

# FREE SUMMER MEALS

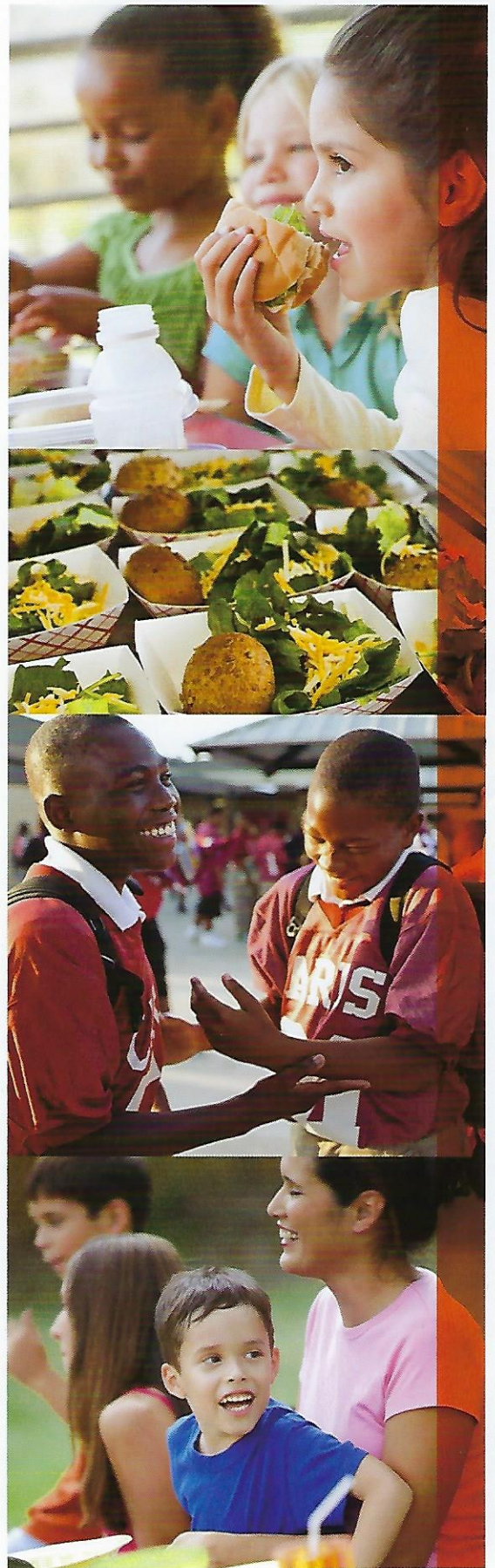
FOR KIDS AND TEENS

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

- 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
- No application or proof of income needed

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

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



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SOCIAL SERVICES

