)

Bonus: Please list any Team Nutrition resources used at the summer sites.

Section 3: Menus and Other Supporting Documents

Along with submitting this completed nomination form, a one-month menu must be submitted for consideration of a Turnip the Beet Award. Please see the attached sample menu for guidance on menu documentation. All menus must meet meal pattern requirements, per SFSP or SSO regulations and policy, as applicable. The menus should also include sufficient detail for reviewers to assess them based on the criteria below. For example, please indicate whether vegetables and fruit are fresh, frozen, canned or dried, the type of milk (e.g., fat content and whether it is flavored), which items are whole grain-rich*, a clear statement of whether water is available at no cost, and which items are sourced locally. Sponsors may earn two points for every menu evaluation criteria met and one point for every bonus criteria met.

You may submit other supporting documents to further demonstrate the quality of the meals, such as ingredient lists, recipes to verify a food item is whole grain-rich, invoices for local food purchases, news clips about the program, photos, etc. If photos contain pictures of children, please include a signed photo release form with your application. Please do not submit more than five (5) supporting documents.

** Whole grain-rich foods are those that contain 100 percent whole grains, or contain at least 50 percent whole grains and the remaining grains in the food are enriched.*

For reference, menu evaluation criteria include:

- Locally produced vegetables, fruits, grains, milk, or meat/meat alternates are served as part of the reimbursable meal and promoted as local foods at least one time per week, per meal type.
- Entrees repeat two (2) times or less per month, per meal type.
 - **Bonus:** Entrée types (for example: sandwiches; pasta dishes; breaded poultry dishes) are repeated two (2) times or less per week, per meal type.
- Menu includes at least one (1) hot food item per week, per meal type.
- At least four (4) different vegetables and/or fruits are served throughout the week, per meal type.
 - **Bonus:** At least one (1) serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables is served per week.
- The majority of vegetables and fruits are fresh.
- Juice is served to meet the fruit and vegetable component two (2) times or less per week, per meal type.
- At least half of the grains served are whole grain-rich (e.g., contains 100 percent whole grains, or contains at least 50 percent whole grains and the remaining grains in the food are enriched).
- Sweet grains (e.g., cookies, cakes, brownies, fruit turnovers, doughnuts, toaster pastries, or sweet rolls) are served two (2) times or fewer per meal type per week (e.g., if a summer site serves breakfast and snack, a sweet grain is served at no more than two (2) breakfast meals and two (2) snacks per week).
 - **Bonus:** Sweet grains are not served.

- Only low-fat (1%) or fat-free dairy milks are served to children aged 2 and older. If one-year-old children attend the summer site, they are served whole milk.
- Water is available at no cost.

Privacy Act Statement

Authority: Section 13 of the Richard B. Russell National School Lunch Act (NSLA) 42 U.S.C. § 1758, as amended, authorized the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO) of the National School Lunch Program (NSLP).

Purpose: Information is collected for use by the USDA Food and Nutrition Service in the administration of the Turnip the Beet award within the SFSP and the SSO.

Routine Use: Information may be disclosed in USDA publications exclusively for the purposes of recognizing award winners and directing the public to award-winning meal sites.

Disclosure: Furnishing the information on this form is voluntary, but failure to do so will result in ineligibility for a Turnip the Beet Award.

TUB Sample Menu (SFSP) - Breakfast
June 6 - July 1, 2022
 (Water is available at every meal and snack)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Mixed berries (frozen) 1% and fat-free milk	Scrambled eggs Whole wheat toast Watermelon slices (fresh) 1% and fat-free milk	Whole-wheat English muffin with peanut butter Whole grain cereal Banana (fresh) 1% and fat-free milk	Team Nutrition Strawberry Smoothie Bowl: Low-fat Greek yogurt Local Strawberries (fresh) Whole wheat toast 1% and fat-free milk	Choice of whole grain cereal Local peaches (fresh) 1% and fat-free milk
Lunch	Zesty Spaghetti Casserole: Enriched Spaghetti Ground Beef (90% lean) Marinara Sauce Parmesan Cheese Mixed greens salad with local cherry tomatoes (fresh) Corn (frozen) Orange slices 1% and fat-free milk	Southwest Chicken Wrap: Whole wheat tortilla Grilled chicken Lettuce Salsa Black beans (canned) Steamed broccoli (frozen) Pineapple chunks (canned) 1% and fat-free milk	Turkey sandwich on whole grain bun (with lettuce and tomato) Roasted potato wedges (frozen) Steamed green beans (fresh) 1% and fat-free milk	Grilled cheese sandwich on enriched bread Baby carrots (fresh) Local sugar snap peas (fresh) 1% and fat-free milk	Black bean burger on whole grain bun (with lettuce and tomato) Roasted sweet potato wedges (fresh) Grapes (fresh) 1% and fat-free milk

Attachment

Snack	Whole-grain crackers Fat-free chocolate milk	Low-fat yogurt Mango (frozen)	Crunchy carrot and celery sticks (fresh) Hummus	Banana (fresh) Fat-free chocolate milk	Low-fat yogurt Local mixed berries (fresh)
Week 2					
Breakfast	Oatmeal with Raisins and Pecans Diced pears (canned) 1% and fat-free milk	Omelet Turkey or Ham Cheese Onions (frozen) Bell peppers (frozen) Hash brown potatoes (frozen) Whole wheat toast 1% and fat-free milk	Whole wheat toast with peanut butter Sliced cantaloupe (fresh) Local raspberries (fresh) 1% and fat-free milk	Multi-grain bagel with reduced fat cream cheese Local peaches (fresh) Strawberries (fresh) 1% and fat-free milk	Mini buttermilk pancakes Mixed berries (fresh) Banana (fresh) 1% and fat-free milk
Lunch	Sizzling Stir-Fry Chicken Bell peppers (frozen) Snow peas (fresh) Onion (frozen) Mushrooms (fresh) White rice Pineapple tidbits (canned) 1% and fat-free milk	BBQ Beef Sliders on Whole Grain Buns Local mixed greens and cucumber salad (fresh) Banana (fresh) 1% and fat-free milk	Mediterranean Hummus and Veggie Wraps Whole wheat tortilla Hummus Cheese Local cucumbers (fresh) Local lettuce (fresh) Local tomatoes (fresh) Mixed berries (frozen)	Burrito Bowls Grilled chicken strips Black beans (canned) Local lettuce (fresh) Local tomatoes (fresh) Avocado (fresh) Salsa Brown rice Sliced cantaloupe (fresh)	State Spotlight: Louisiana Style Red Beans and Rice Baby carrots (fresh) Mixed fruit (canned) 1% and fat-free milk

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			1% and fat-free milk	1% and fat-free milk	
Snack	Watermelon slices (fresh) String cheese	Low-fat yogurt Local strawberries (fresh)	Apple slices (fresh) Fat-free chocolate milk	Low-fat yogurt Blueberries (frozen)	Cheddar cheese Whole grain crackers
Week 3					
Breakfast	Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Mixed berries (frozen) 1% and fat-free milk	Scrambled eggs Whole wheat toast Watermelon slices (fresh) 1% and fat-free milk	Whole-wheat English muffin with peanut butter Whole grain cereal Banana 1% and fat-free milk	Team Nutrition Strawberry Smoothie Bowl: Low-fat Greek yogurt Local Strawberries (fresh) Whole wheat toast 1% and fat-free milk	Choice of whole grain cereal Local peaches (fresh) 1% and fat-free milk
Lunch	Spaghetti and Meatballs Enriched spaghetti Marinara sauce Beef meatballs Local mixed greens salad (fresh) Local roasted green beans (fresh) 1% and fat-free milk	Turkey sandwich on whole grain bun (with lettuce and tomato) Carrot and celery sticks (fresh) Diced peaches (canned) 1% and fat-free milk	Tex-Mex Chicken Fajitas Whole wheat tortilla Grilled chicken strips Bell peppers (fresh) Onions (fresh) Fruit salad (fresh) 1% and fat-free milk	Grilled cheese sandwich on enriched bread Team Nutrition Tasty Tots Sweet potatoes (fresh) Garbanzo beans (canned) Sliced cantaloupe (fresh)	Team Nutrition Asian Tuna Burger on whole grain bun (with lettuce and tomato) Tuna Local green onions (fresh) Red pepper (fresh) Roasted broccoli (fresh)

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				1% and fat-free milk	Roasted potato wedges (frozen) 1% and fat-free milk
Snack	Low-fat yogurt Pear (fresh)	Banana (fresh) Fat-free chocolate milk	Apple slices (fresh) Cheddar cheese	Local sugar snap peas and cucumber slices (fresh) Hummus	Watermelon slices (fresh) Whole grain crackers
Week 4					
Breakfast	Oatmeal with Raisins and Pecans Diced pears (canned) 1% and fat-free milk	Omelet Turkey or Ham Cheese Onions (frozen) Bell peppers (frozen) Hash brown potatoes (frozen) Whole wheat toast 1% and fat-free milk	Whole wheat toast with peanut butter Sliced cantaloupe (fresh) Local raspberries (fresh) 1% and fat-free milk	Multi-grain bagel with reduced fat cream cheese Local peaches (fresh) Strawberries (fresh) 1% and fat-free milk	Mini buttermilk pancakes Mixed berries (fresh) Banana 1% and fat-free milk
Lunch	State Spotlight: New York Style Bagels with Egg and Cheese Mixed greens salad (fresh)	Black bean burger on whole grain bun (with lettuce and tomato) Roasted sweet potato wedges (fresh)	Sizzling Stir-Fry Chicken Bell peppers (frozen) Snow peas (fresh) Onion (frozen) Mushrooms (fresh)	Tuna salad on whole wheat pita (with lettuce and tomato) Bean salad Black beans (canned) Carrots (fresh)	Cheese pizza on whole grain crust) Local mixed greens and cucumber salad (fresh) Mixed fruit (canned)

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	Sliced cantaloupe (fresh) 1% and fat-free milk	Local sugar snap peas (fresh) 1% and fat-free milk	White rice Pineapple tidbits (canned) 1% and fat-free milk	Local green onions (fresh) Bell peppers (fresh) Apple slices (fresh) 1% and fat-free milk	1% and fat-free milk
Snack	Low-fat yogurt Granola cereal	Pear slices (fresh) Fat-free chocolate milk	String cheese Whole grain crackers	Low-fat yogurt Mango (frozen)	Local watermelon slices (fresh) Crackers (enriched) with peanut butter or sunflower butter