

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)



**Summer Meals
Annual Sponsor Training**

**Offer versus Serve (OVS)
in the Summer Food
Service Program (SFSP)**

SUN
SUMMER NUTRITION PROGRAMS POSSIBLE

CONNECTICUT
Education

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Bureau of Child Nutrition Programs

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1

This Module

Applies to

- School food authority (SFA) sponsors of SFSP that follow SFSP meal patterns

Does not apply to

- Non-SFA sponsors of SFSP
- Sponsors of Seamless Summer Option (SSO) of National School Lunch Program (NSLP)

SFSP OVS requirements are different from NSLP and SBP

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2

Summer Meals Recorded Training Modules

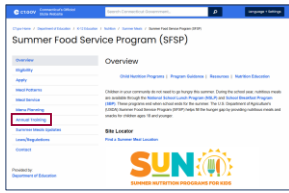
- Part of CSDE's required annual training for Summer Meals sponsors
- Reflects current requirements of SFSP regulations



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3

Annual Training Section of SFSP Webpage



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training>

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4

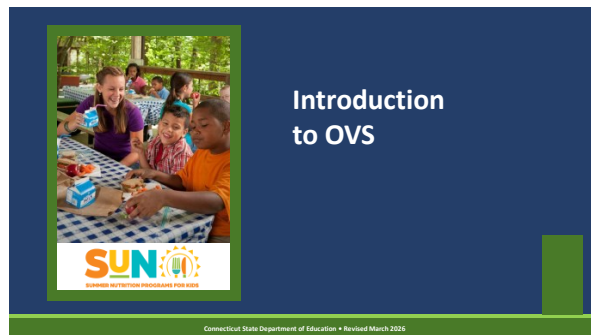
Topics

- Introduction to OVS
- OVS requirements for breakfast
 - Menu planning requirements
 - Selecting reimbursable meals
 - Knowledge check: Meal or No Meal Breakfast Edition
- OVS requirements for lunch/supper
 - Menu planning requirements
 - Selecting reimbursable meals
 - Knowledge check: Meal or No Meal Lunch/Supper Edition

- Meal count requirements for OVS
- Identifying reimbursable meals
- OVS requirements for second meals
- Menu planning strategies for OVS
- Resources

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Introduction to OVS

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6

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Offer versus Serve (OVS)

An optional approach to menu planning and meal service for school food authority (SFA) sponsors of the SFSP that allows children to decline some of the offered foods and select the foods they prefer to eat


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Approval of OVS at Summer Meals Sites

- Sponsors must indicate which sites intend to implement OVS in annual online SFSP application packet
 - Submitted to CSDE in CNP System
- Must be approved by CSDE prior to implementing OVS




<https://ct.cnplus.com/prod/Splash.aspx>

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Purpose of OVS

- Simplify program administration and reduce food waste and costs while maintaining nutritional integrity of SFSP meals



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Allowed Meals for OVS

- Breakfast
- Lunch
- Supper

Not allowed for snack



<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-225#225.16>

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10


Different OVS Requirements

- Breakfast Food items
- Lunch and supper Meal components



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Meal Components

The four food groups that comprise reimbursable meals

- Meats/meat alternates (MMA)
- Grains/breads
- Vegetables/fruits
- Milk

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Food Items

Specific foods offered within the four meal components


Examples

- Yogurt-strawberry parfait
- Pizza
- Carrot sticks
- Pasta
- Milk

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13



Combination Foods

Contain more than one food item from different meal components that cannot be separated or are not intended to be separated

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14



OVS Menu Planning Requirements for Breakfast

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15

Breakfast Menu Must Offer At Least 4 Food Items

1. Grains/breads (1 serving)
2. Vegetables/fruits (½ cup)
3. Milk (1 cup)
4. Additional food item from any meal component except milk
 - Grains/breads (1 serving)
 - Vegetables/fruits (½ cup)
 - MMA (1 ounce)




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16

All Food Items Must Be Different

- Cannot include 2 servings of same food item



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Example 1: Two Servings of Toast



Not allowed

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Example 2: Two Servings of Cereal



Not allowed

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Planned Breakfast Servings Must Be At Least Minimum Quantity

- Breakfast menu must offer full serving of each food item to all children



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20

Larger Food Items at Breakfast Count as 1 Food Item



3 ounces of waffles =
1 grains/breads



1 cup of green grapes
= 1 vegetables/fruits

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21

Splitting Minimum Quantity into 2 Different Servings

- Children must select both servings to count as 1 food item



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Example for Vegetables/Fruits Component

- Breakfast meal pattern = $\frac{1}{2}$ cup
- Children must select both servings to count as 1 food item



$\frac{1}{2}$ cup fruit salad



$\frac{1}{2}$ cup blueberries

Consider offering each food item as one serving

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23

Offering Choices within Meal Components

- May offer variety of food items within a meal component and allow children to select one or more servings
 - Assortment of fresh fruits, canned fruits, and juices
 - Variety of grain items, e.g., breakfast cereals, bagels, and granola bars
- Must have clear instructions/signage



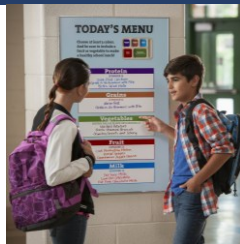
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24

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How to Count Choices as Food Items at Breakfast

- Depends on
 - number of servings children are allowed to select
 - if choices are different from each other



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25

Example 1: Child May Select 1 Serving from Choices

Child may select	Counts as	Example	Additional food items (must be ≥ 4 total)
1 serving	1 food item	Choose 1 serving Strawberries, blueberries, orange juice, or peaches = 1 vegetables/fruits	<ul style="list-style-type: none"> Low-fat milk Grains/breads 1 food item from any meal component except milk

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26

Example 2: Child May Select 2 Servings from Choices

Child may select	Counts as	Example	Additional food items (must be ≥ 4 total)
2 servings	2 food items	Choose 2 different servings Strawberries, blueberries, orange juice, or peaches = 2 vegetables/fruits	<ul style="list-style-type: none"> Low-fat milk Grains/breads

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27



Breakfast Menu Planning Quiz

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28

Reminder for OVS Menu Planning at Breakfast

- At least 4 food items
 - 1 from each meal component
 - Additional food item from any meal component except milk
- Each food item must be different



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29

Breakfast Menu 1: Meets OVS Requirements?

- 2 slices of toast
- ½ cup pineapple
- 1 cup low-fat milk

Grains/breads
Vegetables/fruits
Milk

No 3 food items



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Breakfast Menu 2: Meets OVS Requirements?

- 3-ounce enriched blueberry muffin **Grains/breads**
- ¾ cup whole-grain flaked cereal **Grains/breads**
- ½ cup banana **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



Yes 4 food items

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31

Breakfast Menu 3: Meets OVS Requirements?

- 2-ounce whole-grain bagel **Grains/breads**
- 2 tablespoons peanut butter **MMA**
- ½ cup strawberries **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



Yes 4 food items

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Breakfast Menu 4: Meets OVS Requirements?

- 1 ounce enriched flaked cereal **Grains/breads**
- 1 ounce whole-grain round cereal **Grains/breads**
- ½ cup blueberries **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



No 3 food items

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Breakfast Menu 5: Meets OVS Requirements?

- 2 ounces whole-grain pancakes **Grains/breads**
- ½ cup orange slices **Vegetables/fruits**
- ½ cup orange juice **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



No 3 food items

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34

Breakfast Menu 6: Meets OVS Requirements?

- 1 hard-boiled egg **MMA**
- ½ cup red apple **Vegetables/fruits**
- ½ cup fresh plums **Vegetables/fruits**
- 1 cup low-fat milk **Milk**



No 4 food items but missing grains/breads

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35




Required Selections for Reimbursable Breakfast

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Children's Selections for Reimbursable Breakfast

- Children must select full serving of at least 3 food items
- Children decide which foods to decline, if any
 - May decline any required food item, including milk
 - May take smaller portions (do not count)



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37

Knowledge Check: Meal or No Meal Breakfast Edition




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38

CSDE Resource

Worksheet 1:
Meal or No Meal
Breakfast Edition



https://portal.ct.gov/-/media/sde/nutrition/training/summermeals/summer_meals_training_ovs_sfsp_worksheet1_breakfast.pdf

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39

Instructions for Meal or No Breakfast Edition

- Review 3 breakfast menus that meet SFSP breakfast meal pattern
- Determine if child selected reimbursable meal
 - Must select at least 3 food items

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40

Breakfast Menu 1: Four Food Items

- 3 ounce enriched corn muffin
- ½ cup strawberries
- 1 ounce Swiss cheese cubes
- 1 cup low-fat milk




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Breakfast Menu 1: Child 1 Selects

- 2 food items = No meal



1 grains/breads 1 milk

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Breakfast Menu 1: Child 2 Selects

- 3 food items = Meal



1 grains/breads



1 MMA



1 milk

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43

Breakfast Menu 1: Child 3 Selects

- 3 food items = Meal



1 grains/breads



1 vegetables/fruits



1 milk

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Breakfast Menu 1: Child 4 Selects

- 3 food items = Meal



1 vegetables/fruits



1 MMA



1 milk

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Breakfast Menu 1: Child 5 Selects

- 3 food items = Meal



1 grains/breads



1 vegetables/fruits



1 MMA

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46

Breakfast Menu 2: Five Food Items

- 2 ounce whole-grain bagel
- 2 tablespoons peanut butter
- ½ cup orange slices
- ½ cup red grapes
- 1 cup low-fat milk



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47

Breakfast Menu 2: Child 1 Selects

- 2 food items = No meal



1 grains/breads



1 MMA

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Breakfast Menu 2: Child 2 Selects

3 food items = Meal



1 grains/breads



1 vegetables/fruits



1 milk

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49

Breakfast Menu 2: Child 3 Selects

3 food items = Meal



1 grains/breads



1 MMA



1 vegetables/fruits

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50

Breakfast Menu 2: Child 4 Selects

3 food items = Meal



1 grains/breads



1 vegetables/fruits



1 vegetables/fruits

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51

Breakfast Menu 2: Child 5 Selects

3 food items = Meal



1 vegetables/fruits



1 vegetables/fruits



1 milk

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52

Breakfast Menu 2: Child 6 Selects

3 food items = Meal



1 grains/breads



1 MMA



1 milk

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53

Breakfast Menu 3: Five Food Items

- Breakfast sandwich (combination food)
 - 2-ounce enriched English muffin
 - 1 egg, 1/2 ounce cheese, 1/2 ounce ham
- 1 cup fruit salad
- 1 cup low-fat milk



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54

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Breakfast Menu 3: Child 1 Selects

- 2 food items = No meal



1 grains/breads
1 MMA

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55

Breakfast Menu 3: Child 2 Selects

- 3 food items = Meal



1 grains/breads
1 MMA



1 vegetables/fruits

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56

Breakfast Menu 3: Child 3 Selects

- 3 food items = Meal



1 grains/breads
1 MMA



1 milk

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OVS Menu Planning Requirements for Lunch and Supper

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58

Lunch/Supper Menus Must Offer

- All 4 meal components (5 items total)
 - 1 serving of MMA
 - 2 different servings of vegetables/fruits
 - 1 serving of grains/breads
 - 1 serving of milk



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59

Vegetables/Fruits at Lunch and Supper

- Must be two different servings
 - 2 different fruits
 - 2 different vegetables
 - 1 fruit and 1 vegetable



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60

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Example 1 of Unallowable Fruit/Vegetable Servings

- Cannot serve apple slices and applesauce

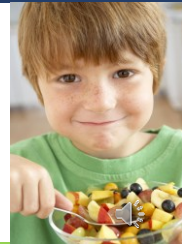


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61

Example 2 of Unallowable Fruit/Vegetable Servings

- Cannot serve orange slices and orange juice



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62

Planned Lunch/Supper Servings Must Be At Least Minimum Quantity

- Must offer full serving of the four meal components to all children
 - 5 food items



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63

Larger Food Items Count As 1 Food Item



2 ounce roll =
1 grains/breads



3 ounce hamburger =
1 MMA

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64

Splitting Minimum MMA or Grains/Breads Between 2 Food Items

- Children must select both servings to count as 1 meal component
- Sponsor's signage must indicate choices for reimbursable meal



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65

Example of Split MMA at Lunch/Supper

- Lunch/supper meal pattern = 2 ounces



2 tablespoons peanut
butter = 1 ounce MMA



1 ounce cheese stick
= 1 ounce MMA

Must select both to count as MMA


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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Example of Split Grains/Breads at Lunch/Supper

- Lunch/supper meal pattern = 1 serving



¼ cup brown rice
= ½ serving grains/breads



¼ ounce whole-wheat roll
= ½ serving grains/breads

Must select both to count as MMA

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67

Required Selections for Reimbursable Lunch/Supper




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68

Reimbursable Lunch/Supper with OVS

- Children must select full serving of at least 3 meal components
- Children decide which meal components to decline, if any
 - May decline any meal component, including milk
 - May take smaller portions (do not count)




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69

Children's Selection of Vegetables/Fruits


- SFSP lunch/supper menus must offer 2 different servings (¾ cup total)
- Children not required to take a vegetable or fruit
- May select 1 or 2 servings to count as vegetables/fruits



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70

Knowledge Check: Meal or No Meal Lunch/Supper Edition




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71

CSDE Resource

Worksheet 2: Meal or No Meal Lunch and Supper Edition



https://portal.ct.gov/-/media/sde/nutrition/training/summermeals/summer_meals_training_ovs_sfsp_worksheet2_lunch_supper.pdf

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72

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Instructions for Meal or No Meal Lunch/Supper Edition

- Review 4 lunch/supper menus that meet SFSP lunch/supper meal pattern
- Determine if child selected reimbursable meal
 - Must select at least 3 meal components

Let's get started




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73

Lunch/Supper Menu 1: Turkey Sandwich

- Turkey Sandwich (combination food)
 - 3 ounces turkey
 - ¼ cup lettuce and tomato
 - Two 1-ounce slices of whole-wheat bread
- ½ cup carrot sticks
- ½ cup red apple
- 1 cup low-fat milk




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74

Lunch/Supper Menu 1: Child 1 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

Milk


Vegetables/fruits

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75

Lunch/Supper Menu 1: Child 2 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits


Milk

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76

Lunch/Supper Menu 1: Child 3 Selects

- 2 meal components = No meal



Vegetables/fruits

Milk


Vegetables/fruits

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77

Lunch/Supper Menu 1: Child 4 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

Milk

Vegetables/fruits

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78

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Lunch/Supper Menu 1: Child 5 Selects

- 3 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

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79

Lunch/Supper Menu 2: Spaghetti and Meat Sauce

- Spaghetti and meat sauce (combination food)
 - 1 cup enriched spaghetti
 - 2 ounces cooked beef
 - ½ cup tomato sauce
- 1 cup tossed salad
- 1 ounce whole-grain roll
- ½ cup of fresh peach
- 1 cup low-fat milk



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80

Lunch/Supper Menu 2: Child 1 Selects

- 3 meal components = Meal



Grains/breads
MMA
Vegetables/fruits



Vegetables/fruits

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81

Lunch/Supper Menu 2: Child 2 Selects

- 4 meal components = Meal



Grains/breads
MMA
Vegetables/fruits



Vegetables/fruits



Milk

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82

Lunch/Supper Menu 2: Child 3 Selects

- 2 meal components = No meal



Grains/breads



Vegetables/fruits



Grains/breads

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Lunch/Supper Menu 2: Child 4 Selects

- 2 meal components = No meal



Grains/breads



Vegetables/fruits



Vegetables/fruits

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84

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Lunch/Supper Menu 2: Child 5 Selects

- 3 meal components = Meal



Grains/breads
MMA
Vegetables/fruits

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85

Lunch/Supper Menu 3: Yogurt and Cheese Stick

- 1/2 cup yogurt
- 1 ounce low-fat string cheese
- 1 ounce whole-grain crackers
- 1/2 cup orange slices
- 1/2 cup broccoli florets
- 1 cup low-fat milk



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86

Lunch/Supper Menu 3: Child 1 Selects

- 2 meal components = No meal



1/2 MMA



Grains/breads



Vegetables/fruits



Vegetables/fruits

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87

Lunch/Supper Menu 3: Child 2 Selects

- 3 meal components = Meal



MMA



Grains/breads



Vegetables/fruits

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88

Lunch/Supper Menu 3: Child 3 Selects

- 3 meal components = Meal



1/2 MMA



Grains/breads



Vegetables/fruits



Milk

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89

Lunch/Supper Menu 3: Child 4 Selects

- 3 meal components = Meal



Grains/breads



Vegetables/fruits



Vegetables/fruits



Milk

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90

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Lunch/Supper Menu 3: Child 5 Selects

- 3 meal components = Meal



Grains/breads Vegetables/fruits Milk

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91

Lunch/Supper Menu 4: Chicken and Black Beans

- 1 ounce grilled chicken
- ¼ cup kidney beans (planned as MMA)
- ½ cup brown rice
- ½ cup green beans
- ½ cup canned peaches
- 1 cup low-fat milk



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92

Lunch/Supper Menu 4: Child 1 Selects

- 2 meal components = No meal



½ MMA ½ MMA Milk

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93

Lunch/Supper Menu 4: Child 2 Selects

- 3 meal components = Meal



Grains/breads Vegetables/fruits Vegetables/fruits Milk

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94

Lunch/Supper Menu 4: Child 3 Selects

- 2 meal components = No meal



½ MMA Vegetables/fruits Milk

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95

Lunch/Supper Menu 4: Child 4 Selects

- 3 meal components = Meal



½ MMA ½ MMA Grains/breads Milk

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96

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Lunch/Supper Menu 4: Child 5 Selects

- 3 meal components = Meal



½ MMA



Grains/breads



Vegetables/fruits



Milk

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97

Lunch/Supper Menu 4: Child 6 Selects

- 3 meal components = Meal



½ MMA



Grains/breads



Vegetables/fruits



Milk

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98



Meal Count Requirements for OVS




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99


Meal Counts with OVS

- Must take at point of service



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100



Point of Service for OVS

The moment in the meal service where staff can accurately determine that the child has selected

- all required food items for a reimbursable breakfast
- or all required meal components for a reimbursable lunch or supper


Terms to Know

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101

Unallowable Meal Counts

- Cannot take meal counts before or after meal service
- USDA does not allow
 - Attendance
 - Meal orders
 - Number of meals sent to or returned from sites




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102

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Meal Counts Must be Recorded by Trained Staff

- Familiar with SFSP meal pattern and OVS requirements
- Can recognize reimbursable meals




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103


Designated Site Staff to Identify Reimbursable Meals

- Check for reimbursable meals at point of service
 - Can be same person who takes meal counts
- Ensure each child selects full serving of food items/meal components before counting as reimbursable meal



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104



Identifying Reimbursable Meals

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Provide Staff Training

- Site staff must understand OVS requirements so they can identify reimbursable meals at point of service




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Provide Clear Communication to Children

- Assist children with identifying reimbursable meals
 - Posters, signs, and factsheets
 - Menus that indicate choices
 - Verbal guidance from staff



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OVS Requirements Second Meals


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Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

OVS with Second Meals

- Follow same OVS requirements as first meals
- Allowed only after all children present have been offered first meal
- Must be counted separately from first meals
 - Reimbursement limited to 2% of first meals



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109

Menu Planning Strategies for OVS

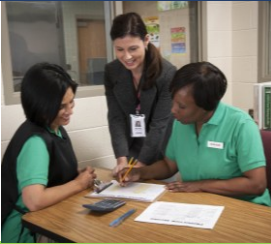


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110

Importance of Menu Planning

- Determines what and how much children must take for reimbursable meal




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111

OVS Menu Planning Goal

- Make it easy for
 - children to select reimbursable meals
 - staff to identify reimbursable meals

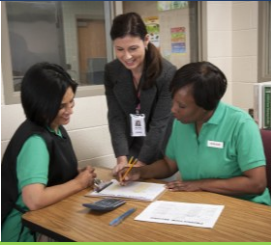


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112

Be Consistent with Menu Planning and Crediting

- Minimizes confusion among children and staff about requirements for reimbursable meals

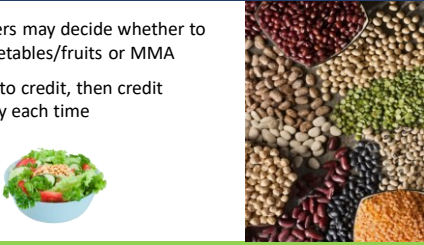


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113

Example for Crediting Beans, Peas, and Lentils

- Menu planners may decide whether to credit as vegetables/fruits or MMA
- Choose how to credit, then credit the same way each time



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114

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Offer Combination Foods

- Easier to choose reimbursable meals when already have at least 2 meal components
- Inform site staff and children what combination foods contain



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115

Make All Meal Component Choices the Same Meal Pattern Contribution

- Each food item counts the same toward OVS requirements
- **Examples**
 - Assortment of fruits and vegetables in ½-cup servings
 - Two entree choices that each contain 2 ounces of MMA and 2 servings of grains/breads



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116

Offer Food Items at Breakfast as 1 Serving Not 2

Example

- Offer food item from vegetables/fruits component as ½ cup instead of two different ¼-cup servings



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117

Offer Grains/Breads at Lunch/Supper as 1 Food Item

- Ensures child's selection counts as one meal component for OVS

Example

- Offer 1 serving of enriched rice or a whole-grain roll instead of
 - ½ serving of enriched rice (¼ cup) and
 - ½ serving of a whole-grain roll (13 grams)



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118

Offer MMA at Lunch/Supper as 1 Food Item

- Ensures child's selection counts as one meal component for OVS

Example

- Offer 1 cup of yogurt or 2 ounces of cheese instead of
 - ½ cup of yogurt (1 ounce MMA) and
 - 1 ounce of cheese (1 ounce MMA)



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119

Package Smaller Grains/Breads or MMA Foods Together at Lunch/Supper

- Ensures children take both for full meal component



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120

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

Packaging Foods Example 1: MMA Component

- Wrap ½ cup of yogurt with a 1-ounce cheese stick to provide 2 ounces of MMA



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121

Packaging Foods Example 2: Grains/Breads Component

- Wrap two ½-ounce packages of whole-grain crackers together to provide 1 serving of grains/breads

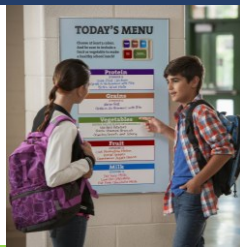


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122

Provide Clear Communication About Daily Menu Options

- Summer Meals staff
- Children



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123



Resources

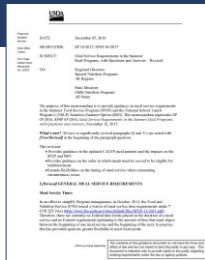


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124

USDA Resource

USDA Memo SP 10-2017 and SFSP 06-2017: Meal Service Requirements in the Summer Meal Programs, with Questions and Answers – Revised



<https://www.fns.usda.gov/cn/meal-service-requirements-summer-meal-programs-questions-and-answers-revised>

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125

CSDE Resource

Guide to Offer versus Serve (OVS) in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/guide_ovs_sfsp.pdf

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126

Offer versus Serve (OVS) in the Summer Food Service Program (SFSP)

CSDE Webpage

Offer versus Serve section of CSDE's Summer Food Service Program (SFSP) webpage



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/meal-service#OVS>

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127

CSDE Resource

Meal Pattern and Crediting Resources for the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/resources_sfsp_meal_patterns.pdf

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128

**Questions?
Contact CSDE's
Summer Meals Staff**

https://portal.ct.gov/-/media/sde/nutrition/cnstaff/county_assign_summer_meals.pdf

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129

Thanks for participating!

More guidance and resources



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training>

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130

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1. mail, U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or
 2. fax: (833) 256-1665 or (202) 690-7442; or
 3. email: program.intake@usda.gov
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131

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132