

# FREE SUMMER MEALS

AVAILABLE TO CHILDREN 18  
YEARS OF AGE AND YOUNGER

Find **food, friends and fun** at a  
summer meals site near you.

- FREE for all children age 18 and younger
- 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 children to be active and visit with friends
- No application or proof of income needed

Text **FOOD** to **877-877**

go to [www.fns.usda.gov/SummerFoodRocks](http://www.fns.usda.gov/SummerFoodRocks)  
to find a site near you

