

ACTION BY: Regional Directors
 Special Nutrition Programs

SOURCE CITATION: Section 225.20

Family Style Meal Service in the Summer Food Service Program

The Summer Food Service Program is a means not only for providing nutritious meals to children, but also for helping them to develop good eating habits which they will retain in later years. Both of these nutritional goals can be effectively pursued in summer camp settings through family style service, especially when they are stressed by supervising adults through personal example and assistance to children during the meal. Camps offer a good setting for family style meal service because they provide the stable environment it requires. Other types of summer sites are not appropriate for, nor conducive to, successful family style meal service.

Unlike cafeteria lines, unitized meals, and pre-set service, the family style method affords some latitude in the size of Initial servings because replenishments are immediately available at each table. This latitude must be exercised in compliance with the following practices, at a minimum:

- (1) Enough food must be placed on each table to provide minimum portions (Section 225.20) of all required components for all children at the table, and to accommodate program adults supervising meal service at the table if they eat with the children.
- (2) Some amount of each required component must be placed on each child's plate, and at least the minimum regulatory portion must be offered to the child. (This practice may be particularly appropriate when unfamiliar foods are being introduced.)
- (3) When the full portion required by the regulations is not initially served to children, supervising adults must assume the responsibility of actively encouraging the child to accept service of the full portion during the course of the meal.

DISTRIBUTION: 5, 6, 11, 14	MANUAL MAINTENANCE INSTRUCTIONS: Remove FNS Instruction 783-3 from Manual. Insert this Instruction.	RESPONSIBLE FOR PREPARATION AND MAINTENANCE: CND-100	Page 1 8-28-86
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Administering agencies may impose more stringent requirements (such as mandating that the minimum quantities of each required component be placed on each child's plate).

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