

# Cafeteria Connection

Connecting you to your child's school lunchroom

## Kids' Summer Routines Can Include Regular Healthy Meals



As the school year ends and summer begins, families naturally transition to a new daily routine. Sleep schedules may shift. Kids might spend a little more time watching TV or movies or playing with friends. Some kids attend summer school or day camps, participate in activities at the local YMCA or Boys & Girls' Clubs, or go to daycare.

One school-year ritual that remains in the summer is kids' access to regular, healthy meals. Our school, as well as nonprofit organizations serving youth in our area, provide free meals to kids 18 years old and younger throughout the summer. These meals are paired with fun, supervised activities to keep kids learning and active during the summer. The USDA funds these meals to ensure kids and teens receive nutritious meals during June, July and August.

The meals vary day-to-day and from one site to another and all meet federal nutritional guidelines to provide kids the nutrition they need to grow and develop. The meals include foods such as a deli sandwich or wrap, fruit and/or vegetables, yogurt, crackers or chips and milk. Some sites provide hot meals that may include walking tacos, hamburgers and grilled cheese sandwiches with soup.

There is no application necessary to receive meals and families do not have to show proof of income. Kids and teens ages 18 and younger can just show up at our location or another summer meal site during the site's hours of operation. We will share our daily schedule with you soon. Please also tell your family, friends and neighbors who have kids about our free summer meals.

We welcome your child to receive meals at our location this summer but if your summer plans take you away from here, you can also text "Summer Meals" to 97779 or call 1-866-348-6479 to find a site near you.

