



FRAC: Summer Nutrition Programs

Model Program

Bookmobile and Nutrition Classes Attract Children to Summer Food **Pulaski County Schools, KY**

Overview

- Pulaski County Schools works with parks, libraries, day care centers, YMCAs, camps, Vacation Bible Schools, and churches to provide meals for children during the summer months.
- The school began promoting their Summer Food Program in March through advertising in local newspapers, radio, and the schools' web page.
- The school also involved community leaders in the process of feeding children during the summer.
- Since Pulaski is a rural farming community, it is difficult for many children to travel to a summer food site.
- The school worked with the local library, which has a summer reading program, to bring the meals to the children.
- The library operates a bookmobile that travels throughout the community, and at its designated stops neighborhood children pick up a book as well as receive a sack lunch.
- The program has been very well received.

Process for Meal Service

- The program uses a central kitchen located at a local high school to prepare all the meals.
- The staff arrives at the central kitchen by 7:00 a.m. to begin preparing meals, and throughout the day volunteers pick up the meals to deliver to the various sites.
- Breakfast pick-ups begin at 7:45 a.m., and lunch and supper are picked up between 11:00 a.m. and 4:00 p.m.

Creative Practices

- One problem the program has encountered at the housing projects is that the summer food sites were within walking distance for all the children in the community, and the children often want to return home after picking up their lunches instead of eating at the site. (Under summer food rules, meals must be consumed at the site.)
- To encourage children to eat at the site, and to educate children about healthy eating habits, the County Extension Office provides nutrition classes for the children.

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