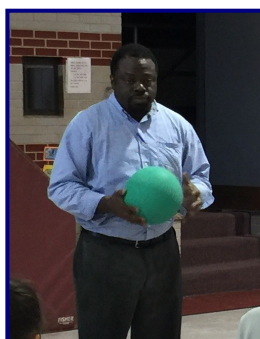


# Nutritional Development Services

*From the desk of Lizanne F. Hagedorn, Director...*



NDS was off to a fast and furious start this summer. While at-risk afterschool programs and the schools were winding down, the summer food program was gearing up. This year NDS sponsored over 400 summer feeding sites throughout the five-county region where children could go to get free breakfasts, lunches or snacks. New to this year's menu were more fresh fruits and vegetables such as watermelon, jicama, and tri-colored carrots. The feedback from the children has been encouraging!



The office was bustling with new interns and seasonal staff. We were grateful once again to have four students from the Fox Leadership Program at the University of Pennsylvania (pictured below). They assisted us with trainings, office staffing and social media efforts. Additionally, we had the help of Mr. Jamey Moses (pictured left), a seminarian at St. Charles Borromeo Seminary, to assist with our outreach efforts and community relations. Their enthusiasm, hard work and insights added greatly to the experience that our sites and the children had this summer.



Lorraine Knight and Liz Hagedorn

As you will read, the Child and Adult Care Food Program (CACFP) continues its meal service all through the year and works with such dedicated people like JoAnna Collins to ensure that the children in her care are nurtured in mind and body. New menu requirements dictated by the USDA have kept the CACFP staff busy for their implementation in October.

We are pleased to announce that the Community Food Program received a \$50,000 grant from the W. W. Smith Foundation to enable us to purchase food for our food cupboards. We are grateful to the foundation for their continued support of our program over many years. Additionally, we are excited to continue to expand the community food program by working with many different organizations. You will read about by our community gardens and their impact on the next page.

The last six months at NDS have been marked by a great deal of change. Most notably, Lorraine Knight, our executive director, announced her retirement effective June 30, 2017. Lorraine took over leadership of NDS in 2009 after the death of our founder and director, Patrick Temple-West. Lorraine has long been associated with NDS as a board member and liaison to NDS for the Secretariat of Catholic Human Services. Under her leadership, NDS



Fox interns: Kayla Bernstein, Elana Burack, Hannah Louie (Asst. Administrator-Summer Meals Program), Shoshana Segal-Miller and Kathryn Wang.

continued to expand and at the same time, strengthen its position for the future. We will miss Lorraine but know that she will be a lifelong supporter and adviser to us. On July 1, I replaced Lorraine as executive director. I have been with NDS almost 37 years in the area of finance, administration and compliance. It is an honor to walk in the steps of both Patrick and Lorraine.

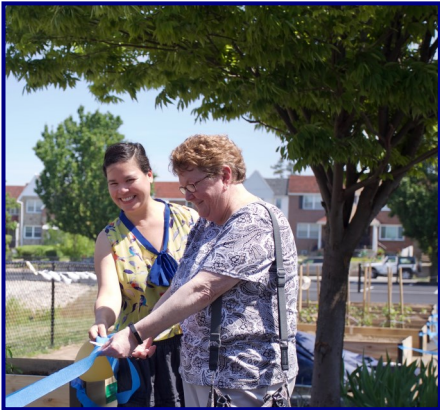
I hope you will join me in thanking Lorraine for her dedication and wishing her good health and happiness in the next phase of her life.



## Community Food Program



**St. Raymond's House, Germantown**



**Denise Hopkins, Administrator, NDS Community Food Program, cutting the ribbon to St. Raymond's Garden with Sandra Guillory, Philadelphia Director of DePaul USA.**



**Liz Hagedorn, Director of NDS, at St. Raymond's House, Germantown**



**Mission of Saint Joan of Arc, Harrowgate**

For the second year, NDS provided mini grants to organizations interested in starting a garden in their community. With community gardens in place, our hope is to create a bridge across languages, cultures, and backgrounds, in addition to providing nourishing produce for the community to enjoy. This year garden participants ranged from Community Food Program (CFP) cupboards, to community partners like D.I.T.O., all excited to positively impact their clients.

CFP participants included Mission of St. Joan of Arc, Catholic Social Services-Chester, St. Francis Villa (a senior housing development) and St. Raymond's House (a home for homeless individuals with chronic health conditions). West Catholic Preparatory School was also a garden grant recipient this year, educating students on the seed-to-harvest process. Each garden was wonderfully diverse in crop selection, and all seemed to have had a successful year in production. We want to thank all of our recipients for their dedication to serving their community, educating their clients, and positively impacting our environment!

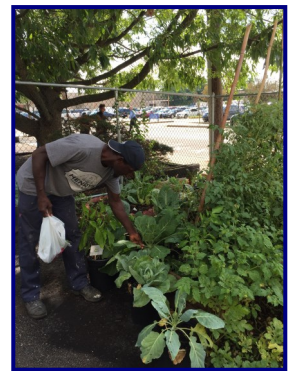
**St. Francis Villa,  
Kensington,  
(pictured right)**



**Catholic Social Services-Chester**



**Brooke Mullen, NDS Asst. Director-Community Relations, with Tiara Council at Dream, Invent, Think, Organize (D.I.T.O.) garden in West Oak Lane.**



**West Catholic Preparatory High School**





## Child and Adult Care Food Program

Over the past several years, our office has enjoyed the opportunity to expand our sponsorship of the

Child Care Food Program into Chester County. One of our early associations in Chester County was with Creative Play Day School. It has been a privilege for us to collaborate with Creative Play and JoAnna Collins (pictured right).

Creative Play began serving meals through NDS in September 2011. "NDS has been nothing short of a blessing for our center. Finding NDS presented us with a wonderful way to ensure that all of our students were eating healthy and nutritious meals daily. I believe that having the food program is an important part of our efforts to better serve our school community."

JoAnna operated Creative Play out of her home for seven years, then moved her program to its present location 18 years ago. Currently, she serves more than 70 children from infancy through age 12. In discussing her motivation and approach, she shares, "I have very strong beliefs regarding developmentally appropriate practices in early childhood. Over the years, my educational philosophy has not changed, but it has grown to include a deeper emphasis on social/emotional development, inclusion and having my center reflect the faces of the community that we serve."

JoAnna's professionalism, passion and joyful personality make her a wonderful partner with whom to work. It is a relationship that we hope will continue for a long time!



## Summer Meals Program

The 2017 Summer Meals Program has been full of good nutrition and celebrations of kindness.



On June 22<sup>nd</sup>, students and staff at Holy Redeemer Camp, Philadelphia, were led by Monsignor Sullivan (pictured right) to pray for peace for all children in the Archdiocese over the summer. This annual "Blessing of the Summer" is an opportunity to share in our commitment to peace and gear up for the summer meals program. This year's summer theme was KINDNESS. Monsignor Sullivan spoke to the children about how to be agents of kindness in their everyday thoughts and actions. Each student was presented with a kindness bracelet. NDS sponsored several other kindness events and contests, including poster and essay entrees coming in from sites in all five counties.



NDS is grateful for the kindness and generosity of St. Joseph's Preparatory students (pictured right). For the second year, the school sponsored a donation drive providing supplies for outdoor meal sites, such as crafts, games, books, and toys. These supplies help outdoor sites provide healthy activities to children when they come for a meal. Named for St. Alberto Hurtado, S.J., the competition between athletic teams allows students to engage in a spirit of giving, just as St. Hurtado dedicated his life to serving the poor through his ministry.



Finally, NDS had many visits to our sites to promote kindness and healthy eating. We even had "lunch with our heroes" at St. Barnabas with a local fire station (pictured right).



## Nutritional Development Services

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## School Meals Program

Planning and preparation for the 2017-2018 school year breakfast and lunch program is well underway. This year, NDS plans to expand the Community Eligibility Program (CEP) to several more schools. This program allows NDS

to offer meals at no cost to every student. Started in the 2014-2015 school year, we have expanded our CEP participation to a total of 88 schools.

We are excited to begin another school year, filled with new menu items for the children to try, and healthy variety to promote good nutrition and growth in the children we serve. What better way to get students excited than to taste test new breakfast menu items! Students from Friere Charter Middle School and St. Martin de Porres tried breakfast biscuits and French toast sticks with maple syrup, respectively. Feedback was very positive for both items, including comments like “words can’t describe

how good this is!” “delicious,” “melts in my mouth,” and “please tell me we get to have this for breakfast!.” Special thanks to Ms. Andrea Zepp (Friere Charter Middle School) and Ms. Charlene Pryor (St. Martin de Porres) for their coordinating efforts and hospitality, as well as the wonderful help of the students!



*In Loving Memory of  
Joan A. Reitz*

### In memoriam:

Sadly, we mourn the loss of Joan A. Reitz, a member of the NDS staff since 1991. As Head of Operations, Joan brought significant changes and professionalism to the way we purchased and distributed our meals in our federally funded programs.

We are grateful for Joan and the contributions she made over her 26 years at NDS. She is missed by all of us that had the pleasure of working with her.

May she rest in the peace!