Dear Caregiver,

Summer meals for children and teens are available this summer from at sites across our community! Stopping by a summer meal site with your family not only saves you time and money spent grocery shopping and meal prepping; it also helps support our school and community.

Summer Meals Program Details:

- Meals are free for children and teens ages 18 and under.
- No application or registration required!

The meals served are nutritious and follow nutrition guidelines set by the USDA. All breakfasts include a milk, fruit or vegetable, and grain/bread and all lunches include a milk, two fruits and/or vegetables, grain/bread, and a meat or protein alternative.

To find meal sites near you, visit nokidhungry.org or text FOOD or COMIDA to 304-304.

Wishing you a safe and healthy summer!

This institution is an equal opportunity provider.