

FREE SUMMER MEALS

FOR KIDS AND TEENS

Summer should be a stress-free time full of **food, friends and fun**. Free summer meals can help.

- FREE to kids and teens age 18 and under
- Healthy meals based on USDA nutrition guidelines
- Served at sites such as schools and churches that may offer learning and recreational activities
- Fun, safe place for kids and teens to be active and visit with friends
- Help families save money
- No application or proof of income needed



Go to NoKidHungry.org/SummerMeals or call **1-866-3HUNGRY** to learn more, or text **FOOD** to **877-877** to find a site near you.

